NDB No. 28354

ANDREA'S, Gluten Free Soft Dinner Roll

Andrea's Gluten Free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.60		1	A	1		30.77		
Energy ... kcal	257		0	NC	4		178		
Energy ... kJ	1077		0	NC	4		743		
Protein (N x 6.25) ... g	5.65		1	A	1		3.90		
Total lipid (fat) ... g	8.20		1	A	1		5.66		
Ash ... g	1.31		1	A	1		0.90		
Carbohydrate, by difference ... g	40.24		0	NC	4		27.77		
Fiber, total dietary ... g	2.9		1	A	1		2.0		
Sugars, total ... g	2.98		1	A	1		2.06		
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	1.25		1	A	1		0.86		
Fructose ... g	1.55		1	A	1		1.07		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.18		1	A	1		0.13		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	34.30		1	A	1		23.67		
Minerals:									
Calcium, Ca ... mg	41		1	A	1		28		
Iron, Fe ... mg	0.89		1	A	1		0.62		
Magnesium, Mg ... mg	42		1	A	1		29		
Phosphorus, P ... mg	128		1	A	1		88		
Potassium, K ... mg	165		1	A	1		114		
Sodium, Na ... mg	544		1	A	1		375		
Zinc, Zn ... mg	0.77		1	A	1		0.53		
Copper, Cu ... mg	0.111		1	A	1		0.077		
Manganese, Mn ... mg	0.671		1	A	1		0.463		
Selenium, Se ... µg	9.2		1	A	1		6.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.250		1	A	1		0.173		
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.140		1	A	1		0.097		
Folate, total ... µg	31		1	A	1		21		
Folic acid ... µg									
Folate, food ... µg	31		1	A	1		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.52		1	A	1		0.36		
Tocopherol, beta ... mg	0.00		1	A	1		0.00		
Tocopherol, gamma ... mg	2.71		1	A	1		1.87		
Tocopherol, delta ... mg	0.00		1	A	1		0.00		
Tocotrienol, alpha ... mg	0.00		1	A	1		0.00		
Tocotrienol, beta ... mg	0.00		1	A	1		0.00		
Tocotrienol, gamma ... mg	0.00		1	A	1		0.00		
Tocotrienol, delta ... mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 28354
ANDREA'S, Gluten Free Soft Dinner Roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

Measure 1 = 69g: 1 roll

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

Food Group: 18 Baked Products

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

NDB No. 18522

ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.01		1		9		1.20		
Energy ... kcal	497		1	NC	4		119		
Energy ... kJ	2079		0	NC	4		499		
Protein (N x 6.25) ... g	4.28		1		9		1.03		
Total lipid (fat) ... g	24.40		1		9		5.86		
Ash ... g	1.28		1		9		0.31		
Carbohydrate, by difference ... g	65.02		1		9		15.60		
Fiber, total dietary ... g	2.0		1		9		0.5		
Sugars, total ... g	34.06		1		9		8.17		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	14		1		9		3		
Iron, Fe ... mg	2.63		1		9		0.63		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	127		1		9		30		
Sodium, Na ... mg	270		1		9		65		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		9		0.0		
Thiamin ... mg	0.250		1		9		0.060		
Riboflavin ... mg	0.170		1		9		0.041		
Niacin ... mg	2.060		1		9		0.494		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	60		1		9		14		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	16		1		9		4		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	8.080		1		9		1.939		
Fatty acids, total monounsaturated ... g	8.940		1		9		2.146		
Fatty acids, total polyunsaturated ... g	1.430		1		9		0.343		
Fatty acids, total trans ... g	5.830		1		9		1.399		
Cholesterol ... mg	13		1		9		3		
Phytosterols ... mg									

NDB No. 18522
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

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

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

Common Measures:

Measure 1 = 24g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	11.50		1	MC	9		2.53		
Energy ... kcal	460		0	NC	4		101		
Energy ... kJ	1924		0	NC	4		423		
Protein (N x 6.25) ... g	3.02		1	MC	9		0.66		
Total lipid (fat) ... g	22.55		1	MC	9		4.96		
Ash ... g	1.71		1	MC	9		0.38		
Carbohydrate, by difference ... g	61.23		1	NC	4		13.47		
Fiber, total dietary ... g	5.1		1	MC	9		1.1		
Sugars, total ... g	45.16		1	MC	9		9.94		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5		1	MC	9		1		
Iron, Fe ... mg	0.82		1	MC	9		0.18		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	123		1	MC	9		27		
Sodium, Na ... mg	200		0	LC	8		44		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0		
Thiamin ... mg	0.020		1	MC	9		0.004		
Riboflavin ... mg	0.060		1	MC	9		0.013		
Niacin ... mg	0.220		1	MC	9		0.048		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	5		1	MC	9		1		
Folic acid ... µg									
Folate, food ... µg	5		1	MC	9		1		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	NR	4		0		
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		1	MC	9		0		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	20.100		1	MC	9		4.422		

NDB No. 18524
ARCHWAY Home Style Cookies, Coconut Macaroon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.610		1	MC	9		0.354		
Fatty acids, total polyunsaturated.....g	0.810		1	MC	9		0.178		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 22g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18527

ARCHWAY Home Style Cookies, Date Filled Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.49		1		9		3.37		
Energy	kcal	400		1	NC	4		100		
Energy	kJ	1673		0	NC	4		418		
Protein (N x 6.25)	g	4.67		1		9		1.17		
Total lipid (fat)	g	12.05		1		9		3.01		
Ash	g	1.62		1		9		0.41		
Carbohydrate, by difference	g	68.16		1		9		17.04		
Fiber, total dietary	g	2.1		1		9		0.5		
Sugars, total	g	34.27		1		9		8.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		9		7		
Iron, Fe	mg	2.26		1		9		0.57		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	159		1		9		40		
Sodium, Na	mg	331		1		9		83		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.280		1		9		0.070		
Riboflavin	mg	0.170		1		9		0.043		
Niacin	mg	1.990		1		9		0.498		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	56		1		9		14		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU	13		1		9		3		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.760		1		9		0.690		
Fatty acids, total monounsaturated	g	4.820		1		9		1.205		
Fatty acids, total polyunsaturated	g	1.110		1		9		0.278		
Fatty acids, total trans	g	3.360		1		9		0.840		
Cholesterol	mg	6		1		9		2		
Phytosterols	mg									

NDB No. 18527
ARCHWAY Home Style Cookies, Date Filled Oatmeal

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

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

Common Measures:

Measure 1 = 25g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18528

ARCHWAY Home Style Cookies, Dutch Cocoa

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.32		1		9		2.24		
Energy ... kcal	431		1	NC	4		103		
Energy ... kJ	1802		0	NC	4		432		
Protein (N x 6.25) ... g	4.50		1		9		1.08		
Total lipid (fat) ... g	14.99		1		9		3.60		
Ash ... g	1.75		1		9		0.42		
Carbohydrate, by difference ... g	69.44		1		9		16.67		
Fiber, total dietary ... g	2.6		1		9		0.6		
Sugars, total ... g	35.35		1		9		8.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13		1		9		3		
Iron, Fe ... mg	3.36		1		9		0.81		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	239		1		9		57		
Sodium, Na ... mg	384		1		9		92		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.260		1		9		0.062		
Riboflavin ... mg	0.180		1		9		0.043		
Niacin ... mg	2.220		1		9		0.533		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	63		1		9		15		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	14		1		9		3		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.620		1		9		0.869		
Fatty acids, total monounsaturated ... g	5.940		1		9		1.426		
Fatty acids, total polyunsaturated ... g	1.180		1		9		0.283		
Fatty acids, total trans ... g	4.240		1		9		1.018		
Cholesterol ... mg	7		1		9		2		
Phytosterols ... mg									

NDB No. 18528
ARCHWAY Home Style Cookies, Dutch Cocoa

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

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

Common Measures:

Measure 1 = 24g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18529

ARCHWAY Home Style Cookies, Frosty Lemon

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.03		0	MC	9		3.13		
Energy....kcal	430		0	MC	9		112		
Energy....kJ	1799		0	MC	9		468		
Protein....g	4.41		0	MC	9		1.15		
Total lipid (fat)....g	17.11		0	MC	9		4.45		
Ash....g	1.67		0	MC	9		0.43		
Carbohydrate, by difference....g	64.78		0	MC	9		16.84		
Fiber, total dietary....g	0.7		0	MC	9		0.2		
Sugars, total....g	33.35		0	MC	9		8.67		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		0	MC	9		11		
Iron, Fe....mg	1.62		0	MC	9		0.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	92		0	MC	9		24		
Sodium, Na....mg	449		0	LC	8		117		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.240		0	MC	9		0.062		
Riboflavin....mg	0.200		0	MC	9		0.052		
Niacin....mg	1.950		0	MC	9		0.507		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	59		0	MC	9		15		
Folic acid....µg									
Folate, food....µg	59		0	MC	9		15		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NR	4		0		
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.830		0	MC	9		1.516		

NDB No. 18529
ARCHWAY Home Style Cookies, Frosty Lemon

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

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

Common Measures:

Measure 1 = 26g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.34		1		9		2.90		
Energy	kcal	420		1	NC	4		118		
Energy	kJ	1759		0	NC	4		492		
Protein (N x 6.25)	g	3.50		1		9		0.98		
Total lipid (fat)	g	14.43		1		9		4.04		
Ash	g	2.61		1		9		0.73		
Carbohydrate, by difference	g	69.12		1		9		19.35		
Fiber, total dietary	g	1.0		1		9		0.3		
Sugars, total	g	38.43		1		9		10.76		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		1		9		7		
Iron, Fe	mg	4.10		1		9		1.15		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	125		1		9		35		
Sodium, Na	mg	605		0	LC	8		169		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.260		1		9		0.073		
Riboflavin	mg	0.190		1		9		0.053		
Niacin	mg	2.390		1		9		0.669		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	61		1		9		17		
Folic acid	µg									
Folate, food	µg	61		1		9		17		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	0		0	NR	4		0		
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	11		1		9		3		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.160		1		9		1.165		

NDB No. 18532
ARCHWAY Home Style Cookies, Iced Molasses

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

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

Common Measures:

Measure 1 = 28g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18533

ARCHWAY Home Style Cookies, Iced Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.99		1		9		2.80		
Energy ... kcal	435		1	NC	4		122		
Energy ... kJ	1822		0	NC	4		510		
Protein (N x 6.25) ... g	4.89		1		9		1.37		
Total lipid (fat) ... g	16.53		1		9		4.63		
Ash ... g	1.84		1		9		0.52		
Carbohydrate, by difference ... g	66.76		1		9		18.69		
Fiber, total dietary ... g	2.0		1		9		0.6		
Sugars, total ... g	37.20		1		9		10.42		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	32		1		9		9		
Iron, Fe ... mg	2.19		1		9		0.61		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	185		1		9		52		
Sodium, Na ... mg	377		1		9		105		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		9		0.0		
Thiamin ... mg	0.270		1		9		0.076		
Riboflavin ... mg	0.150		1		9		0.042		
Niacin ... mg	1.640		1		9		0.459		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	50		1		9		14		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	15		1		9		4		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.610		1		9		1.291		
Fatty acids, total monounsaturated ... g	5.610		1		9		1.571		
Fatty acids, total polyunsaturated ... g	2.720		1		9		0.762		
Fatty acids, total trans ... g	3.580		1		9		1.002		
Cholesterol ... mg	8		1		9		2		
Phytosterols ... mg									

NDB No. 18533
ARCHWAY Home Style Cookies, Iced Oatmeal

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

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

Common Measures:

Measure 1 = 28g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18535

ARCHWAY Home Style Cookies, Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	11.43		1		9		2.97		
Energy ... kcal	403		1	NC	4		105		
Energy ... kJ	1687		0	NC	4		439		
Protein (N x 6.25) ... g	4.25		1		9		1.11		
Total lipid (fat) ... g	12.06		1		9		3.14		
Ash ... g	2.85		1		9		0.74		
Carbohydrate, by difference ... g	69.41		1		9		18.05		
Fiber, total dietary ... g	1.2		1		9		0.3		
Sugars, total ... g	36.35		1		9		9.45		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	29		1		9		7		
Iron, Fe ... mg	4.68		1		9		1.22		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	117		1		9		30		
Sodium, Na ... mg	577		1		9		150		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		9		0.0		
Thiamin ... mg	0.300		1		9		0.078		
Riboflavin ... mg	0.230		1		9		0.060		
Niacin ... mg	2.710		1		9		0.705		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	69		1		9		18		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	17		1		9		4		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.810		1		9		0.731		
Fatty acids, total monounsaturated ... g	4.860		1		9		1.264		
Fatty acids, total polyunsaturated ... g	1.050		1		9		0.273		
Fatty acids, total trans ... g	3.340		1		9		0.868		
Cholesterol ... mg	25		1		9		7		
Phytosterols ... mg									

NDB No. 18535
ARCHWAY Home Style Cookies, Molasses

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

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

Common Measures:

Measure 1 = 26g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18537

ARCHWAY Home Style Cookies, Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.28		1		9		2.57		
Energy ... kcal	421		1	NC	4		105		
Energy ... kJ	1763		0	NC	4		441		
Protein (N x 6.25) ... g	5.48		1		9		1.37		
Total lipid (fat) ... g	14.08		1		9		3.52		
Ash ... g	2.00		1		9		0.50		
Carbohydrate, by difference ... g	68.17		1		9		17.04		
Fiber, total dietary ... g	2.9		1		9		0.7		
Sugars, total ... g	34.50		1		9		8.63		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	35		1		9		9		
Iron, Fe ... mg	2.45		1		9		0.61		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	219		1		9		55		
Sodium, Na ... mg	394		1		9		99		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		9		0.0		
Thiamin ... mg	0.300		1		9		0.075		
Riboflavin ... mg	0.180		1		9		0.045		
Niacin ... mg	1.880		1		9		0.470		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	54		1		9		13		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	15		1		9		4		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.200		1		9		0.800		
Fatty acids, total monounsaturated ... g	5.660		1		9		1.415		
Fatty acids, total polyunsaturated ... g	1.330		1		9		0.333		
Fatty acids, total trans ... g	3.880		1		9		0.970		
Cholesterol ... mg	10		1		9		2		
Phytosterols ... mg									

NDB No. 18537
ARCHWAY Home Style Cookies, Oatmeal

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

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

Common Measures:

Measure 1 = 25g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18538

ARCHWAY Home Style Cookies, Oatmeal Raisin

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	11.53		1		9		3.00		
Energy ... kcal	406		1	NC	4		106		
Energy ... kJ	1701		0	NC	4		442		
Protein (N x 6.25) ... g	5.17		1		9		1.34		
Total lipid (fat) ... g	12.08		1		9		3.14		
Ash ... g	1.95		1		9		0.51		
Carbohydrate, by difference ... g	69.27		1		9		18.01		
Fiber, total dietary ... g	2.7		1		9		0.7		
Sugars, total ... g	39.55		1		9		10.28		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	38		1		9		10		
Iron, Fe ... mg	2.40		1		9		0.62		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	285		1		9		74		
Sodium, Na ... mg	339		1		9		88		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		9		0.0		
Thiamin ... mg	0.280		1		9		0.073		
Riboflavin ... mg	0.160		1		9		0.042		
Niacin ... mg	1.690		1		9		0.439		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	47		1		9		12		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	15		1		9		4		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.750		1		9		0.715		
Fatty acids, total monounsaturated ... g	4.850		1		9		1.261		
Fatty acids, total polyunsaturated ... g	1.160		1		9		0.302		
Fatty acids, total trans ... g	3.320		1		9		0.863		
Cholesterol ... mg	8		1		9		2		
Phytosterols ... mg									

NDB No. 18538
ARCHWAY Home Style Cookies, Oatmeal Raisin

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

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

Common Measures:

Measure 1 = 26g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18539

ARCHWAY Home Style Cookies, Old Fashioned Molasses

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.41		1		9		2.71		
Energy ... kcal	406		1	NC	4		105		
Energy ... kJ	1698		0	NC	4		441		
Protein (N x 6.25) ... g	4.27		1		9		1.11		
Total lipid (fat) ... g	11.83		1		9		3.08		
Ash ... g	2.94		1		9		0.76		
Carbohydrate, by difference ... g	70.55		1		9		18.34		
Fiber, total dietary ... g	1.1		1		9		0.3		
Sugars, total ... g	36.09		1		9		9.38		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	32		1		9		8		
Iron, Fe ... mg	4.99		1		9		1.30		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	561		1		9		146		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		9		0.0		
Thiamin ... mg	0.310		1		9		0.081		
Riboflavin ... mg	0.240		1		9		0.062		
Niacin ... mg	2.840		1		9		0.738		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	71		1		9		19		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	12		1		9		3		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.770		1		9		0.720		
Fatty acids, total monounsaturated ... g	4.800		1		9		1.248		
Fatty acids, total polyunsaturated ... g	1.000		1		9		0.260		
Fatty acids, total trans ... g	3.250		1		9		0.845		
Cholesterol ... mg	25		1		9		6		
Phytosterols ... mg									

NDB No. 18539
ARCHWAY Home Style Cookies, Old Fashioned Molasses

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

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

Common Measures:

Measure 1 = 26g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1		9		0.60		
Energy....kcal	468		1	NC	4		94		
Energy....kJ	1956		0	NC	4		391		
Protein (N x 6.25)....g	5.17		1		9		1.03		
Total lipid (fat)....g	17.55		1		9		3.51		
Ash....g	2.05		1		9		0.41		
Carbohydrate, by difference....g	72.23		1		9		14.45		
Fiber, total dietary....g	1.8		1		9		0.4		
Sugars, total....g	32.64		1		9		6.53		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1		9		7		
Iron, Fe....mg	3.06		1		9		0.61		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	113		1		9		23		
Sodium, Na....mg	471		1		9		94		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		9		0.0		
Thiamin....mg	0.340		1		9		0.068		
Riboflavin....mg	0.250		1		9		0.050		
Niacin....mg	2.940		1		9		0.588		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	82		1		9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	2		1		9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.750		1		9		0.750		
Fatty acids, total monounsaturated....g	7.820		1		9		1.564		
Fatty acids, total polyunsaturated....g	1.670		1		9		0.334		
Fatty acids, total trans....g	4.300		1		9		0.860		
Cholesterol....mg	1		1		9		0		
Phytosterols....mg									

NDB No. 18540
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

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

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

Common Measures:

Measure 1 = 20g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18541

ARCHWAY Home Style Cookies, Peanut Butter

Archway Cookies

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.35		0	MC	9		1.33		
Energy	kcal	480		0	MC	9		101		
Energy	kJ	2008				9		422		
Protein	g	9.00		0	MC	9		1.89		
Total lipid (fat)	g	24.28		0	MC	9		5.10		
Ash	g	1.90		0	MC	9		0.40		
Carbohydrate, by difference	g	58.48		0	MC	9		12.28		
Fiber, total dietary	g	2.8		0	MC	9		0.6		
Sugars, total	g	32.55		0	MC	9		6.84		
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	MC	9		7		
Iron, Fe	mg	2.72		0	MC	9		0.57		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	209		0	MC	9		44		
Sodium, Na	mg	404		0	MC	9		85		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.240		0	MC	9		0.050		
Riboflavin	mg	0.200		0	MC	9		0.042		
Niacin	mg	4.370		0	MC	9		0.918		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU	61		0	MC	9		13		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	5.390		0	MC	9		1.132		
Fatty acids, total monounsaturated	g	10.210		0	MC	9		2.144		
Fatty acids, total polyunsaturated	g	4.230		0	MC	9		0.888		
Fatty acids, total trans	g									
Cholesterol	mg	37		0	MC	9		8		
Phytosterols	mg									

NDB No. 18541
ARCHWAY Home Style Cookies, Peanut Butter

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

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

Common Measures:

Measure 1 = 21g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18544

ARCHWAY Home Style Cookies, Raspberry Filled

Archway Cookies

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.99		1		9		3.75		
Energy	kcal	400		1	NC	4		100		
Energy	kJ	1675		0	NC	4		419		
Protein (N x 6.25)	g	4.35		1		9		1.09		
Total lipid (fat)	g	13.26		1		9		3.32		
Ash	g	1.48		1		9		0.37		
Carbohydrate, by difference	g	65.92		1		9		16.48		
Fiber, total dietary	g	2.2		1		9		0.5		
Sugars, total	g	31.76		1		9		7.94		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		9		5		
Iron, Fe	mg	2.32		1		9		0.58		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	118		1		9		30		
Sodium, Na	mg	334		1		9		83		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.340		1		9		0.085		
Riboflavin	mg	0.180		1		9		0.045		
Niacin	mg	2.130		1		9		0.533		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	62		1		9		16		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU	18		1		9		4		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	5.160		1		9		1.290		
Fatty acids, total monounsaturated	g	4.140		1		9		1.035		
Fatty acids, total polyunsaturated	g	1.100		1		9		0.275		
Fatty acids, total trans	g	2.850		1		9		0.713		
Cholesterol	mg	6		1		9		2		
Phytosterols	mg									

NDB No. 18544
ARCHWAY Home Style Cookies, Raspberry Filled

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

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

Common Measures:

Measure 1 = 25g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.22		1		9		1.67		
Energy ... kcal	424		1	NC	4		136		
Energy ... kJ	1773		0	NC	4		567		
Protein (N x 6.25) ... g	4.67		1		9		1.49		
Total lipid (fat) ... g	11.14		1		9		3.56		
Ash ... g	2.75		1		9		0.88		
Carbohydrate, by difference ... g	76.23		1		9		24.39		
Fiber, total dietary ... g	1.1		1		9		0.3		
Sugars, total ... g	36.28		1		9		11.61		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	62		1		9		20		
Iron, Fe ... mg	12.57		1		9		4.02		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	309		1		9		99		
Sodium, Na ... mg	406		1		9		130		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.320		1		9		0.102		
Riboflavin ... mg	0.220		1		9		0.070		
Niacin ... mg	2.860		1		9		0.915		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	76		1		9		24		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	2		1		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									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.600		1		9		0.832		
Fatty acids, total monounsaturated ... g	3.580		1		9		1.146		
Fatty acids, total polyunsaturated ... g	1.650		1		9		0.528		
Fatty acids, total trans ... g	3.310		1		9		1.059		
Cholesterol ... mg	1		1		9		0		
Phytosterols ... mg									

NDB No. 18562
ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

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

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

Common Measures:

Measure 1 = 32g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	14.99		1		9		3.75		
Energy ... kcal	400		1	NC	4		100		
Energy ... kJ	1675		0	NC	4		419		
Protein (N x 6.25) ... g	4.35		1		9		1.09		
Total lipid (fat) ... g	13.26		1		9		3.32		
Ash ... g	1.48		1		9		0.37		
Carbohydrate, by difference ... g	65.92		1		9		16.48		
Fiber, total dietary ... g	2.2		1		9		0.5		
Sugars, total ... g	31.76		1		9		7.94		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		1		9		5		
Iron, Fe ... mg	2.32		1		9		0.58		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	118		1		9		30		
Sodium, Na ... mg	377		0	LC	8		94		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.340		1		9		0.085		
Riboflavin ... mg	0.180		1		9		0.045		
Niacin ... mg	2.130		1		9		0.533		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	62		1		9		16		
Folic acid ... µg									
Folate, food ... µg	62		1		9		16		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	NR	4		0		
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	18		1		9		4		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.160		1		9		1.290		

NDB No. 18547
ARCHWAY Home Style Cookies, Strawberry Filled

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

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

Common Measures:

Measure 1 = 25g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Archway Cookies

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		0	MC	9		1.20		
Energy	kcal	442		0	MC	9		106		
Energy	kJ	1849				9		444		
Protein	g	5.54		0	MC	9		1.33		
Total lipid (fat)	g	20.92		0	MC	9		5.02		
Ash	g	1.34		0	MC	9		0.32		
Carbohydrate, by difference	g	67.20		0	MC	9		16.13		
Fiber, total dietary	g	1.9		0	MC	9		0.5		
Sugars, total	g	1.26		0	MC	9		0.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	MC	9		5		
Iron, Fe	mg	1.96		0	MC	9		0.47		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	87		0	MC	9		21		
Sodium, Na	mg	308		0	MC	9		74		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.270		0	MC	9		0.065		
Riboflavin	mg	0.170		0	MC	9		0.041		
Niacin	mg	1.810		0	MC	9		0.434		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	58		0	MC	9		14		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU	1		0	MC	9		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.900		0	MC	9		1.176		
Fatty acids, total monounsaturated	g	7.860		0	MC	9		1.886		
Fatty acids, total polyunsaturated	g	1.310		0	MC	9		0.314		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 18513
ARCHWAY Home Style Cookies, Sugar Free Oatmeal

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

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

Common Measures:

Measure 1 = 24g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18984

AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.78		
Energy ... kcal	494		0	MC	9		193		
Energy ... kJ	2067		0	MC	9		806		
Protein (N x 6.25) ... g	7.50		0	MC	9		2.93		
Total lipid (fat) ... g	24.90		0	MC	9		9.71		
Ash ... g									
Carbohydrate, by difference ... g	60.00		0	MC	9		23.40		
Fiber, total dietary ... g	1.3		0	MC	9		0.5		
Sugars, total ... g	13.50		0	MC	9		5.27		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	160		0	MC	9		62		
Iron, Fe ... mg	3.20		0	MC	9		1.25		
Magnesium, Mg ... mg	11		0	MC	9		4		
Phosphorus, P ... mg	175		0	MC	9		68		
Potassium, K ... mg	281		0	MC	9		110		
Sodium, Na ... mg	900		0	MC	9		351		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.400		0	MC	9		0.156		
Riboflavin ... mg	0.260		0	MC	9		0.101		
Niacin ... mg	3.500		0	MC	9		1.365		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	106		0	MC	9		41		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.100		0	MC	9		2.379		
Fatty acids, total monounsaturated ... g	5.400		0	MC	9		2.106		
Fatty acids, total polyunsaturated ... g	12.100		0	MC	9		4.719		
Fatty acids, total trans ... g	0.320		0	MC	9		0.125		
Cholesterol ... mg	3		0	MC	9		1		
Phytosterols ... mg									

NDB No. 18984
AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18987

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		0.97		
Energy ... kcal	461		0	MC	9		166		
Energy ... kJ	1929		0	MC	9		694		
Protein (N x 6.25) ... g	7.80		0	MC	9		2.81		
Total lipid (fat) ... g	17.50		0	MC	9		6.30		
Ash ... g									
Carbohydrate, by difference ... g	68.00		0	MC	9		24.48		
Fiber, total dietary ... g	1.4		0	MC	9		0.5		
Sugars, total ... g	14.60		0	MC	9		5.26		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	144		0	MC	9		52		
Iron, Fe ... mg	3.40		0	MC	9		1.22		
Magnesium, Mg ... mg	13		0	MC	9		5		
Phosphorus, P ... mg	198		0	MC	9		71		
Potassium, K ... mg	250		0	MC	9		90		
Sodium, Na ... mg	884		0	MC	9		318		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.440		0	MC	9		0.158		
Riboflavin ... mg	0.290		0	MC	9		0.104		
Niacin ... mg	3.800		0	MC	9		1.368		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	116		0	MC	9		42		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.400		0	MC	9		1.584		
Fatty acids, total monounsaturated ... g	3.700		0	MC	9		1.332		
Fatty acids, total polyunsaturated ... g	8.400		0	MC	9		3.024		
Fatty acids, total trans ... g	0.210		0	MC	9		0.076		
Cholesterol ... mg	3		0	MC	9		1		
Phytosterols ... mg									

NDB No. 18987

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

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

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

Common Measures:

Measure 1 = 36g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 28258

AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		1.05		
Energy....kcal	489		0	MC	9		191		
Energy....kJ	2046		0	MC	9		798		
Protein (N x 6.25)....g	7.80		0	MC	9		3.04		
Total lipid (fat)....g	23.00		0	MC	9		8.97		
Ash....g									
Carbohydrate, by difference....g	62.60		0	MC	9		24.41		
Fiber, total dietary....g	1.3		0	MC	9		0.5		
Sugars, total....g	14.30		0	MC	9		5.58		
Starch....g									
Minerals:									
Calcium, Ca....mg	156		0	MC	9		61		
Iron, Fe....mg	3.20		0	MC	9		1.25		
Magnesium, Mg....mg	12		0	MC	9		5		
Phosphorus, P....mg	139		0	MC	9		54		
Potassium, K....mg	301		0	MC	9		117		
Sodium, Na....mg	978		0	MC	9		381		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.164		
Riboflavin....mg	0.270		0	MC	9		0.105		
Niacin....mg	3.600		0	MC	9		1.404		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	110		0	MC	9		43		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.800		0	MC	9		2.262		
Fatty acids, total monounsaturated....g	4.900		0	MC	9		1.911		
Fatty acids, total polyunsaturated....g	11.000		0	MC	9		4.290		
Fatty acids, total trans....g	0.300		0	MC	9		0.117		
Cholesterol....mg	3		0	MC	9		1		
Phytosterols....mg									

NDB No. 28258
AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18983

AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		1.05		
Energy ... kcal	495		0	MC	9		193		
Energy ... kJ	2071		0	MC	9		808		
Protein (N x 6.25) ... g	7.90		0	MC	9		3.08		
Total lipid (fat) ... g	24.50		0	MC	9		9.56		
Ash ... g									
Carbohydrate, by difference ... g	61.40		0	MC	9		23.95		
Fiber, total dietary ... g	1.8		0	MC	9		0.7		
Sugars, total ... g	14.60		0	MC	9		5.69		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	151		0	MC	9		59		
Iron, Fe ... mg	3.00		0	MC	9		1.17		
Magnesium, Mg ... mg	10		0	MC	9		4		
Phosphorus, P ... mg	195		0	MC	9		76		
Potassium, K ... mg	310		0	MC	9		121		
Sodium, Na ... mg	839		0	MC	9		327		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.390		0	MC	9		0.152		
Riboflavin ... mg	0.250		0	MC	9		0.098		
Niacin ... mg	3.500		0	MC	9		1.365		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	99		0	MC	9		39		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.100		0	MC	9		2.379		
Fatty acids, total monounsaturated ... g	5.300		0	MC	9		2.067		
Fatty acids, total polyunsaturated ... g	11.800		0	MC	9		4.602		
Fatty acids, total trans ... g	0.310		0	MC	9		0.121		
Cholesterol ... mg	3		0	MC	9		1		
Phytosterols ... mg									

NDB No. 18983

AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18985

AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		1.05		
Energy....kcal	479		0	MC	9		187		
Energy....kJ	2004		0	MC	9		782		
Protein (N x 6.25)....g	7.70		0	MC	9		3.00		
Total lipid (fat)....g	20.80		0	MC	9		8.11		
Ash....g									
Carbohydrate, by difference....g	66.20		0	MC	9		25.82		
Fiber, total dietary....g	2.0		0	MC	9		0.8		
Sugars, total....g	17.30		0	MC	9		6.75		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.10		0	MC	9		1.21		
Magnesium, Mg....mg	11		0	MC	9		4		
Phosphorus, P....mg	116		0	MC	9		45		
Potassium, K....mg	65		0	MC	9		25		
Sodium, Na....mg	584		0	MC	9		228		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.410		0	MC	9		0.160		
Riboflavin....mg	0.260		0	MC	9		0.101		
Niacin....mg	3.500		0	MC	9		1.365		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	107		0	MC	9		42		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.100		0	MC	9		1.599		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		2.262		
Fatty acids, total polyunsaturated....g	9.200		0	MC	9		3.588		
Fatty acids, total trans....g	0.230		0	MC	9		0.090		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18985
AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18986

AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.70		0	MC	9		1.05		
Energy	kcal	493		0	MC	9		192		
Energy	kJ	2063		0	MC	9		805		
Protein (N x 6.25)	g	7.90		0	MC	9		3.08		
Total lipid (fat)	g	23.80		0	MC	9		9.28		
Ash	g									
Carbohydrate, by difference	g	62.00		0	MC	9		24.18		
Fiber, total dietary	g	1.3		0	MC	9		0.5		
Sugars, total	g	12.60		0	MC	9		4.91		
Starch	g									
Minerals:										
Calcium, Ca	mg	129		0	MC	9		50		
Iron, Fe	mg	3.20		0	MC	9		1.25		
Magnesium, Mg	mg	12		0	MC	9		5		
Phosphorus, P	mg	138		0	MC	9		54		
Potassium, K	mg	272		0	MC	9		106		
Sodium, Na	mg	910		0	MC	9		355		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.420		0	MC	9		0.164		
Riboflavin	mg	0.270		0	MC	9		0.105		
Niacin	mg	3.600		0	MC	9		1.404		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	111		0	MC	9		43		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	5.900		0	MC	9		2.301		
Fatty acids, total monounsaturated	g	5.000		0	MC	9		1.950		
Fatty acids, total polyunsaturated	g	11.000		0	MC	9		4.290		
Fatty acids, total trans	g	0.770		0	MC	9		0.300		
Cholesterol	mg	3		0	MC	9		1		
Phytosterols	mg									

NDB No. 18986

AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18990

AUSTIN, PB & J Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		1.05		
Energy....kcal	484		0	MC	9		189		
Energy....kJ	2025		0	MC	9		790		
Protein (N x 6.25)....g	7.60		0	MC	9		2.96		
Total lipid (fat)....g	21.70		0	MC	9		8.46		
Ash....g									
Carbohydrate, by difference....g	65.70		0	MC	9		25.62		
Fiber, total dietary....g	2.0		0	MC	9		0.8		
Sugars, total....g	16.70		0	MC	9		6.51		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.10		0	MC	9		1.21		
Magnesium, Mg....mg	11		0	MC	9		4		
Phosphorus, P....mg	117		0	MC	9		46		
Potassium, K....mg	66		0	MC	9		26		
Sodium, Na....mg	582		0	MC	9		227		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.410		0	MC	9		0.160		
Riboflavin....mg	0.260		0	MC	9		0.101		
Niacin....mg	3.500		0	MC	9		1.365		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	107		0	MC	9		42		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.500		0	MC	9		1.755		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		2.301		
Fatty acids, total polyunsaturated....g	9.600		0	MC	9		3.744		
Fatty acids, total trans....g	0.250		0	MC	9		0.098		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18990
AUSTIN, PB & J Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 28256

AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.78		
Energy	kcal	492		0	MC	9		192		
Energy	kJ	2059		0	MC	9		803		
Protein (N x 6.25)	g	10.80		0	MC	9		4.21		
Total lipid (fat)	g	24.50		0	MC	9		9.56		
Ash	g									
Carbohydrate, by difference	g	59.00		0	MC	9		23.01		
Fiber, total dietary	g	3.2		0	MC	9		1.2		
Sugars, total	g	9.00		0	MC	9		3.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0	MC	9		20		
Iron, Fe	mg	3.50		0	MC	9		1.37		
Magnesium, Mg	mg	12		0	MC	9		5		
Phosphorus, P	mg	183		0	MC	9		71		
Potassium, K	mg	68		0	MC	9		27		
Sodium, Na	mg	843		0	MC	9		329		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.168		
Riboflavin	mg	0.280		0	MC	9		0.109		
Niacin	mg	3.700		0	MC	9		1.443		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	112		0	MC	9		44		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.700		0	MC	9		1.443		
Fatty acids, total monounsaturated	g	8.400		0	MC	9		3.276		
Fatty acids, total polyunsaturated	g	12.000		0	MC	9		4.680		
Fatty acids, total trans	g	0.150		0	MC	9		0.059		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28256
AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18988

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.70		0	MC	9		0.97		
Energy	kcal	461		0	MC	9		166		
Energy	kJ	1929		0	MC	9		694		
Protein (N x 6.25)	g	9.70		0	MC	9		3.49		
Total lipid (fat)	g	17.90		0	MC	9		6.44		
Ash	g									
Carbohydrate, by difference	g	66.30		0	MC	9		23.87		
Fiber, total dietary	g	2.7		0	MC	9		1.0		
Sugars, total	g	9.00		0	MC	9		3.24		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	3.50		0	MC	9		1.26		
Magnesium, Mg	mg	13		0	MC	9		5		
Phosphorus, P	mg	190		0	MC	9		68		
Potassium, K	mg	71		0	MC	9		26		
Sodium, Na	mg	726		0	MC	9		261		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.440		0	MC	9		0.158		
Riboflavin	mg	0.290		0	MC	9		0.104		
Niacin	mg	3.800		0	MC	9		1.368		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	116		0	MC	9		42		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.900		0	MC	9		1.044		
Fatty acids, total monounsaturated	g	6.000		0	MC	9		2.160		
Fatty acids, total polyunsaturated	g	6.300		0	MC	9		2.268		
Fatty acids, total trans	g	0.120		0	MC	9		0.043		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 18988

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

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

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

Common Measures:

Measure 1 = 36g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 28257

AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		1.05		
Energy....kcal	489		0	MC	9		191		
Energy....kJ	2046		0	MC	9		798		
Protein (N x 6.25)....g	10.60		0	MC	9		4.13		
Total lipid (fat)....g	23.80		0	MC	9		9.28		
Ash....g									
Carbohydrate, by difference....g	60.20		0	MC	9		23.48		
Fiber, total dietary....g	3.2		0	MC	9		1.2		
Sugars, total....g	11.60		0	MC	9		4.52		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0	MC	9		21		
Iron, Fe....mg	3.30		0	MC	9		1.29		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	118		0	MC	9		46		
Potassium, K....mg	66		0	MC	9		26		
Sodium, Na....mg	772		0	MC	9		301		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.410		0	MC	9		0.160		
Riboflavin....mg	0.270		0	MC	9		0.105		
Niacin....mg	3.500		0	MC	9		1.365		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	108		0	MC	9		42		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.600		0	MC	9		1.404		
Fatty acids, total monounsaturated....g	8.200		0	MC	9		3.198		
Fatty acids, total polyunsaturated....g	8.500		0	MC	9		3.315		
Fatty acids, total trans....g	0.140		0	MC	9		0.055		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28257
AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type

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

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

Common Measures:

Measure 1 = 39g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18989

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

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		0.97		
Energy....kcal	463		0	MC	9		167		
Energy....kJ	1937		0	MC	9		697		
Protein (N x 6.25)....g	9.50		0	MC	9		3.42		
Total lipid (fat)....g	18.00		0	MC	9		6.48		
Ash....g									
Carbohydrate, by difference....g	67.20		0	MC	9		24.19		
Fiber, total dietary....g	2.7		0	MC	9		1.0		
Sugars, total....g	11.80		0	MC	9		4.25		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.30		0	MC	9		1.19		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	119		0	MC	9		43		
Potassium, K....mg	68		0	MC	9		24		
Sodium, Na....mg	648		0	MC	9		233		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.151		
Riboflavin....mg	0.270		0	MC	9		0.097		
Niacin....mg	3.600		0	MC	9		1.296		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	110		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.900		0	MC	9		1.044		
Fatty acids, total monounsaturated....g	6.000		0	MC	9		2.160		
Fatty acids, total polyunsaturated....g	6.400		0	MC	9		2.304		
Fatty acids, total trans....g	0.120		0	MC	9		0.043		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18989

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

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

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

Common Measures:

Measure 1 = 36g: 1 package

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

Food Group: 18 Baked Products

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

NDB No. 18566
Artificial Blueberry Muffin Mix, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.40		2	A	1		1.98		
Energy....kcal	407		0	NC	4		126		
Energy....kJ	1703		0		4		528		
Protein....g	4.70		2	A	1		1.46		
Total lipid (fat)....g	8.70		2	A	1		2.70		
Ash....g	2.75		2	A	1		0.85		
Carbohydrate, by difference....g	77.45		0	NC	4		24.01		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	760		2	A	1		236		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	1.865		2	A	1		0.578		
4:0....g									
6:0....g									
8:0....g	0.007		2	A	1		0.002		
10:0....g	0.005		2	A	1		0.002		
12:0....g	0.005		2	A	1		0.002		
13:0....g									
14:0....g	0.007		2	A	1		0.002		
15:0....g									
16:0....g	0.953		2	A	1		0.295		
17:0....g									
18:0....g	0.852		2	A	1		0.264		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.742		2	A	1		1.160		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		2	A	1		0.003		
17:1....g									
18:1 undifferentiated....g	3.708		2	A	1		1.149		
20:1....g	0.024		2	A	1		0.007		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.679		2	A	1		0.520		
18:2 undifferentiated....g	1.583		2	A	1		0.491		
18:3 undifferentiated....g	0.090		2	A	1		0.028		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		2	A	1		0.002		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									

NDB No. 18566
Artificial Blueberry Muffin Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 31g: 1 muffin

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

Food Group: 18 Baked Products

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

NDB No. 18991

BARBARA DEE, Winter Mints Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.62		
Energy	kcal	515		0	MC	9		160		
Energy	kJ	2155		0	MC	9		668		
Protein (N x 6.25)	g	3.90		0	MC	9		1.21		
Total lipid (fat)	g	26.00		0	MC	9		8.06		
Ash	g									
Carbohydrate, by difference	g	67.10		0	MC	9		20.80		
Fiber, total dietary	g	2.0		0	MC	9		0.6		
Sugars, total	g	35.80		0	MC	9		11.10		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.60		0	MC	9		0.81		
Magnesium, Mg	mg	20		0	MC	9		6		
Phosphorus, P	mg	48		0	MC	9		15		
Potassium, K	mg	65		0	MC	9		20		
Sodium, Na	mg	290		0	MC	9		90		
Zinc, Zn	mg	0.20		0	MC	9		0.06		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.260		0	MC	9		0.081		
Riboflavin	mg	0.170		0	MC	9		0.053		
Niacin	mg	2.300		0	MC	9		0.713		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	52		0	MC	9		16		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	18.000		0	MC	9		5.580		
Fatty acids, total monounsaturated	g	2.700		0	MC	9		0.837		
Fatty acids, total polyunsaturated	g	3.800		0	MC	9		1.178		
Fatty acids, total trans	g	0.400		0	MC	9		0.124		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 18991
BARBARA DEE, Winter Mints Cookies

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

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

Common Measures:

Measure 1 = 31g: 4 cookies

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

Food Group: 18 Baked Products

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

NDB No. 18993

BEAR NAKED, Double Chocolate Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.50		0	MC	9		2.25		
Energy....kcal	423		0	MC	9		127		
Energy....kJ	1770		0	MC	9		531		
Protein (N x 6.25)....g	6.60		0	MC	9		1.98		
Total lipid (fat)....g	16.90		0	MC	9		5.07		
Ash....g									
Carbohydrate, by difference....g	66.90		0	MC	9		20.07		
Fiber, total dietary....g	7.0		0	MC	9		2.1		
Sugars, total....g	35.20		0	MC	9		10.56		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.70		0	MC	9		1.11		
Magnesium, Mg....mg	54		0	MC	9		16		
Phosphorus, P....mg	88		0	MC	9		26		
Potassium, K....mg	471		0	MC	9		141		
Sodium, Na....mg	200		0	MC	9		60		
Zinc, Zn....mg	0.80		0	MC	9		0.24		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.070		0	MC	9		0.021		
Riboflavin....mg	0.040		0	MC	9		0.012		
Niacin....mg	0.300		0	MC	9		0.090		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	2		0	MC	9		1		
Folic acid....µg									
Folate, food....µg	2		0	MC	9		1		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	NR	4		0.1		
Vitamin D....IU	8		0	MC	9		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.100		0	MC	9		1.230		

NDB No. 18993
BEAR NAKED, Double Chocolate Cookies

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

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

Common Measures:

Measure 1 = 30g: 1 cookie

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.00		0	MC	9		2.40		
Energy....kcal	443		0	MC	9		133		
Energy....kJ	1854		0	MC	9		556		
Protein (N x 6.25)....g	7.50		0	MC	9		2.25		
Total lipid (fat)....g	21.40		0	MC	9		6.42		
Ash....g									
Carbohydrate, by difference....g	61.60		0	MC	9		18.48		
Fiber, total dietary....g	7.1		0	MC	9		2.1		
Sugars, total....g	29.40		0	MC	9		8.82		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.63		
Magnesium, Mg....mg	37		0	MC	9		11		
Phosphorus, P....mg	86		0	MC	9		26		
Potassium, K....mg	278		0	MC	9		83		
Sodium, Na....mg	133		0	MC	9		40		
Zinc, Zn....mg	0.60		0	MC	9		0.18		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.090		0	MC	9		0.027		
Riboflavin....mg	0.090		0	MC	9		0.027		
Niacin....mg	0.500		0	MC	9		0.150		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0	MC	9		0.018		
Folate, total....µg	7		0	MC	9		2		
Folic acid....µg									
Folate, food....µg	7		0	MC	9		2		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.90		0	MC	9		0.27		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.100		0	MC	9		1.530		

NDB No. 18994
BEAR NAKED, Fruit & Nut Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.500		0	MC	9		2.550		
Fatty acids, total polyunsaturated.....g	7.300		0	MC	9		2.190		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 1 cookie

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

Food Group: 18 Baked Products

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

NDB No. 18005
Bagels, cinnamon-raisin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.00		1		1		8.32	22.08	33.60
Energy....kcal	274		0	NC	4		71	189	288
Energy....kJ	1146		0		4		298	791	1204
Protein (N x 5.8)....g	9.80		1		1		2.55	6.76	10.29
Total lipid (fat)....g	1.70		1		1		0.44	1.17	1.79
Ash....g	1.30		1		1		0.34	0.90	1.37
Carbohydrate, by difference....g	55.20		0		4		14.35	38.09	57.96
Fiber, total dietary....g	2.3		0		4		0.6	1.6	2.4
Sugars, total....g	5.98		0	FLA	4		1.55	4.12	6.27
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1		1		5	13	20
Iron, Fe....mg	3.80		1		1		0.99	2.62	3.99
Magnesium, Mg....mg	28		0	FLA	4		7	19	29
Phosphorus, P....mg	100		0	FLA	4		26	69	105
Potassium, K....mg	148		0	FLA	4		38	102	155
Sodium, Na....mg	344		0	LC	8		89	237	361
Zinc, Zn....mg	1.13		0	FLA	4		0.29	0.78	1.19
Copper, Cu....mg	0.163		0	FLA	4		0.042	0.112	0.171
Manganese, Mn....mg	0.876		0	FLA	4		0.228	0.604	0.920
Selenium, Se....µg	31.0		0	FLA	4		8.1	21.4	32.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1		1		0.2	0.5	0.7
Thiamin....mg	0.384		1		1		0.100	0.265	0.403
Riboflavin....mg	0.277		1		1		0.072	0.191	0.291
Niacin....mg	3.080		1		1		0.801	2.125	3.234
Pantothenic acid....mg	0.509		0	FLA	4		0.132	0.351	0.534
Vitamin B-6....mg	0.062		0	FLA	4		0.016	0.043	0.065
Folate, total....µg	111		0	FLA	4		29	77	117
Folic acid....µg	90		0	NR	4		23	62	95
Folate, food....µg	21		0	NC	4		5	15	22
Folate, DFE....µg	174		0	NC	4		45	120	183
Choline, total....mg	14.6		0	BFZN	4		3.8	10.1	15.4
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	21		0	FLA	4		6	15	22
Retinol....µg	21		0	FLA	4		5	14	22
Carotene, beta....µg	1		0	FLA	4		0	1	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	2		0	FLA	4		1	1	2
Vitamin A, IU....IU	73		1		1		19	50	77
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	54		0	FLA	4		14	38	57
Vitamin E (alpha-tocopherol)....mg	0.31		0	FLA	4		0.08	0.22	0.33
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.7		0	FLA	4		0.2	0.5	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18005
Bagels, cinnamon-raisin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.274		0		4		0.071	0.189	0.288
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.001		0		4		0.000	0.001	0.001
13:0....g									
14:0....g	0.003		0		4		0.001	0.002	0.003
15:0....g									
16:0....g	0.251		0		4		0.065	0.173	0.264
17:0....g									
18:0....g	0.020		0		4		0.005	0.014	0.021
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.175		0		4		0.046	0.121	0.184
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.010	0.015
17:1....g									
18:1 undifferentiated....g	0.161		0		4		0.042	0.111	0.169
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.671		0		4		0.174	0.463	0.705
18:2 undifferentiated....g	0.632		0		4		0.164	0.436	0.664
18:3 undifferentiated....g	0.039		0		4		0.010	0.027	0.041
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0		4		0.030	0.079	0.120
Threonine....g	0.285		0		4		0.074	0.197	0.299
Isoleucine....g	0.367		0		4		0.095	0.253	0.385
Leucine....g	0.671		0		4		0.174	0.463	0.705
Lysine....g	0.238		0		4		0.062	0.164	0.250
Methionine....g	0.179		0		4		0.047	0.124	0.188
Cystine....g	0.210		0		4		0.055	0.145	0.221
Phenylalanine....g	0.474		0		4		0.123	0.327	0.498
Tyrosine....g	0.272		0		4		0.071	0.188	0.286
Valine....g	0.424		0		4		0.110	0.293	0.445
Arginine....g	0.378		0		4		0.098	0.261	0.397
Histidine....g	0.217		0		4		0.056	0.150	0.228
Alanine....g	0.333		0		4		0.087	0.230	0.350
Aspartic acid....g	0.479		0		4		0.125	0.331	0.503
Glutamic acid....g	3.240		0		4		0.842	2.236	3.402
Glycine....g	0.343		0		4		0.089	0.237	0.360
Proline....g	1.080		0		4		0.281	0.745	1.134
Serine....g	0.481		0		4		0.125	0.332	0.505
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18005
Bagels, cinnamon-raisin

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

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

Common Measures:

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

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

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

Calories Factors: Protein 3.9 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.90		0		4		6.46	17.49	26.63
Energy....kcal	294		0		4		71	191	291
Energy....kJ	1230		0		4		295	800	1218
Protein (N x 0)....g	10.60		0		4		2.54	6.89	10.49
Total lipid (fat)....g	1.80		0		4		0.43	1.17	1.78
Ash....g	1.40		0		4		0.34	0.91	1.39
Carbohydrate, by difference....g	59.30		0		4		14.23	38.55	58.71
Fiber, total dietary....g	2.5		0		4		0.6	1.6	2.5
Sugars, total....g	6.43		0	RA	4		1.54	4.18	6.36
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0		4		5	13	20
Iron, Fe....mg	4.09		0		4		0.98	2.66	4.05
Magnesium, Mg....mg	23		0		4		6	15	23
Phosphorus, P....mg	83		0		4		20	54	82
Potassium, K....mg	163		0		4		39	106	161
Sodium, Na....mg	370		0	BFSN	4		89	240	366
Zinc, Zn....mg	0.81		0		4		0.19	0.53	0.80
Copper, Cu....mg	0.160		0		4		0.038	0.104	0.158
Manganese, Mn....mg	0.328		0		4		0.079	0.213	0.325
Selenium, Se....µg	33.3		0	RK	4		8.0	21.6	33.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		4		0.1	0.4	0.6
Thiamin....mg	0.330		0		4		0.079	0.215	0.327
Riboflavin....mg	0.268		0		4		0.064	0.174	0.265
Niacin....mg	2.981		0		4		0.715	1.938	2.951
Pantothenic acid....mg	0.047		0		4		0.011	0.031	0.047
Vitamin B-6....mg	0.060		0		4		0.014	0.039	0.059
Folate, total....µg	102		0	RA	4		24	66	101
Folic acid....µg	86		0	NR	4		21	56	85
Folate, food....µg	16		0	NC	4		4	10	15
Folate, DFE....µg	162		0	NC	4		39	105	160
Choline, total....mg	16.4		0	BFZN	4		3.9	10.7	16.2
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	23		0	RA	4		5	15	23
Retinol....µg	23		0	RA	4		5	15	22
Carotene, beta....µg	1		0	RA	4		0	1	1
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	2		0	RA	4		0	1	2
Vitamin A, IU....IU	71		0		4		17	46	70
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	56		0	RA	4		13	36	55
Vitamin E (alpha-tocopherol)....mg	0.34		0	RA	4		0.08	0.22	0.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.8		0	RA	4		0.2	0.5	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18006
Bagels, cinnamon-raisin, toasted

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

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	0

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

Common Measures:

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

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

Measure 3 = 99g: 1 medium bagel (4" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18003
Bagels, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.70	0.572	3		1		9.27	8.50	22.56
Energy....kcal	278		0	NC	4		79	72	192
Energy....kJ	1163		0		4		330	302	803
Protein (N x 5.7)....g	10.60		1		1		3.01	2.76	7.31
Total lipid (fat)....g	2.10	0.067	4		1		0.60	0.55	1.45
Ash....g	1.60	0.034	3		1		0.45	0.42	1.10
Carbohydrate, by difference....g	53.00		0	NC	4		15.03	13.78	36.57
Fiber, total dietary....g	2.3		0		1		0.7	0.6	1.6
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.601	3		1		4	3	9
Iron, Fe....mg	3.98	0.276	3		1		1.13	1.03	2.75
Magnesium, Mg....mg	25		2		1		7	7	17
Phosphorus, P....mg	84		2		1		24	22	58
Potassium, K....mg	68		2		1		19	18	47
Sodium, Na....mg	505	28.087	3		1		143	131	348
Zinc, Zn....mg	0.77		2		1		0.22	0.20	0.53
Copper, Cu....mg	0.090		2		1		0.026	0.023	0.062
Manganese, Mn....mg	0.410		2		1		0.116	0.107	0.283
Selenium, Se....µg	30.6		0	FLA	4		8.7	8.0	21.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1		1		0.2	0.2	0.4
Thiamin....mg	0.536	0.020	10		1		0.152	0.139	0.370
Riboflavin....mg	0.235	0.009	10		1		0.067	0.061	0.162
Niacin....mg	3.443	0.137	10		1		0.976	0.895	2.376
Pantothenic acid....mg	0.671	0.015	9		1		0.190	0.174	0.463
Vitamin B-6....mg	0.087	0.012	9		1		0.025	0.023	0.060
Folate, total....µg	88		0	FLA	4		25	23	61
Folic acid....µg	66		0	NC	4		19	17	46
Folate, food....µg	22	0.474	8		1		6	6	15
Folate, DFE....µg	134		0	NC	4		38	35	93
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.16	0.011	8		1		0.05	0.04	0.11
Vitamin A, RAE....µg	33		0	NC	4		9	9	23
Retinol....µg	33		0	NC	4		9	9	23
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	109		1		1		31	28	75
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18003
Bagels, egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.421		0		1		0.119	0.109	0.290
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.003		0		1		0.001	0.001	0.002
15:0....g									
16:0....g	0.341		0		1		0.097	0.089	0.235
17:0....g									
18:0....g	0.076		0		1		0.022	0.020	0.052
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.420		0		1		0.119	0.109	0.290
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		0		1		0.010	0.009	0.024
17:1....g									
18:1 undifferentiated....g	0.382		0		1		0.108	0.099	0.264
20:1....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.642		0		1		0.182	0.167	0.443
18:2 undifferentiated....g	0.600		0		1		0.170	0.156	0.414
18:3 undifferentiated....g	0.026		0		1		0.007	0.007	0.018
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.003	0.008
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.001	0.002
Fatty acids, total trans....g									
Cholesterol....mg	24		1		1		7	6	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0		1		0.035	0.033	0.086
Threonine....g	0.306		0		1		0.087	0.080	0.211
Isoleucine....g	0.411		0		1		0.117	0.107	0.284
Leucine....g	0.748		0		1		0.212	0.194	0.516
Lysine....g	0.261		0		1		0.074	0.068	0.180
Methionine....g	0.190		0		1		0.054	0.049	0.131
Cystine....g	0.231		0		1		0.065	0.060	0.159
Phenylalanine....g	0.523		0		1		0.148	0.136	0.361
Tyrosine....g	0.308		0		1		0.087	0.080	0.213
Valine....g	0.461		0		1		0.131	0.120	0.318
Arginine....g	0.394		0		1		0.112	0.102	0.272
Histidine....g	0.231		0		1		0.065	0.060	0.159
Alanine....g	0.353		0		1		0.100	0.092	0.244
Aspartic acid....g	0.481		0		1		0.136	0.125	0.332
Glutamic acid....g	3.548		0		1		1.006	0.922	2.448
Glycine....g	0.370		0		1		0.105	0.096	0.255
Proline....g	1.189		0		1		0.337	0.309	0.820
Serine....g	0.528		0		1		0.150	0.137	0.364
Hydroxyproline....g									

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

NDB No. 18003
Bagels, egg

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 26g: 1 mini bagel (2-1/2" dia)
Measure 3 = 69g: 1 small bagel (3" dia)

Calories Factors: Protein 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 28322
Bagels, multigrain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.40		0	FLC	4		31.91		
Energy....kcal	241		0	NC	4		195		
Energy....kJ	1007		0	NC	4		816		
Protein (N x 6.25)....g	9.90		0	LC	8		8.02		
Total lipid (fat)....g	1.24		0	LC	8		1.00		
Ash....g	1.99		0	FLC	4		1.62		
Carbohydrate, by difference....g	47.47		0	NC	4		38.45		
Fiber, total dietary....g	6.2		0	LC	8		5.0		
Sugars, total....g	8.66		0	LC	8		7.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	124		0	LC	8		100		
Iron, Fe....mg	2.23		0	LC	8		1.80		
Magnesium, Mg....mg	85		0	FLC	4		69		
Phosphorus, P....mg	188		0	FLC	4		152		
Potassium, K....mg	204		0	FLC	4		165		
Sodium, Na....mg	359		0	LC	8		291		
Zinc, Zn....mg	1.52		0	FLC	4		1.23		
Copper, Cu....mg	0.236		0	FLC	4		0.191		
Manganese, Mn....mg	1.790		0	FLC	4		1.450		
Selenium, Se....µg	26.9		0	FLC	4		21.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.422		0	FLC	4		0.342		
Riboflavin....mg	0.253		0	FLC	4		0.205		
Niacin....mg	4.265		0	FLC	4		3.455		
Pantothenic acid....mg	0.518		0	FLC	4		0.420		
Vitamin B-6....mg	0.180		0	FLC	4		0.146		
Folate, total....µg	81		0	FLC	4		65		
Folic acid....µg	48		0	FLC	4		39		
Folate, food....µg	33		0	FLC	4		27		
Folate, DFE....µg	114		0	NC	4		92		
Choline, total....mg	16.1		0	FLC	4		13.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	1		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	2		0	NC	4		2		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	80		0	FLC	4		65		
Vitamin E (alpha-tocopherol)....mg	0.66		0	FLC	4		0.53		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	0.6		0	FLC	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28322
Bagels, multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.314		0	NC	4		0.255		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.006		0	FLC	4		0.004		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.307		0	FLC	4		0.248		
20:1....g	0.001		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.700		0	NC	4		0.567		
18:2 undifferentiated....g	0.549		0	FLC	4		0.445		
18:3 undifferentiated....g	0.150		0	FLC	4		0.121		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	6		0	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 81g: 1 piece bagel

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

Food Group: 18 Baked Products

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

NDB No. 18007
Bagels, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.90		1		1		8.55	22.70	34.55
Energy....kcal	255		0	NC	4		66	176	268
Energy....kJ	1067		0		4		277	736	1120
Protein (N x 5.8)....g	10.70		1		1		2.78	7.38	11.24
Total lipid (fat)....g	1.20		1		1		0.31	0.83	1.26
Ash....g	1.90		1		1		0.49	1.31	2.00
Carbohydrate, by difference....g	53.30		0		4		13.86	36.78	55.97
Fiber, total dietary....g	3.6		0		4		0.9	2.5	3.8
Sugars, total....g	1.63		0	FLA	4		0.42	1.12	1.71
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1		1		3	8	13
Iron, Fe....mg	3.08		1		1		0.80	2.13	3.23
Magnesium, Mg....mg	31		0	FLA	4		8	21	33
Phosphorus, P....mg	110		0	FLA	4		29	76	116
Potassium, K....mg	115		0	FLA	4		30	79	121
Sodium, Na....mg	590		0	LC	8		153	407	620
Zinc, Zn....mg	0.90		0	FLA	4		0.23	0.62	0.95
Copper, Cu....mg	0.151		0	FLA	4		0.039	0.104	0.159
Manganese, Mn....mg	0.863		0	FLA	4		0.224	0.595	0.906
Selenium, Se....µg	34.2		0	FLA	4		8.9	23.6	35.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1		1		0.1	0.1	0.2
Thiamin....mg	0.331		1		1		0.086	0.228	0.348
Riboflavin....mg	0.338		1		1		0.088	0.233	0.355
Niacin....mg	2.960		1		1		0.770	2.042	3.108
Pantothenic acid....mg	0.445		0	FLA	4		0.116	0.307	0.467
Vitamin B-6....mg	0.043		0	FLA	4		0.011	0.030	0.045
Folate, total....µg	98		0	FLA	4		25	68	103
Folic acid....µg	52		0		4		14	36	55
Folate, food....µg	46		0		4		12	32	48
Folate, DFE....µg	134		0	NC	4		35	93	141
Choline, total....mg	15.3		0	BFZN	4		4.0	10.6	16.1
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NC	4		0	1	1
Retinol....µg	1		0	FLA	4		0	1	1
Carotene, beta....µg	1		0	FLA	4		0	0	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	4		1		1		1	3	4
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	58		0	FLA	4		15	40	61
Vitamin E (alpha-tocopherol)....mg	0.33		0	FLA	4		0.09	0.23	0.34
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		0	FLA	4		0.1	0.3	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18007
Bagels, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.191		0		4		0.050	0.132	0.201
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.002		0		4		0.001	0.001	0.002
13:0....g									
14:0....g	0.001		0		4		0.000	0.001	0.001
15:0....g									
16:0....g	0.170		0		4		0.044	0.117	0.179
17:0....g									
18:0....g	0.010		0		4		0.003	0.007	0.011
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.249		0		4		0.065	0.172	0.261
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		4		0.002	0.005	0.007
17:1....g									
18:1 undifferentiated....g	0.242		0		4		0.063	0.167	0.254
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.486		0		4		0.126	0.335	0.510
18:2 undifferentiated....g	0.465		0		4		0.121	0.321	0.488
18:3 undifferentiated....g	0.022		0		4		0.006	0.015	0.023
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0		4		0.036	0.095	0.145
Threonine....g	0.301		0		4		0.078	0.208	0.316
Isoleucine....g	0.406		0		4		0.106	0.280	0.426
Leucine....g	0.757		0		4		0.197	0.522	0.795
Lysine....g	0.288		0		4		0.075	0.199	0.302
Methionine....g	0.188		0		4		0.049	0.130	0.197
Cystine....g	0.253		0		4		0.066	0.175	0.266
Phenylalanine....g	0.526		0		4		0.137	0.363	0.552
Tyrosine....g	0.321		0		4		0.083	0.221	0.337
Valine....g	0.482		0		4		0.125	0.333	0.506
Arginine....g	0.460		0		4		0.120	0.317	0.483
Histidine....g	0.233		0		4		0.061	0.161	0.245
Alanine....g	0.382		0		4		0.099	0.264	0.401
Aspartic acid....g	0.561		0		4		0.146	0.387	0.589
Glutamic acid....g	3.318		0		4		0.863	2.289	3.484
Glycine....g	0.410		0		4		0.107	0.283	0.431
Proline....g	1.082		0		4		0.281	0.747	1.136
Serine....g	0.517		0		4		0.134	0.357	0.543
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18007
Bagels, oat bran

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

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

Common Measures:

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

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18001

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.81	0.309	12	A	1		33.47	8.79	23.33
Energy....kcal	264		0	NC	4		261	69	182
Energy....kJ	1103		0	NC	4		1092	287	761
Protein (N x 6.25)....g	10.56	0.135	12	A	1		10.45	2.75	7.29
Total lipid (fat)....g	1.32	0.099	12	A	1		1.31	0.34	0.91
Ash....g	1.93	0.160	12	A	1		1.91	0.50	1.33
Carbohydrate, by difference....g	52.38		0	NC	4		51.86	13.62	36.14
Fiber, total dietary....g	1.6	0.137	5	A	1		1.6	0.4	1.1
Sugars, total....g	8.43	0.137	6	A	1		8.35	2.19	5.82
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	2.34	0.211	6	A	1		2.31	0.61	1.61
Fructose....g	2.89	0.235	6	A	1		2.86	0.75	2.00
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	3.20	0.455	6	A	1		3.17	0.83	2.21
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	37.37	0.622	6	A	1		37.00	9.72	25.79
Minerals:									
Calcium, Ca....mg	219	68.720	12	A	1		217	57	151
Iron, Fe....mg	3.57	0.091	12	A	1		3.53	0.93	2.46
Magnesium, Mg....mg	29	1.246	12	A	1		29	8	20
Phosphorus, P....mg	99	7.510	12	A	1		98	26	68
Potassium, K....mg	107	4.982	12	A	1		106	28	74
Sodium, Na....mg	422	7.793	12	A	1		418	110	291
Zinc, Zn....mg	0.83	0.020	12	A	1		0.82	0.22	0.57
Copper, Cu....mg	0.128	0.003	12	A	1		0.127	0.033	0.089
Manganese, Mn....mg	0.539	0.016	12	A	1		0.533	0.140	0.372
Selenium, Se....µg	21.5	2.806	6	A	1		21.3	5.6	14.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.568	0.066	6	A	1		0.562	0.148	0.392
Riboflavin....mg	0.344	0.011	6	A	1		0.341	0.090	0.238
Niacin....mg	4.515	0.141	6	A	1		4.470	1.174	3.115
Pantothenic acid....mg	0.407	0.005	4	A	1		0.403	0.106	0.281
Vitamin B-6....mg	0.070	0.002	6	A	1		0.069	0.018	0.048
Folate, total....µg	106	4.894	6	A	1		104	27	73
Folic acid....µg	82		0	FLA	4		81	21	56
Folate, food....µg	24		0	FLA	4		24	6	17
Folate, DFE....µg	163		0	NC	4		161	42	112
Choline, total....mg	14.6		0	BFZN	4		14.5	3.8	10.1
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	FLA	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	7.46		2	A	1		7.38	1.94	5.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.06		2	A	1		0.06	0.02	0.04
Tocopherol, gamma....mg	0.03		2	A	1		0.03	0.01	0.02
Tocopherol, delta....mg	0.03		2	A	1		0.03	0.01	0.02
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.47		2	A	1		0.46	0.12	0.32

NDB No. 18001

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.03		2	A	1		0.03	0.01	0.02
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.2	0.031	3	A	1		0.2	0.0	0.1
Dihydrophylloquinone....µg	0.2	0.000	3	A	1		0.2	0.1	0.1
Menaquinone-4....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.360		0	NC	4		0.356	0.094	0.248
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.004	0.001	6	A	1		0.004	0.001	0.003
15:0....g	0.002	0.000	6	A	1		0.002	0.001	0.002
16:0....g	0.227	0.006	6	A	1		0.224	0.059	0.156
17:0....g	0.003	0.001	6	A	1		0.003	0.001	0.002
18:0....g	0.115	0.026	6	A	1		0.114	0.030	0.079
20:0....g	0.003	0.000	6	A	1		0.003	0.001	0.002
22:0....g	0.003	0.000	6	A	1		0.003	0.001	0.002
24:0....g	0.002	0.000	6	A	1		0.002	0.001	0.002
Fatty acids, total monounsaturated....g	0.390		0	NC	4		0.386	0.102	0.269
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.007	0.000	6	AS	1		0.007	0.002	0.005
16:1 c....g	0.007	0.000	6	A	1		0.007	0.002	0.005
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.186	0.010	6	AS	1		0.184	0.048	0.128
18:1 c....g	0.165	0.006	6	A	1		0.163	0.043	0.114
18:1 t....g	0.021	0.004	6	A	1		0.021	0.005	0.015
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005	0.000	6	A	1		0.005	0.001	0.003
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.526		0	NC	4		0.521	0.137	0.363
18:2 undifferentiated....g	0.503	0.011	6	AS	1		0.497	0.131	0.347
18:2 n-6 c,c....g	0.502	0.011	6	A	1		0.497	0.131	0.346
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.024	0.000	6	AS	1		0.024	0.006	0.016
18:3 n-3 c,c,c (ALA)....g	0.024	0.000	6	A	1		0.024	0.006	0.016
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18001

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.021		0	NC	4		0.021	0.006	0.015
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.021	0.005	0.015
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 99g: 1 bagel

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18002

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	28.27		2	A	1		6.78	18.38	27.99
Energy ... kcal	287		0	NC	4		69	187	284
Energy ... kJ	1201		0	NC	4		288	781	1189
Protein ... g	11.14		2	A	1		2.67	7.24	11.03
Total lipid (fat) ... g	1.43		0	BFSN	4		0.34	0.93	1.42
Ash ... g	1.76		2	A	1		0.42	1.15	1.75
Carbohydrate, by difference ... g	57.39		0	NC	4		13.77	37.30	56.82
Fiber, total dietary ... g	1.8		0	BFSN	4		0.4	1.2	1.8
Sugars, total ... g	9.14		0	BFSN	4		2.19	5.94	9.05
Sucrose ... g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	1.73		2	A	1		0.41	1.12	1.71
Fructose ... g	2.18		2	A	1		0.52	1.42	2.16
Lactose ... g	0.00		2	A	1		0.00	0.00	0.00
Maltose ... g	5.23		2	A	1		1.26	3.40	5.18
Galactose ... g	0.00		2	A	1		0.00	0.00	0.00
Starch ... g	48.70		2	A	1		11.69	31.66	48.21
Minerals:									
Calcium, Ca ... mg	15		2	A	1		4	10	15
Iron, Fe ... mg	4.50		2	A	1		1.08	2.92	4.45
Magnesium, Mg ... mg	24		2	A	1		6	15	23
Phosphorus, P ... mg	92		2	A	1		22	60	91
Potassium, K ... mg	116		0	BFSN	4		28	75	114
Sodium, Na ... mg	457		0	BFSN	4		110	297	453
Zinc, Zn ... mg	1.30		2	A	1		0.31	0.84	1.29
Copper, Cu ... mg	0.150		2	A	1		0.036	0.098	0.149
Manganese, Mn ... mg	0.575		2	A	1		0.138	0.374	0.569
Selenium, Se ... µg	25.2		2	A	1		6.0	16.3	24.9
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		1		0.0	0.0	0.0
Thiamin ... mg	0.602		2	A	1		0.144	0.391	0.596
Riboflavin ... mg	0.270		2	A	1		0.065	0.176	0.267
Niacin ... mg	4.375		2	A	1		1.050	2.844	4.331
Pantothenic acid ... mg	0.229		2	A	1		0.055	0.149	0.227
Vitamin B-6 ... mg	0.070		2	A	1		0.017	0.046	0.070
Folate, total ... µg	131		2	A	1		31	85	129
Folic acid ... µg	103		2	A	1		25	67	102
Folate, food ... µg	28		0	AS	1		7	18	27
Folate, DFE ... µg	203		0	NC	4		49	132	201
Choline, total ... mg	15.8		0	BFNN	4		3.8	10.3	15.6
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	0		0	RA	4		0	0	0
Retinol ... µg	0		0	RA	4		0	0	0
Carotene, beta ... µg	0		0	RA	4		0	0	0
Carotene, alpha ... µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	RA	4		0	0	0
Vitamin A, IU ... IU	0		0	RA	4		0	0	0
Lycopene ... µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin ... µg	55		0	RA	4		13	36	54
Vitamin E (alpha-tocopherol) ... mg	0.12		2	A	1		0.03	0.08	0.12
Vitamin E, added ... mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									

NDB No. 18002

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.0		2	A	1		0.2	0.7	1.0
Dihydrophylloquinone....µg	0.2		2	A	1		0.0	0.1	0.1
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.229		0	BFSN	4		0.055	0.149	0.227
4:0....g	0.000		2	A	1		0.000	0.000	0.000
6:0....g	0.000		2	A	1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g	0.000		2	A	1		0.000	0.000	0.000
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.156		2	A	1		0.037	0.101	0.154
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.051		2	A	1		0.012	0.033	0.050
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.245		0	NC	4		0.059	0.159	0.243
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.003		2	A	1		0.001	0.002	0.003
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.241		0	AS	1		0.058	0.157	0.239
18:1 c....g	0.241		2	A	1		0.058	0.157	0.239
18:1 t....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		2	A	1		0.000	0.001	0.002
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.554		0	NC	4		0.133	0.360	0.548
18:2 undifferentiated....g	0.489		2	A	1		0.117	0.318	0.484
18:3 undifferentiated....g	0.064		0	AS	1		0.015	0.042	0.064
18:3 n-3 c,c,c (ALA)....g	0.064		2	A	1		0.015	0.042	0.064
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	RA	4		0	0	0
Phytosterols....mg	0		0	RA	4		0	0	0
Amino Acids:									
Tryptophan....g	0.138		0	RA	4		0.033	0.090	0.136
Threonine....g	0.334		0	RA	4		0.080	0.217	0.331
Isoleucine....g	0.449		0	RA	4		0.108	0.292	0.444
Leucine....g	0.817		0	RA	4		0.196	0.531	0.809
Lysine....g	0.279		0	RA	4		0.067	0.181	0.276
Methionine....g	0.209		0	RA	4		0.050	0.136	0.207
Cystine....g	0.250		0	RA	4		0.060	0.163	0.248

NDB No. 18002

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

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

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

Common Measures:

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

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18406

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	32.60	0.572	23		1		9.24	8.48	22.49
Energy ... kcal	275		0	NC	4		78	72	190
Energy ... kJ	1151		0		4		326	299	794
Protein (N x 6.1) ... g	10.50	0.180	21		1		2.98	2.73	7.25
Total lipid (fat) ... g	1.60	0.089	21		1		0.45	0.42	1.10
Ash ... g	1.80	0.042	17		1		0.51	0.47	1.24
Carbohydrate, by difference ... g	53.40		0		4		15.14	13.88	36.85
Fiber, total dietary ... g	2.3		0	BFZN	4		0.7	0.6	1.6
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	18		0		4		5	5	12
Iron, Fe ... mg	3.56	0.174	22		1		1.01	0.93	2.46
Magnesium, Mg ... mg	29	1.378	17		1		8	8	20
Phosphorus, P ... mg	96	3.526	17		1		27	25	66
Potassium, K ... mg	101	2.267	18		1		29	26	70
Sodium, Na ... mg	534	17.593	22		1		151	139	368
Zinc, Zn ... mg	0.88	0.025	18		1		0.25	0.23	0.61
Copper, Cu ... mg	0.163	0.009	17		1		0.046	0.042	0.112
Manganese, Mn ... mg	0.540	0.020	17		1		0.153	0.140	0.373
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin ... mg	0.538	0.032	18		1		0.153	0.140	0.371
Riboflavin ... mg	0.315	0.023	18		1		0.089	0.082	0.217
Niacin ... mg	4.562	0.293	18		1		1.293	1.186	3.148
Pantothenic acid ... mg	0.363	0.020	13		1		0.103	0.094	0.250
Vitamin B-6 ... mg	0.051	0.004	12		1		0.014	0.013	0.035
Folate, total ... µg	88		0	FLA	4		25	23	61
Folic acid ... µg	66		0	NC	4		19	17	46
Folate, food ... µg	22	1.946	11		1		6	6	15
Folate, DFE ... µg	134		0	NC	4		38	35	93
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE ... µg	0		0	NC	4		0	0	0
Retinol ... µg	0		0	Z	7		0	0	0
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0	0.000	3		1		0	0	0
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 18406

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.220		0		4		0.062	0.057	0.152
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.207		0		4		0.059	0.054	0.143
17:0....g									
18:0....g	0.012		0		4		0.003	0.003	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		4		0.037	0.034	0.090
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.004	0.010
17:1....g									
18:1 undifferentiated....g	0.117		0		4		0.033	0.030	0.081
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated....g	0.036		0		4		0.010	0.009	0.025
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0		4		0.035	0.032	0.086
Threonine....g	0.301		0		4		0.085	0.078	0.208
Isoleucine....g	0.404		0		4		0.115	0.105	0.279
Leucine....g	0.735		0		4		0.208	0.191	0.507
Lysine....g	0.251		0		4		0.071	0.065	0.173
Methionine....g	0.188		0		4		0.053	0.049	0.130
Cystine....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine....g	0.519		0		4		0.147	0.135	0.358
Tyrosine....g	0.301		0		4		0.085	0.078	0.208
Valine....g	0.456		0		4		0.129	0.119	0.315
Arginine....g	0.384		0		4		0.109	0.100	0.265
Histidine....g	0.227		0		4		0.064	0.059	0.157
Alanine....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid....g	3.504		0		4		0.993	0.911	2.418
Glycine....g	0.373		0		4		0.106	0.097	0.257
Proline....g	1.180		0		4		0.335	0.307	0.814
Serine....g	0.508		0		4		0.144	0.132	0.351
Hydroxyproline....g									

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

NDB No. 18406

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Calories Factors: Protein 4.2 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18407

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.60	0.572	23		1		9.24	8.48	22.49
Energy....kcal	275		0	NC	4		78	72	190
Energy....kJ	1151		0		4		326	299	794
Protein (N x 5.9)....g	10.50	0.180	21		1		2.98	2.73	7.25
Total lipid (fat)....g	1.60	0.089	21		1		0.45	0.42	1.10
Ash....g	1.80	0.042	17		1		0.51	0.47	1.24
Carbohydrate, by difference....g	53.40		0		4		15.14	13.88	36.85
Fiber, total dietary....g	2.3		0	BFZN	4		0.7	0.6	1.6
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	74	5.938	8		1		21	19	51
Iron, Fe....mg	1.36		0		4		0.39	0.35	0.94
Magnesium, Mg....mg	29	1.378	17		1		8	8	20
Phosphorus, P....mg	96	3.526	17		1		27	25	66
Potassium, K....mg	101	2.267	18		1		29	26	70
Sodium, Na....mg	534	17.593	22		1		151	139	368
Zinc, Zn....mg	0.88	0.025	18		1		0.25	0.23	0.61
Copper, Cu....mg	0.163	0.009	17		1		0.046	0.042	0.112
Manganese, Mn....mg	0.540	0.020	17		1		0.153	0.140	0.373
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin....mg	0.163		0		4		0.046	0.042	0.112
Riboflavin....mg	0.052		0		4		0.015	0.014	0.036
Niacin....mg	1.758		0		4		0.498	0.457	1.213
Pantothenic acid....mg	0.363	0.020	13		1		0.103	0.094	0.250
Vitamin B-6....mg	0.051	0.004	12		1		0.014	0.013	0.035
Folate, total....µg	22	1.946	11		1		6	6	15
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	22	1.946	11		1		6	6	15
Folate, DFE....µg	22		0	NC	4		6	6	15
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	3		1		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18407

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.220		0		4		0.062	0.057	0.152
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.207		0		4		0.059	0.054	0.143
17:0....g									
18:0....g	0.012		0		4		0.003	0.003	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		4		0.037	0.034	0.090
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.004	0.010
17:1....g									
18:1 undifferentiated....g	0.117		0		4		0.033	0.030	0.081
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated....g	0.036		0		4		0.010	0.009	0.025
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0		4		0.035	0.032	0.086
Threonine....g	0.301		0		4		0.085	0.078	0.208
Isoleucine....g	0.404		0		4		0.115	0.105	0.279
Leucine....g	0.735		0		4		0.208	0.191	0.507
Lysine....g	0.251		0		4		0.071	0.065	0.173
Methionine....g	0.188		0		4		0.053	0.049	0.130
Cystine....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine....g	0.519		0		4		0.147	0.135	0.358
Tyrosine....g	0.301		0		4		0.085	0.078	0.208
Valine....g	0.456		0		4		0.129	0.119	0.315
Arginine....g	0.384		0		4		0.109	0.100	0.265
Histidine....g	0.227		0		4		0.064	0.059	0.157
Alanine....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid....g	3.504		0		4		0.993	0.911	2.418
Glycine....g	0.373		0		4		0.106	0.097	0.257
Proline....g	1.180		0		4		0.335	0.307	0.814
Serine....g	0.508		0		4		0.144	0.132	0.351
Hydroxyproline....g									

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

NDB No. 18407

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18408

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.60	0.572	23		1		9.24	8.48	22.49
Energy....kcal	275		0	NC	4		78	72	190
Energy....kJ	1151		0		4		326	299	794
Protein (N x 5.9)....g	10.50	0.180	21		1		2.98	2.73	7.25
Total lipid (fat)....g	1.60	0.089	21		1		0.45	0.42	1.10
Ash....g	1.80	0.042	17		1		0.51	0.47	1.24
Carbohydrate, by difference....g	53.40		0		4		15.14	13.88	36.85
Fiber, total dietary....g	2.3		0	BFZN	4		0.7	0.6	1.6
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		4		5	5	12
Iron, Fe....mg	1.36		0		4		0.39	0.35	0.94
Magnesium, Mg....mg	29	1.378	17		1		8	8	20
Phosphorus, P....mg	96	3.526	17		1		27	25	66
Potassium, K....mg	101	2.267	18		1		29	26	70
Sodium, Na....mg	534	17.593	22		1		151	139	368
Zinc, Zn....mg	0.88	0.025	18		1		0.25	0.23	0.61
Copper, Cu....mg	0.163	0.009	17		1		0.046	0.042	0.112
Manganese, Mn....mg	0.540	0.020	17		1		0.153	0.140	0.373
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin....mg	0.163		0		4		0.046	0.042	0.112
Riboflavin....mg	0.052		0		4		0.015	0.014	0.036
Niacin....mg	1.758		0		4		0.498	0.457	1.213
Pantothenic acid....mg	0.363	0.020	13		1		0.103	0.094	0.250
Vitamin B-6....mg	0.051	0.004	12		1		0.014	0.013	0.035
Folate, total....µg	22	1.946	11		1		6	6	15
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	22	1.946	11		1		6	6	15
Folate, DFE....µg	22		0	NC	4		6	6	15
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	3		1		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18408

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.220		0		4		0.062	0.057	0.152
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.207		0		4		0.059	0.054	0.143
17:0....g									
18:0....g	0.012		0		4		0.003	0.003	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		4		0.037	0.034	0.090
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.004	0.010
17:1....g									
18:1 undifferentiated....g	0.117		0		4		0.033	0.030	0.081
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated....g	0.036		0		4		0.010	0.009	0.025
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0		4		0.035	0.032	0.086
Threonine....g	0.301		0		4		0.085	0.078	0.208
Isoleucine....g	0.404		0		4		0.115	0.105	0.279
Leucine....g	0.735		0		4		0.208	0.191	0.507
Lysine....g	0.251		0		4		0.071	0.065	0.173
Methionine....g	0.188		0		4		0.053	0.049	0.130
Cystine....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine....g	0.519		0		4		0.147	0.135	0.358
Tyrosine....g	0.301		0		4		0.085	0.078	0.208
Valine....g	0.456		0		4		0.129	0.119	0.315
Arginine....g	0.384		0		4		0.109	0.100	0.265
Histidine....g	0.227		0		4		0.064	0.059	0.157
Alanine....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid....g	3.504		0		4		0.993	0.911	2.418
Glycine....g	0.373		0		4		0.106	0.097	0.257
Proline....g	1.180		0		4		0.335	0.307	0.814
Serine....g	0.508		0		4		0.144	0.132	0.351
Hydroxyproline....g									

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

NDB No. 18408

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18968
Bagels, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.55		0	FLC	4		36.80		
Energy....kcal	250		0	NC	4		245		
Energy....kJ	1047		0	NC	4		1026		
Protein....g	10.20		1	LC	8		10.00		
Total lipid (fat)....g	1.53		1	LC	8		1.50		
Ash....g	1.82		0	FLC	4		1.79		
Carbohydrate, by difference....g	48.89		0	NC	4		47.91		
Fiber, total dietary....g	4.1		1	LC	8		4.0		
Sugars, total....g	6.12		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	LC	8		20		
Iron, Fe....mg	2.76		1	LC	8		2.70		
Magnesium, Mg....mg	51		0	FLC	4		50		
Phosphorus, P....mg	142		0	FLC	4		139		
Potassium, K....mg	165		0	FLC	4		162		
Sodium, Na....mg	439		1	LC	8		430		
Zinc, Zn....mg	1.10		0	FLC	4		1.08		
Copper, Cu....mg	0.175		0	FLC	4		0.172		
Manganese, Mn....mg	1.430		0	FLC	4		1.401		
Selenium, Se....µg	28.7		0	FLC	4		28.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.403		0	FLC	4		0.395		
Riboflavin....mg	0.209		0	FLC	4		0.205		
Niacin....mg	3.370		0	FLC	4		3.302		
Pantothenic acid....mg	0.375		0	FLC	4		0.367		
Vitamin B-6....mg	0.147		0	FLC	4		0.144		
Folate, total....µg	76		0	FLC	4		75		
Folic acid....µg	46		0	FLC	4		45		
Folate, food....µg	31		0	FLC	4		30		
Folate, DFE....µg	108		0	NC	4		106		
Choline, total....mg	9.8		0	FLC	4		9.6		
Betaine....mg	21.6		0	FLC	4		21.2		
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	2		0	FLC	4		2		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	88		0	FLC	4		87		
Vitamin E (alpha-tocopherol)....mg	0.32		0	FLC	4		0.31		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	1.5		0	FLC	4		1.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18968
Bagels, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.290		0	FLC	4		0.284		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.008		0	FLC	4		0.008		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.277		0	FLC	4		0.271		
20:1....g	0.005		0	FLC	4		0.005		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.936		0	FLC	4		0.917		
18:2 undifferentiated....g	0.859		0	FLC	4		0.842		
18:3 undifferentiated....g	0.076		0	FLC	4		0.075		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 98g: 1 bagel

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

Food Group: 18 Baked Products

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

NDB No. 28319
Bagels, whole grain white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.52		0	FLC	4		14.85		
Energy....kcal	255		0	NC	4		110		
Energy....kJ	1068		0	NC	4		459		
Protein (N x 6.25)....g	9.30		0	LC	8		4.00		
Total lipid (fat)....g	0.00		0	LC	8		0.00		
Ash....g	1.65		0	FLC	4		0.71		
Carbohydrate, by difference....g	54.52		0	NC	4		23.44		
Fiber, total dietary....g	4.7		0	LC	8		2.0		
Sugars, total....g	9.30		0	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	93		0	LC	8		40		
Iron, Fe....mg	4.19		0	LC	8		1.80		
Magnesium, Mg....mg	41		0	FLC	4		18		
Phosphorus, P....mg	144		0	FLC	4		62		
Potassium, K....mg	176		0	FLC	4		76		
Sodium, Na....mg	372		0	LC	8		160		
Zinc, Zn....mg	1.62		0	FLC	4		0.69		
Copper, Cu....mg	0.157		0	FLC	4		0.068		
Manganese, Mn....mg									
Selenium, Se....µg	26.3		0	FLC	4		11.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.698		0	LC	8		0.300		
Riboflavin....mg	0.395		0	LC	8		0.170		
Niacin....mg	4.651		0	LC	8		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.145		0	FLC	4		0.062		
Folate, total....µg	140		0	LC	8		60		
Folic acid....µg	56		0	FLC	4		24		
Folate, food....µg	83		0	FLC	4		36		
Folate, DFE....µg	179		0	NC	4		77		
Choline, total....mg	9.6		0	FLC	4		4.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	1		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	3		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	75		0	FLC	4		32		
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLC	4		0.10		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	0.5		0	FLC	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28319
Bagels, whole grain white

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

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

Common Measures:

Measure 1 = 43g: .5 piece bagel 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.80		1		1		10.72	16.63	
Energy....kcal	263		0	NC	4		75	116	
Energy....kJ	1100				4		312	484	
Protein (N x 5.7)....g	6.10		1		1		1.73	2.68	
Total lipid (fat)....g	5.60		1		1		1.59	2.46	
Ash....g	3.10		1		1		0.88	1.36	
Carbohydrate, by difference....g	47.40		0	NC	4		13.44	20.86	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1		1		5	7	
Iron, Fe....mg	2.75		1		1		0.78	1.21	
Magnesium, Mg....mg	30		0	FLA	4		9	13	
Phosphorus, P....mg	236		0	FLA	4		67	104	
Potassium, K....mg	456		1		1		129	201	
Sodium, Na....mg	670		1		1		190	295	
Zinc, Zn....mg	0.60		0	FLA	4		0.17	0.26	
Copper, Cu....mg	0.115		0	FLA	4		0.033	0.051	
Manganese, Mn....mg	0.659		0	FLA	4		0.187	0.290	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.390		1		1		0.111	0.172	
Riboflavin....mg	0.210		1		1		0.060	0.092	
Niacin....mg	3.400		1		1		0.964	1.496	
Pantothenic acid....mg	0.315		0	FLA	4		0.089	0.139	
Vitamin B-6....mg	0.065		0	FLA	4		0.018	0.029	
Folate, total....µg	83		0	FLA	4		24	37	
Folic acid....µg	71		0	NC	4		20	31	
Folate, food....µg	12		0		4		3	5	
Folate, DFE....µg	133		0	NC	4		38	58	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18017
Biscuits, mixed grain, refrigerated dough

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

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

NDB No. 18017

Biscuits, mixed grain, refrigerated dough

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.20	0.168	7		1		11.04	10.49	11.78
Energy....kcal	428		0	NC	4		514	488	548
Energy....kJ	1792		0	NC	4		2150	2043	2294
Protein (N x 5.8)....g	8.00	0.132	4		1		9.60	9.12	10.24
Total lipid (fat)....g	15.40	1.345	3		1		18.48	17.56	19.71
Ash....g	4.00	0.098	14		1		4.80	4.56	5.12
Carbohydrate, by difference....g	63.40		0	NC	4		76.08	72.28	81.15
Fiber, total dietary....g	2.1		0		4		2.5	2.4	2.7
Sugars, total....g	11.65		0	FLA	4		13.98	13.28	14.92
Starch....g									
Minerals:									
Calcium, Ca....mg	179	17.041	4		1		215	204	229
Iron, Fe....mg	2.77	0.030	3		1		3.32	3.16	3.55
Magnesium, Mg....mg	25	0.401	12		1		30	29	32
Phosphorus, P....mg	585	45.721	4		1		702	667	749
Potassium, K....mg	163	22.649	4		1		196	186	209
Sodium, Na....mg	1276	74.831	4		1		1531	1455	1633
Zinc, Zn....mg	0.60	0.015	12		1		0.72	0.68	0.77
Copper, Cu....mg	0.154	0.007	12		1		0.185	0.176	0.197
Manganese, Mn....mg	0.340	0.010	12		1		0.408	0.388	0.435
Selenium, Se....µg	7.5		0	FLA	4		9.0	8.6	9.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.4	0.3	0.4
Thiamin....mg	0.575	0.084	4		1		0.690	0.656	0.736
Riboflavin....mg	0.437	0.005	4		1		0.524	0.498	0.559
Niacin....mg	4.542	0.136	3		1		5.450	5.178	5.814
Pantothenic acid....mg	0.884	0.175	4		1		1.061	1.008	1.132
Vitamin B-6....mg	0.076		2		1		0.091	0.087	0.097
Folate, total....µg	125		0	FLA	4		150	143	160
Folic acid....µg	91		0	FLA	4		110	104	117
Folate, food....µg	34		0	FLA	4		40	38	43
Folate, DFE....µg	189		0	NC	4		227	216	242
Choline, total....mg	11.0		0	BFSN	4		13.2	12.6	14.1
Betaine....mg									
Vitamin B-12....µg	0.39		0	FLA	4		0.47	0.44	0.50
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		2	2	2
Retinol....µg	2		0	FLA	4		2	2	2
Carotene, beta....µg	0		0	FLA	4		0	0	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	4		0		4		5	5	5
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	2		0	FLA	4		2	2	2
Vitamin E (alpha-tocopherol)....mg	0.13		0	FLA	4		0.16	0.15	0.17
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.5		0	FLA	4		7.8	7.4	8.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.965		0	FLA	4		4.758	4.520	5.075
4:0....g	0.011		0	FLA	4		0.013	0.013	0.014
6:0....g	0.003		0	FLA	4		0.004	0.003	0.004
8:0....g	0.002		0	FLA	4		0.002	0.002	0.003
10:0....g	0.004		0	FLA	4		0.005	0.005	0.005
12:0....g	0.004		0	FLA	4		0.005	0.005	0.005
13:0....g									
14:0....g	0.096		0	FLA	4		0.115	0.109	0.123
15:0....g									
16:0....g	2.040		0	FLA	4		2.448	2.326	2.611
17:0....g									
18:0....g	1.793		0	FLA	4		2.152	2.044	2.295
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.584		0	FLA	4		10.301	9.786	10.988
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	FLA	4		0.010	0.009	0.010
17:1....g									
18:1 undifferentiated....g	8.572		0	FLA	4		10.286	9.772	10.972
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.011		0	FLA	4		2.413	2.293	2.574
18:2 undifferentiated....g	1.907		0	FLA	4		2.288	2.174	2.441
18:3 undifferentiated....g	0.104		0	FLA	4		0.125	0.119	0.133
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0	FLA	4		2	2	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.118	0.112	0.125
Threonine....g	0.233		0		1		0.280	0.266	0.298
Isoleucine....g	0.288		0		1		0.346	0.328	0.369
Leucine....g	0.562		0		1		0.674	0.641	0.719
Lysine....g	0.213		0		1		0.256	0.243	0.273
Methionine....g	0.142		0		1		0.170	0.162	0.182
Cystine....g	0.164		0		1		0.197	0.187	0.210
Phenylalanine....g	0.392		0		1		0.470	0.447	0.502
Tyrosine....g	0.242		0		1		0.290	0.276	0.310
Valine....g	0.334		0		1		0.401	0.381	0.428
Arginine....g	0.315		0		1		0.378	0.359	0.403
Histidine....g	0.177		0		1		0.212	0.202	0.227
Alanine....g	0.261		0		1		0.313	0.298	0.334
Aspartic acid....g	0.364		0		1		0.437	0.415	0.466
Glutamic acid....g	2.567		0		1		3.080	2.926	3.286
Glycine....g	0.276		0		1		0.331	0.315	0.353
Proline....g	0.896		0		1		1.075	1.021	1.147
Serine....g	0.393		0		1		0.472	0.448	0.503
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18010
Biscuits, plain or buttermilk, dry mix

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

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

Common Measures:

Measure 1 = 120g: 1 cup, purchased

Measure 2 = 114g: 1 cup, homemade

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

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

Food Group: 18 Baked Products

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

NDB No. 18011
Biscuits, plain or buttermilk, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.90		0		1		8.19		
Energy....kcal	335		0	NC	4		95		
Energy....kJ	1402				4		397		
Protein....g	7.30		0		1		2.07		
Total lipid (fat)....g	12.10		0		1		3.43		
Ash....g	3.30		0		1		0.94		
Carbohydrate, by difference....g	48.40		0	NC	4		13.72		
Fiber, total dietary....g	1.8		0		1		0.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	185		0		1		52		
Iron, Fe....mg	2.05		0		1		0.58		
Magnesium, Mg....mg	25		0		1		7		
Phosphorus, P....mg	470		0		1		133		
Potassium, K....mg	188		0		1		53		
Sodium, Na....mg	955		0		1		271		
Zinc, Zn....mg	0.61		0		1		0.17		
Copper, Cu....mg	0.116		0		1		0.033		
Manganese, Mn....mg	0.249		0		1		0.071		
Selenium, Se....µg	6.2		0	RP	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		4		0.1		
Thiamin....mg	0.350		0		1		0.099		
Riboflavin....mg	0.357		0		1		0.101		
Niacin....mg	3.021		0		1		0.856		
Pantothenic acid....mg	0.548		0		1		0.155		
Vitamin B-6....mg	0.068		0		1		0.019		
Folate, total....µg	52		0	RP	4		15		
Folic acid....µg	46		0	NC	4		13		
Folate, food....µg	6		0		1		2		
Folate, DFE....µg	84		0	NC	4		24		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.21		0		4		0.06		
Vitamin A, RAE....µg	26		0	NC	4		7		
Retinol....µg	25		0	NC	4		7		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	94		0		4		27		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18011
Biscuits, plain or buttermilk, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.789		0		1		0.791		
4:0....g	0.031		0		1		0.009		
6:0....g	0.018		0		1		0.005		
8:0....g	0.010		0		1		0.003		
10:0....g	0.024		0		1		0.007		
12:0....g	0.027		0		1		0.008		
13:0....g									
14:0....g	0.096		0		1		0.027		
15:0....g									
16:0....g	1.360		0		1		0.386		
17:0....g									
18:0....g	1.221		0		1		0.346		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.206		0		1		1.192		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	4.183		0		1		1.186		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.305		0		1		1.220		
18:2 undifferentiated....g	4.045		0		1		1.147		
18:3 undifferentiated....g	0.260		0		1		0.074		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		4		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.091		0		1		0.026		
Threonine....g	0.234		0		1		0.066		
Isoleucine....g	0.296		0		1		0.084		
Leucine....g	0.549		0		1		0.156		
Lysine....g	0.267		0		1		0.076		
Methionine....g	0.139		0		1		0.039		
Cystine....g	0.133		0		1		0.038		
Phenylalanine....g	0.355		0		1		0.101		
Tyrosine....g	0.245		0		1		0.069		
Valine....g	0.339		0		1		0.096		
Arginine....g	0.281		0		1		0.080		
Histidine....g	0.167		0		1		0.047		
Alanine....g	0.239		0		1		0.068		
Aspartic acid....g	0.373		0		1		0.106		
Glutamic acid....g	2.172		0		1		0.616		
Glycine....g	0.232		0		1		0.066		
Proline....g	0.791		0		1		0.224		
Serine....g	0.364		0		1		0.103		
Hydroxyproline....g									

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

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18009
Biscuits, plain or buttermilk, frozen, baked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.70	1.152	6		1		7.57	20.56	13.62
Energy	kcal	338		0	NC	4		96	260	172
Energy	kJ	1414		0	NC	4		401	1089	721
Protein (N x 5.8)	g	6.20	0.396	6		1		1.76	4.77	3.16
Total lipid (fat)	g	11.03		0	NR	4		3.13	8.49	5.63
Ash	g	2.20	0.338	7		1		0.62	1.69	1.12
Carbohydrate, by difference	g	53.87		0	NC	4		15.27	41.48	27.47
Fiber, total dietary	g	1.3		0		4		0.4	1.0	0.7
Sugars, total	g	3.48		0	FLA	4		0.99	2.68	1.77
Starch	g									
Minerals:										
Calcium, Ca	mg	49	6.829	23		1		14	38	25
Iron, Fe	mg	3.30	0.234	21		1		0.94	2.54	1.68
Magnesium, Mg	mg	17	0.693	20		1		5	13	9
Phosphorus, P	mg	430	35.462	20		1		122	331	219
Potassium, K	mg	224	24.306	20		1		64	172	114
Sodium, Na	mg	942		0	LC	8		267	725	480
Zinc, Zn	mg	0.48	0.018	19		1		0.14	0.37	0.24
Copper, Cu	mg	0.083	0.006	19		1		0.024	0.064	0.042
Manganese, Mn	mg	0.392	0.014	15		1		0.111	0.302	0.200
Selenium, Se	µg	18.8		0	FLA	4		5.3	14.5	9.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.427	0.029	8		1		0.121	0.329	0.218
Riboflavin	mg	0.292	0.017	8		1		0.083	0.225	0.149
Niacin	mg	3.352	0.222	5		1		0.950	2.581	1.710
Pantothenic acid	mg	0.300		1		1		0.085	0.231	0.153
Vitamin B-6	mg	0.047	0.011	4		1		0.013	0.036	0.024
Folate, total	µg	70		0	FLA	4		20	54	36
Folic acid	µg	58		0	FLA	4		17	45	30
Folate, food	µg	12		0	NC	4		3	9	6
Folate, DFE	µg	111		0	NC	4		31	86	57
Choline, total	mg	20.0		0	BFSN	4		5.7	15.4	10.2
Betaine	mg									
Vitamin B-12	µg	0.14		2		1		0.04	0.11	0.07
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	0		0	FLA	4		0	0	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	2		0	FLA	4		1	2	1
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	9		0	FLA	4		3	7	5
Vitamin E (alpha-tocopherol)	mg	1.32		0	FLA	4		0.37	1.02	0.67
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	4.1		0	FLA	4		1.2	3.2	2.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18009
Biscuits, plain or buttermilk, frozen, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.676		0	FLA	4		0.475	1.290	0.855
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.001		0	FLA	4		0.000	0.001	0.000
8:0....g	0.001		0	FLA	4		0.000	0.001	0.000
10:0....g	0.001		0	FLA	4		0.000	0.001	0.000
12:0....g	0.001		0	FLA	4		0.000	0.001	0.001
13:0....g									
14:0....g	0.015		0	FLA	4		0.004	0.011	0.008
15:0....g									
16:0....g	1.114		0	FLA	4		0.316	0.858	0.568
17:0....g									
18:0....g	0.542		0	FLA	4		0.154	0.418	0.277
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.647		0	FLA	4		1.317	3.578	2.370
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0	FLA	4		0.012	0.034	0.022
17:1....g									
18:1 undifferentiated....g	4.592		0	FLA	4		1.302	3.536	2.342
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.178		0	FLA	4		1.184	3.217	2.131
18:2 undifferentiated....g	3.881		0	FLA	4		1.100	2.988	1.979
18:3 undifferentiated....g	0.287		0	FLA	4		0.081	0.221	0.146
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	1	1
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022	0.059	0.039
Threonine....g	0.177		0		1		0.050	0.136	0.090
Isoleucine....g	0.226		0		1		0.064	0.174	0.115
Leucine....g	0.436		0		1		0.124	0.336	0.222
Lysine....g	0.167		0		1		0.047	0.129	0.085
Methionine....g	0.112		0		1		0.032	0.086	0.057
Cystine....g	0.123		0		1		0.035	0.095	0.063
Phenylalanine....g	0.308		0		1		0.087	0.237	0.157
Tyrosine....g	0.192		0		1		0.054	0.148	0.098
Valine....g	0.262		0		1		0.074	0.202	0.134
Arginine....g	0.245		0		1		0.069	0.189	0.125
Histidine....g	0.139		0		1		0.039	0.107	0.071
Alanine....g	0.197		0		1		0.056	0.152	0.100
Aspartic acid....g	0.277		0		1		0.079	0.213	0.141
Glutamic acid....g	1.979		0		1		0.561	1.524	1.009
Glycine....g	0.211		0		1		0.060	0.162	0.108
Proline....g	0.698		0		1		0.198	0.537	0.356
Serine....g	0.307		0		1		0.087	0.236	0.157
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18009
Biscuits, plain or buttermilk, frozen, baked

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 77g: 1 large

Measure 3 = 51g: 1 medium

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

Food Group: 18 Baked Products

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

NDB No. 18016
Biscuits, plain or buttermilk, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.90		0		1		8.19	29.19	4.05
Energy....kcal	353		0	NC	4		100	357	49
Energy....kJ	1477		0	NC	4		419	1492	207
Protein (N x 0)....g	7.00		0		1		1.98	7.07	0.98
Total lipid (fat)....g	16.30		0		1		4.62	16.46	2.28
Ash....g	3.20		0		1		0.91	3.23	0.45
Carbohydrate, by difference....g	44.60		0	NC	4		12.64	45.05	6.24
Fiber, total dietary....g	1.5		0		4		0.4	1.5	0.2
Sugars, total....g	2.18		0	RA	4		0.62	2.20	0.31
Starch....g									
Minerals:									
Calcium, Ca....mg	235		0		1		67	237	33
Iron, Fe....mg	2.90		0		1		0.82	2.93	0.41
Magnesium, Mg....mg	18		0		1		5	18	3
Phosphorus, P....mg	164		0		1		46	166	23
Potassium, K....mg	121		0		1		34	122	17
Sodium, Na....mg	580		0		1		164	586	81
Zinc, Zn....mg	0.54		0		1		0.15	0.55	0.08
Copper, Cu....mg	0.082		0		1		0.023	0.083	0.011
Manganese, Mn....mg	0.378		0		1		0.107	0.382	0.053
Selenium, Se....µg	19.5		0	RK	4		5.5	19.7	2.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.2	0.0
Thiamin....mg	0.356		0		1		0.101	0.360	0.050
Riboflavin....mg	0.310		0		1		0.088	0.313	0.043
Niacin....mg	2.949		0		1		0.836	2.978	0.413
Pantothenic acid....mg	0.285		0		1		0.081	0.288	0.040
Vitamin B-6....mg	0.035		0		1		0.010	0.035	0.005
Folate, total....µg	61		0	RK	4		17	62	9
Folic acid....µg	49		0	NC	4		14	49	7
Folate, food....µg	12		0		1		3	12	2
Folate, DFE....µg	95		0	NC	4		27	96	13
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08		0		1		0.02	0.08	0.01
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	82		0		1		23	83	11
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18016
Biscuits, plain or buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.324		0		1		1.226	4.367	0.605
4:0....g	0.026		0		1		0.007	0.026	0.004
6:0....g	0.015		0		1		0.004	0.015	0.002
8:0....g	0.009		0		1		0.003	0.009	0.001
10:0....g	0.020		0		1		0.006	0.020	0.003
12:0....g	0.022		0		1		0.006	0.022	0.003
13:0....g									
14:0....g	0.140		0		1		0.040	0.141	0.020
15:0....g									
16:0....g	2.402		0		1		0.681	2.426	0.336
17:0....g									
18:0....g	1.687		0		1		0.478	1.704	0.236
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.930		0		1		1.965	6.999	0.970
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.005	0.018	0.003
17:1....g									
18:1 undifferentiated....g	6.910		0		1		1.959	6.979	0.967
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	4.163		0		1		1.180	4.205	0.583
18:2 undifferentiated....g	3.900		0		1		1.106	3.939	0.546
18:3 undifferentiated....g	0.263		0		1		0.075	0.266	0.037
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	3		0		1		1	3	0
Phytosterols....mg	30		0		1		9	30	4
Amino Acids:									
Tryptophan....g	0.087		0		1		0.025	0.088	0.012
Threonine....g	0.211		0		1		0.060	0.213	0.030
Isoleucine....g	0.273		0		1		0.077	0.276	0.038
Leucine....g	0.514		0		1		0.146	0.519	0.072
Lysine....g	0.226		0		1		0.064	0.228	0.032
Methionine....g	0.132		0		1		0.037	0.133	0.018
Cystine....g	0.132		0		1		0.037	0.133	0.018
Phenylalanine....g	0.347		0		1		0.098	0.350	0.049
Tyrosine....g	0.232		0		1		0.066	0.234	0.032
Valine....g	0.313		0		1		0.089	0.316	0.044
Arginine....g	0.275		0		1		0.078	0.278	0.039
Histidine....g	0.161		0		1		0.046	0.163	0.023
Alanine....g	0.226		0		1		0.064	0.228	0.032
Aspartic acid....g	0.335		0		1		0.095	0.338	0.047
Glutamic acid....g	2.175		0		1		0.617	2.197	0.305
Glycine....g	0.231		0		1		0.065	0.233	0.032
Proline....g	0.780		0		1		0.221	0.788	0.109
Serine....g	0.352		0		1		0.100	0.356	0.049
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18016
Biscuits, plain or buttermilk, prepared from recipe

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 101g: 1 biscuit (4" dia)

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

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

Food Group: 18 Baked Products

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

NDB No. 18014
Biscuits, plain or buttermilk, refrigerated dough, higher fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.15	0.320	6	A	1		19.23	14.26	131.95
Energy....kcal	307		0	NC	4		178	132	1222
Energy....kJ	1285		0	NC	4		745	553	5114
Protein....g	6.66	0.061	6	A	1		3.86	2.86	26.49
Total lipid (fat)....g	10.58		2	MC	9		6.13	4.55	42.09
Ash....g	3.30	0.086	6	A	1		1.91	1.42	13.12
Carbohydrate, by difference....g	46.32		0	NC	4		26.87	19.92	184.36
Fiber, total dietary....g	0.7	0.000	6	A	1		0.4	0.3	3.0
Sugars, total....g	7.40	0.216	6	A	1		4.29	3.18	29.46
Starch....g									
Minerals:									
Calcium, Ca....mg	51	4.306	6	A	1		29	22	202
Iron, Fe....mg	2.48	0.034	6	A	1		1.44	1.07	9.86
Magnesium, Mg....mg	17	0.307	6	A	1		10	7	67
Phosphorus, P....mg	470	7.639	6	A	1		273	202	1870
Potassium, K....mg	162	11.066	5	A	1		94	69	643
Sodium, Na....mg	977		2	MC	9		567	420	3889
Zinc, Zn....mg	0.50	0.023	6	A	1		0.29	0.22	2.01
Copper, Cu....mg	0.090	0.006	6	A	1		0.052	0.039	0.358
Manganese, Mn....mg	0.438	0.009	6	A	1		0.254	0.188	1.744
Selenium, Se....µg	8.0		0	FLA	4		4.7	3.5	32.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	MC	9		0.0	0.0	0.2
Thiamin....mg	0.391	0.006	6	A	1		0.227	0.168	1.557
Riboflavin....mg	0.290	0.013	6	A	1		0.168	0.125	1.155
Niacin....mg	3.308	0.088	6	A	1		1.919	1.423	13.167
Pantothenic acid....mg	0.346	0.038	6	A	1		0.201	0.149	1.378
Vitamin B-6....mg	0.063	0.004	6	A	1		0.037	0.027	0.251
Folate, total....µg	57		0	FLA	4		33	25	227
Folic acid....µg	46		0	FLA	4		27	20	182
Folate, food....µg	11		0	FLA	4		7	5	45
Folate, DFE....µg	89		0	NC	4		52	38	354
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLA	4		0.03	0.02	0.21
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE (3) ....µg	2		0	FLA	4		1	1	9
Retinol (4) ....µg	2		0	FLA	4		1	1	8
Carotene, beta....µg	0		0	FLA	4		0	0	2
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU (1) ....IU	8		0	FLA	4		5	3	32
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	8		0	FLA	4		4	3	30
Vitamin E (alpha-tocopherol)....mg	0.69	0.044	4	A	1		0.40	0.30	2.74
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.2	0.538	6	A	1		3.6	2.7	24.8

NDB No. 18014
Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.806		0	NC	4		1.628	1.207	11.168
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.013	0.003	6	A	1		0.008	0.006	0.053
15:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0....g	1.198	0.043	6	A	1		0.695	0.515	4.769
17:0....g	0.010	0.002	6	A	1		0.006	0.004	0.039
18:0....g	1.513	0.121	6	A	1		0.878	0.651	6.024
20:0....g	0.036	0.002	6	A	1		0.021	0.016	0.144
22:0....g	0.035	0.002	6	A	1		0.020	0.015	0.139
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	6.559		0	NC	4		3.804	2.820	26.105
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.009	0.002	6	A	1		0.005	0.004	0.036
17:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	6.525	0.277	6	A	1		3.785	2.806	25.970
20:1....g	0.025	0.002	6	A	1		0.014	0.011	0.099
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.681		0	NC	4		0.395	0.293	2.710
18:2 undifferentiated....g	0.645	0.055	6	A	1		0.374	0.277	2.567
18:3 undifferentiated....g	0.036		0	AS	1		0.021	0.015	0.143
18:3 n-3 c,c,c (ALA)....g	0.036	0.002	6	A	1		0.021	0.015	0.143
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g	3.444		0	FLA	4		1.997	1.481	13.707
Cholesterol (2) ....mg	1		0	FLA	4		1	0	4
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0	FLA	4		0.037	0.027	0.254
Threonine....g	0.171		0	FLA	4		0.099	0.074	0.682
Isoleucine....g	0.215		0	FLA	4		0.125	0.092	0.855
Leucine....g	0.393		0	FLA	4		0.228	0.169	1.564
Lysine....g	0.206		0	FLA	4		0.119	0.088	0.819
Methionine....g	0.095		0	FLA	4		0.055	0.041	0.377
Cystine....g	0.123		0	FLA	4		0.071	0.053	0.490
Phenylalanine....g	0.240		0	FLA	4		0.139	0.103	0.953
Tyrosine....g	0.101		0	FLA	4		0.059	0.044	0.404
Valine....g	0.256		0	FLA	4		0.149	0.110	1.020
Arginine....g	0.210		0	FLA	4		0.122	0.090	0.834
Histidine....g	0.121		0	FLA	4		0.070	0.052	0.481
Alanine....g	0.172		0	FLA	4		0.100	0.074	0.684
Aspartic acid....g	0.266		0	FLA	4		0.154	0.114	1.057

NDB No. 18014
Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	1.578		0	FLA	4		0.915	0.679	6.280
Glycine.....g	0.177		0	FLA	4		0.102	0.076	0.703
Proline.....g	0.574		0	FLA	4		0.333	0.247	2.283
Serine.....g	0.246		0	FLA	4		0.142	0.106	0.977
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 58g: 1 biscuit

Measure 2 = 43g: 1 biscuit

Measure 3 = 398g: 1 package

Footnotes:

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

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

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

NDB No. 18015

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.15		2	A	1		0.08	0.04	0.04
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.5	0.064	3	A	1		4.8	2.6	2.7
Dihydrophylloquinone....µg	3.8	0.032	3	A	1		2.0	1.0	1.1
Menaquinone-4....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	5.514		0	NC	4		2.812	1.489	1.563
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.006	0.001	6	A	1		0.003	0.002	0.002
12:0....g	0.008	0.002	6	A	1		0.004	0.002	0.002
13:0....g									
14:0....g	0.049	0.007	6	A	1		0.025	0.013	0.014
15:0....g	0.007	0.000	6	A	1		0.003	0.002	0.002
16:0....g	2.594	0.302	6	A	1		1.323	0.700	0.736
17:0....g	0.015	0.001	6	A	1		0.008	0.004	0.004
18:0....g	2.753	0.105	6	A	1		1.404	0.743	0.780
20:0....g	0.042	0.002	6	A	1		0.021	0.011	0.012
22:0....g	0.028	0.002	6	A	1		0.014	0.007	0.008
24:0....g	0.013	0.001	6	A	1		0.007	0.003	0.004
Fatty acids, total monounsaturated....g	2.309		0	NC	4		1.178	0.623	0.655
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.007	0.001	6	AS	1		0.004	0.002	0.002
16:1 c....g	0.007	0.001	6	A	1		0.004	0.002	0.002
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.003	0.000	6	A	1		0.002	0.001	0.001
18:1 undifferentiated....g	2.282	0.295	6	AS	1		1.164	0.616	0.647
18:1 c....g	2.089	0.195	6	A	1		1.065	0.564	0.592
18:1 t....g	0.193	0.111	6	A	1		0.098	0.052	0.055
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.001	6	A	1		0.009	0.005	0.005
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.688		0	NC	4		1.371	0.726	0.762
18:2 undifferentiated....g	2.412	0.041	6	AS	1		1.230	0.651	0.684
18:2 n-6 c,c....g	2.375	0.025	6	A	1		1.211	0.641	0.673
18:2 CLAs....g	0.005	0.001	6	A	1		0.003	0.001	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.032	0.018	6	A	1		0.016	0.009	0.009
18:3 undifferentiated....g	0.271	0.001	6	AS	1		0.138	0.073	0.077
18:3 n-3 c,c,c (ALA)....g	0.263	0.002	6	A	1		0.134	0.071	0.074
18:3 n-6 c,c,c....g	0.008	0.001	6	A	1		0.004	0.002	0.002
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001	0.000	6	A	1		0.001	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.004	0.000	6	A	1		0.002	0.001	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18015

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

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

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

Common Measures:

Measure 1 = 51g: 1 biscuit

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

Measure 3 = 28.35g: 1 oz

Footnotes:

1 value based on product containing buttermilk

2 value based on product containing buttermilk

3 value based on product containing buttermilk

4 value based on product containing buttermilk

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

Food Group: 18 Baked Products

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

NDB No. 18012
Biscuits, plain or buttermilk, refrigerated dough, lower fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.76		2	MC	9		21.90	10.70	
Energy....kcal	270		0	NC	4		157	77	
Energy....kJ	1132		0	NC	4		657	321	
Protein (N x 5.7)....g	6.70	0.064	29		1		3.89	1.90	
Total lipid (fat)....g	7.83		2	MC	9		4.54	2.22	
Ash....g	4.02		2	MC	9		2.33	1.14	
Carbohydrate, by difference....g	43.70		0	NC	4		25.34	12.39	
Fiber, total dietary....g	2.0		2	MC	9		1.2	0.6	
Sugars, total....g	7.18		2	MC	9		4.16	2.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	26		2	MC	9		15	7	
Iron, Fe....mg	2.13		2	MC	9		1.23	0.60	
Magnesium, Mg....mg	15	0.512	23		1		9	4	
Phosphorus, P....mg	400	14.152	23		1		232	113	
Potassium, K....mg	159	32.660	19		1		92	45	
Sodium, Na....mg	828		0	NR	4		480	235	
Zinc, Zn....mg	0.39	0.018	23		1		0.23	0.11	
Copper, Cu....mg	0.079	0.005	23		1		0.046	0.022	
Manganese, Mn....mg	0.301		1		1		0.175	0.085	
Selenium, Se....µg	18.9		0	FLA	4		11.0	5.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	MC	9		0.0	0.0	
Thiamin....mg	0.448	0.021	9		1		0.260	0.127	
Riboflavin....mg	0.222	0.009	15		1		0.129	0.063	
Niacin....mg	3.295	0.119	13		1		1.911	0.934	
Pantothenic acid....mg	0.367		1		1		0.213	0.104	
Vitamin B-6....mg	0.024		0	FLA	4		0.014	0.007	
Folate, total....µg	85		0	FLA	4		49	24	
Folic acid....µg	79		0	NC	4		46	22	
Folate, food....µg	6		0		4		3	2	
Folate, DFE....µg	140		0	NC	4		81	40	
Choline, total....mg	3.5		0	FLM	4		2.0	1.0	
Betaine....mg									
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	FLA	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		2	MC	9		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	10		0	FLA	4		6	3	
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLA	4		0.04	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.9		0	FLA	4		1.1	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18012
Biscuits, plain or buttermilk, refrigerated dough, lower fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.140		2	MC	9		1.821	0.890	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.020		0		4		0.012	0.006	
15:0....g									
16:0....g	0.596		0		4		0.346	0.169	
17:0....g									
18:0....g	0.497		0		4		0.288	0.141	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.405		0		4		1.395	0.682	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.405		0		4		1.395	0.682	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.671		0		4		0.389	0.190	
18:2 undifferentiated....g	0.637		0		4		0.369	0.181	
18:3 undifferentiated....g	0.034		0		4		0.020	0.010	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2	MC	9		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0		1		0.048	0.023	
Threonine....g	0.182		0		1		0.106	0.052	
Isoleucine....g	0.231		0		1		0.134	0.065	
Leucine....g	0.461		0		1		0.267	0.131	
Lysine....g	0.148		0		1		0.086	0.042	
Methionine....g	0.118		0		1		0.068	0.033	
Cystine....g	0.142		0		1		0.082	0.040	
Phenylalanine....g	0.337		0		1		0.195	0.096	
Tyrosine....g	0.202		0		1		0.117	0.057	
Valine....g	0.269		0		1		0.156	0.076	
Arginine....g	0.270		0		1		0.157	0.077	
Histidine....g	0.149		0		1		0.086	0.042	
Alanine....g	0.215		0		1		0.125	0.061	
Aspartic acid....g	0.282		0		1		0.164	0.080	
Glutamic acid....g	2.251		0		1		1.306	0.638	
Glycine....g	0.240		0		1		0.139	0.068	
Proline....g	0.775		0		1		0.450	0.220	
Serine....g	0.333		0		1		0.193	0.094	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18012
Biscuits, plain or buttermilk, refrigerated dough, lower fat

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

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

Common Measures:

Measure 1 = 58g: 1 serving 1 biscuit

Measure 2 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18013

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.70		0		1		7.85	5.82	
Energy....kcal	319		0	NC	4		91	67	
Energy....kJ	1337		0	NC	4		379	281	
Protein (N x 0)....g	7.80		0		1		2.21	1.64	
Total lipid (fat)....g	9.10		0	BFSN	4		2.58	1.91	
Ash....g	3.80		0		1		1.08	0.80	
Carbohydrate, by difference....g	51.60		0	NC	4		14.63	10.84	
Fiber, total dietary....g	2.3		0	BFSN	4		0.7	0.5	
Sugars, total....g	8.14		0	RK	4		2.31	1.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		5	4	
Iron, Fe....mg	3.09		0		1		0.88	0.65	
Magnesium, Mg....mg	17		0		1		5	4	
Phosphorus, P....mg	465		0		1		132	98	
Potassium, K....mg	185		0	BFSN	4		52	39	
Sodium, Na....mg	962		0	BFSN	4		273	202	
Zinc, Zn....mg	0.46		0		1		0.13	0.10	
Copper, Cu....mg	0.092		0		1		0.026	0.019	
Manganese, Mn....mg	0.350		0		1		0.099	0.074	
Selenium, Se....µg	17.8	1.057	36	A	1		5.0	3.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.417		0		1		0.118	0.088	
Riboflavin....mg	0.232		0		1		0.066	0.049	
Niacin....mg	3.448		0		1		0.978	0.724	
Pantothenic acid....mg	0.277		0		1		0.079	0.058	
Vitamin B-6....mg	0.029		0		4		0.008	0.006	
Folate, total....µg	83		0	RK	4		24	17	
Folic acid....µg	78		0	RK	4		22	16	
Folate, food....µg	5		0		4		1	1	
Folate, DFE....µg	138		0	NC	4		39	29	
Choline, total....mg	4.1		0	BFSN	4		1.2	0.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	RK	4		0	0	
Carotene, beta....µg	0		0	RK	4		0	0	
Carotene, alpha....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin....µg	11		0	RK	4		3	2	
Vitamin E (alpha-tocopherol)....mg	0.07		0	RK	4		0.02	0.02	
Vitamin E, added....mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.2		0	RK	4		0.6	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18013

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.648		0	BFSN	4		1.034	0.766	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.024		0		1		0.007	0.005	
15:0....g									
16:0....g	0.693		0		1		0.196	0.146	
17:0....g									
18:0....g	0.578		0		1		0.164	0.121	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.797		0		1		0.793	0.587	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.797		0		1		0.793	0.587	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.780		0		1		0.221	0.164	
18:2 undifferentiated....g	0.740		0		1		0.210	0.155	
18:3 undifferentiated....g	0.040		0		1		0.011	0.008	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.027	0.020	
Threonine....g	0.211		0		1		0.060	0.044	
Isoleucine....g	0.269		0		1		0.076	0.056	
Leucine....g	0.536		0		1		0.152	0.113	
Lysine....g	0.172		0		1		0.049	0.036	
Methionine....g	0.138		0		1		0.039	0.029	
Cystine....g	0.165		0		1		0.047	0.035	
Phenylalanine....g	0.391		0		1		0.111	0.082	
Tyrosine....g	0.235		0		1		0.067	0.049	
Valine....g	0.312		0		1		0.088	0.066	
Arginine....g	0.314		0		1		0.089	0.066	
Histidine....g	0.173		0		1		0.049	0.036	
Alanine....g	0.250		0		1		0.071	0.053	
Aspartic acid....g	0.327		0		1		0.093	0.069	
Glutamic acid....g	2.618		0		1		0.742	0.550	
Glycine....g	0.280		0		1		0.079	0.059	
Proline....g	0.902		0		1		0.256	0.189	
Serine....g	0.387		0		1		0.110	0.081	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	

NDB No. 18013

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18079
Bread crumbs, dry, grated, plain

Refuse: 0%

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

NDB No. 18079
Bread crumbs, dry, grated, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	1.04	0.136	3	A	1		0.29	1.12	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.6		1	A	1		1.9	7.1	
Dihydrophylloquinone....µg	1.1		1	A	1		0.3	1.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.203		0	NC	4		0.341	1.299	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.674	0.031	3	A	1		0.191	0.727	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.529	0.027	3	A	1		0.150	0.572	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.023		0	NC	4		0.290	1.104	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.023	0.089	3	A	1		0.290	1.104	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.060		0	NC	4		0.584	2.224	
18:2 undifferentiated....g	1.874	0.144	3	A	1		0.531	2.024	
18:3 undifferentiated....g	0.186	0.018	3	A	1		0.053	0.201	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	A	1		0	0	
Phytosterols....mg	8		0	FLC	4		2	9	
Amino Acids:									
Tryptophan....g	0.162		0	FLC	4		0.046	0.175	
Threonine....g	0.427		0	FLC	4		0.121	0.462	
Isoleucine....g	0.544		0	FLC	4		0.154	0.587	
Leucine....g	0.963		0	FLC	4		0.273	1.041	
Lysine....g	0.430		0	FLC	4		0.122	0.464	
Methionine....g	0.232		0	FLC	4		0.066	0.250	
Cystine....g	0.278		0	FLC	4		0.079	0.300	
Phenylalanine....g	0.655		0	FLC	4		0.186	0.707	
Tyrosine....g	0.398		0	FLC	4		0.113	0.430	
Valine....g	0.600		0	FLC	4		0.170	0.648	
Arginine....g	0.552		0	FLC	4		0.157	0.597	
Histidine....g	0.296		0	FLC	4		0.084	0.320	
Alanine....g	0.483		0	FLC	4		0.137	0.521	

NDB No. 18079
Bread crumbs, dry, grated, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.766		0	FLC	4		0.217	0.827	
Glutamic acid.....g	4.123		0	FLC	4		1.169	4.453	
Glycine.....g	0.488		0	FLC	4		0.138	0.527	
Proline.....g	1.366		0	FLC	4		0.387	1.475	
Serine.....g	0.662		0	FLC	4		0.188	0.715	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 108g: 1 cup

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

Food Group: 18 Baked Products

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

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.35	0.144	6	A	1		1.80	7.62	
Energy....kcal	383		0	NC	4		109	460	
Energy....kJ	1604		0	NC	4		455	1925	
Protein (N x 5.8)....g	14.13	0.187	3	A	1		4.01	16.96	
Total lipid (fat)....g	5.48	0.131	6	A	1		1.55	6.57	
Ash....g	5.55	0.114	5	A	1		1.57	6.66	
Carbohydrate, by difference....g	68.49		0	NC	4		19.42	82.18	
Fiber, total dietary....g	4.9	0.039	3	A	1		1.4	5.9	
Sugars, total....g	5.74	0.286	3	A	1		1.63	6.89	
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose)....g	1.72	0.029	6	A	1		0.49	2.06	
Fructose....g	1.98	0.091	6	A	1		0.56	2.38	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	2.04	0.121	6	A	1		0.58	2.45	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	54.92	0.589	6	A	1		15.57	65.90	
Minerals:									
Calcium, Ca....mg	182	5.329	6	A	1		52	218	
Iron, Fe....mg	4.92	0.127	6	A	1		1.39	5.90	
Magnesium, Mg....mg	46	0.239	6	A	1		13	55	
Phosphorus, P....mg	177	2.922	6	A	1		50	213	
Potassium, K....mg	231	5.897	6	A	1		65	277	
Sodium, Na....mg	1336		0	LC	8		379	1604	
Zinc, Zn....mg	1.43	0.033	6	A	1		0.41	1.72	
Copper, Cu....mg	0.244	0.012	6	A	1		0.069	0.293	
Manganese, Mn....mg	0.984	0.007	6	A	1		0.279	1.181	
Selenium, Se....µg	24.7	1.338	3	A	1		7.0	29.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7	0.272	3	A	1		0.8	3.2	
Thiamin....mg	0.961	0.080	6	A	1		0.273	1.154	
Riboflavin....mg	0.415	0.011	6	A	1		0.118	0.498	
Niacin....mg	6.161	0.236	6	A	1		1.747	7.393	
Pantothenic acid....mg	0.623	0.048	3	A	1		0.177	0.748	
Vitamin B-6....mg	0.171	0.018	3	A	1		0.048	0.205	
Folate, total....µg	119	2.672	6	A	1		34	143	
Folic acid....µg	91		0	NR	4		26	109	
Folate, food....µg	28		0	NC	4		8	34	
Folate, DFE....µg	183		0	NC	4		52	219	
Choline, total....mg	14.6		0	BFZN	4		4.1	17.5	
Betaine....mg									
Vitamin B-12....µg	0.35		0	BFZN	4		0.10	0.42	
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....µg	10		0	AS	1		3	12	
Retinol....µg	0		0	BFZN	4		0	0	
Carotene, beta....µg	116		2	A	1		33	139	
Carotene, alpha....µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	193		0	AS	1		55	232	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26	0.054	3	A	1		0.07	0.31	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg	0.05	0.007	3	A	1		0.01	0.06	
Tocopherol, gamma....mg	0.85	0.041	3	A	1		0.24	1.02	
Tocopherol, delta....mg	0.25	0.003	3	A	1		0.07	0.30	
Tocotrienol, alpha....mg	0.01	0.013	3	A	1		0.00	0.02	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.87	0.093	3	A	1		0.25	1.05	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	46.0		1	A	1		13.0	55.2	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.391		0	NC	4		0.394	1.669	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.782	0.007	3	A	1		0.222	0.938	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.609	0.029	3	A	1		0.173	0.730	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.168		0	NC	4		0.331	1.401	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.168	0.022	3	A	1		0.331	1.401	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.300		0	NC	4		0.652	2.760	
18:2 undifferentiated....g	2.084	0.030	3	A	1		0.591	2.501	
18:3 undifferentiated....g	0.216	0.005	3	A	1		0.061	0.259	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0		1		0.048	0.205	
Threonine....g	0.424		0		1		0.120	0.509	
Isoleucine....g	0.586		0		1		0.166	0.703	
Leucine....g	1.007		0		1		0.285	1.208	
Lysine....g	0.446		0		1		0.126	0.535	
Methionine....g	0.233		0		1		0.066	0.280	
Cystine....g	0.235		0		1		0.067	0.282	
Phenylalanine....g	0.703		0		1		0.199	0.844	
Tyrosine....g	0.360		0		1		0.102	0.432	
Valine....g	0.723		0		1		0.205	0.868	
Arginine....g	0.603		0		1		0.171	0.724	
Histidine....g	0.318		0		1		0.090	0.382	
Alanine....g	0.497		0		1		0.141	0.596	

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.767		0		1		0.217	0.920	
Glutamic acid....g	4.290		0		1		1.216	5.148	
Glycine....g	0.539		0		1		0.153	0.647	
Proline....g	1.497		0		1		0.424	1.796	
Serine....g	0.720		0		1		0.204	0.864	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 120g: 1 cup

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18080
Bread sticks, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10		2		1		2.81	0.31	0.61
Energy....kcal	412		0	NC	4		190	21	41
Energy....kJ	1724		0		4		793	86	172
Protein (N x 5.7)....g	12.00	0.351	8		1		5.52	0.60	1.20
Total lipid (fat)....g	9.50	1.657	7		1		4.37	0.48	0.95
Ash....g	3.90		2		1		1.79	0.20	0.39
Carbohydrate, by difference....g	68.40		0	NC	4		31.46	3.42	6.84
Fiber, total dietary....g	3.0		0		4		1.4	0.2	0.3
Sugars, total....g	1.26		0	FLA	4		0.58	0.06	0.13
Starch....g									
Minerals:									
Calcium, Ca....mg	22	3.244	4		1		10	1	2
Iron, Fe....mg	4.28	0.398	8		1		1.97	0.21	0.43
Magnesium, Mg....mg	32	0.810	4		1		15	2	3
Phosphorus, P....mg	121	12.613	4		1		56	6	12
Potassium, K....mg	124	33.598	5		1		57	6	12
Sodium, Na....mg	713		0	LC	8		328	36	71
Zinc, Zn....mg	0.88	0.096	4		1		0.40	0.04	0.09
Copper, Cu....mg	0.188	0.027	4		1		0.086	0.009	0.019
Manganese, Mn....mg	0.557		2		1		0.256	0.028	0.056
Selenium, Se....µg	37.5		0	FLA	4		17.3	1.9	3.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.589	0.039	8		1		0.271	0.029	0.059
Riboflavin....mg	0.553	0.056	8		1		0.254	0.028	0.055
Niacin....mg	5.281	0.435	8		1		2.429	0.264	0.528
Pantothenic acid....mg	0.540	0.118	4		1		0.248	0.027	0.054
Vitamin B-6....mg	0.073		2		1		0.034	0.004	0.007
Folate, total....µg	162		0	FLA	4		75	8	16
Folic acid....µg	132		0	NR	4		61	7	13
Folate, food....µg	30		0		4		14	2	3
Folate, DFE....µg	255		0	NC	4		117	13	26
Choline, total....mg	14.6		0	BFZN	4		6.7	0.7	1.5
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	1		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	65		0	FLA	4		30	3	7
Vitamin E (alpha-tocopherol)....mg	1.01		0	FLA	4		0.46	0.05	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2		0	FLA	4		1.0	0.1	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18080
Bread sticks, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.410		0	FLA	4		0.649	0.071	0.141
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.001		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.009		0	FLA	4		0.004	0.000	0.001
15:0....g									
16:0....g	0.981		0	FLA	4		0.451	0.049	0.098
17:0....g									
18:0....g	0.406		0	FLA	4		0.187	0.020	0.041
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.568		0	FLA	4		1.641	0.178	0.357
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		0	FLA	4		0.030	0.003	0.007
17:1....g									
18:1 undifferentiated....g	3.494		0	FLA	4		1.607	0.175	0.349
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.628		0	FLA	4		1.669	0.181	0.363
18:2 undifferentiated....g	3.377		0	FLA	4		1.553	0.169	0.338
18:3 undifferentiated....g	0.244		0	FLA	4		0.112	0.012	0.024
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0		1		0.064	0.007	0.014
Threonine....g	0.338		0		1		0.155	0.017	0.034
Isoleucine....g	0.458		0		1		0.211	0.023	0.046
Leucine....g	0.835		0		1		0.384	0.042	0.084
Lysine....g	0.281		0		1		0.129	0.014	0.028
Methionine....g	0.212		0		1		0.098	0.011	0.021
Cystine....g	0.262		0		1		0.121	0.013	0.026
Phenylalanine....g	0.590		0		1		0.271	0.030	0.059
Tyrosine....g	0.338		0		1		0.155	0.017	0.034
Valine....g	0.516		0		1		0.237	0.026	0.052
Arginine....g	0.432		0		1		0.199	0.022	0.043
Histidine....g	0.258		0		1		0.119	0.013	0.026
Alanine....g	0.395		0		1		0.182	0.020	0.040
Aspartic acid....g	0.535		0		1		0.246	0.027	0.054
Glutamic acid....g	4.026		0		1		1.852	0.201	0.403
Glycine....g	0.422		0		1		0.194	0.021	0.042
Proline....g	1.350		0		1		0.621	0.068	0.135
Serine....g	0.579		0		1		0.266	0.029	0.058
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18080
Bread sticks, plain

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

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

Common Measures:

Measure 1 = 46g: 1 cup, small pieces

Measure 2 = 5.0g: 1 stick, small (approx 4-1/4" long)

Measure 3 = 10.0g: 1 stick (7-5/8" x 5/8")

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

Food Group: 18 Baked Products

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

NDB No. 18081
Bread stuffing, bread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20	0.303	11		1		1.19	7.14	
Energy....kcal	386		0	NC	4		109	656	
Energy....kJ	1615		0		4		458	2746	
Protein (N x 5.7)....g	11.00	0.065	59		1		3.12	18.70	
Total lipid (fat)....g	3.40	0.050	58		1		0.96	5.78	
Ash....g	5.20	0.192	11		1		1.47	8.84	
Carbohydrate, by difference....g	76.20		0	NC	4		21.60	129.54	
Fiber, total dietary....g	3.2		0		4		0.9	5.4	
Sugars, total....g	8.27		0	FLA	4		2.35	14.07	
Starch....g									
Minerals:									
Calcium, Ca....mg	97	1.978	49		1		27	165	
Iron, Fe....mg	3.81	0.067	63		1		1.08	6.48	
Magnesium, Mg....mg	40	0.932	10		1		11	68	
Phosphorus, P....mg	141	3.824	10		1		40	240	
Potassium, K....mg	246	10.715	19		1		70	418	
Sodium, Na....mg	1405		0	LC	8		398	2389	
Zinc, Zn....mg	0.93	0.027	10		1		0.26	1.58	
Copper, Cu....mg	0.238	0.020	10		1		0.067	0.405	
Manganese, Mn....mg	0.594	0.031	5		1		0.168	1.010	
Selenium, Se....µg	48.0	4.562	5	A	1		13.6	81.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.596	0.008	58		1		0.169	1.013	
Riboflavin....mg	0.404	0.006	58		1		0.115	0.687	
Niacin....mg	5.766	0.066	58		1		1.635	9.802	
Pantothenic acid....mg	0.398	0.078	8		1		0.113	0.677	
Vitamin B-6....mg	0.152	0.004	5		1		0.043	0.258	
Folate, total....µg	168		0	FLA	4		48	286	
Folic acid....µg	82		0		4		23	139	
Folate, food....µg	86	1.782	5		1		24	146	
Folate, DFE....µg	225		0	NC	4		64	383	
Choline, total....mg	14.6		0	BFZN	4		4.1	24.9	
Betaine....mg									
Vitamin B-12....µg	0.02	0.004	5		1		0.01	0.03	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1		0	FLA	4		0	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	1	
Vitamin A, IU....IU	2		0	NC	4		0	3	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	72		0	FLA	4		20	123	
Vitamin E (alpha-tocopherol)....mg	0.38		0	FLA	4		0.11	0.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	FLA	4		0.3	1.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18081
Bread stuffing, bread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.845		0		4		0.240	1.437	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.002		0		4		0.001	0.003	
13:0....g									
14:0....g	0.019		0		4		0.005	0.032	
15:0....g									
16:0....g	0.560		0		4		0.159	0.952	
17:0....g									
18:0....g	0.265		0		4		0.075	0.451	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.493		0		4		0.423	2.538	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.074		0		4		0.021	0.126	
17:1....g									
18:1 undifferentiated....g	1.406		0		4		0.399	2.390	
20:1....g	0.013		0		4		0.004	0.022	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.713		0		4		0.202	1.212	
18:2 undifferentiated....g	0.675		0		4		0.191	1.148	
18:3 undifferentiated....g	0.037		0		4		0.010	0.063	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.000	0.002	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0		1		0.039	0.236	
Threonine....g	0.329		0		1		0.093	0.559	
Isoleucine....g	0.404		0		1		0.115	0.687	
Leucine....g	0.774		0		1		0.219	1.316	
Lysine....g	0.317		0		1		0.090	0.539	
Methionine....g	0.193		0		1		0.055	0.328	
Cystine....g	0.224		0		1		0.064	0.381	
Phenylalanine....g	0.553		0		1		0.157	0.940	
Tyrosine....g	0.342		0		1		0.097	0.581	
Valine....g	0.464		0		1		0.132	0.789	
Arginine....g	0.470		0		1		0.133	0.799	
Histidine....g	0.251		0		1		0.071	0.427	
Alanine....g	0.389		0		1		0.110	0.661	
Aspartic acid....g	0.553		0		1		0.157	0.940	
Glutamic acid....g	3.488		0		1		0.989	5.930	
Glycine....g	0.408		0		1		0.116	0.694	
Proline....g	1.192		0		1		0.338	2.026	
Serine....g	0.551		0		1		0.156	0.937	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18081
Bread stuffing, bread, dry mix

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18082
Bread stuffing, bread, dry mix, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.77		0	RA	4		18.36	64.77	
Energy	kcal	195		0	NC	4		55	195	
Energy	kJ	815		0	NC	4		231	815	
Protein (N x 0)	g	2.73		0	RA	4		0.77	2.73	
Total lipid (fat)	g	12.05		0	RA	4		3.42	12.05	
Ash	g	1.61		0	RA	4		0.46	1.61	
Carbohydrate, by difference	g	18.84		0	NC	4		5.34	18.84	
Fiber, total dietary	g	0.8		0	RA	4		0.2	0.8	
Sugars, total	g	2.04		0	RA	4		0.58	2.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	RA	4		8	30	
Iron, Fe	mg	0.95		0	RA	4		0.27	0.95	
Magnesium, Mg	mg	11		0	RA	4		3	11	
Phosphorus, P	mg	38		0	RA	4		11	38	
Potassium, K	mg	67		0	RA	4		19	67	
Sodium, Na	mg	479		0	RA	4		136	479	
Zinc, Zn	mg	0.23		0	RA	4		0.07	0.23	
Copper, Cu	mg	0.064		0	RA	4		0.018	0.064	
Manganese, Mn	mg	0.146		0	RA	4		0.041	0.146	
Selenium, Se	µg	11.8		0	RA	4		3.3	11.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.141		0	RA	4		0.040	0.141	
Riboflavin	mg	0.105		0	RA	4		0.030	0.105	
Niacin	mg	1.422		0	RA	4		0.403	1.422	
Pantothenic acid	mg	0.110		0	RA	4		0.031	0.110	
Vitamin B-6	mg	0.039		0	RA	4		0.011	0.039	
Folate, total	µg	37		0	RA	4		11	37	
Folic acid	µg	18		0	RA	4		5	18	
Folate, food	µg	19		0	RA	4		5	19	
Folate, DFE	µg	50		0	NC	4		14	50	
Choline, total	mg	5.3		0	RA	4		1.5	5.3	
Betaine	mg									
Vitamin B-12	µg	0.02		0	RA	4		0.01	0.02	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	µg	114		0	RA	4		32	114	
Retinol	µg	107		0	RA	4		30	107	
Carotene, beta	µg	85		0	RA	4		24	85	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	497		0	RA	4		141	497	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	18		0	RA	4		5	18	
Vitamin E (alpha-tocopherol)	mg	1.34		0	RA	4		0.38	1.34	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	RA	4		0.0	0.0	
Vitamin D	IU	0		0	RA	4		0	0	
Vitamin K (phylloquinone)	µg	13.2		0	RA	4		3.7	13.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18082
Bread stuffing, bread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.319		0	RA	4		0.657	2.319	
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	0.011		0	RA	4		0.003	0.011	
15:0....g									
16:0....g	1.310		0	RA	4		0.371	1.310	
17:0....g									
18:0....g	0.923		0	RA	4		0.262	0.923	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.771		0	RA	4		1.636	5.771	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0	RA	4		0.007	0.024	
17:1....g									
18:1 undifferentiated....g	5.721		0	RA	4		1.622	5.721	
20:1....g	0.022		0	RA	4		0.006	0.022	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.553		0	RA	4		1.007	3.553	
18:2 undifferentiated....g	3.259		0	RA	4		0.924	3.259	
18:3 undifferentiated....g	0.293		0	RA	4		0.083	0.293	
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	0.001		0	RA	4		0.000	0.001	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g	2.070		0	RA	4		0.587	2.070	
Fatty acids, total trans-monoenoic....g	1.972		0	RA	4		0.559	1.972	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	RA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0	RA	4		0.010	0.036	
Threonine....g	0.086		0	RA	4		0.024	0.086	
Isoleucine....g	0.107		0	RA	4		0.030	0.107	
Leucine....g	0.202		0	RA	4		0.057	0.202	
Lysine....g	0.087		0	RA	4		0.025	0.087	
Methionine....g	0.050		0	RA	4		0.014	0.050	
Cystine....g	0.056		0	RA	4		0.016	0.056	
Phenylalanine....g	0.142		0	RA	4		0.040	0.142	
Tyrosine....g	0.090		0	RA	4		0.025	0.090	
Valine....g	0.122		0	RA	4		0.035	0.122	
Arginine....g	0.120		0	RA	4		0.034	0.120	
Histidine....g	0.065		0	RA	4		0.018	0.065	
Alanine....g	0.100		0	RA	4		0.028	0.100	
Aspartic acid....g	0.145		0	RA	4		0.041	0.145	
Glutamic acid....g	0.883		0	RA	4		0.250	0.883	
Glycine....g	0.103		0	RA	4		0.029	0.103	
Proline....g	0.305		0	RA	4		0.086	0.305	
Serine....g	0.142		0	RA	4		0.040	0.142	
Hydroxyproline....g									
Others:									

NDB No. 18082
Bread stuffing, bread, dry mix, prepared

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 100g: .5 cup

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

Food Group: 18 Baked Products

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

NDB No. 18084
Bread stuffing, cornbread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.60	0.568	3		1		1.30	7.82	
Energy....kcal	389		0	NC	4		110	661	
Energy....kJ	1628		0		4		461	2767	
Protein (N x 5.9)....g	10.00	0.062	20		1		2.84	17.00	
Total lipid (fat)....g	4.20	0.063	20		1		1.19	7.14	
Ash....g	4.40	0.834	3		1		1.25	7.48	
Carbohydrate, by difference....g	76.70		0	NC	4		21.74	130.39	
Fiber, total dietary....g	14.3		0		4		4.1	24.3	
Sugars, total....g	13.16		0	FLA	4		3.73	22.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	78	1.282	20		1		22	133	
Iron, Fe....mg	3.25	0.054	20		1		0.92	5.53	
Magnesium, Mg....mg	44		1		1		12	75	
Phosphorus, P....mg	113		1		1		32	192	
Potassium, K....mg	204	43.693	3		1		58	347	
Sodium, Na....mg	1429		0	NR	4		405	2429	
Zinc, Zn....mg	0.75		1		1		0.21	1.28	
Copper, Cu....mg	0.228		1		1		0.065	0.388	
Manganese, Mn....mg	0.529		0	FLA	4		0.150	0.899	
Selenium, Se....µg	29.6		0	FLA	4		8.4	50.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.5		1		1		1.0	6.0	
Thiamin....mg	0.509	0.009	20		1		0.144	0.865	
Riboflavin....mg	0.348	0.008	20		1		0.099	0.592	
Niacin....mg	4.873	0.107	20		1		1.381	8.284	
Pantothenic acid....mg	0.284		1		1		0.081	0.483	
Vitamin B-6....mg	0.146		1		1		0.041	0.248	
Folate, total....µg	175		0	FLA	4		50	298	
Folic acid....µg	133		0	FLA	4		38	227	
Folate, food....µg	42		0	FLA	4		12	71	
Folate, DFE....µg	269		0	NC	4		76	457	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		1		1		0.00	0.02	
Vitamin A, RAE....µg	8		1		1		2	13	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	157		1		1		45	267	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18084
Bread stuffing, cornbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.922		0		4		0.261	1.567	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		4		0.001	0.003	
13:0....g									
14:0....g	0.017		0		4		0.005	0.029	
15:0....g									
16:0....g	0.624		0		4		0.177	1.061	
17:0....g									
18:0....g	0.276		0		4		0.078	0.469	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.662		0		4		0.471	2.825	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		0		4		0.019	0.112	
17:1....g									
18:1 undifferentiated....g	1.587		0		4		0.450	2.698	
20:1....g	0.009		0		4		0.003	0.015	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.073		0		4		0.304	1.824	
18:2 undifferentiated....g	1.025		0		4		0.291	1.743	
18:3 undifferentiated....g	0.047		0		4		0.013	0.080	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.000	0.002	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		1		0.030	0.179	
Threonine....g	0.320		0		1		0.091	0.544	
Isoleucine....g	0.364		0		1		0.103	0.619	
Leucine....g	0.873		0		1		0.247	1.484	
Lysine....g	0.278		0		1		0.079	0.473	
Methionine....g	0.186		0		1		0.053	0.316	
Cystine....g	0.197		0		1		0.056	0.335	
Phenylalanine....g	0.498		0		1		0.141	0.847	
Tyrosine....g	0.344		0		1		0.098	0.585	
Valine....g	0.447		0		1		0.127	0.760	
Arginine....g	0.441		0		1		0.125	0.750	
Histidine....g	0.251		0		1		0.071	0.427	
Alanine....g	0.481		0		1		0.136	0.818	
Aspartic acid....g	0.546		0		1		0.155	0.928	
Glutamic acid....g	2.735		0		1		0.775	4.650	
Glycine....g	0.381		0		1		0.108	0.648	
Proline....g	1.017		0		1		0.288	1.729	
Serine....g	0.486		0		1		0.138	0.826	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18084
Bread stuffing, cornbread, dry mix

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.8 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18085
Bread stuffing, cornbread, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.90		0		4		18.40	64.90	
Energy....kcal	179		0		4		51	179	
Energy....kJ	749		0		4		212	749	
Protein (N x 0)....g	2.90		0		4		0.82	2.90	
Total lipid (fat)....g	8.80		0		4		2.49	8.80	
Ash....g	1.50		0		4		0.43	1.50	
Carbohydrate, by difference....g	21.90		0		4		6.21	21.90	
Fiber, total dietary....g	2.9		0		4		0.8	2.9	
Sugars, total....g	0.00		0	RA	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		4		7	26	
Iron, Fe....mg	0.94		0		4		0.27	0.94	
Magnesium, Mg....mg	13		0		4		4	13	
Phosphorus, P....mg	34		0		4		10	34	
Potassium, K....mg	62		0		4		18	62	
Sodium, Na....mg	526		0	BFSN	4		149	526	
Zinc, Zn....mg	0.23		0		4		0.07	0.23	
Copper, Cu....mg	0.069		0		4		0.020	0.069	
Manganese, Mn....mg	0.114		0		4		0.032	0.114	
Selenium, Se....µg	30.7		0	RK	4		8.7	30.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		4		0.2	0.8	
Thiamin....mg	0.117		0		4		0.033	0.117	
Riboflavin....mg	0.092		0		4		0.026	0.092	
Niacin....mg	1.247		0		4		0.354	1.247	
Pantothenic acid....mg	0.060		0		4		0.017	0.060	
Vitamin B-6....mg	0.038		0		4		0.011	0.038	
Folate, total....µg	97		0	FLA	4		27	97	
Folic acid....µg	89		0	NC	4		25	89	
Folate, food....µg	8		0		4		2	8	
Folate, DFE....µg	159		0	NC	4		45	159	
Choline, total....mg	24.4		0	BFNN	4		6.9	24.4	
Betaine....mg									
Vitamin B-12....µg	0.01		0		4		0.00	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	78		0	NC	4		22	78	
Retinol....µg	73		0	RA	4		21	73	
Carotene, beta....µg	58		0	RA	4		16	58	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	340		0	NC	4		96	340	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.85		0	RA	4		0.24	0.85	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	8.8		0	RA	4		2.5	8.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18085
Bread stuffing, cornbread, dry mix, prepared

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

NDB No. 18085
Bread stuffing, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 100g: .5 cup

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

Food Group: 18 Baked Products

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

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	29.20		0		1		8.28	16.64	17.52
Energy	kcal	326		0	NC	4		92	186	196
Energy	kJ	1364				4		387	777	818
Protein (N x 0)	g	4.30		0		1		1.22	2.45	2.58
Total lipid (fat)	g	10.50		0		1		2.98	5.99	6.30
Ash	g	1.00		0		1		0.28	0.57	0.60
Carbohydrate, by difference	g	54.60		0	NC	4		15.48	31.12	32.76
Fiber, total dietary	g	1.1		0		4		0.3	0.6	0.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		6	12	13
Iron, Fe	mg	1.40		0		1		0.40	0.80	0.84
Magnesium, Mg	mg	14		0		1		4	8	8
Phosphorus, P	mg	58		0		1		16	33	35
Potassium, K	mg	134		0		1		38	76	80
Sodium, Na	mg	302		0		1		86	172	181
Zinc, Zn	mg	0.35		0		1		0.10	0.20	0.21
Copper, Cu	mg	0.072		0		1		0.020	0.041	0.043
Manganese, Mn	mg	0.209		0		1		0.059	0.119	0.125
Selenium, Se	µg	12.1		0	RK	4		3.4	6.9	7.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		0.5	1.0	1.0
Thiamin	mg	0.172		0		1		0.049	0.098	0.103
Riboflavin	mg	0.200		0		1		0.057	0.114	0.120
Niacin	mg	1.446		0		1		0.410	0.824	0.868
Pantothenic acid	mg	0.268		0		1		0.076	0.153	0.161
Vitamin B-6	mg	0.150		0		1		0.043	0.086	0.090
Folate, total	µg	33		0	RK	4		9	19	20
Folic acid	µg	22		0	NC	4		6	13	13
Folate, food	µg	11		0		1		3	6	7
Folate, DFE	µg	48		0	NC	4		14	28	29
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.10		0		1		0.03	0.06	0.06
Vitamin A, RAE	µg	106		0	NC	4		30	60	63
Retinol	µg	97		0	RK	4		27	55	58
Carotene, beta	µg	102		0	RK	4		29	58	61
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	493		0	NC	4		140	281	296
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.237		0		1		0.634	1.275	1.342
4:0....g	0.004		0		1		0.001	0.002	0.002
6:0....g	0.002		0		1		0.001	0.001	0.001
8:0....g	0.002		0		1		0.001	0.001	0.001
10:0....g	0.004		0		1		0.001	0.002	0.002
12:0....g	0.004		0		1		0.001	0.002	0.002
13:0....g									
14:0....g	0.039		0		1		0.011	0.022	0.023
15:0....g									
16:0....g	1.417		0		1		0.402	0.808	0.850
17:0....g									
18:0....g	0.761		0		1		0.216	0.434	0.457
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.480		0		1		1.270	2.554	2.688
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0		1		0.010	0.021	0.022
17:1....g									
18:1 undifferentiated....g	4.440		0		1		1.259	2.531	2.664
20:1....g	0.003		0		1		0.001	0.002	0.002
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.130		0		1		0.887	1.784	1.878
18:2 undifferentiated....g	2.968		0		1		0.841	1.692	1.781
18:3 undifferentiated....g	0.143		0		1		0.041	0.082	0.086
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0		1		0.004	0.008	0.008
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.004		0		1		0.001	0.002	0.002
Fatty acids, total trans....g									
Cholesterol....mg	43		0		1		12	25	26
Phytosterols....mg	34		0		1		10	19	20
Amino Acids:									
Tryptophan....g	0.053		0		1		0.015	0.030	0.032
Threonine....g	0.150		0		1		0.043	0.086	0.090
Isoleucine....g	0.182		0		1		0.052	0.104	0.109
Leucine....g	0.327		0		1		0.093	0.186	0.196
Lysine....g	0.180		0		1		0.051	0.103	0.108
Methionine....g	0.094		0		1		0.027	0.054	0.056
Cystine....g	0.090		0		1		0.026	0.051	0.054
Phenylalanine....g	0.218		0		1		0.062	0.124	0.131
Tyrosine....g	0.148		0		1		0.042	0.084	0.089
Valine....g	0.209		0		1		0.059	0.119	0.125
Arginine....g	0.199		0		1		0.056	0.113	0.119
Histidine....g	0.113		0		1		0.032	0.064	0.068
Alanine....g	0.170		0		1		0.048	0.097	0.102
Aspartic acid....g	0.281		0		1		0.080	0.160	0.169
Glutamic acid....g	1.113		0		1		0.316	0.634	0.668
Glycine....g	0.149		0		1		0.042	0.085	0.089
Proline....g	0.384		0		1		0.109	0.219	0.230
Serine....g	0.247		0		1		0.070	0.141	0.148
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RK	4		0	0	0
Theobromine....mg	0		0	RK	4		0	0	0

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual loaf (include Keebler Elfin Loaves)

Measure 3 = 60g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18021
Bread, boston brown, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.20	4.111	3		1		13.38	21.24	
Energy....kcal	195		0	NC	4		55	88	
Energy....kJ	817		0	NC	4		232	368	
Protein (N x 5.9)....g	5.20	0.932	3		1		1.47	2.34	
Total lipid (fat)....g	1.50	0.356	4		1		0.43	0.68	
Ash....g	2.80	0.444	5		1		0.79	1.26	
Carbohydrate, by difference....g	43.30		0	NC	4		12.28	19.49	
Fiber, total dietary....g	4.7		0		1		1.3	2.1	
Sugars, total....g	2.42		0	FLC	4		0.69	1.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	70	20.064	3		1		20	32	
Iron, Fe....mg	2.10	0.750	3		1		0.60	0.95	
Magnesium, Mg....mg	63	13.865	3		1		18	28	
Phosphorus, P....mg	112		2		1		32	50	
Potassium, K....mg	318	66.076	3		1		90	143	
Sodium, Na....mg	631	109.775	3		1		179	284	
Zinc, Zn....mg	0.50	0.202	3		1		0.14	0.23	
Copper, Cu....mg	0.080		2		1		0.023	0.036	
Manganese, Mn....mg	1.020	0.191	3		1		0.289	0.459	
Selenium, Se....µg	21.9		0	FLA	4		6.2	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.014	0.001	8		1		0.004	0.006	
Riboflavin....mg	0.115	0.006	9		1		0.033	0.052	
Niacin....mg	1.120	0.034	9		1		0.318	0.504	
Pantothenic acid....mg	0.566	0.013	9		1		0.160	0.255	
Vitamin B-6....mg	0.082		1		1		0.023	0.037	
Folate, total....µg	11		0	FLA	4		3	5	
Folic acid....µg	4		0	NC	4		1	2	
Folate, food....µg	7	0.458	9		1		2	3	
Folate, DFE....µg	14		0	NC	4		4	6	
Choline, total....mg	23.5		0	FLC	4		6.7	10.6	
Betaine....mg									
Vitamin B-12....µg	0.01		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	25		0	NC	4		7	11	
Retinol....µg	25		0	FLA	4		7	11	
Carotene, beta....µg	2		0	FLA	4		1	1	
Carotene, alpha....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	87		1		1		25	39	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	71		0	FLA	4		20	32	
Vitamin E (alpha-tocopherol)....mg	0.32		0	FLA	4		0.09	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.5		0	FLA	4		0.7	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18021
Bread, boston brown, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.282		0		1		0.080	0.127	
4:0....g	0.005		0		1		0.001	0.002	
6:0....g	0.003		0		1		0.001	0.001	
8:0....g	0.002		0		1		0.001	0.001	
10:0....g	0.004		0		1		0.001	0.002	
12:0....g	0.004		0		1		0.001	0.002	
13:0....g									
14:0....g	0.017		0		1		0.005	0.008	
15:0....g									
16:0....g	0.217		0		1		0.062	0.098	
17:0....g									
18:0....g	0.029		0		1		0.008	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.207		0		1		0.059	0.093	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.003	0.005	
17:1....g									
18:1 undifferentiated....g	0.195		0		1		0.055	0.088	
20:1....g	0.003		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.564		0		1		0.160	0.254	
18:2 undifferentiated....g	0.511		0		1		0.145	0.230	
18:3 undifferentiated....g	0.052		0		1		0.015	0.023	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0		1		0.021	0.033	
Threonine....g	0.162		0		1		0.046	0.073	
Isoleucine....g	0.186		0		1		0.053	0.084	
Leucine....g	0.350		0		1		0.099	0.158	
Lysine....g	0.156		0		1		0.044	0.070	
Methionine....g	0.092		0		1		0.026	0.041	
Cystine....g	0.116		0		1		0.033	0.052	
Phenylalanine....g	0.233		0		1		0.066	0.105	
Tyrosine....g	0.148		0		1		0.042	0.067	
Valine....g	0.233		0		1		0.066	0.105	
Arginine....g	0.255		0		1		0.072	0.115	
Histidine....g	0.128		0		1		0.036	0.058	
Alanine....g	0.203		0		1		0.058	0.091	
Aspartic acid....g	0.324		0		1		0.092	0.146	
Glutamic acid....g	1.537		0		1		0.436	0.692	
Glycine....g	0.203		0		1		0.058	0.091	
Proline....g	0.498		0		1		0.141	0.224	
Serine....g	0.251		0		1		0.071	0.113	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18021
Bread, boston brown, canned

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 slice

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 28306
Bread, chapati or roti, plain, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.00		2	A	1		22.44		
Energy....kcal	297		0	NC	4		202		
Energy....kJ	1245		0	NC	4		847		
Protein (N x 6.25)....g	11.25		2	A	1		7.65		
Total lipid (fat)....g	7.45		2	A	1		5.07		
Ash....g	1.94		2	A	1		1.32		
Carbohydrate, by difference....g	46.36		0	NC	4		31.53		
Fiber, total dietary....g	4.9		2	A	1		3.3		
Sugars, total....g	2.72		2	A	1		1.85		
Sucrose....g	0.29		2	A	1		0.20		
Glucose (dextrose)....g	0.25		2	A	1		0.17		
Fructose....g	0.54		2	A	1		0.37		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	1.65		2	A	1		1.12		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	37.75		2	A	1		25.67		
Minerals:									
Calcium, Ca....mg	93		2	A	1		64		
Iron, Fe....mg	3.01		2	A	1		2.05		
Magnesium, Mg....mg	62		2	A	1		42		
Phosphorus, P....mg	184		2	A	1		125		
Potassium, K....mg	266		2	A	1		181		
Sodium, Na....mg	409		2	A	1		278		
Zinc, Zn....mg	1.57		2	A	1		1.07		
Copper, Cu....mg	0.252		2	A	1		0.171		
Manganese, Mn....mg	1.251		2	A	1		0.851		
Selenium, Se....µg	53.7		1	A	1		36.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.550		1	A	1		0.374		
Riboflavin....mg	0.200		1	A	1		0.136		
Niacin....mg	6.780		1	A	1		4.610		
Pantothenic acid....mg	0.580		1	A	1		0.394		
Vitamin B-6....mg	0.270		1	A	1		0.184		
Folate, total....µg	61		1	A	1		42		
Folic acid....µg									
Folate, food....µg	61		1	A	1		42		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.88		1	A	1		0.60		
Tocopherol, beta....mg	0.22		1	A	1		0.15		
Tocopherol, gamma....mg	0.89		1	A	1		0.61		
Tocopherol, delta....mg	0.10		1	A	1		0.07		
Tocotrienol, alpha....mg	0.48		1	A	1		0.33		
Tocotrienol, beta....mg	2.13		1	A	1		1.45		
Tocotrienol, gamma....mg	0.68		1	A	1		0.46		
Tocotrienol, delta....mg	0.32		1	A	1		0.22		
Vitamin D (D2 + D3)....µg									

NDB No. 28306
Bread, chapati or roti, plain, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.953		0	NC	4		1.328		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.011		1	A	1		0.007		
12:0....g	0.010		1	A	1		0.007		
13:0....g									
14:0....g	0.035		1	A	1		0.024		
15:0....g	0.005		1	A	1		0.003		
16:0....g	1.645		1	A	1		1.119		
17:0....g	0.005		1	A	1		0.003		
18:0....g	0.210		1	A	1		0.142		
20:0....g	0.018		1	A	1		0.012		
22:0....g	0.008		1	A	1		0.006		
24:0....g	0.006		1	A	1		0.004		
Fatty acids, total monounsaturated....g	1.893		0	NC	4		1.287		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.008		0	AS	1		0.006		
16:1 c....g	0.008		1	A	1		0.006		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.003		1	A	1		0.002		
18:1 undifferentiated....g	1.854		0	AS	1		1.261		
18:1 c....g	1.828		1	A	1		1.243		
18:1 t....g	0.026		1	A	1		0.018		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028		1	A	1		0.019		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.147		0	NC	4		0.780		
18:2 undifferentiated....g	1.013		0	AS	1		0.689		
18:2 n-6 c,c....g	1.003		1	A	1		0.682		
18:2 CLAs....g	0.002		1	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		1	A	1		0.006		
18:3 undifferentiated....g	0.132		0	AS	1		0.090		
18:3 n-3 c,c,c (ALA)....g	0.129		1	A	1		0.088		
18:3 n-6 c,c,c....g	0.004		1	A	1		0.003		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.001		1	A	1		0.001		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.034		0	NC	4		0.023		
Fatty acids, total trans-monoenoic....g	0.026		0	NC	4		0.018		

NDB No. 28306
Bread, chapati or roti, plain, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.006		
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 68g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 28285

Bread, chapati or roti, whole wheat, commercially prepared, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	35.43		3	A	1		15.24		
Energy ... kcal	299		0	NC	4		128		
Energy ... kJ	1250		0	NC	4		538		
Protein (N x 6.25) ... g	7.85		3	A	1		3.37		
Total lipid (fat) ... g	9.20		0	A	1		3.96		
Ash ... g	1.39		3	A	1		0.60		
Carbohydrate, by difference ... g	46.13		0	NC	4		19.83		
Fiber, total dietary ... g	9.7		3	A	1		4.2		
Sugars, total ... g	2.93		3	A	1		1.26		
Sucrose ... g	0.40		3	A	1		0.17		
Glucose (dextrose) ... g	0.30		3	A	1		0.13		
Fructose ... g	0.27		3	A	1		0.11		
Lactose ... g	0.00		3	A	1		0.00		
Maltose ... g	1.97		3	A	1		0.85		
Galactose ... g	0.00		3	A	1		0.00		
Starch ... g	33.67		3	A	1		14.48		
Minerals:									
Calcium, Ca ... mg	36		3	A	1		15		
Iron, Fe ... mg	2.20		3	A	1		0.95		
Magnesium, Mg ... mg	56		3	A	1		24		
Phosphorus, P ... mg	158		3	A	1		68		
Potassium, K ... mg	196		3	A	1		84		
Sodium, Na ... mg	298		0	A	1		128		
Zinc, Zn ... mg	1.54		3	A	1		0.66		
Copper, Cu ... mg	0.229		3	A	1		0.099		
Manganese, Mn ... mg	1.747		3	A	1		0.751		
Selenium, Se ... µg	26.6		2	A	1		11.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	BFPN	4		0.0		
Thiamin ... mg	0.450		1	A	1		0.193		
Riboflavin ... mg	0.180		2	A	1		0.077		
Niacin ... mg	4.610		2	A	1		1.982		
Pantothenic acid ... mg	0.560		2	A	1		0.241		
Vitamin B-6 ... mg	0.280		1	A	1		0.120		
Folate, total ... µg	45		2	A	1		20		
Folic acid ... µg	0		0	NR	4		0		
Folate, food ... µg	45		2	A	1		20		
Folate, DFE ... µg	45		0	NC	4		20		
Choline, total ... mg	7.8		0	BFPN	4		3.3		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added ... µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE ... µg	0		0	BFSN	4		0		
Retinol ... µg	0		0	BFSN	4		0		
Carotene, beta ... µg	0		0	BFSN	4		0		
Carotene, alpha ... µg	0		0	BFSN	4		0		
Cryptoxanthin, beta ... µg	0		0	BFSN	4		0		
Vitamin A, IU ... IU	0		0	BFSN	4		0		
Lycopene ... µg	0		0	BFSN	4		0		
Lutein + zeaxanthin ... µg	11		0	BFSN	4		5		
Vitamin E (alpha-tocopherol) ... mg	0.55		1	A	1		0.24		
Vitamin E, added ... mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta ... mg	0.28		1	A	1		0.12		
Tocopherol, gamma ... mg	1.72		1	A	1		0.74		
Tocopherol, delta ... mg	0.57		1	A	1		0.24		
Tocotrienol, alpha ... mg	0.14		1	A	1		0.06		
Tocotrienol, beta ... mg	1.37		1	A	1		0.59		

NDB No. 28285

Bread, chapati or roti, whole wheat, commercially prepared, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.26		1	A	1		0.11		
Tocotrienol, delta....mg	0.33		1	A	1		0.14		
Vitamin D (D2 + D3)....µg	0.0		0	BFSN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone)....µg	3.3		0	BFSN	4		1.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.311		0	NC	4		1.424		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.003		1	A	1		0.001		
10:0....g	0.008		1	A	1		0.004		
12:0....g	0.015		1	A	1		0.006		
13:0....g									
14:0....g	0.065		1	A	1		0.028		
15:0....g	0.006		1	A	1		0.003		
16:0....g	2.791		1	A	1		1.200		
17:0....g	0.007		1	A	1		0.003		
18:0....g	0.383		1	A	1		0.165		
20:0....g	0.022		1	A	1		0.009		
22:0....g	0.005		1	A	1		0.002		
24:0....g	0.005		1	A	1		0.002		
Fatty acids, total monounsaturated....g	2.091		0	NC	4		0.899		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.008		0	AS	1		0.004		
16:1 c....g	0.008		1	A	1		0.004		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.002		1	A	1		0.001		
18:1 undifferentiated....g	2.070		0	AS	1		0.890		
18:1 c....g	2.048		1	A	1		0.881		
18:1 t....g	0.022		1	A	1		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		1	A	1		0.005		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.761		0	NC	4		0.327		
18:2 undifferentiated....g	0.729		0	AS	1		0.313		
18:2 n-6 c,c....g	0.720		1	A	1		0.309		
18:2 CLAs....g	0.002		1	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		1	A	1		0.003		
18:3 undifferentiated....g	0.030		0	AS	1		0.013		
18:3 n-3 c,c,c (ALA)....g	0.027		1	A	1		0.012		
18:3 n-6 c,c,c....g	0.003		1	A	1		0.001		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.002		1	A	1		0.001		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.001		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		

NDB No. 28285

Bread, chapati or roti, whole wheat, commercially prepared, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.029		0	NC	4		0.013		
Fatty acids, total trans-monoenoic....g	0.022		0	NC	4		0.009		
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.003		
Cholesterol....mg	0		0	BFFN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0		
Caffeine....mg	0		0	BFNN	4		0		
Theobromine....mg	0		0	BFNN	4		0		

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

Common Measures:

Measure 1 = 43g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 18972
Bread, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.13		0	FLC	4		10.14		
Energy....kcal	408		0	NC	4		196		
Energy....kJ	1709		0	NC	4		820		
Protein....g	10.42		1	LC	8		5.00		
Total lipid (fat)....g	20.83		1	LC	8		10.00		
Ash....g	2.79		0	FLC	4		1.34		
Carbohydrate, by difference....g	44.83		0	NC	4		21.52		
Fiber, total dietary....g	2.1		1	LC	8		1.0		
Sugars, total....g	2.08		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0	FLC	4		43		
Iron, Fe....mg	2.49		0	FLC	4		1.19		
Magnesium, Mg....mg	17		0	FLC	4		8		
Phosphorus, P....mg	120		0	FLC	4		58		
Potassium, K....mg	84		0	FLC	4		40		
Sodium, Na....mg	750		1	LC	8		360		
Zinc, Zn....mg	0.96		0	FLC	4		0.46		
Copper, Cu....mg	0.086		0	FLC	4		0.041		
Manganese, Mn....mg	0.366		0	FLC	4		0.176		
Selenium, Se....µg	19.8		0	FLC	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.433		0	FLC	4		0.208		
Riboflavin....mg	0.303		0	FLC	4		0.145		
Niacin....mg	3.279		0	FLC	4		1.574		
Pantothenic acid....mg	0.350		0	FLC	4		0.168		
Vitamin B-6....mg	0.048		0	FLC	4		0.023		
Folate, total....µg	107		0	FLC	4		51		
Folic acid....µg	75		0	FLC	4		36		
Folate, food....µg	32		0	FLC	4		15		
Folate, DFE....µg	159		0	NC	4		76		
Choline, total....mg	8.5		0	FLC	4		4.1		
Betaine....mg	35.5		0	FLC	4		17.0		
Vitamin B-12....µg	0.24		0	FLC	4		0.12		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	24		0	FLC	4		11		
Retinol....µg	23		0	FLC	4		11		
Carotene, beta....µg	9		0	FLC	4		5		
Carotene, alpha....µg	1		0	FLC	4		1		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	93		0	NC	4		45		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	45		0	FLC	4		21		
Vitamin E (alpha-tocopherol)....mg	1.49		0	FLC	4		0.71		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.0		
Vitamin D....IU	2		0	FLC	4		1		
Vitamin K (phylloquinone)....µg	32.4		0	FLC	4		15.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18972
Bread, cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.250		1	LC	8		3.000		
4:0....g	0.153		0	FLC	4		0.073		
6:0....g	0.073		0	FLC	4		0.035		
8:0....g	0.043		0	FLC	4		0.021		
10:0....g	0.096		0	FLC	4		0.046		
12:0....g	0.111		0	FLC	4		0.053		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.401		0	FLC	4		0.192		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	3.623		0	FLC	4		1.739		
17:0....g	0.008		0	FLC	4		0.004		
18:0....g	1.485		0	FLC	4		0.713		
20:0....g	0.086		0	FLC	4		0.041		
22:0....g	0.087		0	FLC	4		0.042		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	4.339		0	FLC	4		2.082		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.076		0	FLC	4		0.037		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	4.174		0	FLC	4		2.004		
20:1....g	0.039		0	FLC	4		0.019		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	9.203		0	FLC	4		4.417		
18:2 undifferentiated....g	8.105		0	FLC	4		3.890		
18:3 undifferentiated....g	1.097		0	FLC	4		0.527		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	10		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 48g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 28315
Bread, cinnamon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.93		0	FLC	4		11.74		
Energy....kcal	253		0	NC	4		71		
Energy....kJ	1060		0	NC	4		297		
Protein (N x 6.25)....g	7.05		0	LC	8		1.98		
Total lipid (fat)....g	5.29		0	LC	8		1.48		
Ash....g	1.34		0	FLC	4		0.38		
Carbohydrate, by difference....g	44.38		0	NC	4		12.43		
Fiber, total dietary....g	3.5		0	LC	8		1.0		
Sugars, total....g	14.11		0	LC	8		3.95		
Starch....g									
Minerals:									
Calcium, Ca....mg	71		0	LC	8		20		
Iron, Fe....mg	2.54		0	LC	8		0.71		
Magnesium, Mg....mg	11		0	FLC	4		3		
Phosphorus, P....mg	57		0	FLC	4		16		
Potassium, K....mg	74		0	FLC	4		21		
Sodium, Na....mg	388		0	LC	8		109		
Zinc, Zn....mg	0.49		0	FLC	4		0.14		
Copper, Cu....mg	0.064		0	FLC	4		0.018		
Manganese, Mn....mg									
Selenium, Se....µg	12.3		0	FLC	4		3.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.317		0	LC	8		0.089		
Riboflavin....mg	0.120		0	LC	8		0.034		
Niacin....mg	2.822		0	LC	8		0.790		
Pantothenic acid....mg									
Vitamin B-6....mg	0.027		0	FLC	4		0.007		
Folate, total....µg	56		0	LC	8		16		
Folic acid....µg	36		0	FLC	4		10		
Folate, food....µg	21		0	NC	4		6		
Folate, DFE....µg	81		0	NC	4		23		
Choline, total....mg	2.7		0	FLC	4		0.8		
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLC	4		0.01		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	2		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	2		0	FLC	4		0		
Vitamin A, IU....IU	4		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	26		0	FLC	4		7		
Vitamin E (alpha-tocopherol)....mg	0.50		0	FLC	4		0.14		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	9.5		0	FLC	4		2.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28315
Bread, cinnamon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.000		0	LC	8		0.000		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.527		0	LC	8		0.988		
18:2 undifferentiated....g	3.123		0	FLC	4		0.875		
18:3 undifferentiated....g	0.404		0	FLC	4		0.113		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 28g: 1 slice 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18022
Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.80	0.162	46		1		2.21	18.80	
Energy....kcal	418		0	NC	4		119	1007	
Energy....kJ	1749		0		4		496	4215	
Protein (N x 6)....g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat)....g	12.20	0.128	54		1		3.46	29.40	
Ash....g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference....g	69.50		0	NC	4		19.70	167.50	
Fiber, total dietary....g	6.5		0		1		1.8	15.7	
Sugars, total....g	20.34		0	FLA	4		5.77	49.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	57	3.755	29		1		16	137	
Iron, Fe....mg	2.50	0.119	42		1		0.71	6.03	
Magnesium, Mg....mg	24	1.229	21		1		7	58	
Phosphorus, P....mg	489	11.566	45		1		139	1178	
Potassium, K....mg	113	3.064	43		1		32	272	
Sodium, Na....mg	817		0	LC	8		232	1969	
Zinc, Zn....mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu....mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn....mg	0.315		2		1		0.089	0.759	
Selenium, Se....µg	5.6	1.299	3	A	1		1.6	13.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.2	
Thiamin....mg	0.427	0.030	39		1		0.121	1.029	
Riboflavin....mg	0.272	0.026	39		1		0.077	0.656	
Niacin....mg	3.342	0.190	37		1		0.947	8.054	
Pantothenic acid....mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6....mg	0.128	0.011	20		1		0.036	0.308	
Folate, total....µg	93		0	FLA	4		26	225	
Folic acid....µg	82		0	FLA	4		23	198	
Folate, food....µg	11	0.918	13		1		3	27	
Folate, DFE....µg	150		0	NC	4		43	362	
Choline, total....mg	7.1		0	FLC	4		2.0	17.0	
Betaine....mg									
Vitamin B-12....µg	0.09		0	FLA	4		0.03	0.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	19		0	NC	4		5	46	
Retinol....µg	16		0	FLA	4		5	39	
Carotene, beta....µg	28		0	FLA	4		8	67	
Carotene, alpha....µg	18		0	FLA	4		5	43	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	115		0	NC	4		33	278	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	391		0	FLA	4		111	942	
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLA	4		0.05	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.0		0	FLA	4		1.4	12.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18022

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.091		0	FLA	4		0.876	7.449	
4:0....g	0.004		0	FLA	4		0.001	0.010	
6:0....g	0.003		0	FLA	4		0.001	0.007	
8:0....g	0.001		0	FLA	4		0.000	0.002	
10:0....g	0.003		0	FLA	4		0.001	0.007	
12:0....g	0.004		0	FLA	4		0.001	0.010	
13:0....g									
14:0....g	0.070		0	FLA	4		0.020	0.169	
15:0....g									
16:0....g	1.607		0	FLA	4		0.456	3.873	
17:0....g									
18:0....g	1.393		0	FLA	4		0.395	3.357	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.719		0	FLA	4		1.905	16.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	6.714		0	FLA	4		1.903	16.181	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.682		0	FLA	4		0.477	4.054	
18:2 undifferentiated....g	1.599		0	FLA	4		0.453	3.854	
18:3 undifferentiated....g	0.083		0	FLA	4		0.024	0.200	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0	FLA	4		1	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0		1		0.020	0.171	
Threonine....g	0.224		0		1		0.064	0.540	
Isoleucine....g	0.254		0		1		0.072	0.612	
Leucine....g	0.632		0		1		0.179	1.523	
Lysine....g	0.198		0		1		0.056	0.477	
Methionine....g	0.133		0		1		0.038	0.321	
Cystine....g	0.132		0		1		0.037	0.318	
Phenylalanine....g	0.343		0		1		0.097	0.827	
Tyrosine....g	0.241		0		1		0.068	0.581	
Valine....g	0.320		0		1		0.091	0.771	
Arginine....g	0.302		0		1		0.086	0.728	
Histidine....g	0.177		0		1		0.050	0.427	
Alanine....g	0.336		0		1		0.095	0.810	
Aspartic acid....g	0.382		0		1		0.108	0.921	
Glutamic acid....g	1.847		0		1		0.524	4.451	
Glycine....g	0.254		0		1		0.072	0.612	
Proline....g	0.715		0		1		0.203	1.723	
Serine....g	0.336		0		1		0.095	0.810	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18022
Bread, cornbread, dry mix, enriched (includes corn muffin mix)

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18023

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.11	0.471	12	A	1		13.83	16.27	7.69
Energy....kcal	330		0	NC	4		169	198	94
Energy....kJ	1383		0	NC	4		705	830	392
Protein (N x 6.25)....g	6.59	0.041	12	A	1		3.36	3.96	1.87
Total lipid (fat)....g	9.58	0.186	12	A	1		4.89	5.75	2.72
Ash....g	2.25	0.029	12	A	1		1.15	1.35	0.64
Carbohydrate, by difference....g	54.46		0	NC	4		27.78	32.68	15.44
Fiber, total dietary....g	2.3	0.246	6	A	1		1.2	1.4	0.7
Sugars, total....g	16.05	0.430	6	A	1		8.19	9.63	4.55
Sucrose....g	14.45	0.454	6	A	1		7.37	8.67	4.10
Glucose (dextrose)....g	0.29	0.000	6	A	1		0.15	0.18	0.08
Fructose....g	0.20	0.000	6	A	1		0.10	0.12	0.06
Lactose....g	1.05	0.031	6	A	1		0.53	0.63	0.30
Maltose....g	0.06	0.000	6	A	1		0.03	0.04	0.02
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	35.66	0.427	6	A	1		18.18	21.39	10.11
Minerals:									
Calcium, Ca....mg	135	1.677	12	A	1		69	81	38
Iron, Fe....mg	1.85	0.033	12	A	1		0.94	1.11	0.52
Magnesium, Mg....mg	17	0.381	12	A	1		9	10	5
Phosphorus, P....mg	391	2.905	12	A	1		199	234	111
Potassium, K....mg	133	1.914	12	A	1		68	80	38
Sodium, Na....mg	599	7.632	12	A	1		306	359	170
Zinc, Zn....mg	0.67	0.015	12	A	1		0.34	0.40	0.19
Copper, Cu....mg	0.073	0.003	12	A	1		0.037	0.044	0.021
Manganese, Mn....mg	0.222	0.003	12	A	1		0.113	0.133	0.063
Selenium, Se....µg	8.7	0.134	6	A	1		4.4	5.2	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.1	0.1	0.0
Thiamin....mg	0.190	0.003	6	A	1		0.097	0.114	0.054
Riboflavin....mg	0.175	0.006	6	A	1		0.089	0.105	0.050
Niacin....mg	2.004	0.047	6	A	1		1.022	1.203	0.568
Pantothenic acid....mg	0.579	0.005	4	A	1		0.296	0.348	0.164
Vitamin B-6....mg	0.085	0.003	6	A	1		0.043	0.051	0.024
Folate, total....µg	55		0	FLA	4		28	33	16
Folic acid....µg	44		0	NC	4		22	26	12
Folate, food....µg	11		0		1		6	7	3
Folate, DFE....µg	86		0	NC	4		44	51	24
Choline, total....mg	58.7		0	AS	1		30.0	35.2	16.7
Betaine....mg	12.2		1	A	1		6.2	7.3	3.5
Vitamin B-12....µg	0.23		2	A	1		0.12	0.14	0.07
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	35		0	AS	1		18	21	10
Retinol....µg	31		2	A	1		16	19	9
Carotene, beta....µg	26		1	A	1		13	16	7
Carotene, alpha....µg	3		1	A	1		1	2	1
Cryptoxanthin, beta....µg	21		1	A	1		11	13	6
Vitamin A, IU....IU	168		0	AS	1		86	101	48
Lycopene....µg	0		1	A	1		0	0	0
Lutein + zeaxanthin....µg	550		1	A	1		280	330	156
Vitamin E (alpha-tocopherol)....mg	0.51	0.012	6	A	1		0.26	0.30	0.14
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.12	0.016	6	A	1		0.06	0.07	0.03
Tocopherol, gamma....mg	0.82	0.065	6	A	1		0.42	0.49	0.23
Tocopherol, delta....mg	0.25	0.027	6	A	1		0.13	0.15	0.07
Tocotrienol, alpha....mg	0.19	0.005	6	A	1		0.10	0.11	0.05
Tocotrienol, beta....mg	0.46	0.014	6	A	1		0.23	0.27	0.13

NDB No. 18023

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

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

NDB No. 18023

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.007	0.001	6	A	1		0.004	0.004	0.002
Fatty acids, total trans....g	0.224		0	NC	4		0.114	0.135	0.064
Fatty acids, total trans-monoenoic....g	0.195		0	NC	4		0.100	0.117	0.055
Fatty acids, total trans-polyenoic....g	0.029		0	NC	4		0.015	0.017	0.008
Cholesterol....mg	57	1.096	6	A	1		29	34	16
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0	A	1		0.030	0.035	0.017
Threonine....g	0.226		0	A	1		0.115	0.135	0.064
Isoleucine....g	0.265		0	A	1		0.135	0.159	0.075
Leucine....g	0.658		0	A	1		0.335	0.395	0.186
Lysine....g	0.324		0	A	1		0.165	0.194	0.092
Methionine....g	0.157		0	A	1		0.080	0.094	0.045
Cystine....g	0.177		0	A	1		0.090	0.106	0.050
Phenylalanine....g	0.343		0	A	1		0.175	0.206	0.097
Tyrosine....g	0.147		0	A	1		0.075	0.088	0.042
Valine....g	0.334		0	A	1		0.170	0.200	0.095
Arginine....g	0.285		0	A	1		0.145	0.171	0.081
Histidine....g	0.167		0	A	1		0.085	0.100	0.047
Alanine....g	0.363		0	A	1		0.185	0.218	0.103
Aspartic acid....g	0.461		0	A	1		0.235	0.277	0.131
Glutamic acid....g	1.492		0	A	1		0.761	0.895	0.423
Glycine....g	0.226		0	A	1		0.115	0.135	0.064
Proline....g	0.746		0	A	1		0.380	0.448	0.211
Serine....g	0.373		0	A	1		0.190	0.224	0.106
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 51g: 1 muffin

Measure 2 = 60g: 1 piece

Measure 3 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18412
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.80	0.162	46		1		2.21	18.80	
Energy....kcal	418		0	NC	4		119	1007	
Energy....kJ	1749				4		496	4215	
Protein (N x 5.7)....g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat)....g	12.20	0.128	54		1		3.46	29.40	
Ash....g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference....g	69.50		0		4		19.70	167.50	
Fiber, total dietary....g	6.5		0	BFZN	4		1.8	15.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57	3.755	29		1		16	137	
Iron, Fe....mg	0.59		0	BFZN	4		0.17	1.42	
Magnesium, Mg....mg	24	1.229	21		1		7	58	
Phosphorus, P....mg	489	11.566	45		1		139	1178	
Potassium, K....mg	113	3.064	43		1		32	272	
Sodium, Na....mg	1111	34.872	43		1		315	2678	
Zinc, Zn....mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu....mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn....mg	0.315		2		1		0.089	0.759	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin....mg	0.046		0	BFZN	4		0.013	0.111	
Riboflavin....mg	0.020		0	BFZN	4		0.006	0.048	
Niacin....mg	0.937		0	BFZN	4		0.266	2.258	
Pantothenic acid....mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6....mg	0.128	0.011	20		1		0.036	0.308	
Folate, total....µg	11	0.918	13		1		3	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11	0.918	13		1		3	27	
Folate, DFE....µg	11		0	NC	4		3	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		0	BFZN	4		0.03	0.22	
Vitamin A, RAE....µg	6		0	NC	4		2	14	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	115	33.732	3		1		33	277	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18412
Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.091		0	BFZN	4		0.876	7.449	
4:0....g	0.004		0	BFZN	4		0.001	0.010	
6:0....g	0.003		0	BFZN	4		0.001	0.007	
8:0....g	0.001		0		4		0.000	0.002	
10:0....g	0.003		0	BFZN	4		0.001	0.007	
12:0....g	0.004		0	BFZN	4		0.001	0.010	
13:0....g									
14:0....g	0.070		0	BFZN	4		0.020	0.169	
15:0....g									
16:0....g	1.607		0	BFZN	4		0.456	3.873	
17:0....g									
18:0....g	1.393		0	BFZN	4		0.395	3.357	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.719		0	BFZN	4		1.905	16.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	BFZN	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	6.714		0	BFZN	4		1.903	16.181	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.682		0	BFZN	4		0.477	4.054	
18:2 undifferentiated....g	1.599		0	BFZN	4		0.453	3.854	
18:3 undifferentiated....g	0.083		0	BFZN	4		0.024	0.200	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		0	BFZN	4		1	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0		4		0.020	0.171	
Threonine....g	0.224		0		4		0.064	0.540	
Isoleucine....g	0.254		0		4		0.072	0.612	
Leucine....g	0.632		0		4		0.179	1.523	
Lysine....g	0.198		0		4		0.056	0.477	
Methionine....g	0.133		0		4		0.038	0.321	
Cystine....g	0.132		0		4		0.037	0.318	
Phenylalanine....g	0.343		0		4		0.097	0.827	
Tyrosine....g	0.241		0		4		0.068	0.581	
Valine....g	0.320		0		4		0.091	0.771	
Arginine....g	0.302		0		4		0.086	0.728	
Histidine....g	0.177		0		4		0.050	0.427	
Alanine....g	0.336		0		4		0.095	0.810	
Aspartic acid....g	0.382		0		4		0.108	0.921	
Glutamic acid....g	1.847		0		4		0.524	4.451	
Glycine....g	0.254		0		4		0.072	0.612	
Proline....g	0.715		0		4		0.203	1.723	
Serine....g	0.336		0		4		0.095	0.810	
Hydroxyproline....g									

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

NDB No. 18412

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18024

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.10		0		1		11.08	25.42	
Energy....kcal	266		0	NC	4		75	173	
Energy....kJ	1113				4		316	723	
Protein (N x 0)....g	6.70		0		1		1.90	4.36	
Total lipid (fat)....g	7.10		0		1		2.01	4.62	
Ash....g	3.60		0		1		1.02	2.34	
Carbohydrate, by difference....g	43.50		0	NC	4		12.33	28.28	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	249		0		1		71	162	
Iron, Fe....mg	2.50		0		1		0.71	1.63	
Magnesium, Mg....mg	25		0		1		7	16	
Phosphorus, P....mg	169		0		1		48	110	
Potassium, K....mg	147		0		1		42	96	
Sodium, Na....mg	658		0		1		187	428	
Zinc, Zn....mg	0.60		0		1		0.17	0.39	
Copper, Cu....mg	0.051		0		1		0.014	0.033	
Manganese, Mn....mg	0.118		0		1		0.033	0.077	
Selenium, Se....µg	10.1		0	RK	4		2.9	6.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.1	0.2	
Thiamin....mg	0.291		0		1		0.082	0.189	
Riboflavin....mg	0.294		0		1		0.083	0.191	
Niacin....mg	2.254		0		1		0.639	1.465	
Pantothenic acid....mg	0.339		0		1		0.096	0.220	
Vitamin B-6....mg	0.113		0		1		0.032	0.073	
Folate, total....µg	77		0	FLA	4		22	50	
Folic acid....µg	58		0	FLA	4		17	38	
Folate, food....µg	19		0		1		5	12	
Folate, DFE....µg	118		0	NC	4		34	77	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.15		0		1		0.04	0.10	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	277		0		1		79	180	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18024

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.555		0		1		0.441	1.011	
4:0....g	0.027		0		1		0.008	0.018	
6:0....g	0.016		0		1		0.005	0.010	
8:0....g	0.010		0		1		0.003	0.007	
10:0....g	0.021		0		1		0.006	0.014	
12:0....g	0.025		0		1		0.007	0.016	
13:0....g									
14:0....g	0.093		0		1		0.026	0.060	
15:0....g									
16:0....g	0.991		0		1		0.281	0.644	
17:0....g									
18:0....g	0.362		0		1		0.103	0.235	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.830		0		1		0.519	1.190	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0		1		0.016	0.036	
17:1....g									
18:1 undifferentiated....g	1.759		0		1		0.499	1.143	
20:1....g	0.012		0		1		0.003	0.008	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.206		0		1		0.909	2.084	
18:2 undifferentiated....g	2.841		0		1		0.805	1.847	
18:3 undifferentiated....g	0.349		0		1		0.099	0.227	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.008	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	40		0		1		11	26	
Phytosterols....mg	12		0		1		3	8	
Amino Acids:									
Tryptophan....g	0.067		0		1		0.019	0.044	
Threonine....g	0.259		0		1		0.073	0.168	
Isoleucine....g	0.290		0		1		0.082	0.189	
Leucine....g	0.678		0		1		0.192	0.441	
Lysine....g	0.296		0		1		0.084	0.192	
Methionine....g	0.152		0		1		0.043	0.099	
Cystine....g	0.117		0		1		0.033	0.076	
Phenylalanine....g	0.330		0		1		0.094	0.215	
Tyrosine....g	0.268		0		1		0.076	0.174	
Valine....g	0.357		0		1		0.101	0.232	
Arginine....g	0.312		0		1		0.088	0.203	
Histidine....g	0.181		0		1		0.051	0.118	
Alanine....g	0.372		0		1		0.105	0.242	
Aspartic acid....g	0.472		0		1		0.134	0.307	
Glutamic acid....g	1.376		0		1		0.390	0.894	
Glycine....g	0.231		0		1		0.065	0.150	
Proline....g	0.571		0		1		0.162	0.371	
Serine....g	0.356		0		1		0.101	0.231	
Hydroxyproline....g									

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

NDB No. 18024

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 18025
Bread, cracked-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.80	0.436	23		1		10.15	1.15	10.74
Energy....kcal	260		0	NC	4		74	8	78
Energy....kJ	1088				4		308	35	326
Protein (N x 5.8)....g	8.70	0.159	27		1		2.47	0.28	2.61
Total lipid (fat)....g	3.90	0.171	27		1		1.11	0.12	1.17
Ash....g	2.10	0.059	19		1		0.60	0.07	0.63
Carbohydrate, by difference....g	49.50		0	NC	4		14.03	1.58	14.85
Fiber, total dietary....g	5.5		0		1		1.6	0.2	1.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	5.290	27		1		12	1	13
Iron, Fe....mg	2.81	0.185	26		1		0.80	0.09	0.84
Magnesium, Mg....mg	52	2.764	13		1		15	2	16
Phosphorus, P....mg	153	5.092	13		1		43	5	46
Potassium, K....mg	177	6.187	15		1		50	6	53
Sodium, Na....mg	538	11.700	21		1		153	17	161
Zinc, Zn....mg	1.24	0.065	13		1		0.35	0.04	0.37
Copper, Cu....mg	0.222	0.009	13		1		0.063	0.007	0.067
Manganese, Mn....mg	1.371	0.089	13		1		0.389	0.044	0.411
Selenium, Se....µg	25.3	0.970	3	A	1		7.2	0.8	7.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.358	0.019	26		1		0.101	0.011	0.107
Riboflavin....mg	0.240	0.016	26		1		0.068	0.008	0.072
Niacin....mg	3.671	0.188	26		1		1.041	0.117	1.101
Pantothenic acid....mg	0.512	0.032	16		1		0.145	0.016	0.154
Vitamin B-6....mg	0.304	0.202	14		1		0.086	0.010	0.091
Folate, total....µg	61		0	FLA	4		17	2	18
Folic acid....µg	22		0	NC	4		6	1	7
Folate, food....µg	39	3.367	11		1		11	1	12
Folate, DFE....µg	76		0	NC	4		22	2	23
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18025
Bread, cracked-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.916		0		1		0.260	0.029	0.275
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	0.001		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.017		0		1		0.005	0.001	0.005
15:0....g									
16:0....g	0.509		0		1		0.144	0.016	0.153
17:0....g									
18:0....g	0.386		0		1		0.109	0.012	0.116
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.902		0		1		0.539	0.061	0.571
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0		1		0.003	0.000	0.003
17:1....g									
18:1 undifferentiated....g	1.892		0		1		0.536	0.061	0.568
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	0.682		0		1		0.193	0.022	0.205
18:2 undifferentiated....g	0.648		0		1		0.184	0.021	0.194
18:3 undifferentiated....g	0.033		0		1		0.009	0.001	0.010
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		1		0.032	0.004	0.034
Threonine....g	0.261		0		1		0.074	0.008	0.078
Isoleucine....g	0.338		0		1		0.096	0.011	0.101
Leucine....g	0.606		0		1		0.172	0.019	0.182
Lysine....g	0.244		0		1		0.069	0.008	0.073
Methionine....g	0.148		0		1		0.042	0.005	0.044
Cystine....g	0.190		0		1		0.054	0.006	0.057
Phenylalanine....g	0.419		0		1		0.119	0.013	0.126
Tyrosine....g	0.253		0		1		0.072	0.008	0.076
Valine....g	0.387		0		1		0.110	0.012	0.116
Arginine....g	0.348		0		1		0.099	0.011	0.104
Histidine....g	0.193		0		1		0.055	0.006	0.058
Alanine....g	0.306		0		1		0.087	0.010	0.092
Aspartic acid....g	0.433		0		1		0.123	0.014	0.130
Glutamic acid....g	2.770		0		1		0.785	0.089	0.831
Glycine....g	0.321		0		1		0.091	0.010	0.096
Proline....g	0.922		0		1		0.261	0.030	0.277
Serine....g	0.417		0		1		0.118	0.013	0.125
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18025
Bread, cracked-wheat

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 3.2g: 1 cubic inch

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

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18027
Bread, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.70		0		1		9.84	13.88	
Energy....kcal	287		0	NC	4		81	115	
Energy....kJ	1201		0		4		340	480	
Protein (N x 0)....g	9.50		0		1		2.69	3.80	
Total lipid (fat)....g	6.00		0		1		1.70	2.40	
Ash....g	1.80		0		1		0.51	0.72	
Carbohydrate, by difference....g	47.80		0	NC	4		13.55	19.12	
Fiber, total dietary....g	2.3		0		4		0.7	0.9	
Sugars, total....g	1.78		0	FLA	4		0.50	0.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	93		0		1		26	37	
Iron, Fe....mg	3.04		0		1		0.86	1.22	
Magnesium, Mg....mg	19		0		1		5	8	
Phosphorus, P....mg	106		0		1		30	42	
Potassium, K....mg	115		0		1		33	46	
Sodium, Na....mg	380		0	LC	8		108	152	
Zinc, Zn....mg	0.79		0		1		0.22	0.32	
Copper, Cu....mg	0.162		0		1		0.046	0.065	
Manganese, Mn....mg	0.500		0		1		0.142	0.200	
Selenium, Se....µg	30.1		0	FLA	4		8.5	12.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.438		0		1		0.124	0.175	
Riboflavin....mg	0.436		0		1		0.124	0.174	
Niacin....mg	4.848		0		1		1.374	1.939	
Pantothenic acid....mg	0.282		0		1		0.080	0.113	
Vitamin B-6....mg	0.064		0		1		0.018	0.026	
Folate, total....µg	105		0	CAZN	4		30	42	
Folic acid....µg	35		0	NC	4		10	14	
Folate, food....µg	70		0		1		20	28	
Folate, DFE....µg	130		0	NC	4		37	52	
Choline, total....mg	84.3		0	FLA	4		23.9	33.7	
Betaine....mg									
Vitamin B-12....µg	0.10		0		1		0.03	0.04	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	63		0	FLA	4		18	25	
Retinol....µg	63		0	FLA	4		18	25	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	211		0	FLA	4		60	85	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	45		0	FLA	4		13	18	
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.08	0.11	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	NR	4		0.1	0.2	
Vitamin D....IU	16		0	FLA	4		5	6	
Vitamin K (phylloquinone)....µg	0.9		0	FLA	4		0.2	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18027
Bread, egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.593		0	FLA	4		0.452	0.637	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.001		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.020		0	FLA	4		0.006	0.008	
15:0....g									
16:0....g	1.082		0	FLA	4		0.307	0.433	
17:0....g	0.006		0	FLA	4		0.002	0.002	
18:0....g	0.463		0	FLA	4		0.131	0.185	
20:0....g	0.003		0	FLA	4		0.001	0.001	
22:0....g	0.004		0	FLA	4		0.001	0.002	
24:0....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	2.302		0	FLA	4		0.653	0.921	
14:1....g	0.003		0	FLA	4		0.001	0.001	
15:1....g									
16:1 undifferentiated....g	0.108		0	FLA	4		0.031	0.043	
17:1....g									
18:1 undifferentiated....g	2.182		0	FLA	4		0.619	0.873	
20:1....g	0.009		0	FLA	4		0.003	0.004	
22:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.106		0	FLA	4		0.314	0.442	
18:2 undifferentiated....g	0.998		0	FLA	4		0.283	0.399	
18:3 undifferentiated....g	0.048		0	FLA	4		0.014	0.019	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.046		0	FLA	4		0.013	0.018	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.012		0	FLA	4		0.003	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	51		0		1		14	20	
Phytosterols....mg	7		0		4		2	3	
Amino Acids:									
Tryptophan....g	0.112		0		1		0.032	0.045	
Threonine....g	0.306		0		1		0.087	0.122	
Isoleucine....g	0.394		0		1		0.112	0.158	
Leucine....g	0.692		0		1		0.196	0.277	
Lysine....g	0.311		0		1		0.088	0.124	
Methionine....g	0.189		0		1		0.054	0.076	
Cystine....g	0.208		0		1		0.059	0.083	
Phenylalanine....g	0.475		0		1		0.135	0.190	
Tyrosine....g	0.292		0		1		0.083	0.117	
Valine....g	0.443		0		1		0.126	0.177	
Arginine....g	0.385		0		1		0.109	0.154	
Histidine....g	0.210		0		1		0.060	0.084	
Alanine....g	0.356		0		1		0.101	0.142	
Aspartic acid....g	0.522		0		1		0.148	0.209	
Glutamic acid....g	2.856		0		1		0.810	1.142	
Glycine....g	0.336		0		1		0.095	0.134	
Proline....g	0.947		0		1		0.268	0.379	
Serine....g	0.501		0		1		0.142	0.200	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	

NDB No. 18027
Bread, egg

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 40g: 1 slice (5" x 3" x 1/2")

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

Food Group: 18 Baked Products

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

NDB No. 18028
Bread, egg, toasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.30		0		1		8.02	10.47	
Energy	kcal	315		0	NC	4		89	117	
Energy	kJ	1318		0		4		374	488	
Protein (N x 0)	g	10.50		0		1		2.98	3.89	
Total lipid (fat)	g	6.60		0		1		1.87	2.44	
Ash	g	2.00		0		1		0.57	0.74	
Carbohydrate, by difference	g	52.60		0	NC	4		14.91	19.46	
Fiber, total dietary	g	2.5		0		4		0.7	0.9	
Sugars, total	g	1.94		0	RK	4		0.55	0.72	
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		29	38	
Iron, Fe	mg	3.34		0		1		0.95	1.24	
Magnesium, Mg	mg	21		0		1		6	8	
Phosphorus, P	mg	117		0		1		33	43	
Potassium, K	mg	126		0		1		36	47	
Sodium, Na	mg	417		0	BFSN	4		118	154	
Zinc, Zn	mg	0.86		0		1		0.24	0.32	
Copper, Cu	mg	0.178		0		1		0.050	0.066	
Manganese, Mn	mg	0.549		0		1		0.156	0.203	
Selenium, Se	µg	32.9		0	RK	4		9.3	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.385		0		1		0.109	0.142	
Riboflavin	mg	0.432		0		1		0.122	0.160	
Niacin	mg	4.795		0		1		1.359	1.774	
Pantothenic acid	mg	0.202		0		1		0.057	0.075	
Vitamin B-6	mg	0.064		0		1		0.018	0.024	
Folate, total	µg	98		0	RK	4		28	36	
Folic acid	µg	44		0	NR	4		12	16	
Folate, food	µg	54		0	NC	4		15	20	
Folate, DFE	µg	128		0	NC	4		36	47	
Choline, total	mg	91.9		0	RK	4		26.0	34.0	
Betaine	mg									
Vitamin B-12	µg	0.11		0		1		0.03	0.04	
Vitamin B-12, added	µg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE	µg	69		0	NC	4		20	26	
Retinol	µg	69		0	RK	4		20	26	
Carotene, beta	µg	0		0	RK	4		0	0	
Carotene, alpha	µg	0		0	RK	4		0	0	
Cryptoxanthin, beta	µg	0		0	RK	4		0	0	
Vitamin A, IU	IU	231		0	NC	4		66	86	
Lycopene	µg	0		0	RK	4		0	0	
Lutein + zeaxanthin	µg	46		0	RK	4		13	17	
Vitamin E (alpha-tocopherol)	mg	0.29		0	RK	4		0.08	0.11	
Vitamin E, added	mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	RK	4		0.1	0.2	
Vitamin D	IU	21		0	RK	4		6	8	
Vitamin K (phylloquinone)	µg	1.0		0	RK	4		0.3	0.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18028
Bread, egg, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.616		0		1		0.458	0.598	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.025		0		1		0.007	0.009	
15:0....g									
16:0....g	0.972		0		1		0.276	0.360	
17:0....g									
18:0....g	0.601		0		1		0.170	0.222	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.989		0		1		0.847	1.106	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.072		0		1		0.020	0.027	
17:1....g									
18:1 undifferentiated....g	2.911		0		1		0.825	1.077	
20:1....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.149		0		1		0.326	0.425	
18:2 undifferentiated....g	1.067		0		1		0.302	0.395	
18:3 undifferentiated....g	0.057		0		1		0.016	0.021	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		1		0.005	0.007	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	56		0		1		16	21	
Phytosterols....mg	8		0		1		2	3	
Amino Acids:									
Tryptophan....g	0.123		0		1		0.035	0.046	
Threonine....g	0.336		0		1		0.095	0.124	
Isoleucine....g	0.433		0		1		0.123	0.160	
Leucine....g	0.760		0		1		0.215	0.281	
Lysine....g	0.342		0		1		0.097	0.127	
Methionine....g	0.208		0		1		0.059	0.077	
Cystine....g	0.229		0		1		0.065	0.085	
Phenylalanine....g	0.522		0		1		0.148	0.193	
Tyrosine....g	0.321		0		1		0.091	0.119	
Valine....g	0.487		0		1		0.138	0.180	
Arginine....g	0.423		0		1		0.120	0.157	
Histidine....g	0.230		0		1		0.065	0.085	
Alanine....g	0.391		0		1		0.111	0.145	
Aspartic acid....g	0.574		0		1		0.163	0.212	
Glutamic acid....g	3.139		0		1		0.890	1.161	
Glycine....g	0.370		0		1		0.105	0.137	
Proline....g	1.041		0		1		0.295	0.385	
Serine....g	0.551		0		1		0.156	0.204	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	

NDB No. 18028
Bread, egg, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18029
Bread, french or vienna (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.00	0.647	5	A	1		9.36	45.87	
Energy....kcal	272		0	NC	4		77	378	
Energy....kJ	1139		0	NC	4		323	1583	
Protein....g	10.75	0.118	6	A	1		3.05	14.94	
Total lipid (fat)....g	2.42	0.430	6	A	1		0.69	3.36	
Ash....g	1.96	0.058	6	A	1		0.55	2.72	
Carbohydrate, by difference....g	51.88		0	NC	4		14.71	72.11	
Fiber, total dietary....g	2.2	0.042	3	A	1		0.6	3.0	
Sugars, total....g	4.62	0.303	3	A	1		1.31	6.42	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.40	0.026	3	A	1		0.11	0.56	
Fructose....g	0.51	0.030	3	A	1		0.15	0.71	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	3.70	0.321	3	A	1		1.05	5.15	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	44.23	2.908	3	A	1		12.54	61.48	
Minerals:									
Calcium, Ca....mg	52	16.634	6	A	1		15	72	
Iron, Fe....mg	3.91	0.159	6	A	1		1.11	5.44	
Magnesium, Mg....mg	32	1.972	6	A	1		9	44	
Phosphorus, P....mg	105	5.583	6	A	1		30	146	
Potassium, K....mg	117	3.073	6	A	1		33	163	
Sodium, Na....mg	602	28.302	6	A	1		171	836	
Zinc, Zn....mg	1.04	0.072	6	A	1		0.29	1.44	
Copper, Cu....mg	0.152	0.004	6	A	1		0.043	0.211	
Manganese, Mn....mg	0.577	0.025	6	A	1		0.164	0.803	
Selenium, Se....µg	28.6	4.041	3	A	1		8.1	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.710	0.060	3	A	1		0.201	0.987	
Riboflavin....mg	0.427	0.027	3	A	1		0.121	0.593	
Niacin....mg	4.817	0.098	3	A	1		1.366	6.695	
Pantothenic acid....mg	0.455		2	A	1		0.129	0.632	
Vitamin B-6....mg	0.107	0.009	3	A	1		0.030	0.148	
Folate, total....µg	123	12.522	3	A	1		35	171	
Folic acid....µg	67		0	FLC	4		19	93	
Folate, food....µg	56		0	FLC	4		16	78	
Folate, DFE....µg	170		0	NC	4		48	236	
Choline, total....mg	8.0		0	FLC	4		2.3	11.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	45		0	FLC	4		13	63	
Vitamin E (alpha-tocopherol)....mg	0.21	0.056	3	A	1		0.06	0.30	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.03	0.027	3	A	1		0.01	0.04	
Tocopherol, gamma....mg	0.28	0.277	3	A	1		0.08	0.39	
Tocopherol, delta....mg	0.07	0.074	3	A	1		0.02	0.10	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.59	0.172	3	A	1		0.17	0.81	

NDB No. 18029
Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.7		0	FLC	4		0.2	1.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.529		0	NC	4		0.150	0.735	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.001	0.001	3	A	1		0.000	0.002	
10:0....g	0.002	0.001	3	A	1		0.001	0.003	
12:0....g	0.002	0.001	3	A	1		0.001	0.003	
13:0....g									
14:0....g	0.006	0.002	3	A	1		0.002	0.008	
15:0....g	0.003	0.000	3	A	1		0.001	0.004	
16:0....g	0.363	0.152	3	A	1		0.103	0.504	
17:0....g	0.003	0.000	3	A	1		0.001	0.004	
18:0....g	0.138	0.047	3	A	1		0.039	0.192	
20:0....g	0.004	0.002	3	A	1		0.001	0.006	
22:0....g	0.004	0.002	3	A	1		0.001	0.006	
24:0....g	0.002	0.001	3	A	1		0.001	0.003	
Fatty acids, total monounsaturated....g	0.362		0	NC	4		0.103	0.503	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.011	0.003	3	AS	1		0.003	0.016	
16:1 c....g	0.011	0.003	3	A	1		0.003	0.016	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.001	0.000	3	A	1		0.000	0.001	
18:1 undifferentiated....g	0.344	0.177	3	AS	1		0.097	0.478	
18:1 c....g	0.340	0.173	3	A	1		0.096	0.473	
18:1 t....g	0.003	0.003	3	A	1		0.001	0.005	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006	0.002	3	A	1		0.002	0.009	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.855		0	NC	4		0.242	1.189	
18:2 undifferentiated....g	0.790	0.252	3	AS	1		0.224	1.098	
18:2 n-6 c,c....g	0.788	0.251	3	A	1		0.223	1.095	
18:2 CLAs....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.001	3	A	1		0.000	0.002	
18:3 undifferentiated....g	0.064	0.030	3	AS	1		0.018	0.089	
18:3 n-3 c,c,c (ALA)....g	0.063	0.029	3	A	1		0.018	0.088	
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.000	0.002	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 18029
Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.005		0	NC	4		0.001	0.007	
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.001	0.005	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.000	0.002	
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 139g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18030
Bread, french or vienna, toasted (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.61		2	A	1		5.84	5.98	12.16
Energy....kcal	319		0	NC	4		90	93	188
Energy....kJ	1335		0	NC	4		378	387	787
Protein....g	13.00		2	A	1		3.69	3.77	7.67
Total lipid (fat)....g	2.14		2	A	1		0.61	0.62	1.26
Ash....g	2.31		2	A	1		0.66	0.67	1.37
Carbohydrate, by difference....g	61.93		0	NC	4		17.56	17.96	36.54
Fiber, total dietary....g	3.1		2	A	1		0.9	0.9	1.9
Sugars, total....g	3.59		2	A	1		1.02	1.04	2.12
Starch....g									
Minerals:									
Calcium, Ca....mg	47		2	A	1		13	14	28
Iron, Fe....mg	3.87		2	A	1		1.10	1.12	2.28
Magnesium, Mg....mg	31		2	A	1		9	9	18
Phosphorus, P....mg	126		2	A	1		36	36	74
Potassium, K....mg	140		2	A	1		40	41	83
Sodium, Na....mg	720		2	A	1		204	209	425
Zinc, Zn....mg	1.05		2	A	1		0.30	0.30	0.62
Copper, Cu....mg	0.150		2	A	1		0.043	0.044	0.089
Manganese, Mn....mg	0.573		2	A	1		0.162	0.166	0.338
Selenium, Se....µg	29.7		2	A	1		8.4	8.6	17.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2	A	1		0.0	0.0	0.1
Thiamin....mg	0.427		2	A	1		0.121	0.124	0.252
Riboflavin....mg	0.370		2	A	1		0.105	0.107	0.218
Niacin....mg	5.380		2	A	1		1.525	1.560	3.174
Pantothenic acid....mg	0.616		2	A	1		0.175	0.179	0.364
Vitamin B-6....mg	0.096		2	A	1		0.027	0.028	0.057
Folate, total....µg	140		0	RK	4		40	41	82
Folic acid....µg	111		0	RK	4		31	32	65
Folate, food....µg	29		0	RK	4		8	8	17
Folate, DFE....µg	217		0	NC	4		62	63	128
Choline, total....mg	17.5		0	A	1		5.0	5.1	10.3
Betaine....mg	58.6		0	A	1		16.6	17.0	34.6
Vitamin B-12....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	RK	4		0	0	0
Retinol....µg	0		0	RK	4		0	0	0
Carotene, beta....µg	0		0	RK	4		0	0	0
Carotene, alpha....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	0
Vitamin A, IU....IU	0		0	RK	4		0	0	0
Lycopene....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin....µg	13		0	RK	4		4	4	8
Vitamin E (alpha-tocopherol)....mg	0.19		2	A	1		0.06	0.06	0.12
Vitamin E, added....mg	0.00		0	RK	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.5		2	A	1		0.1	0.1	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18030
Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.502		0	NC	4		0.142	0.146	0.296
4:0....g	0.000		0	RK	4		0.000	0.000	0.000
6:0....g	0.000		0	RK	4		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.326		2	A	1		0.092	0.094	0.192
17:0....g	0.001		2	A	1		0.000	0.000	0.001
18:0....g	0.164		2	A	1		0.046	0.048	0.097
20:0....g	0.004		2	A	1		0.001	0.001	0.003
22:0....g	0.007		2	A	1		0.002	0.002	0.004
24:0....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.386		0	NC	4		0.110	0.112	0.228
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.016		2	A	1		0.004	0.004	0.009
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.362		2	A	1		0.103	0.105	0.214
20:1....g	0.008		2	A	1		0.002	0.002	0.005
22:1 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.830		0	NC	4		0.235	0.241	0.489
18:2 undifferentiated....g	0.780		2	A	1		0.221	0.226	0.460
18:3 undifferentiated....g	0.050		0	AS	1		0.014	0.015	0.030
18:3 n-3 c,c,c (ALA)....g	0.050		2	A	1		0.014	0.015	0.030
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	RK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RK	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RK	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RK	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0	RK	4		0.038	0.039	0.079
Threonine....g	0.316		0	RK	4		0.090	0.092	0.186
Isoleucine....g	0.416		0	RK	4		0.118	0.121	0.245
Leucine....g	0.762		0	RK	4		0.216	0.221	0.450
Lysine....g	0.328		0	RK	4		0.093	0.095	0.193
Methionine....g	0.168		0	RK	4		0.048	0.049	0.099
Cystine....g	0.261		0	RK	4		0.074	0.076	0.154
Phenylalanine....g	0.543		0	RK	4		0.154	0.158	0.321
Tyrosine....g	0.208		0	RK	4		0.059	0.060	0.123
Valine....g	0.476		0	RK	4		0.135	0.138	0.281
Arginine....g	0.406		0	RK	4		0.115	0.118	0.239
Histidine....g	0.234		0	RK	4		0.066	0.068	0.138
Alanine....g	0.361		0	RK	4		0.102	0.105	0.213
Aspartic acid....g	0.496		0	RK	4		0.141	0.144	0.293
Glutamic acid....g	3.652		0	RK	4		1.035	1.059	2.155
Glycine....g	0.403		0	RK	4		0.114	0.117	0.238

NDB No. 18030
Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.235		0	RK	4		0.350	0.358	0.729
Serine.....g	0.501		0	RK	4		0.142	0.145	0.296
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RK	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice, small

Measure 3 = 59g: 1 slice, medium

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

Food Group: 18 Baked Products

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

NDB No. 28318
Bread, french or vienna, whole wheat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.81		0	FLC	4		19.11		
Energy	kcal	239		0	NC	4		115		
Energy	kJ	1000		0	NC	4		480		
Protein (N x 6.25)	g	8.33		0	LC	8		4.00		
Total lipid (fat)	g	1.04		0	LC	8		0.50		
Ash	g	1.72		0	FLC	4		0.82		
Carbohydrate, by difference	g	49.10		0	NC	4		23.57		
Fiber, total dietary	g	4.2		0	LC	8		2.0		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	LC	8		20		
Iron, Fe	mg	0.75		0	LC	8		0.36		
Magnesium, Mg	mg	52		0	FLC	4		25		
Phosphorus, P	mg	159		0	FLC	4		76		
Potassium, K	mg	163		0	FLC	4		78		
Sodium, Na	mg	375		0	LC	8		180		
Zinc, Zn	mg	1.16		0	FLC	4		0.55		
Copper, Cu	mg	0.188		0	FLC	4		0.090		
Manganese, Mn	mg									
Selenium, Se	µg	31.4		0	FLC	4		15.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.522		0	FLC	4		0.251		
Riboflavin	mg	0.252		0	FLC	4		0.121		
Niacin	mg	3.902		0	FLC	4		1.873		
Pantothenic acid	mg									
Vitamin B-6	mg	0.160		0	FLC	4		0.077		
Folate, total	µg	96		0	FLC	4		46		
Folic acid	µg	50		0	FLC	4		24		
Folate, food	µg	46		0	FLC	4		22		
Folate, DFE	µg	131		0	NC	4		63		
Choline, total	mg	10.4		0	FLC	4		5.0		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	2		0	FLC	4		1		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	3		0	NC	4		2		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	97		0	FLC	4		46		
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLC	4		0.15		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	0.7		0	FLC	4		0.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28318
Bread, french or vienna, whole wheat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.000		0	NC	4		0.000		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.000		0	FLC	4		0.000		
13:0	g									
14:0	g	0.000		0	FLC	4		0.000		
15:0	g	0.000		0	FLC	4		0.000		
16:0	g	0.000		0	FLC	4		0.000		
17:0	g	0.000		0	FLC	4		0.000		
18:0	g	0.000		0	FLC	4		0.000		
20:0	g	0.000		0	FLC	4		0.000		
22:0	g	0.000		0	FLC	4		0.000		
24:0	g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated	g	0.180		0	NC	4		0.087		
14:1	g	0.000		0	FLC	4		0.000		
15:1	g	0.000		0	FLC	4		0.000		
16:1 undifferentiated	g	0.024		0	FLC	4		0.012		
17:1	g	0.000		0	FLC	4		0.000		
18:1 undifferentiated	g	0.152		0	FLC	4		0.073		
20:1	g	0.004		0	FLC	4		0.002		
22:1 undifferentiated	g	0.000		0	FLC	4		0.000		
24:1 c	g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated	g	0.576		0	NC	4		0.276		
18:2 undifferentiated	g	0.541		0	FLC	4		0.260		
18:3 undifferentiated	g	0.035		0	FLC	4		0.017		
18:4	g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c	g	0.000		0	FLC	4		0.000		
20:3 undifferentiated	g	0.000		0	FLC	4		0.000		
20:4 undifferentiated	g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)	g	0.000		0	FLC	4		0.000		
21:5	g	0.000		0	FLC	4		0.000		
22:4	g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)	g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)	g	0.000		0	FLC	4		0.000		
Fatty acids, total trans	g	0.000		0	LC	8		0.000		
Cholesterol	mg	0		0	LC	8		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4		0.0		
Caffeine	mg	0		0	FLC	4		0		
Theobromine	mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 48g: 1 slice 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 28336

Bread, gluten-free, white, made with potato extract, rice starch, and rice flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.67		1	A	1		10.77		
Energy....kcal	320		0	NC	4		109		
Energy....kJ	1339		0	NC	4		455		
Protein (N x 6.25)....g	3.13		1	A	1		1.06		
Total lipid (fat)....g	10.70		1	A	1		3.64		
Ash....g	1.68		1	A	1		0.57		
Carbohydrate, by difference....g	52.83		0	NC	4		17.96		
Fiber, total dietary....g	3.5		1	A	1		1.2		
Sugars, total....g	8.36		1	A	1		2.84		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	3.46		1	A	1		1.18		
Fructose....g	4.90		1	A	1		1.67		
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	33.00		1	A	1		11.22		
Minerals:									
Calcium, Ca....mg	24		1	A	1		8		
Iron, Fe....mg	0.76		1	A	1		0.26		
Magnesium, Mg....mg	11		1	A	1		4		
Phosphorus, P....mg	37		1	A	1		13		
Potassium, K....mg	92		1	A	1		31		
Sodium, Na....mg	528		1	A	1		180		
Zinc, Zn....mg	0.26		1	A	1		0.09		
Copper, Cu....mg	0.039		1	A	1		0.013		
Manganese, Mn....mg	0.174		1	A	1		0.059		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.339		0	NC	4		0.115		
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	0.009		1	A	1		0.003		
12:0....g	0.005		1	A	1		0.002		
13:0....g									
14:0....g	0.011		1	A	1		0.004		
15:0....g	0.004		1	A	1		0.001		
16:0....g	0.000		1	A	1		0.000		
17:0....g	0.008		1	A	1		0.003		
18:0....g	0.200		1	A	1		0.068		
20:0....g	0.058		1	A	1		0.020		
22:0....g	0.027		1	A	1		0.009		
24:0....g	0.017		1	A	1		0.006		
Fatty acids, total monounsaturated....g	7.363		0	NC	4		2.503		
14:1....g	0.002		1	A	1		0.001		
15:1....g	0.447		1	A	1		0.152		
16:1 undifferentiated....g	0.025		0	AS	1		0.009		
16:1 c....g	0.025		1	A	1		0.009		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.012		1	A	1		0.004		
18:1 undifferentiated....g	6.730		0	AS	1		2.288		
18:1 c....g	6.716		1	A	1		2.283		
18:1 t....g	0.014		1	A	1		0.005		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.130		1	A	1		0.044		
22:1 undifferentiated....g	0.004		0	AS	1		0.001		
22:1 c....g	0.004		1	A	1		0.001		

NDB No. 28336

Bread, gluten-free, white, made with potato extract, rice starch, and rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.013		1	A	1		0.004		
Fatty acids, total polyunsaturated....g	2.218		0	NC	4		0.754		
18:2 undifferentiated....g	1.623		0	AS	1		0.552		
18:2 n-6 c,c....g	1.611		1	A	1		0.548		
18:2 CLAs....g	0.007		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		1	A	1		0.002		
18:3 undifferentiated....g	0.583		0	AS	1		0.198		
18:3 n-3 c,c,c (ALA)....g	0.571		1	A	1		0.194		
18:3 n-6 c,c,c....g	0.012		1	A	1		0.004		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.019		0	NC	4		0.006		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.005		
Fatty acids, total trans-polyenoic....g	0.005		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 food, or similar food.

Common Measures:

Measure 1 = 34g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 28337

Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.99	0.916	3	A	1		15.05		
Energy....kcal	248		0	NC	4		87		
Energy....kJ	1036		0	NC	4		363		
Protein....g	4.31	0.500	3	A	1		1.51		
Total lipid (fat)....g	5.24	0.774	3	A	1		1.83		
Ash....g	1.68	0.038	3	A	1		0.59		
Carbohydrate, by difference....g	45.78		0	NC	4		16.02		
Fiber, total dietary....g	4.3	0.891	3	A	1		1.5		
Sugars, total....g	3.53	0.235	3	A	1		1.24		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.99	0.052	3	A	1		0.35		
Fructose....g	1.01	0.223	3	A	1		0.35		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	1.53	0.081	3	A	1		0.54		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	33.30	0.643	3	A	1		11.65		
Minerals:									
Calcium, Ca....mg	138	20.865	3	A	1		48		
Iron, Fe....mg	2.63	0.549	3	A	1		0.92		
Magnesium, Mg....mg	12	0.546	3	A	1		4		
Phosphorus, P....mg	51	3.697	3	A	1		18		
Potassium, K....mg	75	9.498	3	A	1		26		
Sodium, Na....mg	447	10.366	3	A	1		157		
Zinc, Zn....mg	0.48	0.010	3	A	1		0.17		
Copper, Cu....mg	0.075	0.012	3	A	1		0.026		
Manganese, Mn....mg	0.210	0.035	3	A	1		0.074		
Selenium, Se....µg	0.4		2	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.375		2	A	1		0.131		
Riboflavin....mg	0.505		2	A	1		0.177		
Niacin....mg	2.775		2	A	1		0.971		
Pantothenic acid....mg									
Vitamin B-6....mg	0.073		2	A	1		0.026		
Folate, total....µg	36		2	A	1		13		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	36		2	A	1		13		
Folate, DFE....µg	36		0	NC	4		13		
Choline, total....mg	12.6		0	BFNN	4		4.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFNN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE....µg	0		0	Z	7		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	0.60		1	A	1		0.21		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg	0.15		1	A	1		0.05		
Tocopherol, gamma....mg	4.61		1	A	1		1.61		
Tocopherol, delta....mg	2.01		1	A	1		0.70		
Tocotrienol, alpha....mg	0.00		1	A	1		0.00		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		

NDB No. 28337

Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.977		0	NC	4		0.342		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.018		2	A	1		0.006		
10:0....g	0.019		2	A	1		0.007		
12:0....g	0.015		2	A	1		0.005		
13:0....g									
14:0....g	0.038		2	A	1		0.013		
15:0....g	0.004		2	A	1		0.001		
16:0....g	0.709		2	A	1		0.248		
17:0....g	0.005		2	A	1		0.002		
18:0....g	0.147		2	A	1		0.051		
20:0....g	0.013		2	A	1		0.005		
22:0....g	0.004		2	A	1		0.002		
24:0....g	0.004		2	A	1		0.001		
Fatty acids, total monounsaturated....g	2.009		0	NC	4		0.703		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.721		2	A	1		0.252		
16:1 undifferentiated....g	0.013		0	AS	1		0.004		
16:1 c....g	0.013		2	A	1		0.004		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.002		2	A	1		0.001		
18:1 undifferentiated....g	1.266		0	AS	1		0.443		
18:1 c....g	1.262		2	A	1		0.442		
18:1 t....g	0.004		2	A	1		0.001		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	A	1		0.003		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.516		0	NC	4		0.181		
18:2 undifferentiated....g	0.496		0	AS	1		0.174		
18:2 n-6 c,c....g	0.488		2	A	1		0.171		
18:2 CLAs....g	0.001		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		2	A	1		0.002		
18:3 undifferentiated....g	0.015		0	AS	1		0.005		
18:3 n-3 c,c,c (ALA)....g	0.013		2	A	1		0.005		
18:3 n-6 c,c,c....g	0.002		2	A	1		0.001		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.002		2	A	1		0.001		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1		0.001		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		

NDB No. 28337

Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.000		
Fatty acids, total trans....g	0.010		0	NC	4		0.004		
Fatty acids, total trans-monoenoic....g	0.004		0	NC	4		0.001		
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.002		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 35g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 28338

Bread, gluten-free, white, made with tapioca starch and brown rice flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.69	0.191	3	A	1		9.43		
Energy....kcal	298		0	NC	4		84		
Energy....kJ	1248		0	NC	4		349		
Protein (N x 6.25)....g	5.40	0.104	3	A	1		1.51		
Total lipid (fat)....g	8.02	0.082	3	A	1		2.24		
Ash....g	1.75	0.015	3	A	1		0.49		
Carbohydrate, by difference....g	51.15		0	NC	4		14.32		
Fiber, total dietary....g	5.5	0.228	3	A	1		1.5		
Sugars, total....g	11.30	0.208	3	A	1		3.16		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	1.66	0.039	3	A	1		0.47		
Fructose....g	1.54	0.015	3	A	1		0.43		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	8.10	0.246	3	A	1		2.27		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	34.37	0.384	3	A	1		9.62		
Minerals:									
Calcium, Ca....mg	59	0.353	3	A	1		16		
Iron, Fe....mg	0.53	0.023	3	A	1		0.15		
Magnesium, Mg....mg	25	1.168	3	A	1		7		
Phosphorus, P....mg	70	1.634	3	A	1		19		
Potassium, K....mg	107	4.924	3	A	1		30		
Sodium, Na....mg	515	14.746	3	A	1		144		
Zinc, Zn....mg	0.51	0.014	3	A	1		0.14		
Copper, Cu....mg	0.053	0.002	3	A	1		0.015		
Manganese, Mn....mg	0.439	0.027	3	A	1		0.123		
Selenium, Se....µg	11.0		2	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.038		
Riboflavin....mg	0.270		2	A	1		0.076		
Niacin....mg	1.405		2	A	1		0.393		
Pantothenic acid....mg									
Vitamin B-6....mg	0.095		2	A	1		0.027		
Folate, total....µg	19		2	A	1		5		
Folic acid....µg									
Folate, food....µg	19		2	A	1		5		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.61		1	A	1		0.45		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	2.76		1	A	1		0.77		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha....mg	0.00		1	A	1		0.00		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma....mg	0.83		1	A	1		0.23		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 28338

Bread, gluten-free, white, made with tapioca starch and brown rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.629		0	NC	4		0.176		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.005		2	A	1		0.001		
13:0....g									
14:0....g	0.011		2	A	1		0.003		
15:0....g	0.004		2	A	1		0.001		
16:0....g	0.379		2	A	1		0.106		
17:0....g	0.010		2	A	1		0.003		
18:0....g	0.136		2	A	1		0.038		
20:0....g	0.044		2	A	1		0.012		
22:0....g	0.024		2	A	1		0.007		
24:0....g	0.015		2	A	1		0.004		
Fatty acids, total monounsaturated....g	4.721		0	NC	4		1.322		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.028		0	AS	1		0.008		
16:1 c....g	0.028		2	A	1		0.008		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.011		2	A	1		0.003		
18:1 undifferentiated....g	4.546		0	AS	1		1.273		
18:1 c....g	4.533		2	A	1		1.269		
18:1 t....g	0.013		2	A	1		0.004		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.119		2	A	1		0.033		
22:1 undifferentiated....g	0.006		0	AS	1		0.002		
22:1 c....g	0.004		2	A	1		0.001		
22:1 t....g	0.002		2	A	1		0.001		
24:1 c....g	0.011		2	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.957		0	NC	4		0.548		
18:2 undifferentiated....g	1.427		0	AS	1		0.400		
18:2 n-6 c,c....g	1.415		2	A	1		0.396		
18:2 CLAs....g	0.003		2	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		2	A	1		0.002		
18:3 undifferentiated....g	0.520		0	AS	1		0.146		
18:3 n-3 c,c,c (ALA)....g	0.485		2	A	1		0.136		
18:3 n-6 c,c,c....g	0.035		2	A	1		0.010		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.006		2	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.023		0	NC	4		0.007		
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.004		

NDB No. 28338

Bread, gluten-free, white, made with tapioca starch and brown rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.002		
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0	A	1		0.022		
Threonine.....g	0.230		0	A	1		0.064		
Isoleucine.....g	0.250		0	A	1		0.070		
Leucine.....g	0.460		0	A	1		0.129		
Lysine.....g	0.350		0	A	1		0.098		
Methionine.....g	0.190		0	A	1		0.053		
Cystine.....g	0.140		0	A	1		0.039		
Phenylalanine.....g	0.320		0	A	1		0.090		
Tyrosine.....g	0.180		0	A	1		0.050		
Valine.....g	0.280		0	A	1		0.078		
Arginine.....g	0.370		0	A	1		0.104		
Histidine.....g	0.130		0	A	1		0.036		
Alanine.....g	0.330		0	A	1		0.092		
Aspartic acid.....g	0.560		0	A	1		0.157		
Glutamic acid.....g	0.750		0	A	1		0.210		
Glycine.....g	0.230		0	A	1		0.064		
Proline.....g	0.240		0	A	1		0.067		
Serine.....g	0.370		0	A	1		0.104		
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 = 28g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 28339

Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.36		1	A	1		8.09		
Energy....kcal	309		0	NC	4		77		
Energy....kJ	1295		0	NC	4		324		
Protein (N x 6.25)....g	7.25		1	A	1		1.81		
Total lipid (fat)....g	9.34		1	A	1		2.34		
Ash....g	1.96		1	A	1		0.49		
Carbohydrate, by difference....g	49.09		0	NC	4		12.27		
Fiber, total dietary....g	4.9		1	A	1		1.2		
Sugars, total....g	9.81		1	A	1		2.45		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	1.61		1	A	1		0.40		
Fructose....g	1.39		1	A	1		0.35		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	6.81		1	A	1		1.70		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	32.50		1	A	1		8.13		
Minerals:									
Calcium, Ca....mg	60		1	A	1		15		
Iron, Fe....mg	0.76		1	A	1		0.19		
Magnesium, Mg....mg	31		1	A	1		8		
Phosphorus, P....mg	77		1	A	1		19		
Potassium, K....mg	123		1	A	1		31		
Sodium, Na....mg	510		1	A	1		128		
Zinc, Zn....mg	0.58		1	A	1		0.14		
Copper, Cu....mg	0.074		1	A	1		0.019		
Manganese, Mn....mg	0.505		1	A	1		0.126		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.180		1	A	1		0.045		
Riboflavin....mg	0.320		1	A	1		0.080		
Niacin....mg	1.410		1	A	1		0.352		
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		1	A	1		0.023		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 28339

Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.266		0	NC	4		0.066		
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									
14:0....g	0.010		1	A	1		0.002		
15:0....g	0.004		1	A	1		0.001		
16:0....g	0.000		1	A	1		0.000		
17:0....g	0.006		1	A	1		0.002		
18:0....g	0.162		1	A	1		0.041		
20:0....g	0.046		1	A	1		0.012		
22:0....g	0.023		1	A	1		0.006		
24:0....g	0.015		1	A	1		0.004		
Fatty acids, total monounsaturated....g	5.438		0	NC	4		1.359		
14:1....g	0.002		1	A	1		0.001		
15:1....g	0.428		1	A	1		0.107		
16:1 undifferentiated....g	0.028		0	AS	1		0.007		
16:1 c....g	0.028		1	A	1		0.007		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.010		1	A	1		0.002		
18:1 undifferentiated....g	4.837		0	AS	1		1.209		
18:1 c....g	4.827		1	A	1		1.207		
18:1 t....g	0.010		1	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.123		1	A	1		0.031		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.010		1	A	1		0.002		
Fatty acids, total polyunsaturated....g	2.415		0	NC	4		0.604		
18:2 undifferentiated....g	1.569		0	AS	1		0.392		
18:2 n-6 c,c....g	1.555		1	A	1		0.389		
18:2 CLAs....g	0.005		1	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		1	A	1		0.002		
18:3 undifferentiated....g	0.835		0	AS	1		0.209		
18:3 n-3 c,c,c (ALA)....g	0.799		1	A	1		0.200		
18:3 n-6 c,c,c....g	0.036		1	A	1		0.009		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.003		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.019		0	NC	4		0.005		
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.009		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 food, or similar food.

NDB No. 28339

Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour

Common Measures:

Measure 1 = 25g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18032
Bread, irish soda, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	30.10		0		1		8.53		
Energy	kcal	290		0	NC	4		82		
Energy	kJ	1213				4		344		
Protein	g	6.60		0		1		1.87		
Total lipid (fat)	g	5.00		0		1		1.42		
Ash	g	1.90		0		1		0.54		
Carbohydrate, by difference	g	56.00		0	NC	4		15.88		
Fiber, total dietary	g	2.6		0		4		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	81		0		1		23		
Iron, Fe	mg	2.69		0		1		0.76		
Magnesium, Mg	mg	23		0		1		7		
Phosphorus, P	mg	114		0		1		32		
Potassium, K	mg	266		0		1		75		
Sodium, Na	mg	398		0		1		113		
Zinc, Zn	mg	0.57		0		1		0.16		
Copper, Cu	mg	0.130		0		1		0.037		
Manganese, Mn	mg	0.355		0		1		0.101		
Selenium, Se	µg	16.0		0	RA	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		0.2		
Thiamin	mg	0.298		0		1		0.084		
Riboflavin	mg	0.269		0		1		0.076		
Niacin	mg	2.405		0		1		0.682		
Pantothenic acid	mg	0.250		0		1		0.071		
Vitamin B-6	mg	0.083		0		1		0.024		
Folate, total	µg	47		0	RA	4		13		
Folic acid	µg	37		0	NC	4		10		
Folate, food	µg	10		0		1		3		
Folate, DFE	µg	73		0	NC	4		21		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.05		0		1		0.01		
Vitamin A, RAE	µg	48		0	NC	4		13		
Retinol	µg	45		0	NC	4		13		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	194		0		1		55		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18032
Bread, irish soda, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.111		0		1		0.315		
4:0....g	0.008		0		1		0.002		
6:0....g	0.005		0		1		0.001		
8:0....g	0.003		0		1		0.001		
10:0....g	0.006		0		1		0.002		
12:0....g	0.007		0		1		0.002		
13:0....g									
14:0....g	0.036		0		1		0.010		
15:0....g									
16:0....g	0.698		0		1		0.198		
17:0....g									
18:0....g	0.342		0		1		0.097		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.999		0		1		0.567		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	1.976		0		1		0.560		
20:1....g	0.001		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.478		0		1		0.419		
18:2 undifferentiated....g	1.396		0		1		0.396		
18:3 undifferentiated....g	0.074		0		1		0.021		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0		1		0.002		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.002		0		1		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	18		0		1		5		
Phytosterols....mg	13		0		1		4		
Amino Acids:									
Tryptophan....g	0.072		0		1		0.020		
Threonine....g	0.201		0		1		0.057		
Isoleucine....g	0.234		0		1		0.066		
Leucine....g	0.436		0		1		0.124		
Lysine....g	0.219		0		1		0.062		
Methionine....g	0.138		0		1		0.039		
Cystine....g	0.122		0		1		0.035		
Phenylalanine....g	0.300		0		1		0.085		
Tyrosine....g	0.201		0		1		0.057		
Valine....g	0.283		0		1		0.080		
Arginine....g	0.290		0		1		0.082		
Histidine....g	0.159		0		1		0.045		
Alanine....g	0.226		0		1		0.064		
Aspartic acid....g	0.390		0		1		0.111		
Glutamic acid....g	1.825		0		1		0.517		
Glycine....g	0.188		0		1		0.053		
Proline....g	0.597		0		1		0.169		
Serine....g	0.296		0		1		0.084		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 18032
Bread, irish soda, prepared from recipe

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18033
Bread, italian

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.70	0.632	36		1		10.12	10.71	7.14
Energy....kcal	271		0	NC	4		77	81	54
Energy....kJ	1134		0	NC	4		321	340	227
Protein (N x 5.7)....g	8.80	0.196	38		1		2.49	2.64	1.76
Total lipid (fat)....g	3.50	0.124	38		1		0.99	1.05	0.70
Ash....g	1.90	0.047	35		1		0.54	0.57	0.38
Carbohydrate, by difference....g	50.10		0	NC	4		14.20	15.03	10.02
Fiber, total dietary....g	3.2		0	NR	4		0.9	1.0	0.6
Sugars, total....g	3.17		0	NR	4		0.90	0.95	0.63
Starch....g									
Minerals:									
Calcium, Ca....mg	78	4.522	37		1		22	23	16
Iron, Fe....mg	2.94	0.128	35		1		0.83	0.88	0.59
Magnesium, Mg....mg	27	1.670	11		1		8	8	5
Phosphorus, P....mg	103	5.156	11		1		29	31	21
Potassium, K....mg	110	2.870	13		1		31	33	22
Sodium, Na....mg	550		0	NR	4		156	165	110
Zinc, Zn....mg	0.86	0.080	13		1		0.24	0.26	0.17
Copper, Cu....mg	0.191	0.010	11		1		0.054	0.057	0.038
Manganese, Mn....mg	0.464	0.021	10		1		0.132	0.139	0.093
Selenium, Se....µg	27.2	2.578	7	A	1		7.7	8.2	5.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.473	0.014	27		1		0.134	0.142	0.095
Riboflavin....mg	0.292	0.014	27		1		0.083	0.088	0.058
Niacin....mg	4.381	0.140	27		1		1.242	1.314	0.876
Pantothenic acid....mg	0.378	0.014	11		1		0.107	0.113	0.076
Vitamin B-6....mg	0.048	0.003	11		1		0.014	0.014	0.010
Folate, total....µg	191		1	AI	13		54	57	38
Folic acid....µg	161		0	NR	4		46	48	32
Folate, food....µg	30	2.014	11		1		9	9	6
Folate, DFE....µg	304		0	NC	4		86	91	61
Choline, total....mg	14.6		0	BFZN	4		4.1	4.4	2.9
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	1		0	NC	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	48		0	FLA	4		14	14	10
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLA	4		0.08	0.09	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.2		0	FLA	4		0.3	0.4	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18033
Bread, italian

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NR	4		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.812		0		1		0.230	0.244	0.162
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		1		0.004	0.004	0.003
17:1....g									
18:1 undifferentiated....g	0.799		0		1		0.227	0.240	0.160
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.390		0		1		0.394	0.417	0.278
18:2 undifferentiated....g	1.290		0		1		0.366	0.387	0.258
18:3 undifferentiated....g	0.100		0		1		0.028	0.030	0.020
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.029	0.031	0.021
Threonine....g	0.245		0		1		0.069	0.074	0.049
Isoleucine....g	0.333		0		1		0.094	0.100	0.067
Leucine....g	0.614		0		1		0.174	0.184	0.123
Lysine....g	0.197		0		1		0.056	0.059	0.039
Methionine....g	0.156		0		1		0.044	0.047	0.031
Cystine....g	0.193		0		1		0.055	0.058	0.039
Phenylalanine....g	0.433		0		1		0.123	0.130	0.087
Tyrosine....g	0.248		0		1		0.070	0.074	0.050
Valine....g	0.376		0		1		0.107	0.113	0.075
Arginine....g	0.316		0		1		0.090	0.095	0.063
Histidine....g	0.188		0		1		0.053	0.056	0.038
Alanine....g	0.284		0		1		0.081	0.085	0.057
Aspartic acid....g	0.379		0		1		0.107	0.114	0.076
Glutamic acid....g	2.990		0		1		0.848	0.897	0.598
Glycine....g	0.307		0		1		0.087	0.092	0.061
Proline....g	1.004		0		1		0.285	0.301	0.201
Serine....g	0.426		0		1		0.121	0.128	0.085
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18033
Bread, italian

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Measure 3 = 20g: 1 slice, medium

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 28397
Bread, multi-grain (includes whole-grain)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.94	0.919	4	A	1		10.47	9.60	15.15
Energy....kcal	265		0	NC	4		75	69	109
Energy....kJ	1108		0	NC	4		314	288	454
Protein....g	13.36	0.817	4	A	1		3.79	3.47	5.48
Total lipid (fat)....g	4.23	0.562	4	A	1		1.20	1.10	1.73
Ash....g	2.13	0.075	4	A	1		0.61	0.56	0.88
Carbohydrate, by difference....g	43.34		0	NC	4		12.29	11.27	17.77
Fiber, total dietary....g	7.4	0.742	4	A	1		2.1	1.9	3.0
Sugars, total....g	6.39		0	FLA	4		1.81	1.66	2.62
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	1.69	0.276	4	A	1		0.48	0.44	0.69
Fructose....g	2.45	0.243	4	A	1		0.70	0.64	1.01
Lactose....g	0.57	0.017	4	A	1		0.16	0.15	0.23
Maltose....g	1.67	0.244	4	A	1		0.47	0.43	0.68
Galactose....g									
Starch....g	25.67	1.590	4	A	1		7.28	6.68	10.53
Minerals:									
Calcium, Ca....mg	103	14.930	4	A	1		29	27	42
Iron, Fe....mg	2.50	0.058	4	A	1		0.71	0.65	1.02
Magnesium, Mg....mg	78	9.656	4	A	1		22	20	32
Phosphorus, P....mg	228	17.970	4	A	1		64	59	93
Potassium, K....mg	230	21.602	4	A	1		65	60	94
Sodium, Na....mg	381		0	LC	8		108	99	156
Zinc, Zn....mg	1.70	0.082	4	A	1		0.48	0.44	0.70
Copper, Cu....mg	0.282	0.037	4	A	1		0.080	0.073	0.116
Manganese, Mn....mg	2.025	0.165	4	A	1		0.574	0.526	0.830
Selenium, Se....µg	32.9	3.763	4	A	1		9.3	8.6	13.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.279	0.015	4	A	1		0.079	0.073	0.114
Riboflavin....mg	0.131	0.009	4	A	1		0.037	0.034	0.054
Niacin....mg	4.042	0.312	4	A	1		1.146	1.051	1.657
Pantothenic acid....mg	0.336	0.031	4	A	1		0.095	0.087	0.138
Vitamin B-6....mg	0.263	0.018	4	A	1		0.075	0.068	0.108
Folate, total....µg	75		0	FLA	4		21	20	31
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	75		0	FLA	4		21	20	31
Folate, DFE....µg	75		0	NC	4		21	20	31
Choline, total....mg	22.0		0	FLA	4		6.2	5.7	9.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	FLA	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	1		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		1		1		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	94		0	FLA	4		27	24	39
Vitamin E (alpha-tocopherol)....mg	0.37	0.123	4	A	1		0.10	0.10	0.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.09	0.015	4	A	1		0.03	0.02	0.04
Tocopherol, gamma....mg	1.46	0.249	4	A	1		0.41	0.38	0.60
Tocopherol, delta....mg	0.54	0.045	4	A	1		0.15	0.14	0.22
Tocotrienol, alpha....mg	0.10	0.011	4	A	1		0.03	0.03	0.04
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 28397
Bread, multi-grain (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02	0.006	4	A	1		0.00	0.00	0.01
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.4		0	FLA	4		0.4	0.4	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.872		0	NC	4		0.247	0.227	0.358
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	0.510	0.052	4	A	1		0.145	0.133	0.209
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.355	0.060	4	A	1		0.101	0.092	0.146
20:0....g	0.002	0.002	4	A	1		0.001	0.001	0.001
22:0....g	0.005	0.005	4	A	1		0.001	0.001	0.002
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.760		0	NC	4		0.215	0.198	0.311
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.017	0.003	4	A	1		0.005	0.005	0.007
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.730	0.148	4	A	1		0.207	0.190	0.299
20:1....g	0.012	0.003	4	A	1		0.004	0.003	0.005
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.872		0	NC	4		0.531	0.487	0.768
18:2 undifferentiated....g	1.667	0.356	4	A	1		0.473	0.434	0.684
18:3 undifferentiated....g	0.205	0.072	4	A	1		0.058	0.053	0.084
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0	FLA	4		0.035	0.032	0.051
Threonine....g	0.271		0	FLA	4		0.077	0.070	0.111
Isoleucine....g	0.323		0	FLA	4		0.091	0.084	0.132
Leucine....g	0.556		0	FLA	4		0.158	0.145	0.228
Lysine....g	0.289		0	FLA	4		0.082	0.075	0.118
Methionine....g	0.138		0	FLA	4		0.039	0.036	0.056
Cystine....g	0.176		0	FLA	4		0.050	0.046	0.072
Phenylalanine....g	0.387		0	FLA	4		0.110	0.101	0.159
Tyrosine....g	0.236		0	FLA	4		0.067	0.061	0.097
Valine....g	0.397		0	FLA	4		0.113	0.103	0.163
Arginine....g	0.485		0	FLA	4		0.137	0.126	0.199
Histidine....g	0.198		0	FLA	4		0.056	0.051	0.081
Alanine....g	0.341		0	FLA	4		0.097		

NDB No. 28397
Bread, multi-grain (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.341			FLA	4			0.089	0.140
Aspartic acid....g	0.554		0	FLA	4		0.157	0.144	0.227
Glutamic acid....g	2.195		0	FLA	4		0.622	0.571	0.900
Glycine....g	0.374		0	FLA	4		0.106	0.097	0.153
Proline....g	0.706		0	FLA	4		0.200	0.183	0.289
Serine....g	0.381		0	FLA	4		0.108	0.099	0.156
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 slice regular

Measure 3 = 41g: 1 slice large

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

Food Group: 18 Baked Products

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

NDB No. 18036
Bread, multi-grain, toasted (includes whole-grain)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.46		0	RK	4		8.92	7.55	11.95
Energy....kcal	288		0	RK	4		82	69	109
Energy....kJ	1204		0	RK	4		341	289	458
Protein....g	14.52		0	RK	4		4.12	3.48	5.52
Total lipid (fat)....g	4.60		0	RK	4		1.30	1.10	1.75
Ash....g	2.32		0	RK	4		0.66	0.56	0.88
Carbohydrate, by difference....g	47.11		0	RK	4		13.35	11.31	17.90
Fiber, total dietary....g	8.1		0	RK	4		2.3	1.9	3.1
Sugars, total....g	6.94		0	RK	4		1.97	1.67	2.64
Sucrose....g	0.00		0	RK	4		0.00	0.00	0.00
Glucose (dextrose)....g	1.84		0	RK	4		0.52	0.44	0.70
Fructose....g	2.67		0	RK	4		0.76	0.64	1.01
Lactose....g	0.62		0	RK	4		0.18	0.15	0.24
Maltose....g	1.82		0	RK	4		0.51	0.44	0.69
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	111		0	RK	4		32	27	42
Iron, Fe....mg	2.72		0	RK	4		0.77	0.65	1.03
Magnesium, Mg....mg	85		0	RK	4		24	20	32
Phosphorus, P....mg	247		0	RK	4		70	59	94
Potassium, K....mg	250		0	RK	4		71	60	95
Sodium, Na....mg	414		0	BFSN	4		117	99	157
Zinc, Zn....mg	1.85		0	RK	4		0.52	0.44	0.70
Copper, Cu....mg	0.307		0	RK	4		0.087	0.074	0.117
Manganese, Mn....mg	2.201		0	RK	4		0.624	0.528	0.836
Selenium, Se....µg	35.8		0	RK	4		10.1	8.6	13.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RK	4		0.0	0.0	0.0
Thiamin....mg	0.243		0	RK	4		0.069	0.058	0.092
Riboflavin....mg	0.142		0	RK	4		0.040	0.034	0.054
Niacin....mg	4.394		0	RK	4		1.246	1.055	1.670
Pantothenic acid....mg	0.365		0	RK	4		0.103	0.088	0.139
Vitamin B-6....mg	0.286		0	RK	4		0.081	0.069	0.109
Folate, total....µg	70		0	RK	4		20	17	26
Folic acid....µg	0		0	RK	4		0	0	0
Folate, food....µg	70		0	RK	4		20	17	26
Folate, DFE....µg	70		0	NC	4		20	17	26
Choline, total....mg	28.8		0	RK	4		8.2	6.9	11.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	RK	4		0	0	0
Retinol....µg	0		0	RK	4		0	0	0
Carotene, beta....µg	0		0	RK	4		0	0	0
Carotene, alpha....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	0
Vitamin A, IU....IU	0		0	RK	4		0	0	0
Lycopene....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin....µg	97		0	RK	4		28	23	37
Vitamin E (alpha-tocopherol)....mg	0.40		0	RK	4		0.11	0.10	0.15
Vitamin E, added....mg	0.00		0	RK	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.10		0	RK	4		0.03	0.02	0.04
Tocopherol, gamma....mg	1.58		0	RK	4		0.45	0.38	0.60
Tocopherol, delta....mg	0.59		0	RK	4		0.17	0.14	0.22
Tocotrienol, alpha....mg	0.11		0	RK	4		0.03	0.03	0.04
Tocotrienol, beta....mg	0.00		0	RK	4		0.00	0.00	0.00

NDB No. 18036
Bread, multi-grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02		0	RK	4		0.00	0.00	0.01
Tocotrienol, delta....mg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.5		0	RK	4		0.4	0.4	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.948		0	RK	4		0.269	0.228	0.360
4:0....g	0.000		0	RK	4		0.000	0.000	0.000
6:0....g	0.000		0	RK	4		0.000	0.000	0.000
8:0....g	0.000		0	RK	4		0.000	0.000	0.000
10:0....g	0.000		0	RK	4		0.000	0.000	0.000
12:0....g	0.000		0	RK	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	RK	4		0.000	0.000	0.000
15:0....g	0.000		0	RK	4		0.000	0.000	0.000
16:0....g	0.554		0	RK	4		0.157	0.133	0.211
17:0....g	0.000		0	RK	4		0.000	0.000	0.000
18:0....g	0.386		0	RK	4		0.109	0.093	0.147
20:0....g	0.003		0	RK	4		0.001	0.001	0.001
22:0....g	0.005		0	RK	4		0.002	0.001	0.002
24:0....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.826		0	RK	4		0.234	0.198	0.314
14:1....g	0.000		0	RK	4		0.000	0.000	0.000
15:1....g	0.000		0	RK	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.019		0	RK	4		0.005	0.005	0.007
17:1....g	0.000		0	RK	4		0.000	0.000	0.000
18:1 undifferentiated....g	0.793		0	RK	4		0.225	0.190	0.301
20:1....g	0.013		0	RK	4		0.004	0.003	0.005
22:1 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.035		0	RK	4		0.577	0.488	0.773
18:2 undifferentiated....g	1.812		0	RK	4		0.514	0.435	0.689
18:3 undifferentiated....g	0.223		0	RK	4		0.063	0.053	0.085
18:4....g	0.000		0	RK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	RK	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		0	RK	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	RK	4		0.000	0.000	0.000
21:5....g	0.000		0	RK	4		0.000	0.000	0.000
22:4....g	0.000		0	RK	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	RK	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	RK	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	RK	4		0.000	0.000	0.000
Cholesterol....mg	0		0	RK	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	RK	4		0.038	0.032	0.051
Threonine....g	0.294		0	RK	4		0.083	0.071	0.112
Isoleucine....g	0.351		0	RK	4		0.099	0.084	0.133
Leucine....g	0.604		0	RK	4		0.171	0.145	0.230
Lysine....g	0.314		0	RK	4		0.089	0.075	0.119
Methionine....g	0.150		0	RK	4		0.042	0.036	0.057
Cystine....g	0.191		0	RK	4		0.054	0.046	0.073
Phenylalanine....g	0.421		0	RK	4		0.119	0.101	0.160
Tyrosine....g	0.256		0	RK	4		0.073	0.061	0.097
Valine....g	0.432		0	RK	4		0.122	0.104	0.164
Arginine....g	0.527		0	RK	4		0.149	0.126	0.200
Histidine....g	0.215		0	RK	4		0.061	0.052	0.082
Alanine....g	0.371		0	RK	4		0.105		

NDB No. 18036
Bread, multi-grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.371			RK	4			0.089	0.141
Aspartic acid....g	0.602		0	RK	4		0.171	0.144	0.229
Glutamic acid....g	2.386		0	RK	4		0.676	0.573	0.907
Glycine....g	0.407		0	RK	4		0.115	0.098	0.155
Proline....g	0.767		0	RK	4		0.217	0.184	0.291
Serine....g	0.414		0	RK	4		0.117	0.099	0.157
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RK	4		0.0	0.0	0.0
Caffeine....mg	0		0	RK	4		0	0	0
Theobromine....mg	0		0	RK	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 slice regular

Measure 3 = 38g: 1 slice large

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

Food Group: 18 Baked Products

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

NDB No. 28307
Bread, naan, plain, commercially prepared, refrigerated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	32.60		2	A	1		29.34		
Energy ... kcal	291		0	NC	4		262		
Energy ... kJ	1218		0	NC	4		1096		
Protein (N x 6.25) ... g	9.62		2	A	1		8.66		
Total lipid (fat) ... g	5.65		2	A	1		5.09		
Ash ... g	1.69		2	A	1		1.53		
Carbohydrate, by difference ... g	50.43		0	NC	4		45.39		
Fiber, total dietary ... g	2.2		2	A	1		2.0		
Sugars, total ... g	3.55		2	A	1		3.19		
Sucrose ... g	0.00		2	A	1		0.00		
Glucose (dextrose) ... g	0.65		2	A	1		0.58		
Fructose ... g	0.85		2	A	1		0.76		
Lactose ... g	0.25		2	A	1		0.23		
Maltose ... g	1.80		2	A	1		1.62		
Galactose ... g	0.00		2	A	1		0.00		
Starch ... g	42.75		2	A	1		38.47		
Minerals:									
Calcium, Ca ... mg	84		2	A	1		76		
Iron, Fe ... mg	3.25		2	A	1		2.93		
Magnesium, Mg ... mg	27		2	A	1		24		
Phosphorus, P ... mg	100		2	A	1		90		
Potassium, K ... mg	125		2	A	1		113		
Sodium, Na ... mg	465		2	A	1		419		
Zinc, Zn ... mg	0.81		2	A	1		0.73		
Copper, Cu ... mg	0.129		2	A	1		0.116		
Manganese, Mn ... mg	0.514		2	A	1		0.463		
Selenium, Se ... µg	27.9		2	A	1		25.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.780		1	A	1		0.702		
Riboflavin ... mg	0.510		1	A	1		0.459		
Niacin ... mg	5.840		1	A	1		5.256		
Pantothenic acid ... mg	0.445		2	A	1		0.401		
Vitamin B-6 ... mg	0.095		2	A	1		0.086		
Folate, total ... µg	102		2	A	1		92		
Folic acid ... µg									
Folate, food ... µg	102		2	A	1		92		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.79		2	A	1		0.71		
Tocopherol, beta ... mg	0.13		2	A	1		0.11		
Tocopherol, gamma ... mg	1.41		2	A	1		1.27		
Tocopherol, delta ... mg	0.42		2	A	1		0.38		
Tocotrienol, alpha ... mg	0.11		2	A	1		0.10		
Tocotrienol, beta ... mg	0.69		2	A	1		0.63		
Tocotrienol, gamma ... mg	0.12		2	A	1		0.11		
Tocotrienol, delta ... mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 28307
Bread, naan, plain, commercially prepared, refrigerated

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

NDB No. 28307

Bread, naan, plain, commercially prepared, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.010		
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 90g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 28287

Bread, naan, whole wheat, commercially prepared, refrigerated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.90		1	A	1		36.99		
Energy....kcal	286		0	NC	4		303		
Energy....kJ	1196		0	NC	4		1268		
Protein (N x 6.25)....g	10.20		1	A	1		10.81		
Total lipid (fat)....g	6.70		1	A	1		7.10		
Ash....g	1.99		1	A	1		2.11		
Carbohydrate, by difference....g	46.21		0	NC	4		48.98		
Fiber, total dietary....g	4.8		1	A	1		5.1		
Sugars, total....g	3.40		1	A	1		3.60		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.60		1	A	1		0.64		
Fructose....g	0.80		1	A	1		0.85		
Lactose....g	0.50		1	A	1		0.53		
Maltose....g	1.50		1	A	1		1.59		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	36.00		1	A	1		38.16		
Minerals:									
Calcium, Ca....mg	59		1	A	1		62		
Iron, Fe....mg	1.73		1	A	1		1.83		
Magnesium, Mg....mg	68		1	A	1		72		
Phosphorus, P....mg	188		1	A	1		199		
Potassium, K....mg	185		1	A	1		196		
Sodium, Na....mg	467		1	A	1		495		
Zinc, Zn....mg	1.24		1	A	1		1.31		
Copper, Cu....mg	0.158		1	A	1		0.167		
Manganese, Mn....mg	1.400		1	A	1		1.484		
Selenium, Se....µg	11.4		0	BFPN	4		12.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFPN	4		0.0		
Thiamin....mg	0.176		0	BFPN	4		0.187		
Riboflavin....mg	0.180		1	A	1		0.191		
Niacin....mg	3.580		1	A	1		3.795		
Pantothenic acid....mg									
Vitamin B-6....mg	0.128		0	BFPN	4		0.136		
Folate, total....µg	16		0	BFPN	4		17		
Folic acid....µg	0		0	BFPN	4		0		
Folate, food....µg	16		0	BFPN	4		17		
Folate, DFE....µg	16		0	NC	4		17		
Choline, total....mg	10.1		0	BFPN	4		10.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....µg	2		0	BFSN	4		2		
Retinol....µg	2		0	BFSN	4		2		
Carotene, beta....µg	0		0	BFSN	4		0		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	6		0	NC	4		6		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	11		0	BFSN	4		12		
Vitamin E (alpha-tocopherol)....mg	1.32		0	BFSN	4		1.40		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 28287

Bread, naan, whole wheat, commercially prepared, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFSN	4		0.0		
Vitamin D....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone)....µg	3.3		0	BFSN	4		3.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.907		0	NC	4		3.081		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.002		0	BFFN	4		0.002		
10:0....g	0.008		0	BFFN	4		0.009		
12:0....g	0.026		0	BFFN	4		0.028		
13:0....g									
14:0....g	0.058		0	BFFN	4		0.061		
15:0....g									
16:0....g	2.486		0	BFFN	4		2.635		
17:0....g									
18:0....g	0.327		0	BFFN	4		0.346		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.946		0	NC	4		2.062		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	BFFN	4		0.009		
17:1....g									
18:1 undifferentiated....g	1.923		0	BFFN	4		2.038		
20:1....g	0.014		0	BFFN	4		0.014		
22:1 undifferentiated....g	0.001		0	BFFN	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.258		0	NC	4		1.334		
18:2 undifferentiated....g	1.222		0	BFFN	4		1.295		
18:3 undifferentiated....g	0.035		0	BFFN	4		0.037		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFFN	4		0.002		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	BFFN	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFPN	4		0.0		
Caffeine....mg	0		0	BFPN	4		0		
Theobromine....mg	0		0	BFPN	4		0		

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

Common Measures:

Measure 1 = 106g: 1 piece

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

NDB No. 28287

Bread, naan, whole wheat, commercially prepared, refrigerated

Food Group: 18 Baked Products

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

NDB No. 18037
Bread, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.00		1		1		12.47	13.20	
Energy....kcal	236		0	NC	4		67	71	
Energy....kJ	987		0		4		280	296	
Protein (N x 5.8)....g	10.40	1.459	3		1		2.95	3.12	
Total lipid (fat)....g	4.40	0.706	3		1		1.25	1.32	
Ash....g	1.50		1		1		0.43	0.45	
Carbohydrate, by difference....g	39.80		0		4		11.28	11.94	
Fiber, total dietary....g	4.5		0		4		1.3	1.4	
Sugars, total....g	7.70		0	FLC	4		2.18	2.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	65	6.966	3		1		18	20	
Iron, Fe....mg	3.12		2		1		0.88	0.94	
Magnesium, Mg....mg	35		0	FLA	4		10	11	
Phosphorus, P....mg	141		0	FLA	4		40	42	
Potassium, K....mg	147		0	FLA	4		42	44	
Sodium, Na....mg	353		0	LC	8		100	106	
Zinc, Zn....mg	0.89		0	FLA	4		0.25	0.27	
Copper, Cu....mg	0.135		0	FLA	4		0.038	0.041	
Manganese, Mn....mg	0.779		0	FLA	4		0.221	0.234	
Selenium, Se....µg	30.0		0	FLA	4		8.5	9.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.504		2		1		0.143	0.151	
Riboflavin....mg	0.346		2		1		0.098	0.104	
Niacin....mg	4.831		2		1		1.370	1.449	
Pantothenic acid....mg	0.581		0	FLA	4		0.165	0.174	
Vitamin B-6....mg	0.073		0	FLA	4		0.021	0.022	
Folate, total....µg	81		0	CAZN	4		23	24	
Folic acid....µg	56		0	NC	4		16	17	
Folate, food....µg	25		0		4		7	8	
Folate, DFE....µg	120		0	NC	4		34	36	
Choline, total....mg	18.7		0	BFZN	4		5.3	5.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		0	0	
Retinol....µg	2		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	5		0	FLA	4		1	2	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	46		0	FLC	4		13	14	
Vitamin E (alpha-tocopherol)....mg	0.44		0	FLC	4		0.12	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	FLC	4		0.3	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18037
Bread, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.697		0		4		0.198	0.209	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.002		0		4		0.001	0.001	
13:0....g									
14:0....g	0.005		0		4		0.001	0.002	
15:0....g									
16:0....g	0.526		0		4		0.149	0.158	
17:0....g									
18:0....g	0.157		0		4		0.045	0.047	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.590		0		4		0.451	0.477	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		4		0.009	0.009	
17:1....g									
18:1 undifferentiated....g	1.560		0		4		0.442	0.468	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.694		0		4		0.480	0.508	
18:2 undifferentiated....g	1.590		0		4		0.451	0.477	
18:3 undifferentiated....g	0.103		0		4		0.029	0.031	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.131		0		4		0.037	0.039	
Threonine....g	0.299		0		4		0.085	0.090	
Isoleucine....g	0.399		0		4		0.113	0.120	
Leucine....g	0.733		0		4		0.208	0.220	
Lysine....g	0.297		0		4		0.084	0.089	
Methionine....g	0.179		0		4		0.051	0.054	
Cystine....g	0.234		0		4		0.066	0.070	
Phenylalanine....g	0.518		0		4		0.147	0.155	
Tyrosine....g	0.324		0		4		0.092	0.097	
Valine....g	0.461		0		4		0.131	0.138	
Arginine....g	0.445		0		4		0.126	0.134	
Histidine....g	0.225		0		4		0.064	0.068	
Alanine....g	0.370		0		4		0.105	0.111	
Aspartic acid....g	0.547		0		4		0.155	0.164	
Glutamic acid....g	3.162		0		4		0.896	0.949	
Glycine....g	0.395		0		4		0.112	0.119	
Proline....g	1.055		0		4		0.299	0.317	
Serine....g	0.502		0		4		0.142	0.151	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18037
Bread, oat bran

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 slice

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18038
Bread, oat bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.50		0		4		10.91	10.40	
Energy....kcal	259		0		4		73	70	
Energy....kJ	1084		0		4		307	293	
Protein (N x 0)....g	11.40		0		4		3.23	3.08	
Total lipid (fat)....g	4.80		0		4		1.36	1.30	
Ash....g	1.60		0		4		0.45	0.43	
Carbohydrate, by difference....g	43.70		0		4		12.39	11.80	
Fiber, total dietary....g	4.9		0		4		1.4	1.3	
Sugars, total....g	8.46		0	RK	4		2.40	2.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	71		0		4		20	19	
Iron, Fe....mg	3.43		0		4		0.97	0.93	
Magnesium, Mg....mg	34		0		4		10	9	
Phosphorus, P....mg	116		0		4		33	31	
Potassium, K....mg	123		0		4		35	33	
Sodium, Na....mg	387		0	BFSN	4		110	105	
Zinc, Zn....mg	1.05		0		4		0.30	0.28	
Copper, Cu....mg	0.128		0		4		0.036	0.035	
Manganese, Mn....mg	0.760		0		4		0.215	0.205	
Selenium, Se....µg	33.0		0	RK	4		9.4	8.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.443		0		4		0.126	0.120	
Riboflavin....mg	0.343		0		4		0.097	0.093	
Niacin....mg	4.778		0		4		1.355	1.290	
Pantothenic acid....mg	0.114		0		4		0.032	0.031	
Vitamin B-6....mg	0.040		0		4		0.011	0.011	
Folate, total....µg	69		0	FLA	4		20	19	
Folic acid....µg	50		0	NC	4		14	14	
Folate, food....µg	19		0		4		5	5	
Folate, DFE....µg	104		0	NC	4		29	28	
Choline, total....mg	16.1		0	NR	4		4.6	4.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		0	0	
Retinol....µg	2		0	RK	4		0	0	
Carotene, beta....µg	0		0	RK	4		0	0	
Carotene, alpha....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	
Vitamin A, IU....IU	5		0		4		1	1	
Lycopene....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin....µg	48		0	RK	4		13	13	
Vitamin E (alpha-tocopherol)....mg	0.48		0	RK	4		0.14	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.3		0	RK	4		0.4	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18038
Bread, oat bran, toasted

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

NDB No. 18038
Bread, oat bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18039
Bread, oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.70	0.446	14		1		10.40	9.91	
Energy....kcal	269		0	NC	4		76	73	
Energy....kJ	1125		0		4		319	304	
Protein (N x 5.8)....g	8.40	0.183	24		1		2.38	2.27	
Total lipid (fat)....g	4.40	0.151	24		1		1.25	1.19	
Ash....g	2.00	0.057	12		1		0.57	0.54	
Carbohydrate, by difference....g	48.50		0		4		13.75	13.10	
Fiber, total dietary....g	4.0		0		1		1.1	1.1	
Sugars, total....g	8.14		0	FLA	4		2.31	2.20	
Starch....g									
Minerals:									
Calcium, Ca....mg	66	3.749	23		1		19	18	
Iron, Fe....mg	2.70	0.068	23		1		0.77	0.73	
Magnesium, Mg....mg	37	2.606	10		1		10	10	
Phosphorus, P....mg	126	5.457	10		1		36	34	
Potassium, K....mg	142	9.030	12		1		40	38	
Sodium, Na....mg	447		0	LC	8		127	121	
Zinc, Zn....mg	1.02	0.051	11		1		0.29	0.28	
Copper, Cu....mg	0.209	0.009	10		1		0.059	0.056	
Manganese, Mn....mg	0.940	0.055	10		1		0.266	0.254	
Selenium, Se....µg	24.6		0	FLA	4		7.0	6.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.399	0.018	23		1		0.113	0.108	
Riboflavin....mg	0.240	0.006	23		1		0.068	0.065	
Niacin....mg	3.136	0.072	23		1		0.889	0.847	
Pantothenic acid....mg	0.341	0.013	10		1		0.097	0.092	
Vitamin B-6....mg	0.068	0.009	10		1		0.019	0.018	
Folate, total....µg	62		0	FLA	4		18	17	
Folic acid....µg	35		0	NC	4		10	9	
Folate, food....µg	27	2.012	10		1		8	7	
Folate, DFE....µg	87		0	NC	4		25	23	
Choline, total....mg	18.7		0	BFZN	4		5.3	5.1	
Betaine....mg									
Vitamin B-12....µg	0.03		0	FLA	4		0.01	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	5		0	NC	4		1	1	
Retinol....µg	5		0	FLA	4		1	1	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	16		0	FLA	4		5	4	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	72		0	FLA	4		21	20	
Vitamin E (alpha-tocopherol)....mg	0.48		0	FLA	4		0.14	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	FLA	4		0.4	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18039
Bread, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.703		0		4		0.199	0.190	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.005		0		4		0.001	0.001	
13:0....g									
14:0....g	0.007		0		4		0.002	0.002	
15:0....g									
16:0....g	0.527		0		4		0.149	0.142	
17:0....g									
18:0....g	0.148		0		4		0.042	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.578		0		4		0.447	0.426	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0		4		0.007	0.006	
17:1....g									
18:1 undifferentiated....g	1.555		0		4		0.441	0.420	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.702		0		4		0.483	0.460	
18:2 undifferentiated....g	1.603		0		4		0.454	0.433	
18:3 undifferentiated....g	0.100		0		4		0.028	0.027	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0		4		0.033	0.031	
Threonine....g	0.247		0		4		0.070	0.067	
Isoleucine....g	0.325		0		4		0.092	0.088	
Leucine....g	0.608		0		4		0.172	0.164	
Lysine....g	0.270		0		4		0.077	0.073	
Methionine....g	0.152		0		4		0.043	0.041	
Cystine....g	0.208		0		4		0.059	0.056	
Phenylalanine....g	0.414		0		4		0.117	0.112	
Tyrosine....g	0.263		0		4		0.075	0.071	
Valine....g	0.393		0		4		0.111	0.106	
Arginine....g	0.395		0		4		0.112	0.107	
Histidine....g	0.186		0		4		0.053	0.050	
Alanine....g	0.328		0		4		0.093	0.089	
Aspartic acid....g	0.505		0		4		0.143	0.136	
Glutamic acid....g	2.413		0		4		0.684	0.652	
Glycine....g	0.343		0		4		0.097	0.093	
Proline....g	0.765		0		4		0.217	0.207	
Serine....g	0.408		0		4		0.116	0.110	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18039
Bread, oatmeal

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

Calories Factors: Protein 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18040
Bread, oatmeal, toasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.20		0		1		8.85	7.80	
Energy	kcal	292		0	NC	4		83	73	
Energy	kJ	1222		0		4		346	305	
Protein (N x 0)	g	9.20		0		1		2.61	2.30	
Total lipid (fat)	g	4.80		0		1		1.36	1.20	
Ash	g	2.10		0		1		0.60	0.53	
Carbohydrate, by difference	g	52.70		0	NC	4		14.94	13.18	
Fiber, total dietary	g	4.3		0		4		1.2	1.1	
Sugars, total	g	8.84		0	RK	4		2.51	2.21	
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		20	18	
Iron, Fe	mg	2.94		0		1		0.83	0.74	
Magnesium, Mg	mg	41		0		1		12	10	
Phosphorus, P	mg	137		0		1		39	34	
Potassium, K	mg	154		0		1		44	39	
Sodium, Na	mg	486		0	BFSN	4		138	121	
Zinc, Zn	mg	1.11		0		1		0.31	0.28	
Copper, Cu	mg	0.227		0		1		0.064	0.057	
Manganese, Mn	mg	1.022		0		1		0.290	0.256	
Selenium, Se	µg	26.7		0	RK	4		7.6	6.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4		0.1	0.1	
Thiamin	mg	0.347		0		1		0.098	0.087	
Riboflavin	mg	0.235		0		1		0.067	0.059	
Niacin	mg	3.068		0		1		0.870	0.767	
Pantothenic acid	mg	0.241		0		1		0.068	0.060	
Vitamin B-6	mg	0.067		0		1		0.019	0.017	
Folate, total	µg	53		0	FLA	4		15	13	
Folic acid	µg	32		0	NC	4		9	8	
Folate, food	µg	21		0		1		6	5	
Folate, DFE	µg	75		0	NC	4		21	19	
Choline, total	mg	15.9		0	RK	4		4.5	4.0	
Betaine	mg									
Vitamin B-12	µg	0.02		0		4		0.01	0.01	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	5		0	NC	4		1	1	
Retinol	µg	5		0	RK	4		1	1	
Carotene, beta	µg	0		0	RK	4		0	0	
Carotene, alpha	µg	0		0	RK	4		0	0	
Cryptoxanthin, beta	µg	0		0	RK	4		0	0	
Vitamin A, IU	IU	15		0		4		4	4	
Lycopene	µg	0		0	RK	4		0	0	
Lutein + zeaxanthin	µg	75		0	RK	4		21	19	
Vitamin E (alpha-tocopherol)	mg	0.53		0	RK	4		0.15	0.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.7		0	RK	4		0.5	0.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18040
Bread, oatmeal, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.764		0		1		0.217	0.191	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.006		0		1		0.002	0.002	
13:0....g									
14:0....g	0.007		0		1		0.002	0.002	
15:0....g									
16:0....g	0.573		0		1		0.162	0.143	
17:0....g									
18:0....g	0.161		0		1		0.046	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.715		0		1		0.486	0.429	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		1		0.007	0.006	
17:1....g									
18:1 undifferentiated....g	1.690		0		1		0.479	0.423	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.850		0		1		0.524	0.463	
18:2 undifferentiated....g	1.742		0		1		0.494	0.436	
18:3 undifferentiated....g	0.108		0		1		0.031	0.027	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.126		0		1		0.036	0.032	
Threonine....g	0.268		0		1		0.076	0.067	
Isoleucine....g	0.353		0		1		0.100	0.088	
Leucine....g	0.661		0		1		0.187	0.165	
Lysine....g	0.294		0		1		0.083	0.074	
Methionine....g	0.166		0		1		0.047	0.042	
Cystine....g	0.226		0		1		0.064	0.057	
Phenylalanine....g	0.450		0		1		0.128	0.113	
Tyrosine....g	0.286		0		1		0.081	0.072	
Valine....g	0.428		0		1		0.121	0.107	
Arginine....g	0.429		0		1		0.122	0.107	
Histidine....g	0.202		0		1		0.057	0.051	
Alanine....g	0.357		0		1		0.101	0.089	
Aspartic acid....g	0.549		0		1		0.156	0.137	
Glutamic acid....g	2.623		0		1		0.744	0.656	
Glycine....g	0.372		0		1		0.105	0.093	
Proline....g	0.832		0		1		0.236	0.208	
Serine....g	0.443		0		1		0.126	0.111	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	

NDB No. 18040
Bread, oatmeal, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18955
Bread, pan dulce, sweet yeast bread

Latino food
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.54	3.569	3	A	1		13.57		
Energy....kcal	367		0	NC	4		231		
Energy....kJ	1537		0	NC	4		968		
Protein....g	9.42	0.656	3	A	1		5.93		
Total lipid (fat)....g	11.58	3.690	3	A	1		7.30		
Ash....g	1.08	0.169	3	A	1		0.68		
Carbohydrate, by difference....g	56.38		0	NC	4		35.52		
Fiber, total dietary....g	2.3	0.088	3	A	1		1.5		
Sugars, total....g	12.50	2.476	3	A	1		7.87		
Sucrose....g	3.86	2.350	3	A	1		2.43		
Glucose (dextrose)....g	3.58	0.388	3	A	1		2.25		
Fructose....g	4.05	0.236	3	A	1		2.55		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	1.01	0.295	3	A	1		0.64		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	37.80	1.823	3	A	1		23.81		
Minerals:									
Calcium, Ca....mg	86	26.581	3	A	1		54		
Iron, Fe....mg	2.87	0.767	3	A	1		1.81		
Magnesium, Mg....mg	24	0.984	3	A	1		15		
Phosphorus, P....mg	94	6.320	3	A	1		59		
Potassium, K....mg	103	14.467	3	A	1		65		
Sodium, Na....mg	228	49.934	3	A	1		143		
Zinc, Zn....mg	0.84	0.038	3	A	1		0.53		
Copper, Cu....mg	0.121	0.001	3	A	1		0.076		
Manganese, Mn....mg	0.460	0.004	3	A	1		0.290		
Selenium, Se....µg	26.2	3.143	3	A	1		16.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0	BFZN	4		0.7		
Thiamin....mg	0.377	0.039	3	A	1		0.237		
Riboflavin....mg	0.230	0.012	3	A	1		0.145		
Niacin....mg	3.463	0.736	3	A	1		2.182		
Pantothenic acid....mg	0.590		1	A	1		0.372		
Vitamin B-6....mg	0.057	0.003	3	A	1		0.036		
Folate, total....µg	108		0	BFZN	4		68		
Folic acid....µg	68		0	BFZN	4		43		
Folate, food....µg	40		0	BFZN	4		25		
Folate, DFE....µg	155		0	NC	4		97		
Choline, total....mg	29.1		0	BFZN	4		18.3		
Betaine....mg									
Vitamin B-12....µg	0.11		0	BFZN	4		0.07		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	5		0	BFZN	4		3		
Retinol....µg	5		0	BFZN	4		3		
Carotene, beta....µg	3		0	BFZN	4		2		
Carotene, alpha....µg	1		0	BFZN	4		1		
Cryptoxanthin, beta....µg	1		0	BFZN	4		1		
Vitamin A, IU....IU	23		0	NC	4		15		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	36		0	BFZN	4		22		
Vitamin E (alpha-tocopherol)....mg	0.29		2	A	1		0.19		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg	0.07		2	A	1		0.05		
Tocopherol, gamma....mg	2.69		2	A	1		1.69		
Tocopherol, delta....mg	0.77		2	A	1		0.49		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		

NDB No. 18955
Bread, pan dulce, sweet yeast bread

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

NDB No. 18955
Bread, pan dulce, sweet yeast bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.000		
Fatty acids, total trans....g	1.103		0	NC	4		0.695		
Fatty acids, total trans-monoenoic....g	0.896		0	NC	4		0.564		
Fatty acids, total trans-polyenoic....g	0.207		0	NC	4		0.130		
Cholesterol....mg	30		0	BFZN	4		19		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

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

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

Food Group: 18 Baked Products

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

NDB No. 28286

Bread, paratha, whole wheat, commercially prepared, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.50		2	A	1		26.46		
Energy....kcal	326		0	NC	4		257		
Energy....kJ	1362		0	NC	4		1076		
Protein (N x 6.25)....g	6.36		2	A	1		5.03		
Total lipid (fat)....g	13.20		2	A	1		10.43		
Ash....g	1.59		2	A	1		1.26		
Carbohydrate, by difference....g	45.35		0	NC	4		35.82		
Fiber, total dietary....g	9.6		2	A	1		7.6		
Sugars, total....g	4.15		2	A	1		3.28		
Sucrose....g	1.75		2	A	1		1.38		
Glucose (dextrose)....g	0.35		2	A	1		0.28		
Fructose....g	0.35		2	A	1		0.28		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	1.70		2	A	1		1.34		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	31.50		2	A	1		24.88		
Minerals:									
Calcium, Ca....mg	25		2	A	1		20		
Iron, Fe....mg	1.61		2	A	1		1.27		
Magnesium, Mg....mg	37		2	A	1		29		
Phosphorus, P....mg	120		2	A	1		95		
Potassium, K....mg	139		2	A	1		109		
Sodium, Na....mg	452		2	A	1		357		
Zinc, Zn....mg	0.82		2	A	1		0.65		
Copper, Cu....mg	0.146		2	A	1		0.115		
Manganese, Mn....mg	1.054		2	A	1		0.833		
Selenium, Se....µg	7.1		1	A	1		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFPN	4		0.0		
Thiamin....mg	0.110		1	A	1		0.087		
Riboflavin....mg	0.076		2	A	1		0.060		
Niacin....mg	1.830		2	A	1		1.446		
Pantothenic acid....mg	0.465		2	A	1		0.367		
Vitamin B-6....mg	0.080		1	A	1		0.063		
Folate, total....µg	10		2	A	1		8		
Folic acid....µg	0		0	NR	4		0		
Folate, food....µg	10		0	NR	4		8		
Folate, DFE....µg	10		0	NC	4		8		
Choline, total....mg	6.3		0	BFPN	4		5.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....µg	2		0	AS	1		1		
Retinol....µg	2		2	A	1		1		
Carotene, beta....µg	0		0	BFSN	4		0		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	6		0	NC	4		5		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	12		0	BFSN	4		9		
Vitamin E (alpha-tocopherol)....mg	1.35		1	A	1		1.07		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg	0.09		1	A	1		0.07		
Tocopherol, gamma....mg	0.20		1	A	1		0.16		
Tocopherol, delta....mg	0.07		1	A	1		0.06		
Tocotrienol, alpha....mg	1.08		1	A	1		0.86		
Tocotrienol, beta....mg	0.41		1	A	1		0.32		

NDB No. 28286

Bread, paratha, whole wheat, commercially prepared, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	3.36		1	A	1		2.65		
Tocotrienol, delta....mg	1.14		1	A	1		0.90		
Vitamin D (D2 + D3)....µg	0.0		0	BFSN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone)....µg	3.4		0	BFSN	4		2.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.826		0	NC	4		4.602		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.004		2	A	1		0.003		
10:0....g	0.016		2	A	1		0.013		
12:0....g	0.051		2	A	1		0.041		
13:0....g									
14:0....g	0.113		2	A	1		0.090		
15:0....g	0.009		2	A	1		0.007		
16:0....g	4.897		2	A	1		3.869		
17:0....g	0.013		2	A	1		0.010		
18:0....g	0.644		2	A	1		0.509		
20:0....g	0.049		2	A	1		0.039		
22:0....g	0.012		2	A	1		0.009		
24:0....g	0.015		2	A	1		0.012		
Fatty acids, total monounsaturated....g	3.837		0	NC	4		3.032		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.017		0	AS	1		0.013		
16:1 c....g	0.017		2	A	1		0.013		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.004		2	A	1		0.003		
18:1 undifferentiated....g	3.788		0	AS	1		2.993		
18:1 c....g	3.773		2	A	1		2.981		
18:1 t....g	0.016		2	A	1		0.012		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027		2	A	1		0.021		
22:1 undifferentiated....g	0.001		0	AS	1		0.001		
22:1 c....g	0.001		2	A	1		0.001		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.484		0	NC	4		1.962		
18:2 undifferentiated....g	2.407		0	AS	1		1.902		
18:2 n-6 c,c....g	2.386		2	A	1		1.885		
18:2 CLAs....g	0.003		2	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019		2	A	1		0.015		
18:3 undifferentiated....g	0.069		0	AS	1		0.055		
18:3 n-3 c,c,c (ALA)....g	0.064		2	A	1		0.050		
18:3 n-6 c,c,c....g	0.006		2	A	1		0.004		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.002		2	A	1		0.002		
20:3 undifferentiated....g	0.003		0	AS	1		0.002		
20:3 n-3....g	0.003		2	A	1		0.002		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.003		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		

NDB No. 28286

Bread, paratha, whole wheat, commercially prepared, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.034		0	NC	4		0.027		
Fatty acids, total trans-monoenoic....g	0.016		0	NC	4		0.012		
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.015		
Cholesterol....mg	1		1	A	1		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0		
Caffeine....mg	0		0	BFNN	4		0		
Theobromine....mg	0		0	BFNN	4		0		

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

Common Measures:

Measure 1 = 79g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 18041
Bread, pita, white, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.10	1.012	17		1		19.26	8.99	
Energy....kcal	275		0	NC	4		165	77	
Energy....kJ	1151		0		4		690	322	
Protein (N x 5.7)....g	9.10	0.098	37		1		5.46	2.55	
Total lipid (fat)....g	1.20	0.040	36		1		0.72	0.34	
Ash....g	1.90	0.094	14		1		1.14	0.53	
Carbohydrate, by difference....g	55.70		0	NC	4		33.42	15.60	
Fiber, total dietary....g	2.2		0		1		1.3	0.6	
Sugars, total....g	1.30		0	FLA	4		0.78	0.36	
Starch....g									
Minerals:									
Calcium, Ca....mg	86	2.853	38		1		52	24	
Iron, Fe....mg	2.62	0.036	35		1		1.57	0.73	
Magnesium, Mg....mg	26	1.034	13		1		16	7	
Phosphorus, P....mg	97	2.804	13		1		58	27	
Potassium, K....mg	120	6.316	17		1		72	34	
Sodium, Na....mg	536	16.930	24		1		322	150	
Zinc, Zn....mg	0.84	0.041	13		1		0.50	0.24	
Copper, Cu....mg	0.168	0.012	13		1		0.101	0.047	
Manganese, Mn....mg	0.481	0.018	13		1		0.289	0.135	
Selenium, Se....µg	27.1	8.091	6	A	1		16.3	7.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.599	0.009	32		1		0.359	0.168	
Riboflavin....mg	0.327	0.007	32		1		0.196	0.092	
Niacin....mg	4.632	0.083	32		1		2.779	1.297	
Pantothenic acid....mg	0.397	0.020	12		1		0.238	0.111	
Vitamin B-6....mg	0.034	0.005	11		1		0.020	0.010	
Folate, total....µg	107		0	FLA	4		64	30	
Folic acid....µg	83		0		4		50	23	
Folate, food....µg	24	2.596	10		1		14	7	
Folate, DFE....µg	165		0	NC	4		99	46	
Choline, total....mg	14.6		0	BFZN	4		8.8	4.1	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0		4		0	0	
Carotene, alpha....µg	0		0		4		0	0	
Cryptoxanthin, beta....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	53		0	FLA	4		32	15	
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.18	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	FLA	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18041
Bread, pita, white, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.166		0		1		0.100	0.046	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.156		0		1		0.094	0.044	
17:0....g									
18:0....g	0.009		0		1		0.005	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.105		0		1		0.063	0.029	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		1		0.008	0.004	
17:1....g									
18:1 undifferentiated....g	0.092		0		1		0.055	0.026	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.535		0		1		0.321	0.150	
18:2 undifferentiated....g	0.511		0		1		0.307	0.143	
18:3 undifferentiated....g	0.024		0		1		0.014	0.007	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		1		0.063	0.029	
Threonine....g	0.257		0		1		0.154	0.072	
Isoleucine....g	0.349		0		1		0.209	0.098	
Leucine....g	0.634		0		1		0.380	0.178	
Lysine....g	0.219		0		1		0.131	0.061	
Methionine....g	0.160		0		1		0.096	0.045	
Cystine....g	0.197		0		1		0.118	0.055	
Phenylalanine....g	0.446		0		1		0.268	0.125	
Tyrosine....g	0.257		0		1		0.154	0.072	
Valine....g	0.394		0		1		0.236	0.110	
Arginine....g	0.329		0		1		0.197	0.092	
Histidine....g	0.195		0		1		0.117	0.055	
Alanine....g	0.302		0		1		0.181	0.085	
Aspartic acid....g	0.408		0		1		0.245	0.114	
Glutamic acid....g	3.033		0		1		1.820	0.849	
Glycine....g	0.319		0		1		0.191	0.089	
Proline....g	1.012		0		1		0.607	0.283	
Serine....g	0.438		0		1		0.263	0.123	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18041
Bread, pita, white, enriched

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

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

Common Measures:

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

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

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18413
Bread, pita, white, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.10	1.012	17		1		9.10	19.26	
Energy....kcal	275		0	NC	4		78	165	
Energy....kJ	1151				4		326	690	
Protein (N x 5.7)....g	9.10	0.098	37		1		2.58	5.46	
Total lipid (fat)....g	1.20	0.040	36		1		0.34	0.72	
Ash....g	1.90	0.094	14		1		0.54	1.14	
Carbohydrate, by difference....g	55.70		0		4		15.79	33.42	
Fiber, total dietary....g	2.2		0	BFZN	4		0.6	1.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	86	2.853	38		1		24	52	
Iron, Fe....mg	1.40		0	BFZN	4		0.40	0.84	
Magnesium, Mg....mg	26	1.034	13		1		7	16	
Phosphorus, P....mg	97	2.804	13		1		27	58	
Potassium, K....mg	120	6.316	17		1		34	72	
Sodium, Na....mg	536	16.930	24		1		152	322	
Zinc, Zn....mg	0.84	0.041	13		1		0.24	0.50	
Copper, Cu....mg	0.168	0.012	13		1		0.048	0.101	
Manganese, Mn....mg	0.481	0.018	13		1		0.136	0.289	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.267		0	BFZN	4		0.076	0.160	
Riboflavin....mg	0.097		0	BFZN	4		0.027	0.058	
Niacin....mg	2.142		0	BFZN	4		0.607	1.285	
Pantothenic acid....mg	0.397	0.020	12		1		0.113	0.238	
Vitamin B-6....mg	0.034	0.005	11		1		0.010	0.020	
Folate, total....µg	24	2.596	10		1		7	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24	2.596	10		1		7	14	
Folate, DFE....µg	24		0	NC	4		7	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18413
Bread, pita, white, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.166		0		4		0.047	0.100	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.156		0		4		0.044	0.094	
17:0....g									
18:0....g	0.009		0		4		0.003	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.105		0		4		0.030	0.063	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		4		0.004	0.008	
17:1....g									
18:1 undifferentiated....g	0.092		0		4		0.026	0.055	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.535		0		4		0.152	0.321	
18:2 undifferentiated....g	0.511		0		4		0.145	0.307	
18:3 undifferentiated....g	0.024		0		4		0.007	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		4		0.030	0.063	
Threonine....g	0.257		0		4		0.073	0.154	
Isoleucine....g	0.349		0		4		0.099	0.209	
Leucine....g	0.634		0		4		0.180	0.380	
Lysine....g	0.219		0		4		0.062	0.131	
Methionine....g	0.160		0		4		0.045	0.096	
Cystine....g	0.197		0		4		0.056	0.118	
Phenylalanine....g	0.446		0		4		0.126	0.268	
Tyrosine....g	0.257		0		4		0.073	0.154	
Valine....g	0.394		0		4		0.112	0.236	
Arginine....g	0.329		0		4		0.093	0.197	
Histidine....g	0.195		0		4		0.055	0.117	
Alanine....g	0.302		0		4		0.086	0.181	
Aspartic acid....g	0.408		0		4		0.116	0.245	
Glutamic acid....g	3.033		0		4		0.860	1.820	
Glycine....g	0.319		0		4		0.090	0.191	
Proline....g	1.012		0		4		0.287	0.607	
Serine....g	0.438		0		4		0.124	0.263	
Hydroxyproline....g									

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

NDB No. 18413

Bread, pita, white, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18042
Bread, pita, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.60	0.378	4		1		19.58	8.57	
Energy....kcal	262		0	NC	4		168	73	
Energy....kJ	1096		0	NC	4		701	307	
Protein (N x 5.8)....g	9.80		2		1		6.27	2.74	
Total lipid (fat)....g	1.71		0	NR	4		1.09	0.48	
Ash....g	2.00		2		1		1.28	0.56	
Carbohydrate, by difference....g	55.89		0	NC	4		35.77	15.65	
Fiber, total dietary....g	6.1		0	NR	4		3.9	1.7	
Sugars, total....g	2.87		0	NR	4		1.84	0.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		2		1		10	4	
Iron, Fe....mg	3.06		0	FLA	4		1.96	0.86	
Magnesium, Mg....mg	69		2		1		44	19	
Phosphorus, P....mg	180		2		1		115	50	
Potassium, K....mg	170		2		1		109	48	
Sodium, Na....mg	527		0	NR	4		337	148	
Zinc, Zn....mg	1.52		2		1		0.97	0.43	
Copper, Cu....mg	0.290		0	FLA	4		0.186	0.081	
Manganese, Mn....mg	1.740		2		1		1.114	0.487	
Selenium, Se....µg	44.0	3.580	5	A	1		28.2	12.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.339	0.011	8		1		0.217	0.095	
Riboflavin....mg	0.080	0.001	8		1		0.051	0.022	
Niacin....mg	2.840	0.057	8		1		1.818	0.795	
Pantothenic acid....mg	0.831		0	FLA	4		0.532	0.233	
Vitamin B-6....mg	0.265		0	FLA	4		0.170	0.074	
Folate, total....µg	35		0		4		22	10	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	35		0	NR	4		22	10	
Folate, DFE....µg	35		0	NC	4		22	10	
Choline, total....mg	26.5		0	BFZN	4		17.0	7.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	4		0	FLA	4		2	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	6		0	NC	4		4	2	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	53		0	O	4		34	15	
Vitamin E (alpha-tocopherol)....mg	0.61		0	FLA	4		0.39	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.4		0	FLA	4		0.9	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18042
Bread, pita, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.147		0	NR	4		0.094	0.041	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		4		0.001	0.000	
15:0....g									
16:0....g	0.130		0		4		0.083	0.037	
17:0....g									
18:0....g	0.008		0		4		0.005	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.247		0		4		0.158	0.069	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		4		0.017	0.007	
17:1....g									
18:1 undifferentiated....g	0.221		0		4		0.141	0.062	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.747		0		4		0.478	0.209	
18:2 undifferentiated....g	0.709		0		4		0.454	0.199	
18:3 undifferentiated....g	0.037		0		4		0.024	0.010	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0		4		0.095	0.042	
Threonine....g	0.282		0		4		0.180	0.079	
Isoleucine....g	0.367		0		4		0.235	0.103	
Leucine....g	0.671		0		4		0.429	0.188	
Lysine....g	0.265		0		4		0.170	0.074	
Methionine....g	0.153		0		4		0.098	0.043	
Cystine....g	0.228		0		4		0.146	0.064	
Phenylalanine....g	0.470		0		4		0.301	0.132	
Tyrosine....g	0.292		0		4		0.187	0.082	
Valine....g	0.441		0		4		0.282	0.123	
Arginine....g	0.455		0		4		0.291	0.127	
Histidine....g	0.226		0		4		0.145	0.063	
Alanine....g	0.343		0		4		0.220	0.096	
Aspartic acid....g	0.494		0		4		0.316	0.138	
Glutamic acid....g	3.153		0		4		2.018	0.883	
Glycine....g	0.394		0		4		0.252	0.110	
Proline....g	1.046		0		4		0.669	0.293	
Serine....g	0.469		0		4		0.300	0.131	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18042
Bread, pita, whole-wheat

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

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

Common Measures:

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

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

Calories Factors: Protein 3.6 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18971
Bread, potato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.55		0	FLC	4		10.74		
Energy....kcal	266		0	NC	4		85		
Energy....kJ	1115		0	NC	4		357		
Protein (N x 6.25)....g	12.50		1	LC	8		4.00		
Total lipid (fat)....g	3.13		1	LC	8		1.00		
Ash....g	3.76		0	FLC	4		1.20		
Carbohydrate, by difference....g	47.07		0	NC	4		15.06		
Fiber, total dietary....g	6.3		1	LC	8		2.0		
Sugars, total....g	9.38		0	NR	4		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	188		1	LC	8		60		
Iron, Fe....mg	2.25		1	LC	8		0.72		
Magnesium, Mg....mg	28		0	FLC	4		9		
Phosphorus, P....mg	369		0	FLC	4		118		
Potassium, K....mg	718		0	FLC	4		230		
Sodium, Na....mg	375		1	LC	8		120		
Zinc, Zn....mg	1.44		0	FLC	4		0.46		
Copper, Cu....mg	0.094		0	FLC	4		0.030		
Manganese, Mn....mg	0.253		0	FLC	4		0.081		
Selenium, Se....µg	9.5		0	FLC	4		3.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.188		1	LC	8		0.060		
Riboflavin....mg	0.106		1	LC	8		0.034		
Niacin....mg	1.250		1	LC	8		0.400		
Pantothenic acid....mg	0.817		0	FLC	4		0.261		
Vitamin B-6....mg	0.232		0	FLC	4		0.074		
Folate, total....µg	126		0	FLC	4		40		
Folic acid....µg	33		0	FLC	4		11		
Folate, food....µg	92		0	FLC	4		29		
Folate, DFE....µg	149		0	NC	4		48		
Choline, total....mg	18.4		0	FLC	4		5.9		
Betaine....mg									
Vitamin B-12....µg	0.15		0	FLC	4		0.05		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	24		0	FLC	4		8		
Retinol....µg	24		0	FLC	4		8		
Carotene, beta....µg	6		0	FLC	4		2		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	89		0	FLC	4		28		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	17		0	FLC	4		5		
Vitamin E (alpha-tocopherol)....mg	0.47		0	FLC	4		0.15		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.0		
Vitamin D....IU	2		0	FLC	4		1		
Vitamin K (phylloquinone)....µg	6.8		0	FLC	4		2.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18971
Bread, potato

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

NDB No. 18971
Bread, potato

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

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

Common Measures:

Measure 1 = 32g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18954

Bread, pound cake type, pan de torta salvadoran

Latino food

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.38		1	A	1		12.31	139.20	
Energy....kcal	390		0	NC	4		215	2429	
Energy....kJ	1634		0	NC	4		899	10163	
Protein....g	7.06		1	A	1		3.88	43.92	
Total lipid (fat)....g	17.45		1	A	1		9.60	108.54	
Ash....g	1.82		1	A	1		1.00	11.32	
Carbohydrate, by difference....g	51.29		0	NC	4		28.21	319.01	
Fiber, total dietary....g	1.7		1	A	1		0.9	10.6	
Sugars, total....g	18.10		0	NR	4		9.96	112.58	
Sucrose....g	17.30		1	A	1		9.51	107.61	
Glucose (dextrose)....g	0.27		1	A	1		0.15	1.68	
Fructose....g	0.25		1	A	1		0.14	1.56	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.28		1	A	1		0.15	1.74	
Galactose....g									
Starch....g	25.20		1	A	1		13.86	156.74	
Minerals:									
Calcium, Ca....mg	46		1	A	1		25	286	
Iron, Fe....mg	2.20		1	A	1		1.21	13.68	
Magnesium, Mg....mg	19		1	A	1		10	118	
Phosphorus, P....mg	300		1	A	1		165	1866	
Potassium, K....mg	210		1	A	1		116	1306	
Sodium, Na....mg	390		1	A	1		215	2426	
Zinc, Zn....mg	0.62		1	A	1		0.34	3.86	
Copper, Cu....mg	0.030		1	A	1		0.016	0.186	
Manganese, Mn....mg	0.260		1	A	1		0.143	1.617	
Selenium, Se....µg	13.5		1	A	1		7.4	84.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.070		1	A	1		0.039	0.435	
Riboflavin....mg	0.180		1	A	1		0.099	1.120	
Niacin....mg	4.700		1	A	1		2.585	29.233	
Pantothenic acid....mg	0.550		1	A	1		0.303	3.421	
Vitamin B-6....mg	0.050		1	A	1		0.028	0.311	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.42		1	A	1		0.78	8.83	
Tocopherol, beta....mg	0.77		1	A	1		0.42	4.79	
Tocopherol, gamma....mg	7.70		1	A	1		4.23	47.89	
Tocopherol, delta....mg	3.79		1	A	1		2.08	23.57	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	
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									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18954

Bread, pound cake type, pan de torta salvadoran

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

NDB No. 18954
Bread, pound cake type, pan de torta salvadoran

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

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

Common Measures:

Measure 1 = 55g: 1 serving

Measure 2 = 622g: 1 cake square

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

Food Group: 18 Baked Products

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

NDB No. 18043
Bread, protein (includes gluten)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.00	0.400	57		1		11.34	7.60	
Energy....kcal	245		0	NC	4		69	47	
Energy....kJ	1025		0		4		291	195	
Protein (N x 5.7)....g	12.10	0.141	62		1		3.43	2.30	
Total lipid (fat)....g	2.20	0.075	62		1		0.62	0.42	
Ash....g	1.90	0.159	10		1		0.54	0.36	
Carbohydrate, by difference....g	43.80		0		4		12.42	8.32	
Fiber, total dietary....g	3.0		0		4		0.9	0.6	
Sugars, total....g	1.44		0	FLA	4		0.41	0.27	
Starch....g									
Minerals:									
Calcium, Ca....mg	124	7.858	12		1		35	24	
Iron, Fe....mg	4.15	0.400	12		1		1.18	0.79	
Magnesium, Mg....mg	65		0	FLA	4		18	12	
Phosphorus, P....mg	185		0	FLA	4		52	35	
Potassium, K....mg	322		0	FLA	4		91	61	
Sodium, Na....mg	404		0	LC	8		115	77	
Zinc, Zn....mg	1.82		0	FLA	4		0.52	0.35	
Copper, Cu....mg	0.417		0	FLA	4		0.118	0.079	
Manganese, Mn....mg	1.472		0	FLA	4		0.417	0.280	
Selenium, Se....µg	32.9		0	FLA	4		9.3	6.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.360	0.009	60		1		0.102	0.068	
Riboflavin....mg	0.394	0.047	12		1		0.112	0.075	
Niacin....mg	4.289	0.284	11		1		1.216	0.815	
Pantothenic acid....mg	0.420		1		1		0.119	0.080	
Vitamin B-6....mg	0.071		1		1		0.020	0.013	
Folate, total....µg	116		0	FLA	4		33	22	
Folic acid....µg	81		0	NR	4		23	15	
Folate, food....µg	35		1		1		10	7	
Folate, DFE....µg	173		0	NC	4		49	33	
Choline, total....mg	18.7		0	BFZN	4		5.3	3.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	3		0	FLA	4		1	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	FLA	4		1	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	77		0	FLA	4		22	15	
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLA	4		0.10	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.3		0	FLA	4		0.4	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18043
Bread, protein (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.332		0		4		0.094	0.063	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		4		0.000	0.000	
15:0....g									
16:0....g	0.286		0		4		0.081	0.054	
17:0....g									
18:0....g	0.021		0		4		0.006	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.183		0		4		0.052	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.182		0		4		0.052	0.035	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.009		0		4		0.286	0.192	
18:2 undifferentiated....g	0.950		0		4		0.269	0.181	
18:3 undifferentiated....g	0.059		0		4		0.017	0.011	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.148		0		4		0.042	0.028	
Threonine....g	0.366		0		4		0.104	0.070	
Isoleucine....g	0.471		0		4		0.134	0.089	
Leucine....g	0.858		0		4		0.243	0.163	
Lysine....g	0.372		0		4		0.105	0.071	
Methionine....g	0.199		0		4		0.056	0.038	
Cystine....g	0.247		0		4		0.070	0.047	
Phenylalanine....g	0.596		0		4		0.169	0.113	
Tyrosine....g	0.362		0		4		0.103	0.069	
Valine....g	0.518		0		4		0.147	0.098	
Arginine....g	0.548		0		4		0.155	0.104	
Histidine....g	0.271		0		4		0.077	0.051	
Alanine....g	0.414		0		4		0.117	0.079	
Aspartic acid....g	0.734		0		4		0.208	0.139	
Glutamic acid....g	3.689		0		4		1.046	0.701	
Glycine....g	0.444		0		4		0.126	0.084	
Proline....g	1.222		0		4		0.346	0.232	
Serine....g	0.605		0		4		0.172	0.115	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18043
Bread, protein (includes gluten)

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 slice

Calories Factors: Protein 3.9 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18383
Bread, protein, (includes gluten), toasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.00		0		4		9.64	5.78	
Energy	kcal	270		0		4		77	46	
Energy	kJ	1130		0		4		320	192	
Protein (N x 0)	g	13.20		0		4		3.74	2.24	
Total lipid (fat)	g	2.40		0		4		0.68	0.41	
Ash	g	2.10		0		4		0.60	0.36	
Carbohydrate, by difference	g	48.10		0		4		13.64	8.18	
Fiber, total dietary	g	3.3		0		4		0.9	0.6	
Sugars, total	g	1.44		0	RA	4		0.41	0.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	136		0		4		39	23	
Iron, Fe	mg	4.56		0		4		1.29	0.78	
Magnesium, Mg	mg	56		0		4		16	10	
Phosphorus, P	mg	189		0		4		54	32	
Potassium, K	mg	346		0		4		98	59	
Sodium, Na	mg	444		0	BFSN	4		126	76	
Zinc, Zn	mg	1.17		0		4		0.33	0.20	
Copper, Cu	mg	0.205		0		4		0.058	0.035	
Manganese, Mn	mg	0.803		0		4		0.228	0.137	
Selenium, Se	µg	36.2		0	RK	4		10.3	6.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.317		0		4		0.090	0.054	
Riboflavin	mg	0.389		0		4		0.110	0.066	
Niacin	mg	4.241		0		4		1.202	0.721	
Pantothenic acid	mg	0.300		0		4		0.085	0.051	
Vitamin B-6	mg	0.070		0		4		0.020	0.012	
Folate, total	µg	99		0	RA	4		28	17	
Folic acid	µg	72		0	NR	4		20	12	
Folate, food	µg	27		0	NC	4		8	5	
Folate, DFE	µg	149		0	NC	4		42	25	
Choline, total	mg	20.3		0	RK	4		5.8	3.5	
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	RA	4		0	0	
Carotene, beta	µg	3		0	RA	4		1	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	5		0	RA	4		1	1	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	73		0	RA	4		21	12	
Vitamin E (alpha-tocopherol)	mg	0.36		0	RA	4		0.10	0.06	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.3		0	RA	4		0.4	0.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18383
Bread, protein, (includes gluten), toasted

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

NDB No. 18383
Bread, protein, (includes gluten), toasted

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18044
Bread, pumpernickel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.90	0.486	24		1		10.74	9.85	2.65
Energy	kcal	250		0		4		71	65	18
Energy	kJ	1046		0		4		297	272	73
Protein (N x 5.8)	g	8.70	0.079	43		1		2.47	2.26	0.61
Total lipid (fat)	g	3.10	0.135	43		1		0.88	0.81	0.22
Ash	g	2.60	0.080	20		1		0.74	0.68	0.18
Carbohydrate, by difference	g	47.50		0	NC	4		13.47	12.35	3.33
Fiber, total dietary	g	6.5		0		1		1.8	1.7	0.5
Sugars, total	g	0.53		0	FLA	4		0.15	0.14	0.04
Starch	g									
Minerals:										
Calcium, Ca	mg	68	3.933	40		1		19	18	5
Iron, Fe	mg	2.87	0.089	35		1		0.81	0.75	0.20
Magnesium, Mg	mg	54	2.896	13		1		15	14	4
Phosphorus, P	mg	178	5.368	11		1		50	46	12
Potassium, K	mg	208	7.178	18		1		59	54	15
Sodium, Na	mg	596		0	LC	8		169	155	42
Zinc, Zn	mg	1.48	0.078	14		1		0.42	0.38	0.10
Copper, Cu	mg	0.287	0.019	13		1		0.081	0.075	0.020
Manganese, Mn	mg	1.305	0.087	13		1		0.370	0.339	0.091
Selenium, Se	µg	24.5		0	FLA	4		6.9	6.4	1.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.327	0.012	38		1		0.093	0.085	0.023
Riboflavin	mg	0.305	0.024	38		1		0.086	0.079	0.021
Niacin	mg	3.091	0.099	38		1		0.876	0.804	0.216
Pantothenic acid	mg	0.404	0.028	15		1		0.115	0.105	0.028
Vitamin B-6	mg	0.126	0.015	13		1		0.036	0.033	0.009
Folate, total	µg	93		0	FLA	4		26	24	6
Folic acid	µg	59		0	NR	4		17	15	4
Folate, food	µg	34	2.353	10		1		10	9	2
Folate, DFE	µg	134		0	NC	4		38	35	9
Choline, total	mg	14.6		0	BFZN	4		4.1	3.8	1.0
Betaine	mg									
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	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	0		0	FLA	4		0	0	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	0		0		1		0	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	46		0	FLA	4		13	12	3
Vitamin E (alpha-tocopherol)	mg	0.42		0	FLA	4		0.12	0.11	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.8		0	FLA	4		0.2	0.2	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18044
Bread, pumpernickel

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

NDB No. 18044
Bread, pumpernickel

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 slice, regular

Measure 3 = 7.0g: 1 slice, snack-size

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18045
Bread, pumpernickel, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.80		0		1		9.02	9.22	
Energy....kcal	275		0	NC	4		78	80	
Energy....kJ	1151		0		4		326	334	
Protein (N x 0)....g	9.50		0		1		2.69	2.76	
Total lipid (fat)....g	3.40		0		1		0.96	0.99	
Ash....g	2.80		0		1		0.79	0.81	
Carbohydrate, by difference....g	52.20		0	NC	4		14.80	15.14	
Fiber, total dietary....g	7.1		0		4		2.0	2.1	
Sugars, total....g	0.58		0	RK	4		0.16	0.17	
Starch....g									
Minerals:									
Calcium, Ca....mg	74		0		1		21	21	
Iron, Fe....mg	3.15		0		1		0.89	0.91	
Magnesium, Mg....mg	60		0		1		17	17	
Phosphorus, P....mg	195		0		1		55	57	
Potassium, K....mg	228		0		1		65	66	
Sodium, Na....mg	655		0	BFSN	4		186	190	
Zinc, Zn....mg	1.62		0		1		0.46	0.47	
Copper, Cu....mg	0.315		0		1		0.089	0.091	
Manganese, Mn....mg	1.434		0		1		0.407	0.416	
Selenium, Se....µg	26.9		0	RK	4		7.6	7.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.287		0		1		0.081	0.083	
Riboflavin....mg	0.301		0		1		0.085	0.087	
Niacin....mg	3.057		0		1		0.867	0.887	
Pantothenic acid....mg	0.288		0		1		0.082	0.084	
Vitamin B-6....mg	0.124		0		1		0.035	0.036	
Folate, total....µg	87		0	RK	4		25	25	
Folic acid....µg	61		0	NR	4		17	18	
Folate, food....µg	26		0		1		7	8	
Folate, DFE....µg	129		0	NC	4		37	37	
Choline, total....mg	16.1		0	RK	4		4.6	4.7	
Betaine....mg									
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	RK	4		0	0	
Carotene, beta....µg	0		0	RK	4		0	0	
Carotene, alpha....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin....µg	48		0	RK	4		14	14	
Vitamin E (alpha-tocopherol)....mg	0.46		0	RK	4		0.13	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.9		0	RK	4		0.3	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18045
Bread, pumpernickel, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.481		0		1		0.136	0.139	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.001	0.001	
15:0....g									
16:0....g	0.365		0		1		0.103	0.106	
17:0....g									
18:0....g	0.112		0		1		0.032	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.024		0		1		0.290	0.297	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.006	0.006	
17:1....g									
18:1 undifferentiated....g	1.002		0		1		0.284	0.291	
20:1....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.359		0		1		0.385	0.394	
18:2 undifferentiated....g	1.258		0		1		0.357	0.365	
18:3 undifferentiated....g	0.101		0		1		0.029	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0		1		0.030	0.031	
Threonine....g	0.293		0		1		0.083	0.085	
Isoleucine....g	0.366		0		1		0.104	0.106	
Leucine....g	0.661		0		1		0.187	0.192	
Lysine....g	0.273		0		1		0.077	0.079	
Methionine....g	0.171		0		1		0.048	0.050	
Cystine....g	0.209		0		1		0.059	0.061	
Phenylalanine....g	0.464		0		1		0.132	0.135	
Tyrosine....g	0.261		0		1		0.074	0.076	
Valine....g	0.435		0		1		0.123	0.126	
Arginine....g	0.395		0		1		0.112	0.115	
Histidine....g	0.216		0		1		0.061	0.063	
Alanine....g	0.356		0		1		0.101	0.103	
Aspartic acid....g	0.522		0		1		0.148	0.151	
Glutamic acid....g	2.991		0		1		0.848	0.867	
Glycine....g	0.370		0		1		0.105	0.107	
Proline....g	1.044		0		1		0.296	0.303	
Serine....g	0.459		0		1		0.130	0.133	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	

NDB No. 18045
Bread, pumpernickel, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice (5" x 4" x 3/8")

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

Food Group: 18 Baked Products

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

NDB No. 18047
Bread, raisin, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.60	0.286	47		1		9.53	10.75	8.74
Energy....kcal	274		0	NC	4		78	88	71
Energy....kJ	1146		0		4		325	367	298
Protein (N x 5.8)....g	7.90	0.086	55		1		2.24	2.53	2.05
Total lipid (fat)....g	4.40	0.144	54		1		1.25	1.41	1.14
Ash....g	1.80	0.036	22		1		0.51	0.58	0.47
Carbohydrate, by difference....g	52.30		0	NC	4		14.83	16.74	13.60
Fiber, total dietary....g	4.3		0		1		1.2	1.4	1.1
Sugars, total....g	5.68		0	FLA	4		1.61	1.82	1.48
Starch....g									
Minerals:									
Calcium, Ca....mg	66	5.711	29		1		19	21	17
Iron, Fe....mg	2.90	0.149	24		1		0.82	0.93	0.75
Magnesium, Mg....mg	26	1.166	13		1		7	8	7
Phosphorus, P....mg	109	5.060	13		1		31	35	28
Potassium, K....mg	227	11.006	15		1		64	73	59
Sodium, Na....mg	347		0	LC	8		98	111	90
Zinc, Zn....mg	0.72	0.045	13		1		0.20	0.23	0.19
Copper, Cu....mg	0.198	0.009	13		1		0.056	0.063	0.051
Manganese, Mn....mg	0.501	0.024	13		1		0.142	0.160	0.130
Selenium, Se....µg	20.0		2	A	1		5.7	6.4	5.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.339	0.010	48		1		0.096	0.108	0.088
Riboflavin....mg	0.398	0.038	26		1		0.113	0.127	0.103
Niacin....mg	3.466	0.143	27		1		0.983	1.109	0.901
Pantothenic acid....mg	0.387	0.042	15		1		0.110	0.124	0.101
Vitamin B-6....mg	0.069	0.009	13		1		0.020	0.022	0.018
Folate, total....µg	106		0	FLA	4		30	34	28
Folic acid....µg	72		0	NR	4		20	23	19
Folate, food....µg	34	1.369	11		1		10	11	9
Folate, DFE....µg	156		0	NC	4		44	50	41
Choline, total....mg	14.6		0	BFZN	4		4.1	4.7	3.8
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	44		0	FLA	4		13	14	12
Vitamin E (alpha-tocopherol)....mg	0.28		0	FLA	4		0.08	0.09	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.7		0	FLA	4		0.5	0.6	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18047
Bread, raisin, enriched

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

NDB No. 18047
Bread, raisin, enriched

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice, large

Measure 3 = 26g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18048
Bread, raisin, enriched, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.80		0		1		7.88	8.06	6.67
Energy....kcal	297		0	NC	4		84	86	71
Energy....kJ	1243		0		4		352	360	298
Protein (N x 0)....g	8.60		0		1		2.44	2.49	2.06
Total lipid (fat)....g	4.80		0		1		1.36	1.39	1.15
Ash....g	1.90		0		1		0.54	0.55	0.46
Carbohydrate, by difference....g	56.90		0	NC	4		16.13	16.50	13.66
Fiber, total dietary....g	4.7		0		4		1.3	1.4	1.1
Sugars, total....g	6.18		0	RK	4		1.75	1.79	1.48
Starch....g									
Minerals:									
Calcium, Ca....mg	72		0		1		20	21	17
Iron, Fe....mg	3.15		0		1		0.89	0.91	0.76
Magnesium, Mg....mg	28		0		1		8	8	7
Phosphorus, P....mg	118		0		1		33	34	28
Potassium, K....mg	246		0		1		70	71	59
Sodium, Na....mg	377		0	BFSN	4		107	109	91
Zinc, Zn....mg	0.78		0		1		0.22	0.23	0.19
Copper, Cu....mg	0.215		0		1		0.061	0.062	0.052
Manganese, Mn....mg	0.545		0		1		0.155	0.158	0.131
Selenium, Se....µg	21.7		0	RK	4		6.2	6.3	5.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		4		0.1	0.1	0.1
Thiamin....mg	0.294		0		1		0.083	0.085	0.071
Riboflavin....mg	0.390		0		1		0.111	0.113	0.094
Niacin....mg	3.391		0		1		0.961	0.983	0.814
Pantothenic acid....mg	0.274		0		1		0.078	0.079	0.066
Vitamin B-6....mg	0.068		0		1		0.019	0.020	0.016
Folate, total....µg	98		0	RK	4		28	28	24
Folic acid....µg	72		0	NR	4		20	21	17
Folate, food....µg	26		0	NC	4		7	8	6
Folate, DFE....µg	148		0	NC	4		42	43	36
Choline, total....mg	15.9		0	RK	4		4.5	4.6	3.8
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	RK	4		0	0	0
Carotene, beta....µg	0		0	RK	4		0	0	0
Carotene, alpha....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	0
Vitamin A, IU....IU	0		0	RK	4		0	0	0
Lycopene....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin....µg	46		0	RK	4		13	13	11
Vitamin E (alpha-tocopherol)....mg	0.31		0	RK	4		0.09	0.09	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.9		0	RK	4		0.5	0.5	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18048
Bread, raisin, enriched, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.175		0		1		0.333	0.341	0.282
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.022		0		1		0.006	0.006	0.005
15:0....g									
16:0....g	0.635		0		1		0.180	0.184	0.152
17:0....g									
18:0....g	0.518		0		1		0.147	0.150	0.124
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.494		0		1		0.707	0.723	0.599
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.002	0.002	0.002
17:1....g									
18:1 undifferentiated....g	2.487		0		1		0.705	0.721	0.597
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.738		0		1		0.209	0.214	0.177
18:2 undifferentiated....g	0.697		0		1		0.198	0.202	0.167
18:3 undifferentiated....g	0.041		0		1		0.012	0.012	0.010
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0		1		0.026	0.026	0.022
Threonine....g	0.241		0		1		0.068	0.070	0.058
Isoleucine....g	0.312		0		1		0.088	0.090	0.075
Leucine....g	0.561		0		1		0.159	0.163	0.135
Lysine....g	0.217		0		1		0.062	0.063	0.052
Methionine....g	0.139		0		1		0.039	0.040	0.033
Cystine....g	0.166		0		1		0.047	0.048	0.040
Phenylalanine....g	0.392		0		1		0.111	0.114	0.094
Tyrosine....g	0.222		0		1		0.063	0.064	0.053
Valine....g	0.358		0		1		0.101	0.104	0.086
Arginine....g	0.394		0		1		0.112	0.114	0.095
Histidine....g	0.182		0		1		0.052	0.053	0.044
Alanine....g	0.290		0		1		0.082	0.084	0.070
Aspartic acid....g	0.382		0		1		0.108	0.111	0.092
Glutamic acid....g	2.559		0		1		0.725	0.742	0.614
Glycine....g	0.293		0		1		0.083	0.085	0.070
Proline....g	0.899		0		1		0.255	0.261	0.216
Serine....g	0.388		0		1		0.110	0.113	0.093
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RK	4		0	0	0

NDB No. 18048
Bread, raisin, enriched, toasted

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice, large

Measure 3 = 24g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18414
Bread, raisin, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.60	0.286	47		1		9.53	10.75	8.74
Energy....kcal	274		0	NC	4		78	88	71
Energy....kJ	1146				4		325	367	298
Protein (N x 5.8)....g	7.90	0.086	55		1		2.24	2.53	2.05
Total lipid (fat)....g	4.40	0.144	54		1		1.25	1.41	1.14
Ash....g	1.80	0.036	22		1		0.51	0.58	0.47
Carbohydrate, by difference....g	52.30		0		4		14.83	16.74	13.60
Fiber, total dietary....g	4.3		0	BFZN	4		1.2	1.4	1.1
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	66	5.711	29		1		19	21	17
Iron, Fe....mg	1.83		0	BFZN	4		0.52	0.59	0.48
Magnesium, Mg....mg	26	1.166	13		1		7	8	7
Phosphorus, P....mg	109	5.060	13		1		31	35	28
Potassium, K....mg	227	11.006	15		1		64	73	59
Sodium, Na....mg	390	9.864	20		1		111	125	101
Zinc, Zn....mg	0.72	0.045	13		1		0.20	0.23	0.19
Copper, Cu....mg	0.198	0.009	13		1		0.056	0.063	0.051
Manganese, Mn....mg	0.501	0.024	13		1		0.142	0.160	0.130
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.177		0	BFZN	4		0.050	0.057	0.046
Riboflavin....mg	0.173		0	BFZN	4		0.049	0.055	0.045
Niacin....mg	1.495		0	BFZN	4		0.424	0.478	0.389
Pantothenic acid....mg	0.387	0.042	15		1		0.110	0.124	0.101
Vitamin B-6....mg	0.069	0.009	13		1		0.020	0.022	0.018
Folate, total....µg	34	1.369	11		1		10	11	9
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	34	1.369	11		1		10	11	9
Folate, DFE....µg	34		0	NC	4		10	11	9
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18414
Bread, raisin, unenriched

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

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

NDB No. 18414
Bread, raisin, unenriched

Common Measures:

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

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.00		2		1		13.04	10.58	
Energy....kcal	201		0	NC	4		57	46	
Energy....kJ	841		0		4		238	193	
Protein (N x 5.8)....g	8.00		2		1		2.27	1.84	
Total lipid (fat)....g	3.20		2		1		0.91	0.74	
Ash....g	1.50		2		1		0.43	0.35	
Carbohydrate, by difference....g	41.30		0		4		11.71	9.50	
Fiber, total dietary....g	12.0		0		4		3.4	2.8	
Sugars, total....g	3.52		0	FLA	4		1.00	0.81	
Starch....g									
Minerals:									
Calcium, Ca....mg	57		2		1		16	13	
Iron, Fe....mg	3.15		2		1		0.89	0.72	
Magnesium, Mg....mg	55		0	FLA	4		16	13	
Phosphorus, P....mg	139		0	FLA	4		39	32	
Potassium, K....mg	102		1		1		29	23	
Sodium, Na....mg	459		0	LC	8		130	106	
Zinc, Zn....mg	1.05		0	FLA	4		0.30	0.24	
Copper, Cu....mg	0.291		0	FLA	4		0.082	0.067	
Manganese, Mn....mg	1.101		0	FLA	4		0.312	0.253	
Selenium, Se....µg	20.6		0	FLA	4		5.8	4.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.354		2		1		0.100	0.081	
Riboflavin....mg	0.203		2		1		0.058	0.047	
Niacin....mg	3.763		2		1		1.067	0.865	
Pantothenic acid....mg	0.492		0	FLA	4		0.139	0.113	
Vitamin B-6....mg	0.103		0	FLA	4		0.029	0.024	
Folate, total....µg	81		0	FLA	4		23	19	
Folic acid....µg	47		0	NR	4		13	11	
Folate, food....µg	34		0		4		10	8	
Folate, DFE....µg	114		0	NC	4		32	26	
Choline, total....mg	14.6		0	BFZN	4		4.1	3.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		1	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	42		0	FLA	4		12	10	
Vitamin E (alpha-tocopherol)....mg	0.28		0	FLA	4		0.08	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	FLA	4		0.5	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

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

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 3.5

Food Group: 18 Baked Products

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

NDB No. 18050
Bread, reduced-calorie, oat bran, toasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.70		0		4		10.12	6.78	
Energy	kcal	239		0		4		68	45	
Energy	kJ	1000		0		4		283	190	
Protein (N x 0)	g	9.50		0		4		2.69	1.81	
Total lipid (fat)	g	3.80		0		4		1.08	0.72	
Ash	g	1.80		0		4		0.51	0.34	
Carbohydrate, by difference	g	49.20		0		4		13.95	9.35	
Fiber, total dietary	g	14.3		0		4		4.1	2.7	
Sugars, total	g	4.20		0	RK	4		1.19	0.80	
Starch	g									
Minerals:										
Calcium, Ca	mg	68		0		4		19	13	
Iron, Fe	mg	3.75		0		4		1.06	0.71	
Magnesium, Mg	mg	55		0		4		16	10	
Phosphorus, P	mg	144		0		4		41	27	
Potassium, K	mg	122		0		4		35	23	
Sodium, Na	mg	547		0	BFSN	4		155	104	
Zinc, Zn	mg	1.19		0		4		0.34	0.23	
Copper, Cu	mg	0.147		0		4		0.042	0.028	
Manganese, Mn	mg	1.006		0		4		0.285	0.191	
Selenium, Se	µg	24.5		0	RK	4		6.9	4.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.338		0		4		0.096	0.064	
Riboflavin	mg	0.217		0		4		0.062	0.041	
Niacin	mg	4.032		0		4		1.143	0.766	
Pantothenic acid	mg	0.166		0		4		0.047	0.032	
Vitamin B-6	mg	0.087		0		4		0.025	0.017	
Folate, total	µg	82		0	RK	4		23	16	
Folic acid	µg	48		0	RK	4		13	9	
Folate, food	µg	34		0	RK	4		10	7	
Folate, DFE	µg	115		0	NC	4		33	22	
Choline, total	mg	16.1		0	BFZN	4		4.6	3.1	
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	RK	4		0	0	
Retinol	µg	0		0	RK	4		0	0	
Carotene, beta	µg	2		0	RK	4		0	0	
Carotene, alpha	µg	0		0	RK	4		0	0	
Cryptoxanthin, beta	µg	0		0	RK	4		0	0	
Vitamin A, IU	IU	1		0		4		0	0	
Lycopene	µg	0		0	RK	4		0	0	
Lutein + zeaxanthin	µg	48		0	RK	4		14	9	
Vitamin E (alpha-tocopherol)	mg	0.33		0	RK	4		0.09	0.06	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.0		0	RK	4		0.6	0.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18050
Bread, reduced-calorie, oat bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.530		0		4		0.150	0.101	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.002		0		4		0.001	0.000	
13:0....g									
14:0....g	0.003		0		4		0.001	0.001	
15:0....g									
16:0....g	0.439		0		4		0.124	0.083	
17:0....g									
18:0....g	0.081		0		4		0.023	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.814		0		4		0.231	0.155	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0		4		0.007	0.004	
17:1....g									
18:1 undifferentiated....g	0.789		0		4		0.224	0.150	
20:1....g	0.002		0		4		0.001	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.988		0		4		0.564	0.378	
18:2 undifferentiated....g	1.865		0		4		0.529	0.354	
18:3 undifferentiated....g	0.122		0		4		0.035	0.023	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		4		0.035	0.023	
Threonine....g	0.306		0		4		0.087	0.058	
Isoleucine....g	0.382		0		4		0.108	0.073	
Leucine....g	0.673		0		4		0.191	0.128	
Lysine....g	0.346		0		4		0.098	0.066	
Methionine....g	0.167		0		4		0.047	0.032	
Cystine....g	0.160		0		4		0.045	0.030	
Phenylalanine....g	0.196		0		4		0.056	0.037	
Tyrosine....g	0.459		0		4		0.130	0.087	
Valine....g	0.433		0		4		0.123	0.082	
Arginine....g	0.458		0		4		0.130	0.087	
Histidine....g	0.217		0		4		0.062	0.041	
Alanine....g	0.371		0		4		0.105	0.070	
Aspartic acid....g	0.627		0		4		0.178	0.119	
Glutamic acid....g	2.616		0		4		0.742	0.497	
Glycine....g	0.379		0		4		0.107	0.072	
Proline....g	0.848		0		4		0.240	0.161	
Serine....g	0.466		0		4		0.132	0.089	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	

NDB No. 18050
Bread, reduced-calorie, oat bran, toasted

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18051
Bread, reduced-calorie, oatmeal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.00		2		1		12.47	10.12	
Energy....kcal	210		0	NC	4		60	48	
Energy....kJ	879				4		249	202	
Protein (N x 5.8)....g	7.60		2		1		2.15	1.75	
Total lipid (fat)....g	3.50		2		1		0.99	0.81	
Ash....g	1.60		2		1		0.45	0.37	
Carbohydrate, by difference....g	43.30		0		4		12.28	9.96	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	115		2		1		33	26	
Iron, Fe....mg	2.30		2		1		0.65	0.53	
Magnesium, Mg....mg	24		0	FLA	4		7	6	
Phosphorus, P....mg	100		0	FLA	4		28	23	
Potassium, K....mg	124		0	FLA	4		35	29	
Sodium, Na....mg	388		2		1		110	89	
Zinc, Zn....mg	0.83		0	FLA	4		0.24	0.19	
Copper, Cu....mg	0.099		0	FLA	4		0.028	0.023	
Manganese, Mn....mg	0.539		0	FLA	4		0.153	0.124	
Selenium, Se....µg	23.0		0	FLA	4		6.5	5.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.0	
Thiamin....mg	0.348		2		1		0.099	0.080	
Riboflavin....mg	0.280		2		1		0.079	0.064	
Niacin....mg	3.030		2		1		0.859	0.697	
Pantothenic acid....mg	0.431		0	FLA	4		0.122	0.099	
Vitamin B-6....mg	0.045		0	FLA	4		0.013	0.010	
Folate, total....µg	55		0	FLA	4		16	13	
Folic acid....µg	21		0	NC	4		6	5	
Folate, food....µg	34		0		4		10	8	
Folate, DFE....µg	70		0	NC	4		20	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLA	4		0.03	0.02	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	6		0	FLA	4		2	1	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18051
Bread, reduced-calorie, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.599		0		4		0.170	0.138	
4:0....g	0.002		0		4		0.001	0.000	
6:0....g	0.001		0		4		0.000	0.000	
8:0....g	0.001		0		4		0.000	0.000	
10:0....g	0.002		0		4		0.001	0.000	
12:0....g	0.010		0		4		0.003	0.002	
13:0....g									
14:0....g	0.011		0		4		0.003	0.003	
15:0....g									
16:0....g	0.504		0		4		0.143	0.116	
17:0....g									
18:0....g	0.041		0		4		0.012	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.822		0		4		0.233	0.189	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0		4		0.011	0.009	
17:1....g									
18:1 undifferentiated....g	0.783		0		4		0.222	0.180	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.351		0		4		0.383	0.311	
18:2 undifferentiated....g	1.289		0		4		0.365	0.296	
18:3 undifferentiated....g	0.063		0		4		0.018	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		4		0.027	0.022	
Threonine....g	0.234		0		4		0.066	0.054	
Isoleucine....g	0.312		0		4		0.088	0.072	
Leucine....g	0.562		0		4		0.159	0.129	
Lysine....g	0.259		0		4		0.073	0.060	
Methionine....g	0.138		0		4		0.039	0.032	
Cystine....g	0.161		0		4		0.046	0.037	
Phenylalanine....g	0.381		0		4		0.108	0.088	
Tyrosine....g	0.251		0		4		0.071	0.058	
Valine....g	0.359		0		4		0.102	0.083	
Arginine....g	0.327		0		4		0.093	0.075	
Histidine....g	0.170		0		4		0.048	0.039	
Alanine....g	0.274		0		4		0.078	0.063	
Aspartic acid....g	0.431		0		4		0.122	0.099	
Glutamic acid....g	2.235		0		4		0.634	0.514	
Glycine....g	0.282		0		4		0.080	0.065	
Proline....g	0.764		0		4		0.217	0.176	
Serine....g	0.376		0		4		0.107	0.086	
Hydroxyproline....g									

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

NDB No. 18051

Bread, reduced-calorie, oatmeal

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18053
Bread, reduced-calorie, rye

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.00		1		1		13.04	10.58	14.72
Energy	kcal	203		0	NC	4		58	47	65
Energy	kJ	849		0		4		241	195	272
Protein (N x 5.8)	g	9.10		1		1		2.58	2.09	2.91
Total lipid (fat)	g	2.90		1		1		0.82	0.67	0.93
Ash	g	1.60		1		1		0.45	0.37	0.51
Carbohydrate, by difference	g	40.50		0		4		11.48	9.32	12.96
Fiber, total dietary	g	12.0		0		4		3.4	2.8	3.8
Sugars, total	g	2.29		0	FLA	4		0.65	0.53	0.73
Starch	g									
Minerals:										
Calcium, Ca	mg	76		1		1		22	17	24
Iron, Fe	mg	3.10		1		1		0.88	0.71	0.99
Magnesium, Mg	mg	22		0	FLA	4		6	5	7
Phosphorus, P	mg	78		0	FLA	4		22	18	25
Potassium, K	mg	98		1		1		28	23	31
Sodium, Na	mg	513		0	LC	8		145	118	164
Zinc, Zn	mg	0.66		0	FLA	4		0.19	0.15	0.21
Copper, Cu	mg	0.133		0	FLA	4		0.038	0.031	0.043
Manganese, Mn	mg	0.453		0	FLA	4		0.128	0.104	0.145
Selenium, Se	µg	27.9		0	FLA	4		7.9	6.4	8.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLA	4		0.1	0.1	0.1
Thiamin	mg	0.367		1		1		0.104	0.084	0.117
Riboflavin	mg	0.240		1		1		0.068	0.055	0.077
Niacin	mg	2.527		1		1		0.716	0.581	0.809
Pantothenic acid	mg	0.297		0	FLA	4		0.084	0.068	0.095
Vitamin B-6	mg	0.077		0	FLA	4		0.022	0.018	0.025
Folate, total	µg	58		0	FLA	4		17	13	19
Folic acid	µg	35		0		4		10	8	11
Folate, food	µg	23		0		4		7	5	7
Folate, DFE	µg	83		0	NC	4		23	19	26
Choline, total	mg	14.6		0	BFZN	4		4.1	3.4	4.7
Betaine	mg									
Vitamin B-12	µg	0.04		0	FLA	4		0.01	0.01	0.01
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	2		0	FLA	4		1	0	1
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	1		0	FLA	4		0	0	0
Vitamin A, IU	IU	4		0	NC	4		1	1	1
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	37		0	FLA	4		11	9	12
Vitamin E (alpha-tocopherol)	mg	0.28		0	FLA	4		0.08	0.06	0.09
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.6		0	FLA	4		0.2	0.1	0.2
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18053
Bread, reduced-calorie, rye

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

NDB No. 18053
Bread, reduced-calorie, rye

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Measure 3 = 32g: 1 slice, thick

Calories Factors: Protein 4 **Fat** 8.6 **Carbohydrate** 3.5

Food Group: 18 Baked Products

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

NDB No. 18055
Bread, reduced-calorie, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	39.60	0.350	3	A	1		11.23	8.32	
Energy ... kcal	217		0	NC	4		61	46	
Energy ... kJ	907		0	NC	4		257	190	
Protein (N x 5.8) ... g	13.32	0.225	3	A	1		3.78	2.80	
Total lipid (fat) ... g	2.92	0.125	3	A	1		0.83	0.61	
Ash ... g	1.68	0.035	3	A	1		0.48	0.35	
Carbohydrate, by difference ... g	42.47		0	NC	4		12.04	8.92	
Fiber, total dietary ... g	11.1		2	A	1		3.1	2.3	
Sugars, total ... g	3.71	0.000	3	A	1		1.05	0.78	
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) ... g	0.95	0.017	3	A	1		0.27	0.20	
Fructose ... g	1.62	0.033	3	A	1		0.46	0.34	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g	1.14	0.015	3	A	1		0.32	0.24	
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Starch ... g	26.05	0.650	3	A	1		7.39	5.47	
Minerals:									
Calcium, Ca ... mg	163	2.750	3	A	1		46	34	
Iron, Fe ... mg	2.91	0.048	3	A	1		0.83	0.61	
Magnesium, Mg ... mg	43	1.725	3	A	1		12	9	
Phosphorus, P ... mg	149	2.500	3	A	1		42	31	
Potassium, K ... mg	150	2.250	3	A	1		43	32	
Sodium, Na ... mg	332	7.000	3	A	1		94	70	
Zinc, Zn ... mg	1.35	0.015	3	A	1		0.38	0.28	
Copper, Cu ... mg	0.171	0.008	3	A	1		0.049	0.036	
Manganese, Mn ... mg	1.210	0.110	3	A	1		0.343	0.254	
Selenium, Se ... µg	30.4		0	FLA	4		8.6	6.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	FLA	4		0.0	0.0	
Thiamin ... mg	0.350		1	A	1		0.099	0.073	
Riboflavin ... mg	0.140		1	A	1		0.040	0.029	
Niacin ... mg	3.780		1	A	1		1.072	0.794	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.060		1	A	1		0.017	0.013	
Folate, total ... µg	91		0	FLA	4		26	19	
Folic acid ... µg	63		0	NR	4		18	13	
Folate, food ... µg	28		0		4		8	6	
Folate, DFE ... µg	135		0	NC	4		38	28	
Choline, total ... mg	18.7		0	BFZN	4		5.3	3.9	
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	0		0	NC	4		0	0	
Retinol ... µg	0		0	FLA	4		0	0	
Carotene, beta ... µg	1		0	FLA	4		0	0	
Carotene, alpha ... µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta ... µg	0		0	FLA	4		0	0	
Vitamin A, IU ... IU	1		0	NC	4		0	0	
Lycopene ... µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin ... µg	41		0	FLA	4		12	9	
Vitamin E (alpha-tocopherol) ... mg	0.24		0	FLA	4		0.07	0.05	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.09		0	FLA	4		0.03	0.02	
Tocopherol, gamma ... mg	0.67		0	FLA	4		0.19	0.14	
Tocopherol, delta ... mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, alpha ... mg	0.09		0	FLA	4		0.03	0.02	
Tocotrienol, beta ... mg	0.00		0	FLA	4		0.00	0.00	

NDB No. 18055
Bread, reduced-calorie, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	FLA	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.840		0	NC	4		0.238	0.176	
4:0....g	0.007		1	A	1		0.002	0.001	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.003		1	A	1		0.001	0.001	
10:0....g	0.025		1	A	1		0.007	0.005	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.004		1	A	1		0.001	0.001	
15:0....g	0.002		1	A	1		0.001	0.000	
16:0....g	0.410		1	A	1		0.116	0.086	
17:0....g	0.005		1	A	1		0.001	0.001	
18:0....g	0.366		1	A	1		0.104	0.077	
20:0....g	0.008		1	A	1		0.002	0.002	
22:0....g	0.007		1	A	1		0.002	0.001	
24:0....g	0.003		1	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	0.523		0	NC	4		0.148	0.110	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.017		0	AS	1		0.005	0.004	
16:1 c....g	0.017		1	A	1		0.005	0.004	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.001		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.492		0	AS	1		0.139	0.103	
18:1 c....g	0.452		1	A	1		0.128	0.095	
18:1 t....g	0.040		1	A	1		0.011	0.008	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		1	A	1		0.004	0.003	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.196		0	NC	4		0.339	0.251	
18:2 undifferentiated....g	1.100		0	AS	1		0.312	0.231	
18:2 n-6 c,c....g	1.094		1	A	1		0.310	0.230	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006		1	A	1		0.002	0.001	
18:3 undifferentiated....g	0.088		0	AS	1		0.025	0.018	
18:3 n-3 c,c,c (ALA)....g	0.088		1	A	1		0.025	0.018	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002		1	A	1		0.001	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.003		1	A	1		0.001	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	A	1		0.001	0.001	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	

NDB No. 18055
Bread, reduced-calorie, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.046		0	NC	4		0.013	0.010	
Fatty acids, total trans-monoenoic....g	0.040		0	NC	4		0.011	0.008	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.002	0.001	
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice

Calories Factors: Protein 3.9 **Fat** 8.4 **Carbohydrate** 3.3

Food Group: 18 Baked Products

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

NDB No. 18057
Bread, reduced-calorie, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.90	0.458	31		1		12.16	9.87	
Energy....kcal	207		0	NC	4		59	48	
Energy....kJ	866		0		4		246	199	
Protein (N x 5.9)....g	8.70	0.162	27		1		2.47	2.00	
Total lipid (fat)....g	2.50	0.157	23		1		0.71	0.58	
Ash....g	1.70	0.038	25		1		0.48	0.39	
Carbohydrate, by difference....g	44.30		0		4		12.56	10.19	
Fiber, total dietary....g	9.7		0		1		2.7	2.2	
Sugars, total....g	4.76		0	FLA	4		1.35	1.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	94	9.146	14		1		27	22	
Iron, Fe....mg	3.19	0.125	15		1		0.90	0.73	
Magnesium, Mg....mg	23		0	FLA	4		7	5	
Phosphorus, P....mg	121		0	FLA	4		34	28	
Potassium, K....mg	76		1		1		22	17	
Sodium, Na....mg	479		0	LC	8		136	110	
Zinc, Zn....mg	1.34		1		1		0.38	0.31	
Copper, Cu....mg	0.330		1		1		0.094	0.076	
Manganese, Mn....mg	0.391		0	FLA	4		0.111	0.090	
Selenium, Se....µg	21.7		0	FLA	4		6.2	5.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	FLA	4		0.1	0.1	
Thiamin....mg	0.410	0.032	14		1		0.116	0.094	
Riboflavin....mg	0.289	0.017	13		1		0.082	0.066	
Niacin....mg	3.641	0.207	14		1		1.032	0.837	
Pantothenic acid....mg	0.462		1		1		0.131	0.106	
Vitamin B-6....mg	0.042		1		1		0.012	0.010	
Folate, total....µg	95		0	CAZN	4		27	22	
Folic acid....µg	61		0	NC	4		17	14	
Folate, food....µg	34		0		4		10	8	
Folate, DFE....µg	138		0	NC	4		39	32	
Choline, total....mg	14.6		0	BFZN	4		4.1	3.4	
Betaine....mg									
Vitamin B-12....µg	0.28		0	FLA	4		0.08	0.06	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	3		0	FLA	4		1	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	32		0	FLA	4		9	7	
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLA	4		0.05	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.6		0	FLA	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18057
Bread, reduced-calorie, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.549		0		4		0.156	0.126	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.009		0		4		0.003	0.002	
15:0....g									
16:0....g	0.325		0		4		0.092	0.075	
17:0....g									
18:0....g	0.214		0		4		0.061	0.049	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.077		0		4		0.305	0.248	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0		4		0.005	0.004	
17:1....g									
18:1 undifferentiated....g	1.061		0		4		0.301	0.244	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.559		0		4		0.158	0.129	
18:2 undifferentiated....g	0.531		0		4		0.151	0.122	
18:3 undifferentiated....g	0.028		0		4		0.008	0.006	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.104		0		4		0.029	0.024	
Threonine....g	0.289		0		4		0.082	0.066	
Isoleucine....g	0.381		0		4		0.108	0.088	
Leucine....g	0.657		0		4		0.186	0.151	
Lysine....g	0.358		0		4		0.101	0.082	
Methionine....g	0.160		0		4		0.045	0.037	
Cystine....g	0.151		0		4		0.043	0.035	
Phenylalanine....g	0.419		0		4		0.119	0.096	
Tyrosine....g	0.296		0		4		0.084	0.068	
Valine....g	0.418		0		4		0.119	0.096	
Arginine....g	0.339		0		4		0.096	0.078	
Histidine....g	0.198		0		4		0.056	0.046	
Alanine....g	0.293		0		4		0.083	0.067	
Aspartic acid....g	0.504		0		4		0.143	0.116	
Glutamic acid....g	2.440		0		4		0.692	0.561	
Glycine....g	0.276		0		4		0.078	0.063	
Proline....g	0.881		0		4		0.250	0.203	
Serine....g	0.430		0		4		0.122	0.099	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18057
Bread, reduced-calorie, white

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 3.4

Food Group: 18 Baked Products

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

NDB No. 18059
Bread, rice bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.00		2		1		11.62	11.07	
Energy....kcal	243		0	NC	4		69	66	
Energy....kJ	1017		0		4		288	275	
Protein (N x 5.8)....g	8.90	0.468	4		1		2.52	2.40	
Total lipid (fat)....g	4.60	0.508	4		1		1.30	1.24	
Ash....g	2.00		2		1		0.57	0.54	
Carbohydrate, by difference....g	43.50		0		4		12.33	11.75	
Fiber, total dietary....g	4.9		0		1		1.4	1.3	
Sugars, total....g	4.67		0	FLC	4		1.33	1.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	69	30.109	4		1		20	19	
Iron, Fe....mg	3.61	0.368	4		1		1.02	0.97	
Magnesium, Mg....mg	80		0	FLA	4		23	22	
Phosphorus, P....mg	178		0	FLA	4		50	48	
Potassium, K....mg	215		0	FLA	4		61	58	
Sodium, Na....mg	269		0	LC	8		76	73	
Zinc, Zn....mg	1.31		0	FLA	4		0.37	0.35	
Copper, Cu....mg	0.184		0	FLA	4		0.052	0.050	
Manganese, Mn....mg	1.585		0	FLA	4		0.449	0.428	
Selenium, Se....µg	28.7		0	FLA	4		8.1	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.653	0.058	4		1		0.185	0.176	
Riboflavin....mg	0.300	0.010	4		1		0.085	0.081	
Niacin....mg	6.810	0.811	4		1		1.931	1.839	
Pantothenic acid....mg	0.776		0	FLA	4		0.220	0.210	
Vitamin B-6....mg	0.268		0	FLA	4		0.076	0.072	
Folate, total....µg	86		0	FLC	4		24	23	
Folic acid....µg	56		0	NR	4		16	15	
Folate, food....µg	30		0		4		9	8	
Folate, DFE....µg	125		0	NC	4		35	34	
Choline, total....mg	18.7		0	AS	1		5.3	5.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	3		0	FLC	4		1	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	49		0	FLC	4		14	13	
Vitamin E (alpha-tocopherol)....mg	0.65		0	FLC	4		0.19	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.0		0	FLC	4		0.3	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18059
Bread, rice bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.709		0		4		0.201	0.191	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.000	
13:0....g									
14:0....g	0.006		0		4		0.002	0.002	
15:0....g									
16:0....g	0.530		0		4		0.150	0.143	
17:0....g									
18:0....g	0.165		0		4		0.047	0.045	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.654		0		4		0.469	0.447	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033		0		4		0.009	0.009	
17:1....g									
18:1 undifferentiated....g	1.621		0		4		0.460	0.438	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.760		0		4		0.499	0.475	
18:2 undifferentiated....g	1.654		0		4		0.469	0.447	
18:3 undifferentiated....g	0.106		0		4		0.030	0.029	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		4		0.030	0.029	
Threonine....g	0.268		0		4		0.076	0.072	
Isoleucine....g	0.347		0		4		0.098	0.094	
Leucine....g	0.624		0		4		0.177	0.168	
Lysine....g	0.259		0		4		0.073	0.070	
Methionine....g	0.156		0		4		0.044	0.042	
Cystine....g	0.190		0		4		0.054	0.051	
Phenylalanine....g	0.439		0		4		0.124	0.119	
Tyrosine....g	0.271		0		4		0.077	0.073	
Valine....g	0.402		0		4		0.114	0.109	
Arginine....g	0.379		0		4		0.107	0.102	
Histidine....g	0.197		0		4		0.056	0.053	
Alanine....g	0.328		0		4		0.093	0.089	
Aspartic acid....g	0.464		0		4		0.132	0.125	
Glutamic acid....g	2.703		0		4		0.766	0.730	
Glycine....g	0.344		0		4		0.098	0.093	
Proline....g	0.910		0		4		0.258	0.246	
Serine....g	0.433		0		4		0.123	0.117	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18059
Bread, rice bran

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18384
Bread, rice bran, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.90		0		1		10.18	8.98	
Energy....kcal	264		0	NC	4		75	66	
Energy....kJ	1105		0		4		313	276	
Protein (N x 0)....g	9.70		0		1		2.75	2.43	
Total lipid (fat)....g	5.00		0		1		1.42	1.25	
Ash....g	2.20		0		1		0.62	0.55	
Carbohydrate, by difference....g	47.30		0	NC	4		13.41	11.83	
Fiber, total dietary....g	5.3		0		4		1.5	1.3	
Sugars, total....g	5.08		0	RA	4		1.44	1.27	
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0		1		21	19	
Iron, Fe....mg	3.92		0		1		1.11	0.98	
Magnesium, Mg....mg	76		0		4		22	19	
Phosphorus, P....mg	174		0		4		49	44	
Potassium, K....mg	212		0		4		60	53	
Sodium, Na....mg	292		0	BFSN	4		83	73	
Zinc, Zn....mg	1.38		0		4		0.39	0.35	
Copper, Cu....mg	0.182		0		4		0.052	0.046	
Manganese, Mn....mg	1.521		0		4		0.431	0.380	
Selenium, Se....µg	31.2		0	RK	4		8.8	7.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.568		0		1		0.161	0.142	
Riboflavin....mg	0.293		0		1		0.083	0.073	
Niacin....mg	6.662		0		1		1.889	1.666	
Pantothenic acid....mg	0.260		0		4		0.074	0.065	
Vitamin B-6....mg	0.208		0		4		0.059	0.052	
Folate, total....µg	79		0	RA	4		22	20	
Folic acid....µg	56		0	NR	4		16	14	
Folate, food....µg	23		0	NC	4		7	6	
Folate, DFE....µg	118		0	NC	4		34	30	
Choline, total....mg	15.9		0	RK	4		4.5	4.0	
Betaine....mg									
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	RA	4		0	0	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	1		0	RA	4		0	0	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	51		0	RA	4		14	13	
Vitamin E (alpha-tocopherol)....mg	0.71		0	RA	4		0.20	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	RA	4		0.3	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18384
Bread, rice bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.771		0		1		0.219	0.193	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.006		0		1		0.002	0.002	
15:0....g									
16:0....g	0.576		0		1		0.163	0.144	
17:0....g									
18:0....g	0.179		0		1		0.051	0.045	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.798		0		1		0.510	0.450	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0		1		0.010	0.009	
17:1....g									
18:1 undifferentiated....g	1.762		0		1		0.500	0.441	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.913		0		1		0.542	0.478	
18:2 undifferentiated....g	1.797		0		1		0.509	0.449	
18:3 undifferentiated....g	0.115		0		1		0.033	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0		1		0.033	0.029	
Threonine....g	0.292		0		1		0.083	0.073	
Isoleucine....g	0.377		0		1		0.107	0.094	
Leucine....g	0.679		0		1		0.192	0.170	
Lysine....g	0.282		0		1		0.080	0.071	
Methionine....g	0.169		0		1		0.048	0.042	
Cystine....g	0.206		0		1		0.058	0.052	
Phenylalanine....g	0.478		0		1		0.136	0.120	
Tyrosine....g	0.295		0		1		0.084	0.074	
Valine....g	0.437		0		1		0.124	0.109	
Arginine....g	0.412		0		1		0.117	0.103	
Histidine....g	0.215		0		1		0.061	0.054	
Alanine....g	0.357		0		1		0.101	0.089	
Aspartic acid....g	0.504		0		1		0.143	0.126	
Glutamic acid....g	2.938		0		1		0.833	0.735	
Glycine....g	0.374		0		1		0.106	0.094	
Proline....g	0.989		0		1		0.280	0.247	
Serine....g	0.471		0		1		0.134	0.118	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18384
Bread, rice bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 28288
Bread, roll, Mexican, bollilo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.05		2	A	1		25.53		
Energy....kcal	318		0	NC	4		312		
Energy....kJ	1330		0	NC	4		1303		
Protein (N x 6.25)....g	10.65		2	A	1		10.44		
Total lipid (fat)....g	5.80		2	A	1		5.68		
Ash....g	1.73		2	A	1		1.70		
Carbohydrate, by difference....g	55.77		0	NC	4		54.65		
Fiber, total dietary....g	2.2		2	A	1		2.1		
Sugars, total....g	3.55		2	A	1		3.48		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	0.40		2	A	1		0.39		
Fructose....g	1.15		2	A	1		1.13		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	2.00		2	A	1		1.96		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	46.95		2	A	1		46.01		
Minerals:									
Calcium, Ca....mg	41		2	A	1		40		
Iron, Fe....mg	3.90		2	A	1		3.82		
Magnesium, Mg....mg	30		2	A	1		29		
Phosphorus, P....mg	111		2	A	1		109		
Potassium, K....mg	131		2	A	1		128		
Sodium, Na....mg	506		2	A	1		495		
Zinc, Zn....mg	0.88		2	A	1		0.87		
Copper, Cu....mg	0.135		2	A	1		0.133		
Manganese, Mn....mg	0.680		2	A	1		0.667		
Selenium, Se....µg	38.8		2	A	1		38.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	BFPN	4		0.2		
Thiamin....mg	0.680		2	A	1		0.666		
Riboflavin....mg	0.430		2	A	1		0.421		
Niacin....mg	5.585		2	A	1		5.473		
Pantothenic acid....mg	0.520		2	A	1		0.510		
Vitamin B-6....mg	0.105		2	A	1		0.103		
Folate, total....µg	127		2	A	1		124		
Folic acid....µg	70		0	BFPN	4		68		
Folate, food....µg	57		0	NC	4		56		
Folate, DFE....µg	176		0	NC	4		172		
Choline, total....mg	14.3		0	BFPN	4		14.1		
Betaine....mg									
Vitamin B-12....µg	0.13		0	BFPN	4		0.12		
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....µg	1		0	BFSN	4		1		
Retinol....µg	1		0	BFSN	4		1		
Carotene, beta....µg	0		0	BFSN	4		0		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	5		0	NC	4		5		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	14		0	BFSN	4		14		
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.14		1	A	1		0.13		
Tocopherol, delta....mg	0.13		1	A	1		0.13		
Tocotrienol, alpha....mg	0.00		1	A	1		0.00		
Tocotrienol, beta....mg	0.19		1	A	1		0.18		

NDB No. 28288
Bread, roll, Mexican, bollilo

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	BFSN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone)....µg	10.9		0	BFSN	4		10.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.401		0	NC	4		1.373		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.010		2	A	1		0.010		
12:0....g	0.005		2	A	1		0.004		
13:0....g									
14:0....g	0.009		2	A	1		0.009		
15:0....g	0.006		2	A	1		0.006		
16:0....g	0.688		2	A	1		0.674		
17:0....g	0.008		2	A	1		0.007		
18:0....g	0.632		2	A	1		0.620		
20:0....g	0.019		2	A	1		0.019		
22:0....g	0.017		2	A	1		0.017		
24:0....g	0.008		2	A	1		0.007		
Fatty acids, total monounsaturated....g	2.658		0	NC	4		2.605		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.021		0	AS	1		0.020		
16:1 c....g	0.021		2	A	1		0.020		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.003		2	A	1		0.002		
18:1 undifferentiated....g	2.621		0	AS	1		2.569		
18:1 c....g	1.864		2	A	1		1.827		
18:1 t....g	0.757		2	A	1		0.742		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		2	A	1		0.014		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.022		0	NC	4		1.001		
18:2 undifferentiated....g	0.966		0	AS	1		0.947		
18:2 n-6 c,c....g	0.850		2	A	1		0.833		
18:2 CLAs....g	0.005		2	A	1		0.005		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.111		2	A	1		0.109		
18:3 undifferentiated....g	0.051		0	AS	1		0.050		
18:3 n-3 c,c,c (ALA)....g	0.047		2	A	1		0.047		
18:3 n-6 c,c,c....g	0.003		2	A	1		0.003		
18:3i....g	0.001		2	A	1		0.001		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.001		2	A	1		0.001		
20:3 undifferentiated....g	0.001		0	AS	1		0.001		
20:3 n-3....g	0.001		2	A	1		0.001		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		

NDB No. 28288
Bread, roll, Mexican, bollilo

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.000		
Fatty acids, total trans....g	0.869		0	NC	4		0.852		
Fatty acids, total trans-monoenoic....g	0.757		0	NC	4		0.742		
Fatty acids, total trans-polyenoic....g	0.112		0	NC	4		0.110		
Cholesterol....mg	1		2	A	1		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0		
Caffeine....mg	0		0	BFNN	4		0		
Theobromine....mg	0		0	BFNN	4		0		

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

Common Measures:

Measure 1 = 98g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 18060
Bread, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.30	0.212	54		1		10.57	11.94	2.61
Energy....kcal	259		0	NC	4		73	83	18
Energy....kJ	1084		0		4		307	347	76
Protein (N x 5.8)....g	8.50	0.079	76		1		2.41	2.72	0.60
Total lipid (fat)....g	3.30	0.084	78		1		0.94	1.06	0.23
Ash....g	2.50	0.064	41		1		0.71	0.80	0.18
Carbohydrate, by difference....g	48.30		0		4		13.69	15.46	3.38
Fiber, total dietary....g	5.8		0		1		1.6	1.9	0.4
Sugars, total....g	3.85		0	NR	4		1.09	1.23	0.27
Starch....g									
Minerals:									
Calcium, Ca....mg	73	2.255	103		1		21	23	5
Iron, Fe....mg	2.83	0.047	101		1		0.80	0.91	0.20
Magnesium, Mg....mg	40	1.217	38		1		11	13	3
Phosphorus, P....mg	125	3.819	37		1		35	40	9
Potassium, K....mg	166	3.417	53		1		47	53	12
Sodium, Na....mg	603		0	LC	8		171	193	42
Zinc, Zn....mg	1.14	0.032	38		1		0.32	0.36	0.08
Copper, Cu....mg	0.186	0.005	34		1		0.053	0.060	0.013
Manganese, Mn....mg	0.824	0.031	36		1		0.234	0.264	0.058
Selenium, Se....µg	30.9	0.899	44	A	1		8.8	9.9	2.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLA	4		0.1	0.1	0.0
Thiamin....mg	0.434	0.008	69		1		0.123	0.139	0.030
Riboflavin....mg	0.335	0.013	70		1		0.095	0.107	0.023
Niacin....mg	3.805	0.070	70		1		1.079	1.218	0.266
Pantothenic acid....mg	0.440	0.052	4		1		0.125	0.141	0.031
Vitamin B-6....mg	0.075		2		1		0.021	0.024	0.005
Folate, total....µg	110		0	FLC	4		31	35	8
Folic acid....µg	59		0	NR	4		17	19	4
Folate, food....µg	51	14.848	4		1		14	16	4
Folate, DFE....µg	151		0	NC	4		43	48	11
Choline, total....mg	14.6		0	BFZN	4		4.1	4.7	1.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLC	4		0	0	0
Carotene, beta....µg	4		0	FLC	4		1	1	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLC	4		0	0	0
Vitamin A, IU....IU	7		0	FLA	4		2	2	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	54		0	FLC	4		15	17	4
Vitamin E (alpha-tocopherol)....mg	0.33		0	FLC	4		0.09	0.11	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.2		0	FLC	4		0.3	0.4	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18060
Bread, rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.626		0		4		0.177	0.200	0.044
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.011		0		4		0.003	0.004	0.001
15:0....g									
16:0....g	0.385		0		4		0.109	0.123	0.027
17:0....g									
18:0....g	0.230		0		4		0.065	0.074	0.016
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.311		0		4		0.372	0.420	0.092
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.003	0.004	0.001
17:1....g									
18:1 undifferentiated....g	1.296		0		4		0.367	0.415	0.091
20:1....g	0.003		0		4		0.001	0.001	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.799		0		4		0.227	0.256	0.056
18:2 undifferentiated....g	0.739		0		4		0.210	0.236	0.052
18:3 undifferentiated....g	0.060		0		4		0.017	0.019	0.004
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	7		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		4		0.027	0.031	0.007
Threonine....g	0.255		0		4		0.072	0.082	0.018
Isoleucine....g	0.319		0		4		0.090	0.102	0.022
Leucine....g	0.579		0		4		0.164	0.185	0.041
Lysine....g	0.233		0		4		0.066	0.075	0.016
Methionine....g	0.139		0		4		0.039	0.044	0.010
Cystine....g	0.173		0		4		0.049	0.055	0.012
Phenylalanine....g	0.411		0		4		0.117	0.132	0.029
Tyrosine....g	0.213		0		4		0.060	0.068	0.015
Valine....g	0.379		0		4		0.107	0.121	0.027
Arginine....g	0.325		0		4		0.092	0.104	0.023
Histidine....g	0.182		0		4		0.052	0.058	0.013
Alanine....g	0.299		0		4		0.085	0.096	0.021
Aspartic acid....g	0.442		0		4		0.125	0.141	0.031
Glutamic acid....g	2.603		0		4		0.738	0.833	0.182
Glycine....g	0.302		0		4		0.086	0.097	0.021
Proline....g	0.909		0		4		0.258	0.291	0.064
Serine....g	0.417		0		4		0.118	0.133	0.029
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18060
Bread, rye

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice, regular

Measure 3 = 7.0g: 1 slice, snack-size

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

Food Group: 18 Baked Products

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

NDB No. 18061
Bread, rye, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	31.00		0		4		8.79	8.99	7.44
Energy ... kcal	284		0		4		81	82	68
Energy ... kJ	1188		0		4		337	345	285
Protein (N x 0) ... g	9.40		0		4		2.66	2.73	2.26
Total lipid (fat) ... g	3.60		0		4		1.02	1.04	0.86
Ash ... g	2.70		0		4		0.77	0.78	0.65
Carbohydrate, by difference ... g	53.10		0		4		15.05	15.40	12.74
Fiber, total dietary ... g	6.4		0		4		1.8	1.9	1.5
Sugars, total ... g	4.23		0	RK	4		1.20	1.23	1.02
Starch ... g									
Minerals:									
Calcium, Ca ... mg	80		0		4		23	23	19
Iron, Fe ... mg	3.10		0		4		0.88	0.90	0.74
Magnesium, Mg ... mg	43		0		4		12	12	10
Phosphorus, P ... mg	138		0		4		39	40	33
Potassium, K ... mg	183		0		4		52	53	44
Sodium, Na ... mg	664		0	BFSN	4		188	192	159
Zinc, Zn ... mg	1.25		0		4		0.35	0.36	0.30
Copper, Cu ... mg	0.204		0		4		0.058	0.059	0.049
Manganese, Mn ... mg	0.905		0		4		0.257	0.262	0.217
Selenium, Se ... µg	34.0		0	RK	4		9.6	9.9	8.2
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0		4		0.1	0.1	0.0
Thiamin ... mg	0.382		0		4		0.108	0.111	0.092
Riboflavin ... mg	0.332		0		4		0.094	0.096	0.080
Niacin ... mg	3.763		0		4		1.067	1.091	0.903
Pantothenic acid ... mg	0.314		0		4		0.089	0.091	0.075
Vitamin B-6 ... mg	0.074		0		4		0.021	0.021	0.018
Folate, total ... µg	103		0	RK	4		29	30	25
Folic acid ... µg	64		0	NR	4		18	19	15
Folate, food ... µg	39		0		4		11	11	9
Folate, DFE ... µg	148		0	NC	4		42	43	35
Choline, total ... mg	16.1		0	BFZN	4		4.6	4.7	3.9
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	0		0	RK	4		0	0	0
Retinol ... µg	0		0	RK	4		0	0	0
Carotene, beta ... µg	4		0	RK	4		1	1	1
Carotene, alpha ... µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta ... µg	1		0	RK	4		0	0	0
Vitamin A, IU ... IU	4		0		4		1	1	1
Lycopene ... µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin ... µg	56		0	RK	4		16	16	13
Vitamin E (alpha-tocopherol) ... mg	0.37		0	RK	4		0.10	0.11	0.09
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	1.3		0	RK	4		0.4	0.4	0.3
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 18061
Bread, rye, toasted

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

NDB No. 18061
Bread, rye, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice, large

Measure 3 = 24g: 1 slice, regular

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

Food Group: 18 Baked Products

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

NDB No. 18953

Bread, salvadoran sweet cheese (quesadilla salvadorena)

Latino food

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.48		1	A	1		14.01	101.66	
Energy....kcal	374		0	NC	4		206	1492	
Energy....kJ	1564		0	NC	4		860	6242	
Protein (N x 6.25)....g	7.12		1	A	1		3.92	28.43	
Total lipid (fat)....g	17.12		1	A	1		9.42	68.31	
Ash....g	2.44		1	A	1		1.34	9.74	
Carbohydrate, by difference....g	47.84		0	NC	4		26.31	190.86	
Fiber, total dietary....g	0.7		1	A	1		0.4	2.8	
Sugars, total....g	24.90		0	NR	4		13.70	99.35	
Sucrose....g	24.10		1	A	1		13.26	96.16	
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.59		1	A	1		0.32	2.35	
Maltose....g	0.23		1	A	1		0.13	0.92	
Galactose....g									
Starch....g	16.00		1	A	1		8.80	63.84	
Minerals:									
Calcium, Ca....mg	73		1	A	1		40	291	
Iron, Fe....mg	0.98		1	A	1		0.54	3.91	
Magnesium, Mg....mg	11		1	A	1		6	44	
Phosphorus, P....mg	200		1	A	1		110	798	
Potassium, K....mg	350		1	A	1		193	1397	
Sodium, Na....mg	510		1	A	1		281	2035	
Zinc, Zn....mg	0.80		1	A	1		0.44	3.19	
Copper, Cu....mg	0.030		1	A	1		0.016	0.119	
Manganese, Mn....mg	0.240		1	A	1		0.132	0.957	
Selenium, Se....µg	13.3		1	A	1		7.3	53.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.1	
Thiamin....mg	0.020		1	A	1		0.011	0.079	
Riboflavin....mg	0.080		1	A	1		0.044	0.319	
Niacin....mg	1.200		1	A	1		0.660	4.788	
Pantothenic acid....mg	0.700		1	A	1		0.385	2.793	
Vitamin B-6....mg	0.040		1	A	1		0.022	0.159	
Folate, total....µg	33		0	FLA	4		18	132	
Folic acid....µg	21		0	FLA	4		12	86	
Folate, food....µg	12		0	FLA	4		6	46	
Folate, DFE....µg	48		0	NC	4		26	192	
Choline, total....mg	36.5		0	FLA	4		20.1	145.6	
Betaine....mg									
Vitamin B-12....µg	0.35		0	FLA	4		0.19	1.41	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	141		0	NC	4		78	564	
Retinol....µg	135		0	FLA	4		74	537	
Carotene, beta....µg	81		0	FLA	4		44	323	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		1	4	
Vitamin A, IU....IU	584		0	NC	4		321	2331	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	41		0	FLA	4		23	164	
Vitamin E (alpha-tocopherol)....mg	0.96		1	A	1		0.53	3.83	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.09		1	A	1		0.05	0.36	
Tocopherol, gamma....mg	6.90		1	A	1		3.80	27.53	
Tocopherol, delta....mg	3.49		1	A	1		1.92	13.93	
Tocotrienol, alpha....mg	0.02		1	A	1		0.01	0.08	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

NDB No. 18953
Bread, salvadoran sweet cheese (quesadilla salvadorena)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04		1	A	1		0.02	0.16	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	FLA	4		0.2	1.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	14		0	FLA	4		8	56	
Vitamin K (phylloquinone)....µg	11.2		0	FLA	4		6.1	44.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.612		0	NC	4		2.537	18.403	
4:0....g	0.160		1	A	1		0.088	0.638	
6:0....g	0.028		1	A	1		0.015	0.112	
8:0....g	0.017		1	A	1		0.009	0.068	
10:0....g	0.060		1	A	1		0.033	0.239	
12:0....g	0.046		1	A	1		0.025	0.184	
13:0....g									
14:0....g	0.174		1	A	1		0.096	0.694	
15:0....g	0.020		1	A	1		0.011	0.079	
16:0....g	2.396		1	A	1		1.318	9.560	
17:0....g	0.028		1	A	1		0.015	0.112	
18:0....g	1.581		1	A	1		0.869	6.308	
20:0....g	0.046		1	A	1		0.025	0.184	
22:0....g	0.042		1	A	1		0.023	0.167	
24:0....g	0.015		1	A	1		0.008	0.059	
Fatty acids, total monounsaturated....g	6.794		0	NC	4		3.736	27.106	
14:1....g	0.014		1	A	1		0.008	0.056	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.103		0	AS	1		0.057	0.410	
16:1 c....g	0.094		1	A	1		0.052	0.375	
16:1 t....g	0.009		1	A	1		0.005	0.036	
17:1....g	0.011		1	A	1		0.006	0.043	
18:1 undifferentiated....g	6.606		0	AS	1		3.633	26.358	
18:1 c....g	4.742		1	A	1		2.608	18.921	
18:1 t....g	1.864		1	A	1		1.025	7.437	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.060		1	A	1		0.033	0.239	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.428		0	NC	4		2.436	17.669	
18:2 undifferentiated....g	3.814		0	AS	1		2.098	15.217	
18:2 n-6 c,c....g	3.639		1	A	1		2.001	14.519	
18:2 CLAs....g	0.021		1	A	1		0.011	0.083	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.154		1	A	1		0.085	0.614	
18:3 undifferentiated....g	0.526		0	AS	1		0.289	2.098	
18:3 n-3 c,c,c (ALA)....g	0.489		1	A	1		0.269	1.951	
18:3 n-6 c,c,c....g	0.037		1	A	1		0.020	0.148	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007		1	A	1		0.004	0.028	
20:3 undifferentiated....g	0.006		0	AS	1		0.003	0.024	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.006		1	A	1		0.003	0.024	
20:4 undifferentiated....g	0.053		1	A	1		0.029	0.211	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.005		1	A	1		0.003	0.020	
22:5 n-3 (DPA)....g	0.004		1	A	1		0.002	0.016	

NDB No. 18953

Bread, salvadoran sweet cheese (quesadilla salvadorena)

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

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

Common Measures:

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18064
Bread, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.20	0.300	14	A	1		9.98	10.21	
Energy....kcal	267		0	NC	4		76	77	
Energy....kJ	1116		0	NC	4		316	324	
Protein....g	10.72	0.368	14	A	1		3.04	3.11	
Total lipid (fat)....g	3.24	0.061	14	A	1		0.92	0.94	
Ash....g	2.16	0.057	14	A	1		0.61	0.63	
Carbohydrate, by difference....g	48.68		0	NC	4		13.80	14.12	
Fiber, total dietary....g	4.0	0.447	10	A	1		1.1	1.2	
Sugars, total....g	5.91	0.374	14	A	1		1.68	1.71	
Sucrose....g	0.00	0.000	14	A	1		0.00	0.00	
Glucose (dextrose)....g	1.78	0.219	14	A	1		0.50	0.52	
Fructose....g	2.45	0.218	14	A	1		0.70	0.71	
Lactose....g	0.00	0.000	14	A	1		0.00	0.00	
Maltose....g	1.68	0.177	14	A	1		0.48	0.49	
Galactose....g	0.00	0.000	14	A	1		0.00	0.00	
Starch....g	36.02	0.676	14	A	1		10.21	10.45	
Minerals:									
Calcium, Ca....mg	133	8.517	14	A	1		38	39	
Iron, Fe....mg	3.49	0.174	14	A	1		0.99	1.01	
Magnesium, Mg....mg	45	4.062	14	A	1		13	13	
Phosphorus, P....mg	149	6.940	14	A	1		42	43	
Potassium, K....mg	177	9.499	14	A	1		50	51	
Sodium, Na....mg	508	16.417	14	A	1		144	147	
Zinc, Zn....mg	1.19	0.076	14	A	1		0.34	0.34	
Copper, Cu....mg	0.159	0.009	14	A	1		0.045	0.046	
Manganese, Mn....mg	1.177	0.121	14	A	1		0.334	0.341	
Selenium, Se....µg	28.8	1.368	3	A	1		8.2	8.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.415	0.035	7	A	1		0.118	0.120	
Riboflavin....mg	0.253	0.032	7	A	1		0.072	0.073	
Niacin....mg	5.620	0.448	7	A	1		1.593	1.630	
Pantothenic acid....mg									
Vitamin B-6....mg	0.111	0.013	7	A	1		0.031	0.032	
Folate, total....µg	85		0	FLA	4		24	25	
Folic acid....µg	20		0	FLA	4		6	6	
Folate, food....µg	65		0	FLA	4		18	19	
Folate, DFE....µg	99		0	NC	4		28	29	
Choline, total....mg	18.7		0	AS	1		5.3	5.4	
Betaine....mg	85.2		1	A	1		24.2	24.7	
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	44		0	FLA	4		13	13	
Vitamin E (alpha-tocopherol)....mg	0.19	0.012	3	A	1		0.05	0.06	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.06	0.003	3	A	1		0.02	0.02	
Tocopherol, gamma....mg	1.54	0.026	3	A	1		0.44	0.45	
Tocopherol, delta....mg	0.33	0.009	3	A	1		0.09	0.10	
Tocotrienol, alpha....mg	0.11	0.003	3	A	1		0.03	0.03	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 18064
Bread, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.9	0.265	3	A	1		1.4	1.4	
Dihydrophylloquinone....µg	0.7	0.733	3	A	1		0.2	0.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.777		0	NC	4		0.220	0.225	
4:0....g	0.008	0.001	7	A	1		0.002	0.002	
6:0....g	0.001	0.001	7	A	1		0.000	0.000	
8:0....g	0.006	0.002	7	A	1		0.002	0.002	
10:0....g	0.038	0.004	7	A	1		0.011	0.011	
12:0....g	0.019	0.011	7	A	1		0.005	0.005	
13:0....g									
14:0....g	0.017	0.004	7	A	1		0.005	0.005	
15:0....g	0.003	0.000	7	A	1		0.001	0.001	
16:0....g	0.442	0.017	7	A	1		0.125	0.128	
17:0....g	0.007	0.000	7	A	1		0.002	0.002	
18:0....g	0.220	0.028	7	A	1		0.062	0.064	
20:0....g	0.008	0.000	7	A	1		0.002	0.002	
22:0....g	0.005	0.002	7	A	1		0.002	0.002	
24:0....g	0.004	0.000	7	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	0.607		0	NC	4		0.172	0.176	
14:1....g	0.000	0.000	7	A	1		0.000	0.000	
15:1....g	0.000	0.000	7	A	1		0.000	0.000	
16:1 undifferentiated....g	0.026	0.003	7	AS	1		0.007	0.007	
16:1 c....g	0.026	0.003	7	A	1		0.007	0.007	
16:1 t....g	0.000	0.000	7	A	1		0.000	0.000	
17:1....g	0.002	0.000	7	A	1		0.001	0.001	
18:1 undifferentiated....g	0.563	0.013	7	AS	1		0.160	0.163	
18:1 c....g	0.542	0.014	7	A	1		0.154	0.157	
18:1 t....g	0.020	0.004	7	A	1		0.006	0.006	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.001	7	A	1		0.004	0.005	
22:1 undifferentiated....g	0.000	0.000	7	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	7	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	7	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.499		0	NC	4		0.425	0.435	
18:2 undifferentiated....g	1.358	0.034	7	AS	1		0.385	0.394	
18:2 n-6 c,c....g	1.351	0.035	7	A	1		0.383	0.392	
18:2 CLAs....g	0.001	0.001	7	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006	0.001	7	A	1		0.002	0.002	
18:3 undifferentiated....g	0.135	0.006	7	AS	1		0.038	0.039	
18:3 n-3 c,c,c (ALA)....g	0.135	0.006	7	A	1		0.038	0.039	
18:3 n-6 c,c,c....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	7	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	7	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	7	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	7	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	7	A	1		0.000	0.000	
20:4 undifferentiated....g	0.003	0.000	7	A	1		0.001	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	7	A	1		0.001	0.001	
21:5....g									
22:4....g	0.000	0.000	7	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000	0.000	

NDB No. 18064
Bread, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.026		0	NC	4		0.008	0.008	
Fatty acids, total trans-monoenoic....g	0.020		0	NC	4		0.006	0.006	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.002	0.002	
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18066
Bread, wheat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.80	1.046	9		1		10.72	13.61	
Energy....kcal	248		0	NC	4		70	89	
Energy....kJ	1038		0		4		294	374	
Protein (N x 5.8)....g	8.80	0.331	7		1		2.49	3.17	
Total lipid (fat)....g	3.40	0.138	20		1		0.96	1.22	
Ash....g	2.20	0.135	8		1		0.62	0.79	
Carbohydrate, by difference....g	47.80		0	NC	4		13.55	17.21	
Fiber, total dietary....g	4.0		0		1		1.1	1.4	
Sugars, total....g	9.68		0	FLA	4		2.75	3.49	
Starch....g									
Minerals:									
Calcium, Ca....mg	74	7.446	5		1		21	27	
Iron, Fe....mg	3.07	0.112	19		1		0.87	1.11	
Magnesium, Mg....mg	81		2		1		23	29	
Phosphorus, P....mg	185		2		1		52	67	
Potassium, K....mg	227	20.410	6		1		64	82	
Sodium, Na....mg	486	17.606	10		1		138	175	
Zinc, Zn....mg	1.35		2		1		0.38	0.49	
Copper, Cu....mg	0.221		2		1		0.063	0.080	
Manganese, Mn....mg	1.668		2		1		0.473	0.600	
Selenium, Se....µg	31.0		0	FLA	4		8.8	11.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.397	0.011	18		1		0.113	0.143	
Riboflavin....mg	0.287	0.009	19		1		0.081	0.103	
Niacin....mg	4.402	0.122	18		1		1.248	1.585	
Pantothenic acid....mg	0.536	0.059	4		1		0.152	0.193	
Vitamin B-6....mg	0.176		2		1		0.050	0.063	
Folate, total....µg	105		0	FLA	4		30	38	
Folic acid....µg	80		0		4		23	29	
Folate, food....µg	25		0		4		7	9	
Folate, DFE....µg	161		0	NC	4		46	58	
Choline, total....mg	18.7		0	BFZN	4		5.3	6.7	
Betaine....mg									
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	FLA	4		0	0	
Carotene, beta....µg	0		0		4		0	0	
Carotene, alpha....µg	0		0		4		0	0	
Cryptoxanthin, beta....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	54		0	FLA	4		15	19	
Vitamin E (alpha-tocopherol)....mg	0.32		0	FLA	4		0.09	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.3		0	FLA	4		0.4	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18066
Bread, wheat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.779		0		1		0.221	0.280	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.014		0		1		0.004	0.005	
15:0....g									
16:0....g	0.438		0		1		0.124	0.158	
17:0....g									
18:0....g	0.326		0		1		0.092	0.117	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.618		0		1		0.459	0.582	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1		0.003	0.003	
17:1....g									
18:1 undifferentiated....g	1.608		0		1		0.456	0.579	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.649		0		1		0.184	0.234	
18:2 undifferentiated....g	0.614		0		1		0.174	0.221	
18:3 undifferentiated....g	0.035		0		1		0.010	0.013	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0		1		0.031	0.040	
Threonine....g	0.256		0		1		0.073	0.092	
Isoleucine....g	0.332		0		1		0.094	0.120	
Leucine....g	0.603		0		1		0.171	0.217	
Lysine....g	0.235		0		1		0.067	0.085	
Methionine....g	0.152		0		1		0.043	0.055	
Cystine....g	0.191		0		1		0.054	0.069	
Phenylalanine....g	0.419		0		1		0.119	0.151	
Tyrosine....g	0.252		0		1		0.071	0.091	
Valine....g	0.385		0		1		0.109	0.139	
Arginine....g	0.357		0		1		0.101	0.129	
Histidine....g	0.196		0		1		0.056	0.071	
Alanine....g	0.311		0		1		0.088	0.112	
Aspartic acid....g	0.433		0		1		0.123	0.156	
Glutamic acid....g	2.750		0		1		0.780	0.990	
Glycine....g	0.334		0		1		0.095	0.120	
Proline....g	0.918		0		1		0.260	0.330	
Serine....g	0.419		0		1		0.119	0.151	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18066
Bread, wheat bran

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 36g: 1 slice

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18385
Bread, wheat germ, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.30		0		4		8.31	7.33	
Energy....kcal	293		0		4		83	73	
Energy....kJ	1226		0		4		348	306	
Protein (N x 0)....g	10.70		0		4		3.03	2.68	
Total lipid (fat)....g	3.30		0		4		0.94	0.83	
Ash....g	2.40		0		4		0.68	0.60	
Carbohydrate, by difference....g	54.30		0		4		15.39	13.58	
Fiber, total dietary....g	2.3		0		4		0.7	0.6	
Sugars, total....g	4.14		0	RA	4		1.17	1.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		4		28	25	
Iron, Fe....mg	3.88		0		4		1.10	0.97	
Magnesium, Mg....mg	38		0		4		11	10	
Phosphorus, P....mg	175		0		4		50	44	
Potassium, K....mg	285		0		4		81	71	
Sodium, Na....mg	621		0		4		176	155	
Zinc, Zn....mg	1.46		0		4		0.41	0.37	
Copper, Cu....mg	0.202		0		4		0.057	0.051	
Manganese, Mn....mg	1.259		0		4		0.357	0.315	
Selenium, Se....µg	30.5		0	RK	4		8.6	7.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		4		0.1	0.1	
Thiamin....mg	0.332		0		4		0.094	0.083	
Riboflavin....mg	0.379		0		4		0.107	0.095	
Niacin....mg	4.548		0		4		1.289	1.137	
Pantothenic acid....mg	0.340		0		4		0.096	0.085	
Vitamin B-6....mg	0.096		0		4		0.027	0.024	
Folate, total....µg	112		0	RA	4		32	28	
Folic acid....µg	69		0		4		20	17	
Folate, food....µg	43		0		4		12	11	
Folate, DFE....µg	160		0	NC	4		45	40	
Choline, total....mg	22.1		0	BFZN	4		6.3	5.5	
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.02	0.02	
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	RA	4		0	0	
Carotene, beta....µg	2		0	RA	4		1	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	4		0	NC	4		1	1	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	58		0	RA	4		16	14	
Vitamin E (alpha-tocopherol)....mg	0.57		0	RA	4		0.16	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	RA	4		0.3	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18385
Bread, wheat germ, toasted

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

NDB No. 18385
Bread, wheat germ, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 28316
Bread, wheat, sprouted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.88		0	FLC	4		19.34		
Energy....kcal	188		0	NC	4		71		
Energy....kJ	787		0	NC	4		299		
Protein (N x 6.25)....g	13.16		0	LC	8		5.00		
Total lipid (fat)....g	0.00		0	LC	8		0.00		
Ash....g	2.08		0	FLC	4		0.79		
Carbohydrate, by difference....g	33.88		0	NC	4		12.87		
Fiber, total dietary....g	5.3		0	LC	8		2.0		
Sugars, total....g	2.63		0	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	LC	8		0		
Iron, Fe....mg	1.89		0	LC	8		0.72		
Magnesium, Mg....mg	66		0	FLC	4		25		
Phosphorus, P....mg	176		0	FLC	4		67		
Potassium, K....mg	198		0	FLC	4		75		
Sodium, Na....mg	474		0	LC	8		180		
Zinc, Zn....mg	1.25		0	FLC	4		0.47		
Copper, Cu....mg	0.208		0	FLC	4		0.079		
Manganese, Mn....mg									
Selenium, Se....µg	30.0		0	FLC	4		11.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.233		0	FLC	4		0.089		
Riboflavin....mg	0.079		0	FLC	4		0.030		
Niacin....mg	2.330		0	FLC	4		0.885		
Pantothenic acid....mg									
Vitamin B-6....mg	0.193		0	FLC	4		0.073		
Folate, total....µg	0		0	NR	4		0		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	0		0	NR	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	14.9		0	FLC	4		5.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	3		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	4		0	NC	4		2		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	104		0	FLC	4		39		
Vitamin E (alpha-tocopherol)....mg	0.34		0	FLC	4		0.13		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	1.1		0	FLC	4		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28316
Bread, wheat, sprouted

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

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

Common Measures:

Measure 1 = 38g: 1 slice 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 28317
Bread, wheat, sprouted, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.61		0	RA	4		17.71		
Energy....kcal	205		0	NC	4		78		
Energy....kJ	856		0	NC	4		325		
Protein (N x 6.25)....g	14.30		0	RA	4		5.43		
Total lipid (fat)....g	0.00		0	RA	4		0.00		
Ash....g	2.26		0	RA	4		0.86		
Carbohydrate, by difference....g	36.82		0	RA	4		13.99		
Fiber, total dietary....g	5.7		0	RA	4		2.2		
Sugars, total....g	2.86		0	RA	4		1.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	RA	4		0		
Iron, Fe....mg	2.06		0	RA	4		0.78		
Magnesium, Mg....mg	71		0	RA	4		27		
Phosphorus, P....mg	192		0	RA	4		73		
Potassium, K....mg	215		0	RA	4		82		
Sodium, Na....mg	515		0	RA	4		196		
Zinc, Zn....mg	1.36		0	RA	4		0.52		
Copper, Cu....mg	0.226		0	RA	4		0.086		
Manganese, Mn....mg									
Selenium, Se....µg	32.6		0	RA	4		12.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.203		0	RA	4		0.077		
Riboflavin....mg	0.086		0	RA	4		0.033		
Niacin....mg	2.532		0	RA	4		0.962		
Pantothenic acid....mg									
Vitamin B-6....mg	0.210		0	RA	4		0.080		
Folate, total....µg	0		0	RA	4		0		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	0		0	RA	4		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	16.2		0	RA	4		6.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	RA	4		0.00		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	0		0	RA	4		0		
Retinol....µg	0		0	RA	4		0		
Carotene, beta....µg	3		0	RA	4		1		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	5		0	RA	4		2		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	107		0	RA	4		41		
Vitamin E (alpha-tocopherol)....mg	0.36		0	RA	4		0.14		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0		
Vitamin D....IU	0		0	RA	4		0		
Vitamin K (phylloquinone)....µg	1.2		0	RA	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28317
Bread, wheat, sprouted, toasted

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

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

Common Measures:

Measure 1 = 38g: 1 slice 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18065
Bread, wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.23	0.204	3	A	1		6.87	5.82	
Energy....kcal	313		0	NC	4		89	75	
Energy....kJ	1311		0	NC	4		372	315	
Protein....g	12.96	0.158	3	A	1		3.67	3.11	
Total lipid (fat)....g	4.27	0.139	3	A	1		1.21	1.03	
Ash....g	2.77	0.085	3	A	1		0.78	0.66	
Carbohydrate, by difference....g	55.77		0	NC	4		15.81	13.39	
Fiber, total dietary....g	4.7	0.378	3	A	1		1.3	1.1	
Sugars, total....g	6.42	0.412	3	A	1		1.82	1.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	165		2	A	1		47	39	
Iron, Fe....mg	4.09	0.105	3	A	1		1.16	0.98	
Magnesium, Mg....mg	59	2.969	3	A	1		17	14	
Phosphorus, P....mg	188	2.082	3	A	1		53	45	
Potassium, K....mg	223	6.173	3	A	1		63	53	
Sodium, Na....mg	601		0	BFSN	4		170	144	
Zinc, Zn....mg	1.47	0.026	3	A	1		0.42	0.35	
Copper, Cu....mg	0.198	0.008	3	A	1		0.056	0.047	
Manganese, Mn....mg	1.377	0.070	3	A	1		0.390	0.330	
Selenium, Se....µg	33.4	0.809	3	A	1		9.5	8.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.439	0.036	3	A	1		0.124	0.105	
Riboflavin....mg	0.382	0.010	3	A	1		0.108	0.092	
Niacin....mg	6.250	0.335	3	A	1		1.772	1.500	
Pantothenic acid....mg	0.456	0.009	3	A	1		0.129	0.110	
Vitamin B-6....mg	0.153	0.002	3	A	1		0.043	0.037	
Folate, total....µg	86		0	RA	4		24	21	
Folic acid....µg	20		0	RA	4		6	5	
Folate, food....µg	65		0	RA	4		19	16	
Folate, DFE....µg	100		0	NC	4		28	24	
Choline, total....mg	22.1		0	A	1		6.3	5.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	RA	4		0	0	
Retinol....µg	0		0	RA	4		0	0	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	0		0	RA	4		0	0	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	50		0	RA	4		14	12	
Vitamin E (alpha-tocopherol)....mg	0.24	0.015	3	A	1		0.07	0.06	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.7	0.549	3	A	1		1.6	1.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18065
Bread, wheat, toasted

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.989		0	NC	4		0.280	0.237	
4:0	g	0.000		0	RA	4		0.000	0.000	
6:0	g	0.000		0	RA	4		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g									
14:0	g	0.008	0.005	3	A	1		0.002	0.002	
15:0	g	0.000	0.000	3	A	1		0.000	0.000	
16:0	g	0.547	0.025	3	A	1		0.155	0.131	
17:0	g	0.002	0.002	3	A	1		0.001	0.000	
18:0	g	0.405	0.033	3	A	1		0.115	0.097	
20:0	g	0.012	0.000	3	A	1		0.003	0.003	
22:0	g	0.014	0.001	3	A	1		0.004	0.003	
24:0	g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated	g	1.019		0	NC	4		0.289	0.245	
14:1	g	0.000	0.000	3	A	1		0.000	0.000	
15:1	g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated	g	0.021	0.001	3	A	1		0.006	0.005	
17:1	g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated	g	0.982	0.088	3	A	1		0.278	0.236	
20:1	g	0.017	0.000	3	A	1		0.005	0.004	
22:1 undifferentiated	g	0.000		0	RA	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.720		0	NC	4		0.488	0.413	
18:2 undifferentiated	g	1.560	0.078	3	A	1		0.442	0.374	
18:3 undifferentiated	g	0.161		0	AS	1		0.046	0.039	
18:3 n-3 c,c,c (ALA)	g	0.161	0.015	3	A	1		0.046	0.039	
18:3 n-6 c,c,c	g	0.000	0.000	3	A	1		0.000	0.000	
18:3i	g									
18:4	g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c	g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	RA	4		0.000	0.000	
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)	g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RA	4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.092		0	RA	4		0.026	0.022	
Threonine	g	0.299		0		1		0.085	0.072	
Isoleucine	g	0.258		0	RA	4		0.073	0.062	
Leucine	g	0.461		0	RA	4		0.131	0.111	
Lysine	g	0.215		0	RA	4		0.061	0.052	
Methionine	g	0.105		0	RA	4		0.030	0.025	
Cystine	g	0.154		0	RA	4		0.044	0.037	
Phenylalanine	g	0.315		0	RA	4		0.089	0.076	
Tyrosine	g	0.165		0	RA	4		0.047	0.040	
Valine	g	0.310		0	RA	4		0.088	0.074	
Arginine	g	0.311		0	RA	4		0.088	0.075	
Histidine	g	0.150		0	RA	4		0.042	0.036	
Alanine	g	0.245		0	RA	4		0.070	0.059	
Aspartic acid	g	0.348		0	RA	4		0.099	0.083	
Glutamic acid	g	2.060		0	RA	4		0.584	0.494	
Glycine	g	0.262		0	RA	4		0.074	0.063	

NDB No. 18065
Bread, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.682		0	RA	4		0.193	0.164	
Serine.....g	0.310		0	RA	4		0.088	0.074	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18967
Bread, white wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.60		2	A	1		11.09		
Energy....kcal	238		0	NC	4		67		
Energy....kJ	994		0	NC	4		278		
Protein (N x 6.25)....g	10.66		2	A	1		2.98		
Total lipid (fat)....g	2.15		2	A	1		0.60		
Ash....g	3.69		2	A	1		1.03		
Carbohydrate, by difference....g	43.91		0	NC	4		12.29		
Fiber, total dietary....g	9.2		2	A	1		2.6		
Sugars, total....g	5.00		2	A	1		1.40		
Sucrose....g	0.00		2	A	1		0.00		
Glucose (dextrose)....g	1.50		2	A	1		0.42		
Fructose....g	2.70		2	A	1		0.76		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.80		2	A	1		0.22		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	27.25		2	A	1		7.63		
Minerals:									
Calcium, Ca....mg	684		2	A	1		192		
Iron, Fe....mg	4.89		2	A	1		1.37		
Magnesium, Mg....mg	26		2	A	1		7		
Phosphorus, P....mg	103		2	A	1		29		
Potassium, K....mg	127		2	A	1		36		
Sodium, Na....mg	478		2	A	1		134		
Zinc, Zn....mg	0.95		2	A	1		0.27		
Copper, Cu....mg	0.149		2	A	1		0.042		
Manganese, Mn....mg	0.634		2	A	1		0.178		
Selenium, Se....µg	16.1		2	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.510		2	A	1		0.143		
Riboflavin....mg	0.255		2	A	1		0.071		
Niacin....mg	4.455		2	A	1		1.247		
Pantothenic acid....mg	0.455		2	A	1		0.127		
Vitamin B-6....mg	0.080		2	A	1		0.023		
Folate, total....µg	127		0	FLC	4		36		
Folic acid....µg	49		0	FLC	4		14		
Folate, food....µg	78		0	FLC	4		22		
Folate, DFE....µg	162		0	NC	4		45		
Choline, total....mg	8.1		0	FLC	4		2.3		
Betaine....mg	0.0		0	FLC	4		0.0		
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	2		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	4		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	25		0	FLC	4		7		
Vitamin E (alpha-tocopherol)....mg	0.38		0	FLC	4		0.11		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 18967
Bread, white wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number 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	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	7.7		0	FLC	4		2.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.630		0	NC	4		0.176		
4:0....g	0.002		2	A	1		0.001		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.007		2	A	1		0.002		
10:0....g	0.004		2	A	1		0.001		
12:0....g	0.013		2	A	1		0.004		
13:0....g									
14:0....g	0.007		2	A	1		0.002		
15:0....g	0.003		2	A	1		0.001		
16:0....g	0.324		2	A	1		0.091		
17:0....g	0.004		2	A	1		0.001		
18:0....g	0.251		2	A	1		0.070		
20:0....g	0.005		2	A	1		0.001		
22:0....g	0.006		2	A	1		0.002		
24:0....g	0.003		2	A	1		0.001		
Fatty acids, total monounsaturated....g	0.393		0	NC	4		0.110		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.016		0	AS	1		0.004		
16:1 c....g	0.016		2	A	1		0.004		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.002		2	A	1		0.001		
18:1 undifferentiated....g	0.366		0	AS	1		0.102		
18:1 c....g	0.339		2	A	1		0.095		
18:1 t....g	0.027		2	A	1		0.008		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		2	A	1		0.003		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.973		0	NC	4		0.273		
18:2 undifferentiated....g	0.879		0	AS	1		0.246		
18:2 n-6 c,c....g	0.875		2	A	1		0.245		
18:2 CLAs....g	0.000		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.001		
18:3 undifferentiated....g	0.083		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA)....g	0.083		2	A	1		0.023		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.002		2	A	1		0.001		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1		0.001		
21:5....g									
22:4....g	0.006		2	A	1		0.002		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.031		0	NC	4		0.009		

NDB No. 18967
Bread, white wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4		0.008		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.001		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 28g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18069

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.42	0.280	6	A	1		10.56	10.32	16.39
Energy....kcal	266		0	NC	4		77	75	120
Energy....kJ	1113		0	NC	4		323	316	501
Protein (N x 6.25)....g	8.85	0.169	6	A	1		2.57	2.51	3.98
Total lipid (fat)....g	3.33	0.167	6	A	1		0.97	0.94	1.50
Ash....g	1.98	0.078	6	A	1		0.58	0.56	0.89
Carbohydrate, by difference....g	49.42		0	NC	4		14.33	14.01	22.24
Fiber, total dietary....g	2.7	0.076	14	A	1		0.8	0.8	1.2
Sugars, total....g	5.67	0.338	3	A	1		1.64	1.61	2.55
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	1.57	0.088	3	A	1		0.45	0.44	0.70
Fructose....g	2.43	0.120	3	A	1		0.71	0.69	1.09
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	1.67	0.145	3	A	1		0.48	0.47	0.75
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	37.17	0.540	14	A	1		10.78	10.54	16.73
Minerals:									
Calcium, Ca....mg	144	20.093	6	A	1		42	41	65
Iron, Fe....mg	3.61	0.076	6	A	1		1.05	1.02	1.62
Magnesium, Mg....mg	23	0.689	6	A	1		7	7	11
Phosphorus, P....mg	98	4.534	6	A	1		28	28	44
Potassium, K....mg	126	5.896	6	A	1		37	36	57
Sodium, Na....mg	490	15.313	6	A	1		142	139	221
Zinc, Zn....mg	0.74	0.031	6	A	1		0.21	0.21	0.33
Copper, Cu....mg	0.101	0.002	6	A	1		0.029	0.029	0.045
Manganese, Mn....mg	0.536	0.018	6	A	1		0.156	0.152	0.241
Selenium, Se....µg	22.0	1.933	14	A	1		6.4	6.2	9.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.533	0.029	19	A	1		0.155	0.151	0.240
Riboflavin....mg	0.243	0.012	19	A	1		0.071	0.069	0.110
Niacin....mg	4.780	0.115	19	A	1		1.386	1.355	2.151
Pantothenic acid....mg	0.536	0.015	14	A	1		0.156	0.152	0.241
Vitamin B-6....mg	0.087	0.005	14	A	1		0.025	0.025	0.039
Folate, total....µg	111	5.320	7	A	1		32	31	50
Folic acid....µg	86	2.283	7	A	1		25	24	39
Folate, food....µg	25	5.281	7	AS	1		7	7	11
Folate, DFE....µg	171		0	NC	4		50	49	77
Choline, total....mg	14.6		0	AS	1		4.2	4.1	6.6
Betaine....mg	101.9		2	A	1		29.6	28.9	45.9
Vitamin B-12....µg	0.00		2	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	FLC	4		0	0	0
Retinol....µg	0		0	FLC	4		0	0	0
Carotene, beta....µg	0		0	FLC	4		0	0	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	1		0	FLC	4		0	0	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	44		0	FLC	4		13	12	20
Vitamin E (alpha-tocopherol)....mg	0.22		0	FLC	4		0.06	0.06	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 18069

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.2		0	FLC	4		0.0	0.0	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.698		0	NC	4		0.203	0.198	0.314
4:0....g	0.003	0.000	14	A	1		0.001	0.001	0.001
6:0....g	0.000	0.000	14	A	1		0.000	0.000	0.000
8:0....g	0.005	0.001	14	A	1		0.002	0.002	0.002
10:0....g	0.005	0.000	14	A	1		0.001	0.001	0.002
12:0....g	0.013	0.004	14	A	1		0.004	0.004	0.006
13:0....g									
14:0....g	0.009	0.002	14	A	1		0.003	0.003	0.004
15:0....g	0.003	0.000	14	A	1		0.001	0.001	0.001
16:0....g	0.419	0.017	14	A	1		0.121	0.119	0.188
17:0....g	0.004	0.000	14	A	1		0.001	0.001	0.002
18:0....g	0.218	0.008	14	A	1		0.063	0.062	0.098
20:0....g	0.008	0.000	14	A	1		0.002	0.002	0.004
22:0....g	0.008	0.000	14	A	1		0.002	0.002	0.004
24:0....g	0.004	0.000	14	A	1		0.001	0.001	0.002
Fatty acids, total monounsaturated....g	0.599		0	NC	4		0.174	0.170	0.270
14:1....g	0.000	0.000	14	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	14	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.018	0.001	14	AS	1		0.005	0.005	0.008
16:1 c....g	0.018	0.001	14	A	1		0.005	0.005	0.008
16:1 t....g	0.000	0.000	14	A	1		0.000	0.000	0.000
17:1....g	0.002	0.000	14	A	1		0.001	0.001	0.001
18:1 undifferentiated....g	0.569	0.030	14	AS	1		0.165	0.161	0.256
18:1 c....g	0.547	0.028	14	A	1		0.159	0.155	0.246
18:1 t....g	0.022	0.004	14	A	1		0.006	0.006	0.010
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.001	14	A	1		0.003	0.003	0.005
22:1 undifferentiated....g	0.000	0.000	14	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	14	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	14	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	14	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.602		0	NC	4		0.465	0.454	0.721
18:2 undifferentiated....g	1.425	0.064	14	AS	1		0.413	0.404	0.641
18:2 n-6 c,c....g									
18:2 CLAs....g	0.001	0.000	14	A	1		0.000	0.000	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.001	14	A	1		0.002	0.002	0.002
18:3 undifferentiated....g	0.166	0.009	14	AS	1		0.048	0.047	0.075
18:3 n-3 c,c,c (ALA)....g	0.166	0.009	14	A	1		0.048	0.047	0.075
18:3 n-6 c,c,c....g	0.000	0.000	14	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	14	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.002	0.000	14	A	1		0.000	0.000	0.001
20:3 undifferentiated....g	0.000	0.000	14	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	14	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	14	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.002	0.000	14	A	1		0.001	0.001	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	14	A	1		0.000	0.000	0.001
21:5....g									
22:4....g	0.005	0.001	14	A	1		0.002	0.001	0.002
22:5 n-3 (DPA)....g	0.000	0.000	14	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	14	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.027		0	NC	4		0.008	0.008	0.012

NDB No. 18069
Bread, white, commercially prepared (includes soft bread crumbs)

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

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

Common Measures:

Measure 1 = 29g: 1 slice

Measure 2 = 28.35g: 1 oz

Measure 3 = 45g: 1 cup, crumbs

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

Food Group: 18 Baked Products

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

NDB No. 18416
Bread, white, commercially prepared, low sodium, no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.70	0.101	302		1		10.40	16.52	12.85
Energy....kcal	267		0	NC	4		76	120	93
Energy....kJ	1116		0	NC	4		316	502	391
Protein (N x 5.7)....g	8.20	0.050	218		1		2.32	3.69	2.87
Total lipid (fat)....g	3.60	0.076	224		1		1.02	1.62	1.26
Ash....g	1.90	0.016	286		1		0.54	0.86	0.67
Carbohydrate, by difference....g	49.60		0	NC	4		14.06	22.32	17.36
Fiber, total dietary....g	2.3		0	BFZN	4		0.7	1.0	0.8
Sugars, total....g	4.31	0.050	4	A	1		1.22	1.94	1.51
Starch....g									
Minerals:									
Calcium, Ca....mg	108	2.643	250		1		31	49	38
Iron, Fe....mg	3.03	0.033	256		1		0.86	1.36	1.06
Magnesium, Mg....mg	24	0.430	108		1		7	11	8
Phosphorus, P....mg	94	1.679	96		1		27	42	33
Potassium, K....mg	119	2.041	105		1		34	54	42
Sodium, Na....mg	298		0	LC	8		84	134	104
Zinc, Zn....mg	0.62	0.015	111		1		0.18	0.28	0.22
Copper, Cu....mg	0.126	0.003	102		1		0.036	0.057	0.044
Manganese, Mn....mg	0.383	0.008	103		1		0.109	0.172	0.134
Selenium, Se....µg	22.6		0	BFZN	4		6.4	10.2	7.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.472	0.005	190		1		0.134	0.212	0.165
Riboflavin....mg	0.341	0.006	177		1		0.097	0.153	0.119
Niacin....mg	3.969	0.034	198		1		1.125	1.786	1.389
Pantothenic acid....mg	0.390	0.015	25		1		0.111	0.176	0.137
Vitamin B-6....mg	0.064	0.005	6		1		0.018	0.029	0.022
Folate, total....µg	111	5.320	7	A	1		31	50	39
Folic acid....µg	86	2.283	7	A	1		24	39	30
Folate, food....µg	25	5.281	7	AS	1		7	11	9
Folate, DFE....µg	171		0	NC	4		49	77	60
Choline, total....mg	14.6		0	BFZN	4		4.1	6.6	5.1
Betaine....mg									
Vitamin B-12....µg	0.03		0	BFZN	4		0.01	0.01	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLC	4		0	0	0
Carotene, beta....µg	0		0	FLC	4		0	0	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	1		0	NC	4		0	0	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	44		0	FLC	4		12	20	15
Vitamin E (alpha-tocopherol)....mg	0.22		0	FLC	4		0.06	0.10	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.1		2	T	4		0.9	1.4	1.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18416
Bread, white, commercially prepared, low sodium, no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.811		0		4		0.230	0.365	0.284
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.001		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.014		0		4		0.004	0.006	0.005
15:0....g									
16:0....g	0.469		0		4		0.133	0.211	0.164
17:0....g									
18:0....g	0.326		0		4		0.092	0.147	0.114
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.612		0		4		0.457	0.725	0.564
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		4		0.004	0.006	0.005
17:1....g									
18:1 undifferentiated....g	1.599		0		4		0.453	0.720	0.560
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.744		0		4		0.211	0.335	0.260
18:2 undifferentiated....g	0.709		0		4		0.201	0.319	0.248
18:3 undifferentiated....g	0.035		0		4		0.010	0.016	0.012
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	1	0.281	11		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		4		0.027	0.043	0.034
Threonine....g	0.243		0		4		0.069	0.109	0.085
Isoleucine....g	0.322		0		4		0.091	0.145	0.113
Leucine....g	0.580		0		4		0.164	0.261	0.203
Lysine....g	0.223		0		4		0.063	0.100	0.078
Methionine....g	0.144		0		4		0.041	0.065	0.050
Cystine....g	0.174		0		4		0.049	0.078	0.061
Phenylalanine....g	0.404		0		4		0.115	0.182	0.141
Tyrosine....g	0.237		0		4		0.067	0.107	0.083
Valine....g	0.361		0		4		0.102	0.162	0.126
Arginine....g	0.315		0		4		0.089	0.142	0.110
Histidine....g	0.178		0		4		0.050	0.080	0.062
Alanine....g	0.281		0		4		0.080	0.126	0.098
Aspartic acid....g	0.409		0		4		0.116	0.184	0.143
Glutamic acid....g	2.657		0		4		0.753	1.196	0.930
Glycine....g	0.294		0		4		0.083	0.132	0.103
Proline....g	0.882		0		4		0.250	0.397	0.309
Serine....g	0.400		0		4		0.113	0.180	0.140
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18416
Bread, white, commercially prepared, low sodium, no salt

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 cup, crumbs

Measure 3 = 35g: 1 cup, cubes

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

Food Group: 18 Baked Products

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

NDB No. 18070
Bread, white, commercially prepared, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.40		0		1		8.62	13.68	12.77
Energy....kcal	290		0	NC	4		82	131	122
Energy....kJ	1213		0	NC	4		344	546	509
Protein (N x 0)....g	9.00		0		1		2.55	4.05	3.78
Total lipid (fat)....g	4.00		0		1		1.13	1.80	1.68
Ash....g	2.10		0		1		0.60	0.95	0.88
Carbohydrate, by difference....g	54.50		0	NC	4		15.45	24.53	22.89
Fiber, total dietary....g	2.9		0	BFSN	4		0.8	1.3	1.2
Sugars, total....g	6.20		0	BFSN	4		1.76	2.79	2.61
Starch....g									
Minerals:									
Calcium, Ca....mg	119		0		1		34	54	50
Iron, Fe....mg	3.33		0		1		0.94	1.50	1.40
Magnesium, Mg....mg	26		0		1		7	12	11
Phosphorus, P....mg	103		0		1		29	46	43
Potassium, K....mg	131		0		1		37	59	55
Sodium, Na....mg	537		0	BFSN	4		152	241	225
Zinc, Zn....mg	0.68		0		1		0.19	0.31	0.29
Copper, Cu....mg	0.138		0		1		0.039	0.062	0.058
Manganese, Mn....mg	0.421		0		1		0.119	0.189	0.177
Selenium, Se....µg	31.0		0	RK	4		8.8	14.0	13.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.415		0		1		0.118	0.187	0.174
Riboflavin....mg	0.337		0		1		0.096	0.152	0.142
Niacin....mg	3.926		0		1		1.113	1.767	1.649
Pantothenic acid....mg	0.278		0		1		0.079	0.125	0.117
Vitamin B-6....mg	0.063		0		1		0.018	0.028	0.026
Folate, total....µg	104		0	RK	4		29	47	43
Folic acid....µg	80		0	RK	4		23	36	34
Folate, food....µg	23		0	RK	4		7	10	10
Folate, DFE....µg	160		0	NC	4		45	72	67
Choline, total....mg	16.0		0	BFSN	4		4.5	7.2	6.7
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.01	0.01	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	RK	4		0	0	0
Carotene, beta....µg	0		0	RK	4		0	0	0
Carotene, alpha....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	0
Vitamin A, IU....IU	1		0	NC	4		0	0	0
Lycopene....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin....µg	46		0	RK	4		13	21	19
Vitamin E (alpha-tocopherol)....mg	0.24		0	RK	4		0.07	0.11	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.4		0	RK	4		1.0	1.5	1.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18070
Bread, white, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.764		0	BFSN	4		0.217	0.344	0.321
4:0....g	0.001		0	RK	4		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.005		0	RK	4		0.001	0.002	0.002
15:0....g									
16:0....g	0.437		0	RK	4		0.124	0.197	0.184
17:0....g									
18:0....g	0.119		0	RK	4		0.034	0.054	0.050
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.796		0	RK	4		0.226	0.358	0.334
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.032		0	RK	4		0.009	0.014	0.013
17:1....g									
18:1 undifferentiated....g	0.755		0	RK	4		0.214	0.340	0.317
20:1....g	0.005		0	RK	4		0.001	0.002	0.002
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.090		0	RK	4		0.593	0.941	0.878
18:2 undifferentiated....g	1.868		0	RK	4		0.530	0.841	0.785
18:3 undifferentiated....g	0.220		0	RK	4		0.062	0.099	0.092
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		1		0.030	0.048	0.045
Threonine....g	0.267		0		1		0.076	0.120	0.112
Isoleucine....g	0.354		0		1		0.100	0.159	0.149
Leucine....g	0.637		0		1		0.181	0.287	0.268
Lysine....g	0.245		0		1		0.069	0.110	0.103
Methionine....g	0.158		0		1		0.045	0.071	0.066
Cystine....g	0.191		0		1		0.054	0.086	0.080
Phenylalanine....g	0.444		0		1		0.126	0.200	0.186
Tyrosine....g	0.261		0		1		0.074	0.117	0.110
Valine....g	0.397		0		1		0.113	0.179	0.167
Arginine....g	0.346		0		1		0.098	0.156	0.145
Histidine....g	0.196		0		1		0.056	0.088	0.082
Alanine....g	0.308		0		1		0.087	0.139	0.129
Aspartic acid....g	0.449		0		1		0.127	0.202	0.189
Glutamic acid....g	2.920		0		1		0.828	1.314	1.226
Glycine....g	0.323		0		1		0.092	0.145	0.136
Proline....g	0.970		0		1		0.275	0.437	0.407
Serine....g	0.440		0		1		0.125	0.198	0.185
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RK	4		0	0	0

NDB No. 18070
Bread, white, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RK	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 cup, crumbs

Measure 3 = 42g: 1 cup, cubes

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

Food Group: 18 Baked Products

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

NDB No. 18432

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.40		0		4		8.62	6.99	
Energy....kcal	293		0		4		83	67	
Energy....kJ	1226		0		4		348	282	
Protein (N x 5.7)....g	9.00		0		4		2.55	2.07	
Total lipid (fat)....g	4.00		0		4		1.13	0.92	
Ash....g	2.10		0		4		0.60	0.48	
Carbohydrate, by difference....g	54.40		0		4		15.42	12.51	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	119		0		4		34	27	
Iron, Fe....mg	3.33		0		4		0.94	0.77	
Magnesium, Mg....mg	26		0		4		7	6	
Phosphorus, P....mg	103		0		4		29	24	
Potassium, K....mg	131		0		4		37	30	
Sodium, Na....mg	376		0	BFSN	4		107	86	
Zinc, Zn....mg	0.68		0		4		0.19	0.16	
Copper, Cu....mg	0.138		0		4		0.039	0.032	
Manganese, Mn....mg	0.421		0		4		0.119	0.097	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.415		0		4		0.118	0.095	
Riboflavin....mg	0.337		0		4		0.096	0.078	
Niacin....mg	3.926		0		4		1.113	0.903	
Pantothenic acid....mg	0.278		0		4		0.079	0.064	
Vitamin B-6....mg	0.063		0		4		0.018	0.014	
Folate, total....µg	95		0	BFZN	4		27	22	
Folic acid....µg	69		0	NC	4		20	16	
Folate, food....µg	26		0		4		7	6	
Folate, DFE....µg	143		0	NC	4		41	33	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.01	0.00	
Vitamin A, RAE....µg									
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no 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	0.892		0		4		0.253	0.205	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.000	
13:0....g									
14:0....g	0.016		0		4		0.005	0.004	
15:0....g									
16:0....g	0.516		0		4		0.146	0.119	
17:0....g									
18:0....g	0.359		0		4		0.102	0.083	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.771		0		4		0.502	0.407	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.003	
17:1....g									
18:1 undifferentiated....g	1.757		0		4		0.498	0.404	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.818		0		4		0.232	0.188	
18:2 undifferentiated....g	0.779		0		4		0.221	0.179	
18:3 undifferentiated....g	0.039		0		4		0.011	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		4		0.030	0.024	
Threonine....g	0.267		0		4		0.076	0.061	
Isoleucine....g	0.354		0		4		0.100	0.081	
Leucine....g	0.637		0		4		0.181	0.147	
Lysine....g	0.245		0		4		0.069	0.056	
Methionine....g	0.158		0		4		0.045	0.036	
Cystine....g	0.191		0		4		0.054	0.044	
Phenylalanine....g	0.444		0		4		0.126	0.102	
Tyrosine....g	0.261		0		4		0.074	0.060	
Valine....g	0.397		0		4		0.113	0.091	
Arginine....g	0.346		0		4		0.098	0.080	
Histidine....g	0.196		0		4		0.056	0.045	
Alanine....g	0.308		0		4		0.087	0.071	
Aspartic acid....g	0.449		0		4		0.127	0.103	
Glutamic acid....g	2.920		0		4		0.828	0.672	
Glycine....g	0.323		0		4		0.092	0.074	
Proline....g	0.970		0		4		0.275	0.223	
Serine....g	0.440		0		4		0.125	0.101	
Hydroxyproline....g									

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

NDB No. 18432

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18073

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.30		0		1		10.01	14.83	11.65
Energy....kcal	285		0	NC	4		81	120	94
Energy....kJ	1192				4		338	501	394
Protein (N x 0)....g	7.90		0		1		2.24	3.32	2.61
Total lipid (fat)....g	5.70		0		1		1.62	2.39	1.88
Ash....g	1.50		0		1		0.43	0.63	0.50
Carbohydrate, by difference....g	49.60		0	NC	4		14.06	20.83	16.37
Fiber, total dietary....g	2.0		0		4		0.6	0.8	0.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57		0		1		16	24	19
Iron, Fe....mg	2.97		0		1		0.84	1.25	0.98
Magnesium, Mg....mg	19		0		1		5	8	6
Phosphorus, P....mg	115		0		1		33	48	38
Potassium, K....mg	146		0		1		41	61	48
Sodium, Na....mg	359		0		1		102	151	118
Zinc, Zn....mg	0.64		0		1		0.18	0.27	0.21
Copper, Cu....mg	0.115		0		1		0.033	0.048	0.038
Manganese, Mn....mg	0.416		0		1		0.118	0.175	0.137
Selenium, Se....µg	21.3		0	RK	4		6.0	8.9	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.1	0.1
Thiamin....mg	0.405		0		1		0.115	0.170	0.134
Riboflavin....mg	0.383		0		1		0.109	0.161	0.126
Niacin....mg	3.588		0		1		1.017	1.507	1.184
Pantothenic acid....mg	0.374		0		1		0.106	0.157	0.123
Vitamin B-6....mg	0.051		0		1		0.014	0.021	0.017
Folate, total....µg	91		0	RK	4		26	38	30
Folic acid....µg	49		0	NC	4		14	21	16
Folate, food....µg	42		0		1		12	18	14
Folate, DFE....µg	125		0	NC	4		36	53	41
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08		0		1		0.02	0.03	0.03
Vitamin A, RAE....µg	22		0	NC	4		6	9	7
Retinol....µg	21		0	NC	4		6	9	7
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	79		0		1		22	33	26
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18073

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.178		0		1		0.334	0.495	0.389
4:0....g	0.025		0		1		0.007	0.011	0.008
6:0....g	0.015		0		1		0.004	0.006	0.005
8:0....g	0.008		0		1		0.002	0.003	0.003
10:0....g	0.019		0		1		0.005	0.008	0.006
12:0....g	0.022		0		1		0.006	0.009	0.007
13:0....g									
14:0....g	0.082		0		1		0.023	0.034	0.027
15:0....g									
16:0....g	0.742		0		1		0.210	0.312	0.245
17:0....g									
18:0....g	0.264		0		1		0.075	0.111	0.087
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.298		0		1		0.368	0.545	0.428
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.041		0		1		0.012	0.017	0.014
17:1....g									
18:1 undifferentiated....g	1.247		0		1		0.354	0.524	0.412
20:1....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.781		0		1		0.788	1.168	0.918
18:2 undifferentiated....g	2.461		0		1		0.698	1.034	0.812
18:3 undifferentiated....g	0.319		0		1		0.090	0.134	0.105
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		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	3		0		1		1	1	1
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.028	0.041	0.032
Threonine....g	0.244		0		1		0.069	0.102	0.081
Isoleucine....g	0.311		0		1		0.088	0.131	0.103
Leucine....g	0.576		0		1		0.163	0.242	0.190
Lysine....g	0.268		0		1		0.076	0.113	0.088
Methionine....g	0.148		0		1		0.042	0.062	0.049
Cystine....g	0.147		0		1		0.042	0.062	0.049
Phenylalanine....g	0.389		0		1		0.110	0.163	0.128
Tyrosine....g	0.262		0		1		0.074	0.110	0.086
Valine....g	0.355		0		1		0.101	0.149	0.117
Arginine....g	0.316		0		1		0.090	0.133	0.104
Histidine....g	0.181		0		1		0.051	0.076	0.060
Alanine....g	0.267		0		1		0.076	0.112	0.088
Aspartic acid....g	0.395		0		1		0.112	0.166	0.130
Glutamic acid....g	2.387		0		1		0.677	1.003	0.788
Glycine....g	0.267		0		1		0.076	0.112	0.088
Proline....g	0.849		0		1		0.241	0.357	0.280
Serine....g	0.394		0		1		0.112	0.165	0.130
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18073

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

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

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

Food Group: 18 Baked Products

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

NDB No. 18071

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.80		0		1		9.87	15.31	
Energy	kcal	274		0	NC	4		78	121	
Energy	kJ	1146				4		325	504	
Protein (N x 0)	g	7.70		0		1		2.18	3.39	
Total lipid (fat)	g	2.60		0		1		0.74	1.14	
Ash	g	1.40		0		1		0.40	0.62	
Carbohydrate, by difference	g	53.60		0	NC	4		15.20	23.58	
Fiber, total dietary	g	2.0		0	RC	4		0.6	0.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		1		9	14	
Iron, Fe	mg	3.18		0		1		0.90	1.40	
Magnesium, Mg	mg	17		0		1		5	7	
Phosphorus, P	mg	96		0		1		27	42	
Potassium, K	mg	111		0		1		31	49	
Sodium, Na	mg	336		0		1		95	148	
Zinc, Zn	mg	0.59		0		1		0.17	0.26	
Copper, Cu	mg	0.112		0		1		0.032	0.049	
Manganese, Mn	mg	0.460		0		1		0.130	0.202	
Selenium, Se	µg	23.1		0	RK	4		6.5	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.431		0		1		0.122	0.190	
Riboflavin	mg	0.352		0		1		0.100	0.155	
Niacin	mg	3.731		0		1		1.058	1.642	
Pantothenic acid	mg	0.284		0		1		0.081	0.125	
Vitamin B-6	mg	0.037		0		1		0.010	0.016	
Folate, total	µg	85		0	RK	4		24	37	
Folic acid	µg	58		0	NC	4		16	26	
Folate, food	µg	27		0		1		8	12	
Folate, DFE	µg	126		0	NC	4		36	55	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.02		0		1		0.01	0.01	
Vitamin A, RAE	µg	12		0	NC	4		3	5	
Retinol	µg	12		0	NC	4		3	5	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	41		0		1		12	18	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18071

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.391		0		1		0.111	0.172	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.001	0.001	
15:0....g									
16:0....g	0.305		0		1		0.086	0.134	
17:0....g									
18:0....g	0.081		0		1		0.023	0.036	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.527		0		1		0.149	0.232	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0		1		0.003	0.005	
17:1....g									
18:1 undifferentiated....g	0.511		0		1		0.145	0.225	
20:1....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.401		0		1		0.397	0.616	
18:2 undifferentiated....g	1.254		0		1		0.356	0.552	
18:3 undifferentiated....g	0.147		0		1		0.042	0.065	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.027	0.042	
Threonine....g	0.223		0		1		0.063	0.098	
Isoleucine....g	0.283		0		1		0.080	0.125	
Leucine....g	0.544		0		1		0.154	0.239	
Lysine....g	0.214		0		1		0.061	0.094	
Methionine....g	0.140		0		1		0.040	0.062	
Cystine....g	0.154		0		1		0.044	0.068	
Phenylalanine....g	0.383		0		1		0.109	0.169	
Tyrosine....g	0.243		0		1		0.069	0.107	
Valine....g	0.327		0		1		0.093	0.144	
Arginine....g	0.309		0		1		0.088	0.136	
Histidine....g	0.174		0		1		0.049	0.077	
Alanine....g	0.253		0		1		0.072	0.111	
Aspartic acid....g	0.353		0		1		0.100	0.155	
Glutamic acid....g	2.459		0		1		0.697	1.082	
Glycine....g	0.269		0		1		0.076	0.118	
Proline....g	0.859		0		1		0.244	0.378	
Serine....g	0.384		0		1		0.109	0.169	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18071

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18075
Bread, whole-wheat, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.01	0.220	10	A	1		12.48	11.06	
Energy....kcal	252		0	NC	4		81	71	
Energy....kJ	1055		0	NC	4		338	299	
Protein (N x 6.25)....g	12.45	0.241	10	A	1		3.98	3.53	
Total lipid (fat)....g	3.50	0.072	10	A	1		1.12	0.99	
Ash....g	2.32	0.076	10	A	1		0.74	0.66	
Carbohydrate, by difference....g	42.71		0	NC	4		13.67	12.11	
Fiber, total dietary....g	6.0	0.391	7	A	1		1.9	1.7	
Sugars, total....g	4.34	0.417	7	A	1		1.39	1.23	
Sucrose....g	0.03	0.027	7	A	1		0.01	0.01	
Glucose (dextrose)....g	1.07	0.146	7	A	1		0.34	0.30	
Fructose....g	2.21	0.191	7	A	1		0.71	0.63	
Lactose....g	0.01	0.014	7	A	1		0.00	0.00	
Maltose....g	1.02	0.089	7	A	1		0.33	0.29	
Galactose....g	0.00	0.000	7	A	1		0.00	0.00	
Starch....g	28.73	1.470	7	A	1		9.19	8.15	
Minerals:									
Calcium, Ca....mg	161	15.821	10	A	1		51	46	
Iron, Fe....mg	2.47	0.185	10	A	1		0.79	0.70	
Magnesium, Mg....mg	75	1.795	10	A	1		24	21	
Phosphorus, P....mg	212	5.529	10	A	1		68	60	
Potassium, K....mg	254	10.154	10	A	1		81	72	
Sodium, Na....mg	455	25.287	10	A	1		145	129	
Zinc, Zn....mg	1.77	0.039	10	A	1		0.57	0.50	
Copper, Cu....mg	0.227	0.007	10	A	1		0.073	0.064	
Manganese, Mn....mg	2.174	0.039	10	A	1		0.696	0.616	
Selenium, Se....µg	25.7	3.559	7	A	1		8.2	7.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.394	0.028	7	A	1		0.126	0.112	
Riboflavin....mg	0.167	0.007	7	A	1		0.053	0.047	
Niacin....mg	4.438	0.139	7	A	1		1.420	1.258	
Pantothenic acid....mg	0.646	0.011	3	A	1		0.207	0.183	
Vitamin B-6....mg	0.215	0.010	7	A	1		0.069	0.061	
Folate, total....µg	42	4.875	7	A	1		13	12	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	42		0	NR	4		13	12	
Folate, DFE....µg	42		0	NC	4		13	12	
Choline, total....mg	27.2		0	AS	1		8.7	7.7	
Betaine....mg	126.5		1	A	1		40.5	35.8	
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	2		0	FLA	4		1	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	3		0	NC	4		1	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	87		0	FLA	4		28	25	
Vitamin E (alpha-tocopherol)....mg	2.66	1.874	5	A	1		0.85	0.76	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.25	0.034	5	A	1		0.08	0.07	
Tocopherol, gamma....mg	0.89	0.152	5	A	1		0.28	0.25	
Tocopherol, delta....mg	0.28	0.020	5	A	1		0.09	0.08	
Tocotrienol, alpha....mg	0.45	0.369	5	A	1		0.15	0.13	
Tocotrienol, beta....mg	1.30	0.126	5	A	1		0.42	0.37	

NDB No. 18075
Bread, whole-wheat, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.42	0.421	5	A	1		0.13	0.12	
Tocotrienol, delta....mg	0.21	0.207	5	A	1		0.07	0.06	
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....µg	7.8		2	A	1		2.5	2.2	
Dihydrophylloquinone....µg	0.6		2	A	1		0.2	0.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.722		0	NC	4		0.231	0.205	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.002	0.001	6	A	1		0.001	0.001	
10:0....g	0.008	0.001	6	A	1		0.003	0.002	
12:0....g	0.012	0.004	6	A	1		0.004	0.003	
13:0....g									
14:0....g	0.008	0.002	6	A	1		0.002	0.002	
15:0....g	0.003	0.000	6	A	1		0.001	0.001	
16:0....g	0.435	0.012	6	A	1		0.139	0.123	
17:0....g	0.003	0.000	6	A	1		0.001	0.001	
18:0....g	0.231	0.017	6	A	1		0.074	0.066	
20:0....g	0.007	0.000	6	A	1		0.002	0.002	
22:0....g	0.007	0.000	6	A	1		0.002	0.002	
24:0....g	0.004	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	0.620		0	NC	4		0.198	0.176	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.016	0.003	6	AS	1		0.005	0.005	
16:1 c....g	0.016	0.003	6	A	1		0.005	0.005	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.002	0.000	6	A	1		0.001	0.000	
18:1 undifferentiated....g	0.584	0.019	6	AS	1		0.187	0.166	
18:1 c....g	0.569	0.021	6	A	1		0.182	0.161	
18:1 t....g	0.015	0.006	6	A	1		0.005	0.004	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.002	6	A	1		0.005	0.005	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.592		0	NC	4		0.509	0.451	
18:2 undifferentiated....g	1.446	0.054	6	AS	1		0.463	0.410	
18:2 n-6 c,c....g	1.441	0.053	6	A	1		0.461	0.409	
18:2 CLAs....g	0.001	0.000	6	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.001	6	A	1		0.001	0.001	
18:3 undifferentiated....g	0.139	0.006	6	AS	1		0.044	0.039	
18:3 n-3 c,c,c (ALA)....g	0.137	0.006	6	A	1		0.044	0.039	
18:3 n-6 c,c,c....g	0.002	0.001	6	A	1		0.001	0.001	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	A	1		0.001	0.001	
20:3 undifferentiated....g	0.001	0.000	6	AS	1		0.000	0.000	
20:3 n-3....g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated....g	0.004	0.001	6	A	1		0.001	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 18075
Bread, whole-wheat, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.020		0	NC	4		0.006	0.006	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.005	0.004	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.001	0.001	
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 32g: 1 slice

Measure 2 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18076
Bread, whole-wheat, commercially prepared, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.25		2	A	1		6.88	6.06	
Energy....kcal	306		0	NC	4		87	77	
Energy....kJ	1282		0	NC	4		363	321	
Protein....g	16.27		2	A	1		4.61	4.07	
Total lipid (fat)....g	4.07		2	A	1		1.15	1.02	
Ash....g	4.25		2	A	1		1.20	1.06	
Carbohydrate, by difference....g	51.16		0	NC	4		14.51	12.79	
Fiber, total dietary....g	7.5		0	BFSN	4		2.1	1.9	
Sugars, total....g	5.77		2	A	1		1.64	1.44	
Starch....g									
Minerals:									
Calcium, Ca....mg	130		2	A	1		37	33	
Iron, Fe....mg	2.96		2	A	1		0.84	0.74	
Magnesium, Mg....mg	99		2	A	1		28	25	
Phosphorus, P....mg	303		2	A	1		86	76	
Potassium, K....mg	326		2	A	1		92	81	
Sodium, Na....mg	565		0	BFSN	4		160	141	
Zinc, Zn....mg	2.15		2	A	1		0.61	0.54	
Copper, Cu....mg	0.670		2	A	1		0.190	0.167	
Manganese, Mn....mg	2.545		2	A	1		0.722	0.636	
Selenium, Se....µg	52.6		2	A	1		14.9	13.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin....mg	0.376		2	A	1		0.107	0.094	
Riboflavin....mg	0.284		2	A	1		0.081	0.071	
Niacin....mg	5.732		2	A	1		1.625	1.433	
Pantothenic acid....mg	0.722		2	A	1		0.205	0.181	
Vitamin B-6....mg	0.237		2	A	1		0.067	0.059	
Folate, total....µg	52		0	RA	4		15	13	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	52		0	RA	4		15	13	
Folate, DFE....µg	52		0	NC	4		15	13	
Choline, total....mg	33.8		0	BFSN	4		9.6	8.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	RA	4		0	0	
Retinol....µg	0		0	RA	4		0	0	
Carotene, beta....µg	2		0	RA	4		1	1	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	4		0	RA	4		1	1	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	89		0	RA	4		25	22	
Vitamin E (alpha-tocopherol)....mg	0.63		0	RA	4		0.18	0.16	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	9.0		1	A	1		2.6	2.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18076
Bread, whole-wheat, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.922		0	RA	4		0.261	0.231	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.009		0	RA	4		0.002	0.002	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.000		0	RA	4		0.000	0.000	
13:0....g									
14:0....g	0.005		0	RA	4		0.001	0.001	
15:0....g	0.001		0	RA	4		0.000	0.000	
16:0....g	0.496		0	RA	4		0.141	0.124	
17:0....g	0.004		0	RA	4		0.001	0.001	
18:0....g	0.386		0	RA	4		0.110	0.097	
20:0....g	0.011		0	RA	4		0.003	0.003	
22:0....g	0.011		0	RA	4		0.003	0.003	
24:0....g									
Fatty acids, total monounsaturated....g	1.972		0	RA	4		0.559	0.493	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	RA	4		0.003	0.003	
17:1....g									
18:1 undifferentiated....g	1.960		0	RA	4		0.556	0.490	
20:1....g	0.001		0	RA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.740		0	RA	4		0.210	0.185	
18:2 undifferentiated....g	0.709		0	RA	4		0.201	0.177	
18:3 undifferentiated....g	0.031		0	RA	4		0.009	0.008	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g	1.025		0	RA	4		0.291	0.256	
Cholesterol....mg	0		0	RA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.101		0	RA	4		0.029	0.025	
Threonine....g	0.189		0	RA	4		0.054	0.047	
Isoleucine....g	0.243		0	RA	4		0.069	0.061	
Leucine....g	0.442		0	RA	4		0.125	0.111	
Lysine....g	0.183		0	RA	4		0.052	0.046	
Methionine....g	0.101		0	RA	4		0.029	0.025	
Cystine....g	0.151		0	RA	4		0.043	0.038	
Phenylalanine....g	0.308		0	RA	4		0.087	0.077	
Tyrosine....g	0.191		0	RA	4		0.054	0.048	
Valine....g	0.296		0	RA	4		0.084	0.074	
Arginine....g	0.308		0	RA	4		0.087	0.077	
Histidine....g	0.152		0	RA	4		0.043	0.038	
Alanine....g	0.234		0	RA	4		0.066	0.059	
Aspartic acid....g	0.339		0	RA	4		0.096	0.085	
Glutamic acid....g	2.055		0	RA	4		0.583	0.514	
Glycine....g	0.265		0	RA	4		0.075	0.066	
Proline....g	0.677		0	RA	4		0.192	0.169	
Serine....g	0.309		0	RA	4		0.087	0.077	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0		

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

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

Food Group: 18 Baked Products

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

NDB No. 18077
Bread, whole-wheat, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.70		0		1		9.27	15.04	10.79
Energy....kcal	278		0	NC	4		79	128	92
Energy....kJ	1163		0		4		330	535	384
Protein (N x 0)....g	8.40		0		1		2.38	3.86	2.77
Total lipid (fat)....g	5.40		0		1		1.53	2.48	1.78
Ash....g	2.00		0		1		0.57	0.92	0.66
Carbohydrate, by difference....g	51.40		0	NC	4		14.57	23.64	16.96
Fiber, total dietary....g	6.0		0		4		1.7	2.8	2.0
Sugars, total....g	3.84		0	RA	4		1.09	1.76	1.27
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0		1		9	15	11
Iron, Fe....mg	3.10		0		1		0.88	1.43	1.02
Magnesium, Mg....mg	81		0		1		23	37	27
Phosphorus, P....mg	187		0		1		53	86	62
Potassium, K....mg	314		0		1		89	144	104
Sodium, Na....mg	346		0		1		98	159	114
Zinc, Zn....mg	1.50		0		1		0.43	0.69	0.50
Copper, Cu....mg	0.253		0		1		0.072	0.116	0.083
Manganese, Mn....mg	1.881		0		1		0.533	0.865	0.621
Selenium, Se....µg	38.6		0	RK	4		10.9	17.8	12.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.303		0		1		0.086	0.139	0.100
Riboflavin....mg	0.227		0		1		0.064	0.104	0.075
Niacin....mg	3.985		0		1		1.130	1.833	1.315
Pantothenic acid....mg	0.473		0		1		0.134	0.218	0.156
Vitamin B-6....mg	0.199		0		1		0.056	0.092	0.066
Folate, total....µg	65		0	RA	4		18	30	21
Folic acid....µg	18		0		4		5	8	6
Folate, food....µg	47		0		1		13	22	16
Folate, DFE....µg	78		0	NC	4		22	36	26
Choline, total....mg	26.5		0	BFZN	4		7.5	12.2	8.8
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	RA	4		0	0	0
Carotene, beta....µg	2		0	RA	4		1	1	1
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	3		0	NC	4		1	2	1
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	89		0	RA	4		25	41	29
Vitamin E (alpha-tocopherol)....mg	0.76		0	RA	4		0.22	0.35	0.25
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.4		0	RA	4		2.7	4.3	3.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18077
Bread, whole-wheat, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.796		0		1		0.226	0.366	0.263
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.008		0		1		0.002	0.004	0.003
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.006		0		1		0.002	0.003	0.002
15:0....g									
16:0....g	0.600		0		1		0.170	0.276	0.198
17:0....g									
18:0....g	0.175		0		1		0.050	0.081	0.058
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.158		0		1		0.328	0.533	0.382
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.029		0		1		0.008	0.013	0.010
17:1....g									
18:1 undifferentiated....g	1.120		0		1		0.318	0.515	0.370
20:1....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.939		0		1		0.833	1.352	0.970
18:2 undifferentiated....g	2.621		0		1		0.743	1.206	0.865
18:3 undifferentiated....g	0.317		0		1		0.090	0.146	0.105
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0		1		0.035	0.056	0.040
Threonine....g	0.248		0		1		0.070	0.114	0.082
Isoleucine....g	0.314		0		1		0.089	0.144	0.104
Leucine....g	0.574		0		1		0.163	0.264	0.189
Lysine....g	0.244		0		1		0.069	0.112	0.081
Methionine....g	0.136		0		1		0.039	0.063	0.045
Cystine....g	0.186		0		1		0.053	0.086	0.061
Phenylalanine....g	0.403		0		1		0.114	0.185	0.133
Tyrosine....g	0.252		0		1		0.071	0.116	0.083
Valine....g	0.375		0		1		0.106	0.173	0.124
Arginine....g	0.383		0		1		0.109	0.176	0.126
Histidine....g	0.194		0		1		0.055	0.089	0.064
Alanine....g	0.304		0		1		0.086	0.140	0.100
Aspartic acid....g	0.433		0		1		0.123	0.199	0.143
Glutamic acid....g	2.618		0		1		0.742	1.204	0.864
Glycine....g	0.333		0		1		0.094	0.153	0.110
Proline....g	0.869		0		1		0.246	0.400	0.287
Serine....g	0.402		0		1		0.114	0.185	0.133
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0

NDB No. 18077
Bread, whole-wheat, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18078
Bread, whole-wheat, prepared from recipe, toasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.00		0		1		7.37	10.92	7.80
Energy	kcal	305		0	NC	4		86	128	92
Energy	kJ	1276		0		4		362	536	383
Protein (N x 0)	g	9.20		0		1		2.61	3.86	2.76
Total lipid (fat)	g	5.90		0		1		1.67	2.48	1.77
Ash	g	2.20		0		1		0.62	0.92	0.66
Carbohydrate, by difference	g	56.40		0	NC	4		15.99	23.69	16.92
Fiber, total dietary	g	6.7		0		4		1.9	2.8	2.0
Sugars, total	g	4.22		0	RA	4		1.20	1.77	1.26
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0		1		10	15	11
Iron, Fe	mg	3.40		0		1		0.96	1.43	1.02
Magnesium, Mg	mg	89		0		1		25	37	27
Phosphorus, P	mg	205		0		1		58	86	62
Potassium, K	mg	345		0		1		98	145	104
Sodium, Na	mg	381		0		1		108	160	114
Zinc, Zn	mg	1.65		0		1		0.47	0.69	0.50
Copper, Cu	mg	0.278		0		1		0.079	0.117	0.083
Manganese, Mn	mg	2.067		0		1		0.586	0.868	0.620
Selenium, Se	µg	42.5		0	RK	4		12.0	17.9	12.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.266		0		1		0.075	0.112	0.080
Riboflavin	mg	0.225		0		1		0.064	0.095	0.068
Niacin	mg	3.941		0		1		1.117	1.655	1.182
Pantothenic acid	mg	0.338		0		1		0.096	0.142	0.101
Vitamin B-6	mg	0.197		0		1		0.056	0.083	0.059
Folate, total	µg	67		0	RA	4		19	28	20
Folic acid	µg	31		0		4		9	13	9
Folate, food	µg	36		0		1		10	15	11
Folate, DFE	µg	89		0	NC	4		25	37	27
Choline, total	mg	29.2		0	RK	4		8.3	12.2	8.7
Betaine	mg									
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	NC	4		0	0	0
Retinol	µg	0		0	RA	4		0	0	0
Carotene, beta	µg	2		0	RA	4		1	1	1
Carotene, alpha	µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	0
Vitamin A, IU	IU	4		0	NC	4		1	2	1
Lycopene	µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin	µg	97		0	RA	4		28	41	29
Vitamin E (alpha-tocopherol)	mg	0.84		0	RA	4		0.24	0.35	0.25
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	10.4		0	RA	4		2.9	4.4	3.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.874		0		1		0.248	0.367	0.262
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.009		0		1		0.003	0.004	0.003
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.006		0		1		0.002	0.003	0.002
15:0....g									
16:0....g	0.660		0		1		0.187	0.277	0.198
17:0....g									
18:0....g	0.192		0		1		0.054	0.081	0.058
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.272		0		1		0.361	0.534	0.382
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.032		0		1		0.009	0.013	0.010
17:1....g									
18:1 undifferentiated....g	1.230		0		1		0.349	0.517	0.369
20:1....g	0.010		0		1		0.003	0.004	0.003
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.230		0		1		0.916	1.357	0.969
18:2 undifferentiated....g	2.880		0		1		0.816	1.210	0.864
18:3 undifferentiated....g	0.349		0		1		0.099	0.147	0.105
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0		1		0.038	0.056	0.040
Threonine....g	0.273		0		1		0.077	0.115	0.082
Isoleucine....g	0.345		0		1		0.098	0.145	0.104
Leucine....g	0.631		0		1		0.179	0.265	0.189
Lysine....g	0.268		0		1		0.076	0.113	0.080
Methionine....g	0.149		0		1		0.042	0.063	0.045
Cystine....g	0.204		0		1		0.058	0.086	0.061
Phenylalanine....g	0.442		0		1		0.125	0.186	0.133
Tyrosine....g	0.277		0		1		0.079	0.116	0.083
Valine....g	0.412		0		1		0.117	0.173	0.124
Arginine....g	0.421		0		1		0.119	0.177	0.126
Histidine....g	0.213		0		1		0.060	0.089	0.064
Alanine....g	0.334		0		1		0.095	0.140	0.100
Aspartic acid....g	0.476		0		1		0.135	0.200	0.143
Glutamic acid....g	2.877		0		1		0.816	1.208	0.863
Glycine....g	0.365		0		1		0.103	0.153	0.110
Proline....g	0.955		0		1		0.271	0.401	0.287
Serine....g	0.442		0		1		0.125	0.186	0.133
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0		4		0	0	0

NDB No. 18078
Bread, whole-wheat, prepared from recipe, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

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

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

Food Group: 18 Baked Products

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

NDB No. 18459
Breakfast tart, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.04		0	FLC	4		6.26		
Energy	kcal	372		0	FLC	4		193		
Energy	kJ	1556		0		4		809		
Protein	g	3.99		0	FLC	4		2.07		
Total lipid (fat)	g	5.99		0	FLC	4		3.11		
Ash	g	1.18		0		4		0.61		
Carbohydrate, by difference	g	76.80		0	FLC	4		39.94		
Fiber, total dietary	g	1.5		0	FLC	4		0.8		
Sugars, total	g	4.87		0	FLM	4		2.53		
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0	FLC	4		23		
Iron, Fe	mg	3.42		0	LC	8		1.78		
Magnesium, Mg	mg	44		0	FLC	4		23		
Phosphorus, P	mg	93		0	FLC	4		48		
Potassium, K	mg	66		0	FLC	4		34		
Sodium, Na	mg	361		0	LC	8		188		
Zinc, Zn	mg	0.28		0	FLC	4		0.15		
Copper, Cu	mg	0.073		0	FLC	4		0.038		
Manganese, Mn	mg									
Selenium, Se	µg	12.9		0	FLC	4		6.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8		0	FLC	4		2.0		
Thiamin	mg	0.285		0	LC	8		0.148		
Riboflavin	mg	0.549		0	LC	8		0.285		
Niacin	mg	3.800		0	LC	8		1.976		
Pantothenic acid	mg									
Vitamin B-6	mg	0.380		0	LC	8		0.198		
Folate, total	µg	100		0	MC	9		52		
Folic acid	µg	47		0	NR	4		24		
Folate, food	µg	53		0	O	4		28		
Folate, DFE	µg	133		0	NC	4		69		
Choline, total	mg	8.4		0	BFZN	4		4.3		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	285		0	NC	4		148		
Retinol	µg	285		0	FLM	4		148		
Carotene, beta	µg	3		0	FLM	4		1		
Carotene, alpha	µg	0		0	FLM	4		0		
Cryptoxanthin, beta	µg	1		0	FLM	4		1		
Vitamin A, IU	IU	950		0	LC	8		494		
Lycopene	µg	0		0	FLM	4		0		
Lutein + zeaxanthin	µg	4		0	FLM	4		2		
Vitamin E (alpha-tocopherol)	mg	0.53		0	FLM	4		0.28		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.4		0	FLM	4		0.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18459
Breakfast tart, low fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.393		0	FLC	4		0.724		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.005		0	FLC	4		0.003		
13:0.....g									
14:0.....g	0.002		0	FLC	4		0.001		
15:0.....g									
16:0.....g	0.681		0	FLC	4		0.354		
17:0.....g									
18:0.....g	0.676		0	FLC	4		0.352		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.338		0	FLC	4		1.736		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	3.332		0	FLC	4		1.733		
20:1.....g	0.007		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.878		0	FLC	4		0.457		
18:2 undifferentiated.....g	0.856		0	FLC	4		0.445		
18:3 undifferentiated.....g	0.023		0	FLC	4		0.012		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

Common Measures:

Measure 1 = 52g: 1 tart

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

Food Group: 18 Baked Products

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

NDB No. 18610

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

Continental Mills, Inc.

Refuse: 0%

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

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

Common Measures:

Measure 1 = 40g: 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 28355

CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free

Crunchmaster

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.29		2	A	1		0.13		
Energy ... kcal	456		0	NC	4		18		
Energy ... kJ	1906		0	NC	4		74		
Protein ... g	10.91		2	A	1		0.43		
Total lipid (fat) ... g	15.92		2	A	1		0.62		
Ash ... g	2.71		2	A	1		0.11		
Carbohydrate, by difference ... g	67.18		0	NC	4		2.62		
Fiber, total dietary ... g	7.5		1	A	1		0.3		
Sugars, total ... g	0.80		1	A	1		0.03		
Sucrose ... g	0.80		1	A	1		0.03		
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	57.80		1	A	1		2.25		
Minerals:									
Calcium, Ca ... mg	246		2	A	1		10		
Iron, Fe ... mg	2.68		2	A	1		0.10		
Magnesium, Mg ... mg	149		2	A	1		6		
Phosphorus, P ... mg	354		2	A	1		14		
Potassium, K ... mg	339		2	A	1		13		
Sodium, Na ... mg	370		2	A	1		14		
Zinc, Zn ... mg	2.50		2	A	1		0.10		
Copper, Cu ... mg	0.508		2	A	1		0.020		
Manganese, Mn ... mg	2.420		2	A	1		0.094		
Selenium, Se ... µg	16.3		1	A	1		0.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg									
Riboflavin ... mg	0.150		1	A	1		0.006		
Niacin ... mg	4.570		1	A	1		0.178		
Pantothenic acid ... mg	0.840		1	A	1		0.033		
Vitamin B-6 ... mg	0.370		1	A	1		0.014		
Folate, total ... µg	35		1	A	1		1		
Folic acid ... µg									
Folate, food ... µg	35		1	A	1		1		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									

NDB No. 28355
CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-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
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.069		0	NC	4		0.081		
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									
14:0....g	0.011		1	A	1		0.000		
15:0....g	0.003		1	A	1		0.000		
16:0....g	1.253		1	A	1		0.049		
17:0....g	0.008		1	A	1		0.000		
18:0....g	0.668		1	A	1		0.026		
20:0....g	0.077		1	A	1		0.003		
22:0....g	0.027		1	A	1		0.001		
24:0....g	0.022		1	A	1		0.001		
Fatty acids, total monounsaturated....g	7.004		0	NC	4		0.273		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.016		0	AS	1		0.001		
16:1 c....g	0.016		1	A	1		0.001		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.006		1	A	1		0.000		
18:1 undifferentiated....g	6.930		0	AS	1		0.270		
18:1 c....g	6.922		1	A	1		0.270		
18:1 t....g	0.008		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		1	A	1		0.002		
22:1 undifferentiated....g	0.005		0	AS	1		0.000		
22:1 c....g	0.005		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.006		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	5.981		0	NC	4		0.233		
18:2 undifferentiated....g	5.037		0	AS	1		0.196		
18:2 n-6 c,c....g	5.026		1	A	1		0.196		
18:2 CLAs....g	0.001		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		1	A	1		0.000		
18:3 undifferentiated....g	0.926		0	AS	1		0.036		
18:3 n-3 c,c,c (ALA)....g	0.922		1	A	1		0.036		
18:3 n-6 c,c,c....g	0.004		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.000		
20:3 n-3....g	0.002		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.018		0	NC	4		0.001		
Fatty acids, total trans-monoenoic....g	0.008		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.000		
Cholesterol....mg									

NDB No. 28355
CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-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
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 3.9g: 3 crackers

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

Food Group: 18 Baked Products

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

NDB No. 18086
Cake, angelfood, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.20	0.911	3		1		9.30	112.88	
Energy....kcal	258		0	NC	4		72	876	
Energy....kJ	1077		0	NC	4		302	3663	
Protein (N x 6.1)....g	5.90	0.071	3		1		1.65	20.06	
Total lipid (fat)....g	0.80		2		1		0.22	2.72	
Ash....g	2.30		1		1		0.64	7.82	
Carbohydrate, by difference....g	57.80		0		4		16.18	196.52	
Fiber, total dietary....g	1.5		0		4		0.4	5.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	140	16.532	6		1		39	476	
Iron, Fe....mg	0.52	0.055	3		1		0.15	1.77	
Magnesium, Mg....mg	12		2		1		3	41	
Phosphorus, P....mg	324		1	A	1		91	1102	
Potassium, K....mg	93		2		1		26	316	
Sodium, Na....mg	749	54.994	3		1		210	2547	
Zinc, Zn....mg	0.07	0.010	5		1		0.02	0.24	
Copper, Cu....mg	0.078		2		1		0.022	0.265	
Manganese, Mn....mg	0.085		2		1		0.024	0.289	
Selenium, Se....µg	7.3		0	FLA	4		2.0	24.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.102	0.030	3		1		0.029	0.347	
Riboflavin....mg	0.491	0.169	3		1		0.137	1.669	
Niacin....mg	0.883	0.120	3		1		0.247	3.002	
Pantothenic acid....mg	0.198	0.034	4		1		0.055	0.673	
Vitamin B-6....mg	0.031		2		1		0.009	0.105	
Folate, total....µg	35		0	FLA	4		10	119	
Folic acid....µg	32		0	NC	4		9	109	
Folate, food....µg	3		0		4		1	10	
Folate, DFE....µg	57		0	NC	4		16	195	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.06		0	FLA	4		0.02	0.20	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18086
Cake, angelfood, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.121		0		4		0.034	0.411	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		4		0.000	0.003	
15:0....g									
16:0....g	0.110		0		4		0.031	0.374	
17:0....g									
18:0....g	0.005		0		4		0.001	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.071		0		4		0.020	0.241	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.001	0.007	
17:1....g									
18:1 undifferentiated....g	0.068		0		4		0.019	0.231	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		4		0.103	1.248	
18:2 undifferentiated....g	0.346		0		4		0.097	1.176	
18:3 undifferentiated....g	0.021		0		4		0.006	0.071	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		4		0.021	0.255	
Threonine....g	0.248		0		4		0.069	0.843	
Isoleucine....g	0.312		0		4		0.087	1.061	
Leucine....g	0.481		0		4		0.135	1.635	
Lysine....g	0.364		0		4		0.102	1.238	
Methionine....g	0.183		0		4		0.051	0.622	
Cystine....g	0.149		0		4		0.042	0.507	
Phenylalanine....g	0.334		0		4		0.094	1.136	
Tyrosine....g	0.218		0		4		0.061	0.741	
Valine....g	0.354		0		4		0.099	1.204	
Arginine....g	0.303		0		4		0.085	1.030	
Histidine....g	0.131		0		4		0.037	0.445	
Alanine....g	0.310		0		4		0.087	1.054	
Aspartic acid....g	0.532		0		4		0.149	1.809	
Glutamic acid....g	1.025		0		4		0.287	3.485	
Glycine....g	0.206		0		4		0.058	0.700	
Proline....g	0.317		0		4		0.089	1.078	
Serine....g	0.389		0		4		0.109	1.323	
Hydroxyproline....g									

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

NDB No. 18086

Cake, angelfood, commercially prepared

Common Measures:

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18087
Cake, angelfood, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.73		1	MC	9		1.42	15.34	1.06
Energy....kcal	366		0	NC	4		139	1503	104
Energy....kJ	1530		0	NC	4		581	6288	434
Protein (N x 6.2)....g	6.40		1	MC	9		2.43	26.30	1.81
Total lipid (fat)....g	0.27		1	MC	9		0.10	1.10	0.08
Ash....g	3.47		1	MC	9		1.32	14.25	0.98
Carbohydrate, by difference....g	86.13		0	NC	4		32.73	354.01	24.42
Fiber, total dietary....g	0.5		1	MC	9		0.2	2.2	0.2
Sugars, total....g	61.33		1	MC	9		23.31	252.08	17.39
Starch....g									
Minerals:									
Calcium, Ca....mg	153		1	MC	9		58	628	43
Iron, Fe....mg	0.27		1	MC	9		0.10	1.10	0.08
Magnesium, Mg....mg	11	0.377	13		1		4	45	3
Phosphorus, P....mg	337	39.519	21		1		128	1385	96
Potassium, K....mg	91		1	MC	9		35	374	26
Sodium, Na....mg	822		1	MC	9		312	3379	233
Zinc, Zn....mg	0.16	0.008	12		1		0.06	0.66	0.05
Copper, Cu....mg	0.094	0.007	12		1		0.036	0.386	0.027
Manganese, Mn....mg	0.142		0	FLA	4		0.054	0.584	0.040
Selenium, Se....µg	12.6		0	FLA	4		4.8	51.8	3.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin....mg	0.267		1	MC	9		0.101	1.096	0.076
Niacin....mg	0.267		1	MC	9		0.101	1.096	0.076
Pantothenic acid....mg	0.264		0	FLA	4		0.100	1.085	0.075
Vitamin B-6....mg	0.009		0	FLA	4		0.003	0.037	0.003
Folate, total....µg	42		0	FLA	4		16	174	12
Folic acid....µg	25		0	FLA	4		10	103	7
Folate, food....µg	17		0	FLA	4		7	71	5
Folate, DFE....µg	60		0	NC	4		23	246	17
Choline, total....mg	2.7		0	FLA	4		1.0	11.0	0.8
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLA	4		0.02	0.21	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NR	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		1	MC	9		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLA	4		0	2	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.01	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.0	0.2	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18087
Cake, angelfood, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.039		0	NC	4		0.015	0.158	0.011
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.037		0		4		0.014	0.151	0.010
17:0....g									
18:0....g	0.002		0		4		0.001	0.008	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0	NC	4		0.009	0.100	0.007
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000	0.003	0.000
17:1....g									
18:1 undifferentiated....g	0.024		0		4		0.009	0.098	0.007
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.116		0	NC	4		0.044	0.475	0.033
18:2 undifferentiated....g	0.109		0		4		0.042	0.449	0.031
18:3 undifferentiated....g	0.006		0		4		0.002	0.026	0.002
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		4		0.043	0.460	0.032
Threonine....g	0.376		0		4		0.143	1.545	0.107
Isoleucine....g	0.470		0		4		0.179	1.932	0.133
Leucine....g	0.721		0		4		0.274	2.963	0.204
Lysine....g	0.552		0		4		0.210	2.269	0.156
Methionine....g	0.279		0		4		0.106	1.147	0.079
Cystine....g	0.223		0		4		0.085	0.917	0.063
Phenylalanine....g	0.497		0		4		0.189	2.043	0.141
Tyrosine....g	0.327		0		4		0.124	1.344	0.093
Valine....g	0.533		0		4		0.203	2.191	0.151
Arginine....g	0.457		0		4		0.174	1.878	0.130
Histidine....g	0.194		0		4		0.074	0.797	0.055
Alanine....g	0.470		0		4		0.179	1.932	0.133
Aspartic acid....g	0.813		0		4		0.309	3.341	0.230
Glutamic acid....g	1.441		0		4		0.548	5.923	0.409
Glycine....g	0.306		0		4		0.116	1.258	0.087
Proline....g	0.443		0		4		0.168	1.821	0.126
Serine....g	0.583		0		4		0.222	2.396	0.165
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18087
Cake, angelfood, dry mix

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

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

Common Measures:

Measure 1 = 38g: 1 serving

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

Measure 3 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

NDB No. 18088
Cake, angelfood, dry mix, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.90		0		4		16.45	196.08	
Energy	kcal	257		0		4		129	1532	
Energy	kJ	1075		0		4		538	6409	
Protein (N x 0)	g	6.10		0		4		3.05	36.36	
Total lipid (fat)	g	0.30		0		4		0.15	1.79	
Ash	g	2.00		0		4		1.00	11.92	
Carbohydrate, by difference	g	58.70		0		4		29.35	349.85	
Fiber, total dietary	g	0.2		0		4		0.1	1.3	
Sugars, total	g	30.51		0	RA	4		15.26	181.85	
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		4		42	501	
Iron, Fe	mg	0.23		0		4		0.12	1.37	
Magnesium, Mg	mg	8		0		4		4	48	
Phosphorus, P	mg	232		0		4		116	1383	
Potassium, K	mg	135		0		4		68	805	
Sodium, Na	mg	511		0	NR	4		255	3043	
Zinc, Zn	mg	0.13		0		4		0.07	0.77	
Copper, Cu	mg	0.068		0		4		0.034	0.405	
Manganese, Mn	mg	0.063		0		4		0.032	0.375	
Selenium, Se	µg	15.3		0	RK	4		7.7	91.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.092		0		4		0.046	0.548	
Riboflavin	mg	0.202		0		4		0.101	1.204	
Niacin	mg	0.171		0		4		0.086	1.019	
Pantothenic acid	mg	0.110		0		4		0.055	0.656	
Vitamin B-6	mg	0.006		0		4		0.003	0.036	
Folate, total	µg	19		0	RA	4		9	112	
Folic acid	µg	14		0		4		7	83	
Folate, food	µg	5		0		4		3	30	
Folate, DFE	µg	29		0	NC	4		14	172	
Choline, total	mg	1.3		0	RK	4		0.7	7.8	
Betaine	mg									
Vitamin B-12	µg	0.03		0		4		0.02	0.18	
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		4		0	0	
Carotene, alpha	µg	0		0		4		0	0	
Cryptoxanthin, beta	µg	0		0		4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	1		0	RA	4		0	4	
Vitamin E (alpha-tocopherol)	mg	0.01		0	RA	4		0.00	0.03	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.1		0	RA	4		0.0	0.6	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18088
Cake, angelfood, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.043		0		4		0.022	0.256	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.039		0		4		0.020	0.232	
17:0....g									
18:0....g	0.002		0		4		0.001	0.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		4		0.013	0.155	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001	0.006	
17:1....g									
18:1 undifferentiated....g	0.025		0		4		0.013	0.149	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.124		0		4		0.062	0.739	
18:2 undifferentiated....g	0.117		0		4		0.059	0.697	
18:3 undifferentiated....g	0.007		0		4		0.004	0.042	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		4		0.039	0.459	
Threonine....g	0.259		0		4		0.130	1.544	
Isoleucine....g	0.324		0		4		0.162	1.931	
Leucine....g	0.497		0		4		0.249	2.962	
Lysine....g	0.380		0		4		0.190	2.265	
Methionine....g	0.192		0		4		0.096	1.144	
Cystine....g	0.154		0		4		0.077	0.918	
Phenylalanine....g	0.343		0		4		0.172	2.044	
Tyrosine....g	0.226		0		4		0.113	1.347	
Valine....g	0.368		0		4		0.184	2.193	
Arginine....g	0.315		0		4		0.158	1.877	
Histidine....g	0.134		0		4		0.067	0.799	
Alanine....g	0.324		0		4		0.162	1.931	
Aspartic acid....g	0.561		0		4		0.281	3.344	
Glutamic acid....g	0.994		0		4		0.497	5.924	
Glycine....g	0.211		0		4		0.106	1.258	
Proline....g	0.306		0		4		0.153	1.824	
Serine....g	0.402		0		4		0.201	2.396	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18088
Cake, angelfood, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 50g: 1 piece (1/12 of 10" dia)

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

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

Food Group: 18 Baked Products

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

NDB No. 18090
Cake, boston cream pie, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.40	2.184	3		1		12.87	41.77	
Energy....kcal	252		0		4		71	232	
Energy....kJ	1054		0		4		299	970	
Protein (N x 6)....g	2.40	0.278	3		1		0.68	2.21	
Total lipid (fat)....g	8.50	0.513	4		1		2.41	7.82	
Ash....g	0.70	0.038	5		1		0.20	0.64	
Carbohydrate, by difference....g	42.90		0	NC	4		12.16	39.47	
Fiber, total dietary....g	1.4		0		1		0.4	1.3	
Sugars, total....g	36.11		0	FLA	4		10.24	33.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	0.953	3		1		7	21	
Iron, Fe....mg	0.38	0.063	3		1		0.11	0.35	
Magnesium, Mg....mg	6		2		1		2	6	
Phosphorus, P....mg	49		2		1		14	45	
Potassium, K....mg	39	4.650	3		1		11	36	
Sodium, Na....mg	254		0	LC	8		72	234	
Zinc, Zn....mg	0.16		2		1		0.05	0.15	
Copper, Cu....mg	0.042		0	FLA	4		0.012	0.039	
Manganese, Mn....mg	0.050		2		1		0.014	0.046	
Selenium, Se....µg	4.1		0	FLA	4		1.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.2	
Thiamin....mg	0.408	0.051	9		1		0.116	0.375	
Riboflavin....mg	0.270	0.016	9		1		0.077	0.248	
Niacin....mg	0.191	0.052	9		1		0.054	0.176	
Pantothenic acid....mg	0.301	0.012	8		1		0.085	0.277	
Vitamin B-6....mg	0.026	0.000	8		1		0.007	0.024	
Folate, total....µg	14		0	FLA	4		4	13	
Folic acid....µg	6		0		4		2	6	
Folate, food....µg	8	0.605	8		1		2	7	
Folate, DFE....µg	18		0	NC	4		5	17	
Choline, total....mg	17.4		0	FLC	4		4.9	16.0	
Betaine....mg									
Vitamin B-12....µg	0.16	0.004	8		1		0.05	0.15	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	24		0	NC	4		7	22	
Retinol....µg	23		0	FLA	4		7	22	
Carotene, beta....µg	2		0	FLA	4		1	2	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	1	
Vitamin A, IU....IU	82		0	NC	4		23	75	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	27		0	FLA	4		8	25	
Vitamin E (alpha-tocopherol)....mg	0.15		0	FLA	4		0.04	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLA	4		0.0	0.1	
Vitamin D....IU	5		0	FLA	4		1	4	
Vitamin K (phylloquinone)....µg	3.1		0	FLA	4		0.9	2.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18090
Cake, boston cream pie, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.445		0	FLA	4		0.693	2.249	
4:0....g	0.020		0	FLA	4		0.006	0.018	
6:0....g	0.012		0	FLA	4		0.003	0.011	
8:0....g	0.007		0	FLA	4		0.002	0.006	
10:0....g	0.005		0	FLA	4		0.001	0.005	
12:0....g	0.013		0	FLA	4		0.004	0.012	
13:0....g									
14:0....g	0.093		0	FLA	4		0.026	0.086	
15:0....g									
16:0....g	1.265		0	FLA	4		0.359	1.164	
17:0....g									
18:0....g	1.006		0	FLA	4		0.285	0.926	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.544		0	FLA	4		1.288	4.180	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.009	0.029	
17:1....g									
18:1 undifferentiated....g	4.504		0	FLA	4		1.277	4.144	
20:1....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.009		0	FLA	4		0.286	0.928	
18:2 undifferentiated....g	0.941		0	FLA	4		0.267	0.866	
18:3 undifferentiated....g	0.055		0	FLA	4		0.016	0.051	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	FLA	4		0.003	0.009	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	37		1		1		10	34	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.010	0.031	
Threonine....g	0.093		0		1		0.026	0.086	
Isoleucine....g	0.115		0		1		0.033	0.106	
Leucine....g	0.190		0		1		0.054	0.175	
Lysine....g	0.136		0		1		0.039	0.125	
Methionine....g	0.054		0		1		0.015	0.050	
Cystine....g	0.046		0		1		0.013	0.042	
Phenylalanine....g	0.119		0		1		0.034	0.109	
Tyrosine....g	0.089		0		1		0.025	0.082	
Valine....g	0.132		0		1		0.037	0.121	
Arginine....g	0.113		0		1		0.032	0.104	
Histidine....g	0.054		0		1		0.015	0.050	
Alanine....g	0.098		0		1		0.028	0.090	
Aspartic acid....g	0.175		0		1		0.050	0.161	
Glutamic acid....g	0.546		0		1		0.155	0.502	
Glycine....g	0.078		0		1		0.022	0.072	
Proline....g	0.191		0		1		0.054	0.176	
Serine....g	0.143		0		1		0.041	0.132	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18090
Cake, boston cream pie, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	6		0	FLA	4		2	6	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/6 of pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18095
Cake, cherry fudge with chocolate frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.10		1		1		13.07	32.73	
Energy....kcal	264		0	NC	4		75	187	
Energy....kJ	1104		0	NC	4		313	784	
Protein (N x 6.1)....g	2.40		1		1		0.68	1.70	
Total lipid (fat)....g	12.50		1		1		3.54	8.88	
Ash....g	1.00		1		1		0.28	0.71	
Carbohydrate, by difference....g	38.00		0	NC	4		10.77	26.98	
Fiber, total dietary....g	0.5		0	FLC	4		0.1	0.4	
Sugars, total....g	32.94		0	FLC	4		9.34	23.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1		1		14	34	
Iron, Fe....mg	1.10		1		1		0.31	0.78	
Magnesium, Mg....mg	19		1		1		5	13	
Phosphorus, P....mg	105		1		1		30	75	
Potassium, K....mg	166		1		1		47	118	
Sodium, Na....mg	164		0	FLC	4		47	116	
Zinc, Zn....mg	0.28		0	FLA	4		0.08	0.20	
Copper, Cu....mg	0.057		0	FLA	4		0.016	0.040	
Manganese, Mn....mg	0.067		0	FLA	4		0.019	0.048	
Selenium, Se....µg	3.4		0	FLA	4		1.0	2.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.6		1		1		3.9	9.7	
Thiamin....mg	0.030		1		1		0.009	0.021	
Riboflavin....mg	0.190		1		1		0.054	0.135	
Niacin....mg	0.700		1		1		0.198	0.497	
Pantothenic acid....mg	0.463		0	FLA	4		0.131	0.329	
Vitamin B-6....mg	0.060		0	FLA	4		0.017	0.043	
Folate, total....µg	10		0	FLA	4		3	7	
Folic acid....µg	2		0	NC	4		1	1	
Folate, food....µg	8		0	NC	4		2	6	
Folate, DFE....µg	11		0	NC	4		3	8	
Choline, total....mg	28.5		0	FLC	4		8.1	20.2	
Betaine....mg									
Vitamin B-12....µg	0.21		0	FLA	4		0.06	0.15	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	80		0	NC	4		23	57	
Retinol....µg	69		0	FLC	4		20	49	
Carotene, beta....µg	131		0	FLC	4		37	93	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	448		0	NC	4		127	318	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	42		0	FLC	4		12	30	
Vitamin E (alpha-tocopherol)....mg	0.75		0	FLC	4		0.21	0.53	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	FLC	4		0.1	0.2	
Vitamin D....IU	14		0	FLC	4		4	10	
Vitamin K (phylloquinone)....µg	2.4		0	FLC	4		0.7	1.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18095
Cake, cherry fudge with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.066		0	FLA	4		1.436	3.597	
4:0....g	0.212		0	FLA	4		0.060	0.151	
6:0....g	0.124		0	FLA	4		0.035	0.088	
8:0....g	0.073		0	FLA	4		0.021	0.052	
10:0....g	0.163		0	FLA	4		0.046	0.116	
12:0....g	0.181		0	FLA	4		0.051	0.129	
13:0....g									
14:0....g	0.660		0	FLA	4		0.187	0.469	
15:0....g									
16:0....g	2.384		0	FLA	4		0.676	1.693	
17:0....g									
18:0....g	1.123		0	FLA	4		0.318	0.797	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.400		0	FLA	4		1.247	3.124	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.183		0	FLA	4		0.052	0.130	
17:1....g									
18:1 undifferentiated....g	4.113		0	FLA	4		1.166	2.920	
20:1....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.340		0	FLA	4		0.663	1.661	
18:2 undifferentiated....g	2.084		0	FLA	4		0.591	1.480	
18:3 undifferentiated....g	0.240		0	FLA	4		0.068	0.170	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.008		0	FLA	4		0.002	0.006	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	42		0	FLA	4		12	30	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		4		0.009	0.021	
Threonine....g	0.104		0		4		0.029	0.074	
Isoleucine....g	0.109		0		4		0.031	0.077	
Leucine....g	0.180		0		4		0.051	0.128	
Lysine....g	0.148		0		4		0.042	0.105	
Methionine....g	0.047		0		4		0.013	0.033	
Cystine....g	0.040		0		4		0.011	0.028	
Phenylalanine....g	0.098		0		4		0.028	0.070	
Tyrosine....g	0.074		0		4		0.021	0.053	
Valine....g	0.124		0		4		0.035	0.088	
Arginine....g	0.111		0		4		0.031	0.079	
Histidine....g	0.046		0		4		0.013	0.033	
Alanine....g	0.118		0		4		0.033	0.084	
Aspartic acid....g	0.232		0		4		0.066	0.165	
Glutamic acid....g	0.420		0		4		0.119	0.298	
Glycine....g	0.116		0		4		0.033	0.082	
Proline....g	0.170		0		4		0.048	0.121	
Serine....g	0.126		0		4		0.036	0.089	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18095
Cake, cherry fudge with chocolate frosting

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18096

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.04	1.214	6	A	1		30.42	365.89	14.11
Energy....kcal	389		0	NC	4		537	6465	249
Energy....kJ	1629		0	NC	4		2248	27041	1043
Protein (N x 5.9)....g	3.48	0.168	6	A	1		4.80	57.75	2.23
Total lipid (fat)....g	20.05	1.450	6	A	1		27.67	332.86	12.83
Ash....g	1.58	0.053	6	A	1		2.18	26.28	1.01
Carbohydrate, by difference....g	52.84		0	NC	4		72.92	877.21	33.82
Fiber, total dietary....g	2.2	0.088	3	A	1		3.0	36.0	1.4
Sugars, total....g	39.96	1.261	3	A	1		55.14	663.28	25.57
Sucrose....g	37.12	2.884	3	A	1		51.23	616.25	23.76
Glucose (dextrose)....g	1.42	0.804	3	A	1		1.96	23.63	0.91
Fructose....g	0.82	0.665	3	A	1		1.14	13.67	0.53
Lactose....g	0.46	0.048	3	A	1		0.64	7.69	0.30
Maltose....g	0.12	0.123	3	A	1		0.17	2.05	0.08
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	7.45	0.743	6	A	1		10.28	123.67	4.77
Minerals:									
Calcium, Ca....mg	30	1.801	6	A	1		42	502	19
Iron, Fe....mg	3.04	0.153	6	A	1		4.20	50.46	1.95
Magnesium, Mg....mg	31	1.287	6	A	1		43	516	20
Phosphorus, P....mg	137	5.269	6	A	1		189	2271	88
Potassium, K....mg	270	8.039	6	A	1		373	4485	173
Sodium, Na....mg	348	19.243	6	A	1		480	5771	223
Zinc, Zn....mg	0.58	0.030	6	A	1		0.81	9.69	0.37
Copper, Cu....mg	0.216	0.012	6	A	1		0.298	3.586	0.138
Manganese, Mn....mg	0.329	0.012	6	A	1		0.454	5.461	0.211
Selenium, Se....µg	7.8	2.591	3	A	1		10.8	130.0	5.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.1	1.7	0.1
Thiamin....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Riboflavin....mg	0.057	0.012	3	A	1		0.078	0.941	0.036
Niacin....mg	0.773	0.087	3	A	1		1.067	12.837	0.495
Pantothenic acid....mg	0.190		2	A	1		0.262	3.154	0.122
Vitamin B-6....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Folate, total....µg	17		0	FLA	4		23	282	11
Folic acid....µg	9		0	NC	4		12	149	6
Folate, food....µg	8		0		4		11	133	5
Folate, DFE....µg	23		0	NC	4		32	387	15
Choline, total....mg	22.0		0	AS	1		30.3	364.4	14.0
Betaine....mg	6.2		1	A	1		8.6	103.4	4.0
Vitamin B-12....µg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NC	4		1	11	0
Retinol....µg	1		0	BFZN	4		1	11	0
Carotene, beta....µg	0		0	BFZN	4		0	2	0
Carotene, alpha....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	2		0	NC	4		3	41	2
Lycopene....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....µg	3		0	BFZN	4		5	56	2
Vitamin E (alpha-tocopherol)....mg	4.33	0.445	3	A	1		5.98	71.94	2.77
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.14	0.025	3	A	1		0.20	2.41	0.09
Tocopherol, gamma....mg	7.48	1.201	3	A	1		10.32	124.17	4.79
Tocopherol, delta....mg	1.96	0.401	3	A	1		2.70	32.51	1.25
Tocotrienol, alpha....mg	0.45	0.218	3	A	1		0.61	7.39	0.28
Tocotrienol, beta....mg	0.05	0.025	3	A	1		0.07	0.81	0.03

NDB No. 18096

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.73	0.321	3	A	1		1.00	12.06	0.47
Tocotrienol, delta....mg	0.22	0.086	3	A	1		0.30	3.67	0.14
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	28.9	1.894	3	A	1		39.8	479.2	18.5
Dihydrophylloquinone....µg	8.7		2	A	1		12.0	144.4	5.6
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.917		0	NC	4		8.166	98.224	3.787
4:0....g	0.013	0.008	6	A	1		0.018	0.219	0.008
6:0....g	0.011	0.006	6	A	1		0.016	0.188	0.007
8:0....g	0.021	0.013	6	A	1		0.029	0.354	0.014
10:0....g	0.034	0.016	6	A	1		0.048	0.573	0.022
12:0....g	0.197	0.168	6	A	1		0.272	3.270	0.126
13:0....g									
14:0....g	0.170	0.059	6	A	1		0.235	2.825	0.109
15:0....g	0.011	0.004	6	A	1		0.015	0.185	0.007
16:0....g	3.501	0.684	6	A	1		4.832	58.125	2.241
17:0....g	0.023	0.002	6	A	1		0.032	0.382	0.015
18:0....g	1.801	0.199	6	A	1		2.486	29.905	1.153
20:0....g	0.069	0.005	6	A	1		0.096	1.151	0.044
22:0....g	0.044	0.004	6	A	1		0.060	0.728	0.028
24:0....g	0.019	0.001	6	A	1		0.026	0.315	0.012
Fatty acids, total monounsaturated....g	7.343		0	NC	4		10.134	121.902	4.700
14:1....g	0.004	0.003	6	A	1		0.006	0.072	0.003
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.039	0.008	6	AS	1		0.054	0.645	0.025
16:1 c....g	0.036	0.007	6	A	1		0.050	0.606	0.023
16:1 t....g	0.002	0.001	6	A	1		0.003	0.039	0.001
17:1....g	0.009	0.001	6	A	1		0.012	0.149	0.006
18:1 undifferentiated....g	7.229	0.915	6	AS	1		9.976	119.996	4.626
18:1 c....g	6.100	0.679	6	A	1		8.418	101.265	3.904
18:1 t....g	1.128	0.368	6	A	1		1.557	18.730	0.722
18:1-11 t (18:1t n-7)....g									
20:1....g	0.059	0.005	6	A	1		0.082	0.982	0.038
22:1 undifferentiated....g	0.004	0.001	6	AS	1		0.005	0.058	0.002
22:1 c....g	0.003	0.000	6	A	1		0.004	0.050	0.002
22:1 t....g	0.001	0.001	6	A	1		0.001	0.008	0.000
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	4.622		0	NC	4		6.378	76.722	2.958
18:2 undifferentiated....g	4.122	0.214	6	AS	1		5.689	68.428	2.638
18:2 n-6 c,c....g	3.918	0.228	6	A	1		5.407	65.044	2.508
18:2 CLAs....g	0.017	0.003	6	A	1		0.023	0.282	0.011
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.187	0.052	6	A	1		0.258	3.101	0.120
18:3 undifferentiated....g	0.482	0.039	6	AS	1		0.665	8.001	0.308
18:3 n-3 c,c,c (ALA)....g	0.454	0.037	6	A	1		0.627	7.545	0.291
18:3 n-6 c,c,c....g	0.027	0.003	6	A	1		0.038	0.456	0.018
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.006	0.075	0.003
20:3 undifferentiated....g	0.003	0.001	6	AS	1		0.003	0.042	0.002
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.003	0.001	6	A	1		0.003	0.042	0.002
20:4 undifferentiated....g	0.010	0.001	6	A	1		0.014	0.171	0.007
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.006	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18096

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

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

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

Common Measures:

Measure 1 = 138g: 1 piece (1/12 of a cake)

Measure 2 = 1660g: 1 cake

Measure 3 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18101
Cake, chocolate, prepared from recipe without frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.40		0		4		23.18	277.43	
Energy....kcal	371		0	NC	4		352	4215	
Energy....kJ	1551		0	NC	4		1473	17635	
Protein (N x 0)....g	5.30		0		4		5.04	60.26	
Total lipid (fat)....g	15.10		0		4		14.35	171.69	
Ash....g	1.30		0		4		1.24	14.78	
Carbohydrate, by difference....g	53.40		0		4		50.73	607.16	
Fiber, total dietary....g	1.6		0		4		1.5	18.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0		4		57	682	
Iron, Fe....mg	1.61		0		4		1.53	18.31	
Magnesium, Mg....mg	32		0		4		30	364	
Phosphorus, P....mg	106		0		4		101	1205	
Potassium, K....mg	140		0		4		133	1592	
Sodium, Na....mg	315		0		4		299	3582	
Zinc, Zn....mg	0.69		0		4		0.66	7.85	
Copper, Cu....mg	0.207		0		4		0.197	2.354	
Manganese, Mn....mg	0.280		0		4		0.266	3.184	
Selenium, Se....µg	11.9		0	RK	4		11.3	135.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		4		0.2	2.3	
Thiamin....mg	0.141		0		4		0.134	1.603	
Riboflavin....mg	0.213		0		4		0.202	2.422	
Niacin....mg	1.137		0		4		1.080	12.928	
Pantothenic acid....mg	0.304		0		4		0.289	3.456	
Vitamin B-6....mg	0.041		0		4		0.039	0.466	
Folate, total....µg	27		0	RK	4		26	307	
Folic acid....µg	17		0	NC	4		16	193	
Folate, food....µg	10		0		4		10	114	
Folate, DFE....µg	39		0	NC	4		37	442	
Choline, total....mg	128.4		0	AS	1		122.0	1459.6	
Betaine....mg	47.7		1	A	1		45.3	542.1	
Vitamin B-12....µg	0.16		0		4		0.15	1.82	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	140		0		4		133	1592	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.430		0		4		5.159	61.739	
4:0....g	0.017		0		4		0.016	0.193	
6:0....g	0.010		0		4		0.010	0.114	
8:0....g	0.006		0		4		0.006	0.068	
10:0....g	0.014		0		4		0.013	0.159	
12:0....g	0.015		0		4		0.014	0.171	
13:0....g									
14:0....g	0.101		0		4		0.096	1.148	
15:0....g									
16:0....g	2.836		0		4		2.694	32.245	
17:0....g									
18:0....g	2.392		0		4		2.272	27.197	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.039		0		4		5.737	68.663	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.051		0		4		0.048	0.580	
17:1....g									
18:1 undifferentiated....g	5.982		0		4		5.683	68.015	
20:1....g	0.004		0		4		0.004	0.045	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.761		0		4		2.623	31.393	
18:2 undifferentiated....g	2.576		0		4		2.447	29.289	
18:3 undifferentiated....g	0.161		0		4		0.153	1.831	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		4		0.018	0.216	
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	0.005		0		4		0.005	0.057	
Fatty acids, total trans....g									
Cholesterol....mg	58		0		4		55	659	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		4		0.065	0.773	
Threonine....g	0.202		0		4		0.192	2.297	
Isoleucine....g	0.240		0		4		0.228	2.729	
Leucine....g	0.407		0		4		0.387	4.628	
Lysine....g	0.268		0		4		0.255	3.047	
Methionine....g	0.116		0		4		0.110	1.319	
Cystine....g	0.098		0		4		0.093	1.114	
Phenylalanine....g	0.265		0		4		0.252	3.013	
Tyrosine....g	0.197		0		4		0.187	2.240	
Valine....g	0.283		0		4		0.269	3.218	
Arginine....g	0.253		0		4		0.240	2.877	
Histidine....g	0.120		0		4		0.114	1.364	
Alanine....g	0.220		0		4		0.209	2.501	
Aspartic acid....g	0.390		0		4		0.371	4.434	
Glutamic acid....g	1.177		0		4		1.118	13.382	
Glycine....g	0.179		0		4		0.170	2.035	
Proline....g	0.411		0		4		0.390	4.673	
Serine....g	0.301		0		4		0.286	3.422	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

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

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

Common Measures:

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18110
Cake, fruitcake, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.30	1.764	3		1		7.17	10.88	
Energy....kcal	324		0	NC	4		92	139	
Energy....kJ	1356		0		4		384	583	
Protein (N x 5.6)....g	2.90		2		1		0.82	1.25	
Total lipid (fat)....g	9.10	1.072	4		1		2.58	3.91	
Ash....g	1.00	0.010	4		1		0.28	0.43	
Carbohydrate, by difference....g	61.60		0	NC	4		17.46	26.49	
Fiber, total dietary....g	3.7		0		1		1.0	1.6	
Sugars, total....g	27.42		0	FLA	4		7.77	11.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	33	4.905	3		1		9	14	
Iron, Fe....mg	2.07	0.433	3		1		0.59	0.89	
Magnesium, Mg....mg	16		2		1		5	7	
Phosphorus, P....mg	52		2		1		15	22	
Potassium, K....mg	153		2		1		43	66	
Sodium, Na....mg	101		0	LC	8		29	44	
Zinc, Zn....mg	0.27		2		1		0.08	0.12	
Copper, Cu....mg	0.050		2		1		0.014	0.022	
Manganese, Mn....mg	0.220		2		1		0.062	0.095	
Selenium, Se....µg	2.0		0	FLA	4		0.6	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	FLA	4		0.1	0.2	
Thiamin....mg	0.050	0.013	9		1		0.014	0.022	
Riboflavin....mg	0.099	0.002	9		1		0.028	0.043	
Niacin....mg	0.791	0.052	9		1		0.224	0.340	
Pantothenic acid....mg	0.226	0.006	8		1		0.064	0.097	
Vitamin B-6....mg	0.046	0.002	8		1		0.013	0.020	
Folate, total....µg	20		0	FLA	4		6	9	
Folic acid....µg	17		0	NR	4		5	7	
Folate, food....µg	3	0.138	8		1		1	1	
Folate, DFE....µg	32		0	NC	4		9	14	
Choline, total....mg	8.9		0	NR	4		2.5	3.8	
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	7		0	NC	4		2	3	
Retinol....µg	7		0	FLA	4		2	3	
Carotene, beta....µg	3		0	FLA	4		1	1	
Carotene, alpha....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	
Vitamin A, IU....IU	22		0	FLA	4		6	9	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	21		0	FLA	4		6	9	
Vitamin E (alpha-tocopherol)....mg	0.90		0	FLA	4		0.26	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	FLA	4		0.4	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18110
Cake, fruitcake, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.048		0	FLA	4		0.297	0.451	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.020		0	FLA	4		0.006	0.009	
15:0....g									
16:0....g	0.743		0	FLA	4		0.211	0.319	
17:0....g									
18:0....g	0.267		0	FLA	4		0.076	0.115	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.200		0	FLA	4		1.191	1.806	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0	FLA	4		0.012	0.019	
17:1....g									
18:1 undifferentiated....g	4.100		0	FLA	4		1.162	1.763	
20:1....g	0.032		0	FLA	4		0.009	0.014	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.323		0	FLA	4		0.942	1.429	
18:2 undifferentiated....g	2.959		0	FLA	4		0.839	1.272	
18:3 undifferentiated....g	0.336		0	FLA	4		0.095	0.144	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		1		1		1	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.012	0.018	
Threonine....g	0.102		0		1		0.029	0.044	
Isoleucine....g	0.121		0		1		0.034	0.052	
Leucine....g	0.206		0		1		0.058	0.089	
Lysine....g	0.121		0		1		0.034	0.052	
Methionine....g	0.059		0		1		0.017	0.025	
Cystine....g	0.062		0		1		0.018	0.027	
Phenylalanine....g	0.140		0		1		0.040	0.060	
Tyrosine....g	0.095		0		1		0.027	0.041	
Valine....g	0.144		0		1		0.041	0.062	
Arginine....g	0.262		0		1		0.074	0.113	
Histidine....g	0.071		0		1		0.020	0.031	
Alanine....g	0.125		0		1		0.035	0.054	
Aspartic acid....g	0.270		0		1		0.077	0.116	
Glutamic acid....g	0.639		0		1		0.181	0.275	
Glycine....g	0.124		0		1		0.035	0.053	
Proline....g	0.167		0		1		0.047	0.072	
Serine....g	0.159		0		1		0.045	0.068	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18110
Cake, fruitcake, commercially prepared

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 piece

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

Food Group: 18 Baked Products

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

NDB No. 18114
Cake, gingerbread, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.40		1		1		1.25	18.08	
Energy....kcal	437		0	NC	4		124	1796	
Energy....kJ	1828		0		4		518	7515	
Protein (N x 5.7)....g	4.40		1		1		1.25	18.08	
Total lipid (fat)....g	13.80		1		1		3.91	56.72	
Ash....g	2.80		1		1		0.79	11.51	
Carbohydrate, by difference....g	74.60		0	NC	4		21.15	306.61	
Fiber, total dietary....g	1.7		0	RA	4		0.5	7.0	
Sugars, total....g	46.62		0	FLC	4		13.22	191.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	94		1		1		27	386	
Iron, Fe....mg	4.70		1		1		1.33	19.32	
Magnesium, Mg....mg	21		0	FLA	4		6	86	
Phosphorus, P....mg	226		1		1		64	929	
Potassium, K....mg	341		1		1		97	1402	
Sodium, Na....mg	657		1		1		186	2700	
Zinc, Zn....mg	0.36		0	FLA	4		0.10	1.48	
Copper, Cu....mg	0.246		0	FLA	4		0.070	1.011	
Manganese, Mn....mg	0.556		0	FLA	4		0.158	2.285	
Selenium, Se....µg	2.1		0	FLA	4		0.6	8.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.8	
Thiamin....mg	0.340		1		1		0.096	1.397	
Riboflavin....mg	0.240		1		1		0.068	0.986	
Niacin....mg	2.550		1		1		0.723	10.481	
Pantothenic acid....mg	0.235		0	FLA	4		0.067	0.966	
Vitamin B-6....mg	0.041		0	FLA	4		0.012	0.169	
Folate, total....µg	51		0	FLC	4		14	208	
Folic acid....µg	37		0		4		10	152	
Folate, food....µg	14		0		4		4	58	
Folate, DFE....µg	77		0	NC	4		22	316	
Choline, total....mg	10.7		0	FLC	4		3.0	44.1	
Betaine....mg									
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	1	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	1		0	FLC	4		0	5	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLC	4		0	6	
Vitamin A, IU....IU	3		0	NC	4		1	14	
Lycopene....µg	0		0	FLC	4		0	1	
Lutein + zeaxanthin....µg	3		0	FLC	4		1	12	
Vitamin E (alpha-tocopherol)....mg	0.20		0	FLC	4		0.06	0.81	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.4		0	FLC	4		1.8	26.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18114
Cake, gingerbread, dry mix

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

NDB No. 18114
Cake, gingerbread, dry mix

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18116
Cake, gingerbread, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.00		0		1		7.94	20.72	
Energy	kcal	356		0	NC	4		101	263	
Energy	kJ	1490				4		422	1102	
Protein (N x 0)	g	3.90		0		1		1.11	2.89	
Total lipid (fat)	g	16.40		0		1		4.65	12.14	
Ash	g	1.80		0		1		0.51	1.33	
Carbohydrate, by difference	g	49.20		0	NC	4		13.95	36.41	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	71		0		1		20	53	
Iron, Fe	mg	2.88		0		1		0.82	2.13	
Magnesium, Mg	mg	70		0		1		20	52	
Phosphorus, P	mg	54		0		1		15	40	
Potassium, K	mg	439		0		1		124	325	
Sodium, Na	mg	327		0		1		93	242	
Zinc, Zn	mg	0.39		0		1		0.11	0.29	
Copper, Cu	mg	0.195		0		1		0.055	0.144	
Manganese, Mn	mg	0.683		0		1		0.194	0.505	
Selenium, Se	µg	16.3		0	RK	4		4.6	12.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.0	0.1	
Thiamin	mg	0.190		0		1		0.054	0.141	
Riboflavin	mg	0.162		0		1		0.046	0.120	
Niacin	mg	1.738		0		1		0.493	1.286	
Pantothenic acid	mg	0.375		0		1		0.106	0.278	
Vitamin B-6	mg	0.190		0		1		0.054	0.141	
Folate, total	µg	33		0	RK	4		9	24	
Folic acid	µg	25		0	NC	4		7	19	
Folate, food	µg	8		0		1		2	6	
Folate, DFE	µg	51		0	NC	4		14	37	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.06		0		1		0.02	0.04	
Vitamin A, RAE	µg	14		0	NC	4		4	11	
Retinol	µg	14		0	NC	4		4	11	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	48		0		1		14	36	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18116
Cake, gingerbread, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.122		0		1		1.169	3.050	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.064		0		1		0.018	0.047	
15:0....g									
16:0....g	2.369		0		1		0.672	1.753	
17:0....g									
18:0....g	1.684		0		1		0.477	1.246	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.124		0		1		2.020	5.272	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.006	0.016	
17:1....g									
18:1 undifferentiated....g	7.099		0		1		2.013	5.253	
20:1....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.216		0		1		1.195	3.120	
18:2 undifferentiated....g	3.948		0		1		1.119	2.922	
18:3 undifferentiated....g	0.254		0		1		0.072	0.188	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.008	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	32		0		1		9	24	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.013	0.035	
Threonine....g	0.124		0		1		0.035	0.092	
Isoleucine....g	0.151		0		1		0.043	0.112	
Leucine....g	0.279		0		1		0.079	0.206	
Lysine....g	0.131		0		1		0.037	0.097	
Methionine....g	0.080		0		1		0.023	0.059	
Cystine....g	0.083		0		1		0.024	0.061	
Phenylalanine....g	0.195		0		1		0.055	0.144	
Tyrosine....g	0.125		0		1		0.035	0.093	
Valine....g	0.173		0		1		0.049	0.128	
Arginine....g	0.173		0		1		0.049	0.128	
Histidine....g	0.087		0		1		0.025	0.064	
Alanine....g	0.145		0		1		0.041	0.107	
Aspartic acid....g	0.217		0		1		0.062	0.161	
Glutamic acid....g	1.096		0		1		0.311	0.811	
Glycine....g	0.136		0		1		0.039	0.101	
Proline....g	0.372		0		1		0.105	0.275	
Serine....g	0.214		0		1		0.061	0.158	
Hydroxyproline....g									

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

NDB No. 18116

Cake, gingerbread, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18119
Cake, pineapple upside-down, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.30		0		1		9.16	37.15	
Energy....kcal	319		0	NC	4		90	367	
Energy....kJ	1335				4		378	1535	
Protein (N x 0)....g	3.50		0		1		0.99	4.03	
Total lipid (fat)....g	12.10		0		1		3.43	13.92	
Ash....g	1.70		0		1		0.48	1.96	
Carbohydrate, by difference....g	50.50		0	NC	4		14.32	58.08	
Fiber, total dietary....g	0.8		0		4		0.2	0.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	120		0		1		34	138	
Iron, Fe....mg	1.48		0		1		0.42	1.70	
Magnesium, Mg....mg	13		0		1		4	15	
Phosphorus, P....mg	82		0		1		23	94	
Potassium, K....mg	112		0		1		32	129	
Sodium, Na....mg	319		0		1		90	367	
Zinc, Zn....mg	0.31		0		1		0.09	0.36	
Copper, Cu....mg	0.087		0		1		0.025	0.100	
Manganese, Mn....mg	0.350		0		1		0.099	0.403	
Selenium, Se....µg	9.4		0	RK	4		2.7	10.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		0.3	1.4	
Thiamin....mg	0.153		0		1		0.043	0.176	
Riboflavin....mg	0.156		0		1		0.044	0.179	
Niacin....mg	1.190		0		1		0.337	1.369	
Pantothenic acid....mg	0.202		0		1		0.057	0.232	
Vitamin B-6....mg	0.034		0		1		0.010	0.039	
Folate, total....µg	26		0	RK	4		7	30	
Folic acid....µg	19		0	NC	4		5	22	
Folate, food....µg	7		0		1		2	8	
Folate, DFE....µg	39		0	NC	4		11	45	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08		0		1		0.02	0.09	
Vitamin A, RAE....µg	62		0	NC	4		18	71	
Retinol....µg	59		0	NC	4		17	68	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	253		0		1		72	291	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18119
Cake, pineapple upside-down, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.915		0		1		0.826	3.352	
4:0....g	0.011		0		1		0.003	0.013	
6:0....g	0.007		0		1		0.002	0.008	
8:0....g	0.004		0		1		0.001	0.005	
10:0....g	0.009		0		1		0.003	0.010	
12:0....g	0.010		0		1		0.003	0.012	
13:0....g									
14:0....g	0.074		0		1		0.021	0.085	
15:0....g									
16:0....g	1.692		0		1		0.480	1.946	
17:0....g									
18:0....g	1.104		0		1		0.313	1.270	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.194		0		1		1.472	5.973	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.006	0.025	
17:1....g									
18:1 undifferentiated....g	5.169		0		1		1.465	5.944	
20:1....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.282		0		1		0.930	3.774	
18:2 undifferentiated....g	3.094		0		1		0.877	3.558	
18:3 undifferentiated....g	0.179		0		1		0.051	0.206	
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	0.007		0		1		0.002	0.008	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	22		0		1		6	25	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.012	0.049	
Threonine....g	0.117		0		1		0.033	0.135	
Isoleucine....g	0.147		0		1		0.042	0.169	
Leucine....g	0.264		0		1		0.075	0.304	
Lysine....g	0.143		0		1		0.041	0.164	
Methionine....g	0.074		0		1		0.021	0.085	
Cystine....g	0.066		0		1		0.019	0.076	
Phenylalanine....g	0.173		0		1		0.049	0.199	
Tyrosine....g	0.121		0		1		0.034	0.139	
Valine....g	0.167		0		1		0.047	0.192	
Arginine....g	0.148		0		1		0.042	0.170	
Histidine....g	0.081		0		1		0.023	0.093	
Alanine....g	0.128		0		1		0.036	0.147	
Aspartic acid....g	0.216		0		1		0.061	0.248	
Glutamic acid....g	0.949		0		1		0.269	1.091	
Glycine....g	0.114		0		1		0.032	0.131	
Proline....g	0.338		0		1		0.096	0.389	
Serine....g	0.190		0		1		0.054	0.219	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 115g: 1 piece (1/9 of 8" square)

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

Food Group: 18 Baked Products

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

NDB No. 18957

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

Bimbo Bakeries USA

Latino food

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.29		1	A	1		8.30	66.21	
Energy....kcal	418		0	NC	4		163	1299	
Energy....kJ	1747		0	NC	4		681	5433	
Protein (N x 6.25)....g	6.62		1	A	1		2.58	20.60	
Total lipid (fat)....g	21.70		1	A	1		8.46	67.49	
Ash....g	1.45		1	A	1		0.57	4.51	
Carbohydrate, by difference....g	48.94		0	NC	4		19.08	152.19	
Fiber, total dietary....g	1.0		1	A	1		0.4	3.1	
Sugars, total....g	28.77		1	A	1		11.22	89.49	
Sucrose....g	26.50		1	A	1		10.34	82.42	
Glucose (dextrose)....g	1.18		1	A	1		0.46	3.67	
Fructose....g	1.02		1	A	1		0.40	3.17	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.07		1	A	1		0.03	0.23	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	19.60		1	A	1		7.64	60.96	
Minerals:									
Calcium, Ca....mg	52		1	A	1		20	162	
Iron, Fe....mg	1.51		1	A	1		0.59	4.69	
Magnesium, Mg....mg	13		1	A	1		5	41	
Phosphorus, P....mg	119		1	A	1		46	370	
Potassium, K....mg	101		1	A	1		39	314	
Sodium, Na....mg	357		1	A	1		139	1110	
Zinc, Zn....mg	0.59		1	A	1		0.23	1.83	
Copper, Cu....mg	0.056		1	A	1		0.022	0.174	
Manganese, Mn....mg	0.193		1	A	1		0.075	0.600	
Selenium, Se....µg	17.0		1	A	1		6.6	52.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.080		1	A	1		0.031	0.248	
Riboflavin....mg	0.150		1	A	1		0.059	0.467	
Niacin....mg	0.620		1	A	1		0.242	1.928	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		1	A	1		0.012	0.093	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

NDB No. 18957

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

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

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

Common Measures:

Measure 1 = 39g: 1 slice

Measure 2 = 311g: 1 loaf

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

Food Group: 18 Baked Products

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

NDB No. 18120

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.87	0.313	9	A	1		15.78	12.68	
Energy....kcal	353		0	NC	4		215	173	
Energy....kJ	1477		0	NC	4		901	724	
Protein (N x 6)....g	5.00	0.099	9	A	1		3.05	2.45	
Total lipid (fat)....g	13.96	1.368	9	A	1		8.52	6.84	
Ash....g	1.53	0.145	9	A	1		0.93	0.75	
Carbohydrate, by difference....g	53.64		0	NC	4		32.72	26.28	
Fiber, total dietary....g	0.6	0.167	6	A	1		0.4	0.3	
Sugars, total....g	33.36	0.579	6	A	1		20.35	16.35	
Sucrose....g	30.68	0.649	6	A	1		18.71	15.03	
Glucose (dextrose)....g	0.75	0.141	6	A	1		0.46	0.37	
Fructose....g	0.33	0.027	6	A	1		0.20	0.16	
Lactose....g	1.27	0.032	6	A	1		0.78	0.62	
Maltose....g	0.33	0.103	6	A	1		0.20	0.16	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	17.36	0.449	6	A	1		10.59	8.51	
Minerals:									
Calcium, Ca....mg	47	5.610	9	A	1		28	23	
Iron, Fe....mg	1.48	0.045	9	A	1		0.91	0.73	
Magnesium, Mg....mg	8	0.267	9	A	1		5	4	
Phosphorus, P....mg	140	9.588	9	A	1		85	68	
Potassium, K....mg	149	19.956	9	A	1		91	73	
Sodium, Na....mg	377	29.358	9	A	1		230	185	
Zinc, Zn....mg	0.43	0.011	9	A	1		0.26	0.21	
Copper, Cu....mg	0.042	0.002	9	A	1		0.026	0.021	
Manganese, Mn....mg	0.110	0.002	9	A	1		0.067	0.054	
Selenium, Se....µg	5.0	0.349	6	A	1		3.0	2.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.173	0.008	6	A	1		0.105	0.085	
Riboflavin....mg	0.249	0.005	6	A	1		0.152	0.122	
Niacin....mg	1.615	0.052	6	A	1		0.985	0.792	
Pantothenic acid....mg	0.485	0.007	3	A	1		0.296	0.238	
Vitamin B-6....mg	0.036	0.003	6	A	1		0.022	0.018	
Folate, total....µg	42	3.117	6	A	1		26	21	
Folic acid....µg	14		0	FLC	4		9	7	
Folate, food....µg	28		0	NC	4		17	14	
Folate, DFE....µg	52		0	NC	4		32	26	
Choline, total....mg	65.6		0	AS	1		40.0	32.2	
Betaine....mg	10.1		2	A	1		6.1	4.9	
Vitamin B-12....µg	0.36		0	FLC	4		0.22	0.18	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	70		0	NC	4		42	34	
Retinol....µg	69		2	A	1		42	34	
Carotene, beta....µg	5		0	FLC	4		3	2	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	4		0	FLC	4		2	2	
Vitamin A, IU....IU	241		0	NC	4		147	118	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	203		0	FLC	4		124	99	
Vitamin E (alpha-tocopherol)....mg	0.65	0.032	6	A	1		0.39	0.32	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.04	0.003	6	A	1		0.02	0.02	
Tocopherol, gamma....mg	2.82	0.195	6	A	1		1.72	1.38	
Tocopherol, delta....mg	0.97	0.060	6	A	1		0.59	0.48	
Tocotrienol, alpha....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	

NDB No. 18120

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

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

NDB No. 18120

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.007	0.000	6	A	1		0.004	0.003	
Fatty acids, total trans....g	0.192		0	NC	4		0.117	0.094	
Fatty acids, total trans-monoenoic....g	0.147		0	NC	4		0.090	0.072	
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.027	0.022	
Cholesterol....mg	66	2.820	6	A	1		40	32	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	A	1		0.025	0.020	
Threonine....g	0.153		0	A	1		0.093	0.075	
Isoleucine....g	0.204		0	A	1		0.124	0.100	
Leucine....g	0.397		0	A	1		0.242	0.195	
Lysine....g	0.198		0	A	1		0.121	0.097	
Methionine....g	0.117		0	A	1		0.071	0.057	
Cystine....g	0.137		0	A	1		0.084	0.067	
Phenylalanine....g	0.239		0	A	1		0.146	0.117	
Tyrosine....g	0.112		0	A	1		0.068	0.055	
Valine....g	0.249		0	A	1		0.152	0.122	
Arginine....g	0.229		0	A	1		0.140	0.112	
Histidine....g	0.117		0	A	1		0.071	0.057	
Alanine....g	0.188		0	A	1		0.115	0.092	
Aspartic acid....g	0.346		0	A	1		0.211	0.170	
Glutamic acid....g	1.119		0	A	1		0.683	0.549	
Glycine....g	0.163		0	A	1		0.099	0.080	
Proline....g	0.504		0	A	1		0.307	0.247	
Serine....g	0.295		0	A	1		0.180	0.145	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

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

Measure 2 = 49g: 1 piece individually wrapped cake

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18451
Cake, pound, commercially prepared, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.00		2		1		8.79	105.40	
Energy....kcal	283		0	NC	4		80	962	
Energy....kJ	1184		0		4		336	4026	
Protein (N x 6.1)....g	5.40		2		1		1.53	18.36	
Total lipid (fat)....g	1.20		2		1		0.34	4.08	
Ash....g	1.50		2		1		0.43	5.10	
Carbohydrate, by difference....g	61.00		0	NC	4		17.29	207.40	
Fiber, total dietary....g	1.1		2		1		0.3	3.7	
Sugars, total....g	34.34		0	FLA	4		9.74	116.76	
Starch....g									
Minerals:									
Calcium, Ca....mg	43		2		1		12	146	
Iron, Fe....mg	2.06		2		1		0.58	7.00	
Magnesium, Mg....mg	10		2		1		3	34	
Phosphorus, P....mg	146		2		1		41	496	
Potassium, K....mg	110		2		1		31	374	
Sodium, Na....mg	341		2		1		97	1159	
Zinc, Zn....mg	0.31		2		1		0.09	1.05	
Copper, Cu....mg	0.058		2		1		0.016	0.197	
Manganese, Mn....mg	0.137		2		1		0.039	0.466	
Selenium, Se....µg	5.3		0	FLA	4		1.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.125		2		1		0.035	0.425	
Riboflavin....mg	0.302		2		1		0.086	1.027	
Niacin....mg	0.686		2		1		0.194	2.332	
Pantothenic acid....mg	0.346		2		1		0.098	1.176	
Vitamin B-6....mg	0.012		2		1		0.003	0.041	
Folate, total....µg	43		0	FLA	4		12	145	
Folic acid....µg	39		0		4		11	133	
Folate, food....µg	4		2		1		1	14	
Folate, DFE....µg	70		0	NC	4		20	239	
Choline, total....mg	6.8		0	FLC	4		1.9	23.2	
Betaine....mg									
Vitamin B-12....µg	0.00		2		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	29		0	NC	4		8	97	
Retinol....µg	29		0	FLA	4		8	97	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	95		0	NC	4		27	324	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	2		0	FLA	4		1	6	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.00	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.0	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18451
Cake, pound, commercially prepared, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.259		0		1		0.073	0.881	
4:0....g	0.006		0		1		0.002	0.020	
6:0....g	0.004		0		1		0.001	0.014	
8:0....g	0.002		0		1		0.001	0.007	
10:0....g	0.005		0		1		0.001	0.017	
12:0....g	0.006		0		1		0.002	0.020	
13:0....g									
14:0....g	0.020		0		1		0.006	0.068	
15:0....g									
16:0....g	0.180		0		1		0.051	0.612	
17:0....g									
18:0....g	0.029		0		1		0.008	0.099	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.166		0		1		0.047	0.564	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.002	0.024	
17:1....g									
18:1 undifferentiated....g	0.159		0		1		0.045	0.541	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.424		0		1		0.120	1.442	
18:2 undifferentiated....g	0.398		0		1		0.113	1.353	
18:3 undifferentiated....g	0.026		0		1		0.007	0.088	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.020	0.238	
Threonine....g	0.214		0		1		0.061	0.728	
Isoleucine....g	0.275		0		1		0.078	0.935	
Leucine....g	0.434		0		1		0.123	1.476	
Lysine....g	0.318		0		1		0.090	1.081	
Methionine....g	0.149		0		1		0.042	0.507	
Cystine....g	0.122		0		1		0.035	0.415	
Phenylalanine....g	0.288		0		1		0.082	0.979	
Tyrosine....g	0.197		0		1		0.056	0.670	
Valine....g	0.312		0		1		0.088	1.061	
Arginine....g	0.256		0		1		0.073	0.870	
Histidine....g	0.120		0		1		0.034	0.408	
Alanine....g	0.251		0		1		0.071	0.853	
Aspartic acid....g	0.434		0		1		0.123	1.476	
Glutamic acid....g	1.069		0		1		0.303	3.635	
Glycine....g	0.178		0		1		0.050	0.605	
Proline....g	0.358		0		1		0.101	1.217	
Serine....g	0.333		0		1		0.094	1.132	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18451
Cake, pound, commercially prepared, fat-free

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 340g: 1 cake

Calories Factors: Protein 4.2 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

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

NDB No. 18121

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.10	0.847	13		1		6.93	6.47	16.40
Energy....kcal	389		0	NC	4		117	109	276
Energy....kJ	1628				4		488	456	1156
Protein (N x 6)....g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat)....g	17.90	1.056	14		1		5.37	5.01	12.71
Ash....g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference....g	52.50		0	NC	4		15.75	14.70	37.28
Fiber, total dietary....g	1.0		0		1		0.3	0.3	0.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	64	13.497	7		1		19	18	45
Iron, Fe....mg	1.62	0.131	6		1		0.49	0.45	1.15
Magnesium, Mg....mg	13	2.468	5		1		4	4	9
Phosphorus, P....mg	134	10.038	6		1		40	38	95
Potassium, K....mg	106	25.375	4		1		32	30	75
Sodium, Na....mg	400	41.062	11		1		120	112	284
Zinc, Zn....mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu....mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn....mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se....µg	6.8		0	FLA	4		2.0	1.9	4.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	0.1
Thiamin....mg	0.143	0.027	4		1		0.043	0.040	0.102
Riboflavin....mg	0.260	0.010	4		1		0.078	0.073	0.185
Niacin....mg	1.349	0.151	4		1		0.405	0.378	0.958
Pantothenic acid....mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6....mg	0.023		1		1		0.007	0.006	0.016
Folate, total....µg	36		0	FLA	4		11	10	26
Folic acid....µg	27		0	NC	4		8	8	19
Folate, food....µg	9		0		4		3	3	6
Folate, DFE....µg	55		0	NC	4		16	15	39
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE....µg	35		0	NC	4		11	10	25
Retinol....µg	35		0	NC	4		11	10	25
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	118		0	FLA	4		35	33	84
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18121

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.647		0	FLA	4		1.394	1.301	3.299
4:0....g	0.001		0	FLA	4		0.000	0.000	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.001		0	FLA	4		0.000	0.000	0.001
10:0....g	0.001		0	FLA	4		0.000	0.000	0.001
12:0....g	0.001		0	FLA	4		0.000	0.000	0.001
13:0....g									
14:0....g	0.087		0	FLA	4		0.026	0.024	0.062
15:0....g									
16:0....g	2.478		0	FLA	4		0.743	0.694	1.759
17:0....g									
18:0....g	2.069		0	FLA	4		0.621	0.579	1.469
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.935		0	FLA	4		2.981	2.782	7.054
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0	FLA	4		0.015	0.014	0.035
17:1....g									
18:1 undifferentiated....g	9.880		0	FLA	4		2.964	2.766	7.015
20:1....g	0.004		0	FLA	4		0.001	0.001	0.003
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.251		0	FLA	4		0.675	0.630	1.598
18:2 undifferentiated....g	2.114		0	FLA	4		0.634	0.592	1.501
18:3 undifferentiated....g	0.108		0	FLA	4		0.032	0.030	0.077
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	FLA	4		0.007	0.006	0.016
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.000	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.002	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	58	25.910	6		1		17	16	41
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.021	0.019	0.049
Threonine....g	0.196		0		1		0.059	0.055	0.139
Isoleucine....g	0.244		0		1		0.073	0.068	0.173
Leucine....g	0.403		0		1		0.121	0.113	0.286
Lysine....g	0.283		0		1		0.085	0.079	0.201
Methionine....g	0.125		0		1		0.038	0.035	0.089
Cystine....g	0.111		0		1		0.033	0.031	0.079
Phenylalanine....g	0.259		0		1		0.078	0.073	0.184
Tyrosine....g	0.184		0		1		0.055	0.052	0.131
Valine....g	0.276		0		1		0.083	0.077	0.196
Arginine....g	0.247		0		1		0.074	0.069	0.175
Histidine....g	0.115		0		1		0.035	0.032	0.082
Alanine....g	0.216		0		1		0.065	0.060	0.153
Aspartic acid....g	0.367		0		1		0.110	0.103	0.261
Glutamic acid....g	1.194		0		1		0.358	0.334	0.848
Glycine....g	0.170		0		1		0.051	0.048	0.121
Proline....g	0.402		0		1		0.121	0.113	0.285
Serine....g	0.323		0		1		0.097	0.090	0.229
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18121

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

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

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

Common Measures:

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

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

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

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18418

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	23.10	0.847	13		1		6.93	6.47	16.40
Energy	kcal	389		0	NC	4		117	109	276
Energy	kJ	1628				4		488	456	1156
Protein (N x 6)	g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat)	g	17.90	1.056	14		1		5.37	5.01	12.71
Ash	g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference	g	52.50		0		4		15.75	14.70	37.28
Fiber, total dietary	g	1.0		0		4		0.3	0.3	0.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64	13.497	7		1		19	18	45
Iron, Fe	mg	0.60		0	BFZN	4		0.18	0.17	0.43
Magnesium, Mg	mg	13	2.468	5		1		4	4	9
Phosphorus, P	mg	134	10.038	6		1		40	38	95
Potassium, K	mg	106	25.375	4		1		32	30	75
Sodium, Na	mg	400	41.062	11		1		120	112	284
Zinc, Zn	mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu	mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn	mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0	0.0	0.1
Thiamin	mg	0.024		0		4		0.007	0.007	0.017
Riboflavin	mg	0.124		0		4		0.037	0.035	0.088
Niacin	mg	0.342		0		4		0.103	0.096	0.243
Pantothenic acid	mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6	mg	0.023		1		1		0.007	0.006	0.016
Folate, total	µg	9		0		4		3	3	6
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	9		0		4		3	3	6
Folate, DFE	µg	9		0	NC	4		3	3	6
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE	µg	35		0	NC	4		11	10	25
Retinol	µg	35		0	NC	4		11	10	25
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	118		0	BFZN	4		35	33	84
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18418

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

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

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

NDB No. 18418

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

Common Measures:

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

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

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

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18092
Cake, pudding-type, carrot, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.60		2		1		1.02	18.36	
Energy....kcal	415		0	NC	4		118	2117	
Energy....kJ	1736		0		4		492	8855	
Protein (N x 5.8)....g	5.10		2		1		1.45	26.01	
Total lipid (fat)....g	9.80		2		1		2.78	49.98	
Ash....g	2.40		2		1		0.68	12.24	
Carbohydrate, by difference....g	79.20		0	NC	4		22.45	403.92	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	172		2		1		49	877	
Iron, Fe....mg	1.80		2		1		0.51	9.18	
Magnesium, Mg....mg	8		1		1		2	41	
Phosphorus, P....mg	247		2		1		70	1260	
Potassium, K....mg	169		2		1		48	862	
Sodium, Na....mg	567		2		1		161	2892	
Zinc, Zn....mg	0.20		1		1		0.06	1.02	
Copper, Cu....mg	0.050		1		1		0.014	0.255	
Manganese, Mn....mg	0.528		0	FLA	4		0.150	2.693	
Selenium, Se....µg	14.9		0	FLA	4		4.2	76.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0	FLA	4		0.3	6.1	
Thiamin....mg	0.265		2		1		0.075	1.352	
Riboflavin....mg	0.170		2		1		0.048	0.867	
Niacin....mg	2.205		2		1		0.625	11.246	
Pantothenic acid....mg	0.294		0	FLA	4		0.083	1.499	
Vitamin B-6....mg	0.079		0	FLA	4		0.022	0.403	
Folate, total....µg	67		0	FLA	4		19	342	
Folic acid....µg	53		0	NC	4		15	270	
Folate, food....µg	14		0		4		4	71	
Folate, DFE....µg	104		0	NC	4		30	531	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLA	4		0.01	0.20	
Vitamin A, RAE....µg	97		0	NC	4		27	492	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1930		2		1		547	9843	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18092
Cake, pudding-type, carrot, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.472		0	FLA	4		0.417	7.507	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.005	
13:0....g									
14:0....g	0.012		0	FLA	4		0.003	0.061	
15:0....g									
16:0....g	0.988		0	FLA	4		0.280	5.039	
17:0....g									
18:0....g	0.470		0	FLA	4		0.133	2.397	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.036		0	FLA	4		1.144	20.584	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	FLA	4		0.011	0.199	
17:1....g									
18:1 undifferentiated....g	3.988		0	FLA	4		1.131	20.339	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.702		0	FLA	4		1.050	18.880	
18:2 undifferentiated....g	3.437		0	FLA	4		0.974	17.529	
18:3 undifferentiated....g	0.255		0	FLA	4		0.072	1.301	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		1		0.017	0.311	
Threonine....g	0.149		0		1		0.042	0.760	
Isoleucine....g	0.186		0		1		0.053	0.949	
Leucine....g	0.336		0		1		0.095	1.714	
Lysine....g	0.142		0		1		0.040	0.724	
Methionine....g	0.083		0		1		0.024	0.423	
Cystine....g	0.093		0		1		0.026	0.474	
Phenylalanine....g	0.238		0		1		0.067	1.214	
Tyrosine....g	0.150		0		1		0.043	0.765	
Valine....g	0.212		0		1		0.060	1.081	
Arginine....g	0.201		0		1		0.057	1.025	
Histidine....g	0.109		0		1		0.031	0.556	
Alanine....g	0.180		0		1		0.051	0.918	
Aspartic acid....g	0.286		0		1		0.081	1.459	
Glutamic acid....g	1.546		0		1		0.438	7.885	
Glycine....g	0.170		0		1		0.048	0.867	
Proline....g	0.513		0		1		0.145	2.616	
Serine....g	0.240		0		1		0.068	1.224	
Hydroxyproline....g									

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

NDB No. 18092

Cake, pudding-type, carrot, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18097
Cake, pudding-type, chocolate, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.107	48		1		1.11	20.16	
Energy....kcal	391		0	NC	4		111	2019	
Energy....kJ	1634		0	NC	4		463	8448	
Protein (N x 5.8)....g	4.60	0.058	50		1		1.30	23.78	
Total lipid (fat)....g	8.14		0	T	4		2.31	42.08	
Ash....g	3.20	0.039	45		1		0.91	16.54	
Carbohydrate, by difference....g	80.16		0	NC	4		22.73	414.43	
Fiber, total dietary....g	2.3		0	T	4		0.7	12.0	
Sugars, total....g	39.53		0	T	4		11.21	204.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	133	6.803	44		1		38	688	
Iron, Fe....mg	2.92	0.083	44		1		0.83	15.10	
Magnesium, Mg....mg	41	0.922	36		1		12	212	
Phosphorus, P....mg	286	2.213	32		1		81	1479	
Potassium, K....mg	337	24.241	40		1		96	1742	
Sodium, Na....mg	767		0	T	4		217	3965	
Zinc, Zn....mg	0.78	0.034	36		1		0.22	4.03	
Copper, Cu....mg	0.272	0.008	36		1		0.077	1.406	
Manganese, Mn....mg	0.213		0	FLA	4		0.060	1.101	
Selenium, Se....µg	3.3		0	FLA	4		0.9	17.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.5	
Thiamin....mg	0.210	0.009	44		1		0.060	1.086	
Riboflavin....mg	0.170	0.009	44		1		0.048	0.879	
Niacin....mg	2.417	0.059	44		1		0.685	12.496	
Pantothenic acid....mg	0.211		0	FLA	4		0.060	1.091	
Vitamin B-6....mg	0.031		0	FLA	4		0.009	0.160	
Folate, total....µg	54		0	FLA	4		15	279	
Folic acid....µg	44		0	NC	4		12	227	
Folate, food....µg	10		0		4		3	52	
Folate, DFE....µg	85		0	NC	4		24	438	
Choline, total....mg	3.3		0	BFPN	4		0.9	17.1	
Betaine....mg									
Vitamin B-12....µg	0.50	0.000	6		1		0.14	2.59	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLC	4		0	4	
Retinol....µg	1		0	FLC	4		0	4	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		1	10	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLC	4		1	19	
Vitamin E (alpha-tocopherol)....mg	0.65		0	FLC	4		0.18	3.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.2		0	FLC	4		0.6	11.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18097
Cake, pudding-type, chocolate, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.022		0	NC	4		0.573	10.456	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.012		0	FLA	4		0.003	0.060	
15:0....g									
16:0....g	1.187		0	FLA	4		0.336	6.136	
17:0....g									
18:0....g	0.824		0	FLA	4		0.234	4.260	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.803		0	NC	4		0.795	14.494	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0	FLA	4		0.007	0.122	
17:1....g									
18:1 undifferentiated....g	2.780		0	FLA	4		0.788	14.372	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.269		0	NC	4		0.643	11.731	
18:2 undifferentiated....g	2.115		0	FLA	4		0.600	10.935	
18:3 undifferentiated....g	0.154		0	FLA	4		0.044	0.796	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		4		0.019	0.341	
Threonine....g	0.156		0		4		0.044	0.807	
Isoleucine....g	0.188		0		4		0.053	0.972	
Leucine....g	0.315		0		4		0.089	1.629	
Lysine....g	0.208		0		4		0.059	1.075	
Methionine....g	0.071		0		4		0.020	0.367	
Cystine....g	0.077		0		4		0.022	0.398	
Phenylalanine....g	0.218		0		4		0.062	1.127	
Tyrosine....g	0.156		0		4		0.044	0.807	
Valine....g	0.240		0		4		0.068	1.241	
Arginine....g	0.204		0		4		0.058	1.055	
Histidine....g	0.092		0		4		0.026	0.476	
Alanine....g	0.167		0		4		0.047	0.863	
Aspartic acid....g	0.303		0		4		0.086	1.567	
Glutamic acid....g	1.151		0		4		0.326	5.951	
Glycine....g	0.165		0		4		0.047	0.853	
Proline....g	0.390		0		4		0.111	2.016	
Serine....g	0.227		0		4		0.064	1.174	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	6		0	FLA	4		2	31	

NDB No. 18097
Cake, pudding-type, chocolate, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	207		0	FLA	4		59	1070	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.3 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18112
Cake, pudding-type, german chocolate, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.94		1	MC	9		2.99	35.90	1.97
Energy....kcal	350		0	NC	4		151	1811	99
Energy....kJ	1466		0	NC	4		630	7579	416
Protein (N x 5.7)....g	4.17		1	MC	9		1.79	21.54	1.18
Total lipid (fat)....g	3.24		1	MC	9		1.39	16.75	0.92
Ash....g	4.40		1	MC	9		1.89	22.74	1.25
Carbohydrate, by difference....g	81.25		1	MC	9		34.94	420.06	23.03
Fiber, total dietary....g	2.1		1	MC	9		0.9	10.8	0.6
Sugars, total....g	42.13		1	MC	9		18.12	217.81	11.94
Starch....g									
Minerals:									
Calcium, Ca....mg	189		1	MC	9		81	978	54
Iron, Fe....mg	3.01		1	MC	9		1.29	15.56	0.85
Magnesium, Mg....mg	22	0.397	14		1		9	114	6
Phosphorus, P....mg	294	7.648	14		1		126	1520	83
Potassium, K....mg	153		1	MC	9		66	793	44
Sodium, Na....mg	841		1	MC	9		362	4348	238
Zinc, Zn....mg	0.42	0.010	14		1		0.18	2.17	0.12
Copper, Cu....mg	0.156	0.004	14		1		0.067	0.807	0.044
Manganese, Mn....mg	0.105		0	FLA	4		0.045	0.543	0.030
Selenium, Se....µg	3.1		0	FLA	4		1.3	16.0	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.231		1	MC	9		0.100	1.197	0.066
Riboflavin....mg	0.231		1	MC	9		0.100	1.197	0.066
Niacin....mg	2.315		1	MC	9		0.995	11.968	0.656
Pantothenic acid....mg	0.072		0	FLA	4		0.031	0.372	0.020
Vitamin B-6....mg	0.035		0	FLA	4		0.015	0.181	0.010
Folate, total....µg	66		1	MC	9		28	339	19
Folic acid....µg	20		0	NC	4		9	103	6
Folate, food....µg	46		0	NC	4		20	235	13
Folate, DFE....µg	80		0	NC	4		34	411	23
Choline, total....mg	4.2		0	FLM	4		1.8	21.8	1.2
Betaine....mg									
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	1		0	FLC	4		0	5	0
Retinol....µg	1		0	FLC	4		0	5	0
Carotene, beta....µg	0		0	FLC	4		0	0	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	3		0	NC	4		1	16	1
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	4		0	FLC	4		2	22	1
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLC	4		0.03	0.41	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.8		0	FLC	4		1.6	19.5	1.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18112
Cake, pudding-type, german chocolate, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.852		0	NC	4		0.796	9.574	0.525
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.017		0	FLA	4		0.007	0.087	0.005
15:0....g									
16:0....g	0.954		0	FLA	4		0.410	4.932	0.270
17:0....g									
18:0....g	0.881		0	FLA	4		0.379	4.555	0.250
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.694		0	NC	4		0.299	3.590	0.197
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.694		0	FLA	4		0.299	3.590	0.197
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0	NC	4		0.100	1.197	0.066
18:2 undifferentiated....g	0.218		0	FLA	4		0.094	1.127	0.062
18:3 undifferentiated....g	0.013		0	FLA	4		0.006	0.070	0.004
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.080		1	MC	9		0.034	0.414	0.023
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.025	0.300	0.016
Threonine....g	0.128		0		1		0.055	0.662	0.036
Isoleucine....g	0.151		0		1		0.065	0.781	0.043
Leucine....g	0.258		0		1		0.111	1.334	0.073
Lysine....g	0.162		0		1		0.070	0.838	0.046
Methionine....g	0.056		0		1		0.024	0.290	0.016
Cystine....g	0.071		0		1		0.031	0.367	0.020
Phenylalanine....g	0.188		0		1		0.081	0.972	0.053
Tyrosine....g	0.127		0		1		0.055	0.657	0.036
Valine....g	0.199		0		1		0.086	1.029	0.056
Arginine....g	0.180		0		1		0.077	0.931	0.051
Histidine....g	0.076		0		1		0.033	0.393	0.022
Alanine....g	0.144		0		1		0.062	0.744	0.041
Aspartic acid....g	0.255		0		1		0.110	1.318	0.072
Glutamic acid....g	1.029		0		1		0.442	5.320	0.292
Glycine....g	0.151		0		1		0.065	0.781	0.043
Proline....g	0.335		0		1		0.144	1.732	0.095
Serine....g	0.193		0		1		0.083	0.998	0.055
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	7		0	FLA	4		3	36	2

NDB No. 18112
Cake, pudding-type, german chocolate, dry mix

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

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

Common Measures:

Measure 1 = 43g: 1 serving

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

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.2 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18117
Cake, pudding-type, marble, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10	0.048	13		1		0.88	16.03	
Energy....kcal	416		0		4		118	2151	
Energy....kJ	1741		0		4		493	8999	
Protein (N x 5.7)....g	3.40	0.090	13		1		0.96	17.58	
Total lipid (fat)....g	11.70	0.205	13		1		3.32	60.49	
Ash....g	2.30	0.030	13		1		0.65	11.89	
Carbohydrate, by difference....g	79.50		0	NC	4		22.54	411.02	
Fiber, total dietary....g	2.9		0		4		0.8	15.0	
Sugars, total....g	35.71		0	NR	4		10.12	184.64	
Starch....g									
Minerals:									
Calcium, Ca....mg	76	6.469	13		1		22	393	
Iron, Fe....mg	1.62	0.097	13		1		0.46	8.38	
Magnesium, Mg....mg	18	2.648	12		1		5	93	
Phosphorus, P....mg	275	5.217	13		1		78	1422	
Potassium, K....mg	123	6.400	8		1		35	636	
Sodium, Na....mg	519	63.557	13		1		147	2683	
Zinc, Zn....mg	0.35	0.027	12		1		0.10	1.81	
Copper, Cu....mg	0.135	0.038	12		1		0.038	0.698	
Manganese, Mn....mg	0.139		0	FLA	4		0.039	0.719	
Selenium, Se....µg	2.6		0	FLA	4		0.7	13.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.181	0.010	7		1		0.051	0.936	
Riboflavin....mg	0.130	0.004	4		1		0.037	0.672	
Niacin....mg	1.546	0.206	7		1		0.438	7.993	
Pantothenic acid....mg	0.096		0	FLA	4		0.027	0.496	
Vitamin B-6....mg	0.025		0	FLA	4		0.007	0.129	
Folate, total....µg	36		0	FLA	4		10	186	
Folic acid....µg	27		0	NC	4		8	140	
Folate, food....µg	9		0		4		3	47	
Folate, DFE....µg	55		0	NC	4		16	284	
Choline, total....mg	4.5		0	BFPN	4		1.3	23.5	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		0	3	
Retinol....µg	1		0	FLA	4		0	3	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		1	10	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLA	4		1	20	
Vitamin E (alpha-tocopherol)....mg	0.85		0	FLA	4		0.24	4.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.8		0	FLA	4		0.8	14.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18117
Cake, pudding-type, marble, dry mix

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

NDB No. 18117
Cake, pudding-type, marble, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	240		0	FLA	4		68	1242	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3.3 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18135
Cake, pudding-type, white, enriched, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50	0.045	16		1		0.99	18.34	
Energy....kcal	423		0	NC	4		120	2218	
Energy....kJ	1771		0	NC	4		502	9280	
Protein (N x 5.8)....g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat)....g	9.50	0.171	16		1		2.69	49.78	
Ash....g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference....g	80.90		0	NC	4		22.94	423.92	
Fiber, total dietary....g	0.7		0	RA	4		0.2	3.7	
Sugars, total....g	48.95		0	FLA	4		13.88	256.48	
Starch....g									
Minerals:									
Calcium, Ca....mg	77	1.400	16		1		22	403	
Iron, Fe....mg	1.36	0.031	8		1		0.39	7.13	
Magnesium, Mg....mg	9	0.141	16		1		3	47	
Phosphorus, P....mg	277	6.455	16		1		79	1451	
Potassium, K....mg	72	9.520	8		1		20	377	
Sodium, Na....mg	665	4.266	8		1		189	3485	
Zinc, Zn....mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu....mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn....mg	0.278		0	FLA	4		0.079	1.457	
Selenium, Se....µg	2.7		0	FLA	4		0.8	14.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.280	0.015	5		1		0.079	1.467	
Riboflavin....mg	0.180	0.015	8		1		0.051	0.943	
Niacin....mg	2.425	0.129	8		1		0.687	12.707	
Pantothenic acid....mg	0.233		0	FLA	4		0.066	1.221	
Vitamin B-6....mg	0.018		0	FLA	4		0.005	0.094	
Folate, total....µg	91		1	AI	13		26	477	
Folic acid....µg	63		0	NC	4		18	330	
Folate, food....µg	28		0	NC	4		8	147	
Folate, DFE....µg	135		0	NC	4		38	708	
Choline, total....mg	3.9		0	BFNN	4		1.1	20.5	
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLA	4		0.01	0.21	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	2	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLA	4		0.02	0.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.1		0	FLA	4		1.1	21.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18135
Cake, pudding-type, white, enriched, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.390		0	NC	4		0.678	12.524	
4:0....g	0.001		0		4		0.000	0.005	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.005	
13:0....g									
14:0....g	0.048		0		4		0.014	0.252	
15:0....g									
16:0....g	1.234		0		4		0.350	6.466	
17:0....g									
18:0....g	1.106		0		4		0.314	5.795	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.093		0	NC	4		1.160	21.447	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	4.091		0	FLA	4		1.160	21.437	
20:1....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.244		0	NC	4		0.353	6.519	
18:2 undifferentiated....g	1.180		0		4		0.335	6.183	
18:3 undifferentiated....g	0.064		0		4		0.018	0.335	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		4		0.016	0.288	
Threonine....g	0.119		0		4		0.034	0.624	
Isoleucine....g	0.162		0		4		0.046	0.849	
Leucine....g	0.284		0		4		0.081	1.488	
Lysine....g	0.165		0		4		0.047	0.865	
Methionine....g	0.071		0		4		0.020	0.372	
Cystine....g	0.075		0		4		0.021	0.393	
Phenylalanine....g	0.183		0		4		0.052	0.959	
Tyrosine....g	0.123		0		4		0.035	0.645	
Valine....g	0.185		0		4		0.052	0.969	
Arginine....g	0.146		0		4		0.041	0.765	
Histidine....g	0.083		0		4		0.024	0.435	
Alanine....g	0.119		0		4		0.034	0.624	
Aspartic acid....g	0.184		0		4		0.052	0.964	
Glutamic acid....g	1.194		0		4		0.338	6.257	
Glycine....g	0.122		0		4		0.035	0.639	
Proline....g	0.421		0		4		0.119	2.206	
Serine....g	0.204		0		4		0.058	1.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18135
Cake, pudding-type, white, enriched, dry mix

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18419
Cake, pudding-type, white, unenriched, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50	0.045	16		1		0.99	18.34	
Energy	kcal	423		0	NC	4		120	2217	
Energy	kJ	1770		0		4		502	9274	
Protein (N x 5.8)	g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat)	g	9.50	0.171	16		1		2.69	49.78	
Ash	g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference	g	81.00		0		4		22.96	424.44	
Fiber, total dietary	g	0.7		0	BFZN	4		0.2	3.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77	1.400	16		1		22	403	
Iron, Fe	mg	0.52		0		4		0.15	2.72	
Magnesium, Mg	mg	9	0.141	16		1		3	47	
Phosphorus, P	mg	277	6.455	16		1		79	1451	
Potassium, K	mg	72	9.520	8		1		20	377	
Sodium, Na	mg	665	4.266	8		1		189	3485	
Zinc, Zn	mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu	mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn	mg	0.278		0	BFZN	4		0.079	1.457	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.080		0		4		0.023	0.419	
Riboflavin	mg	0.060		0		4		0.017	0.314	
Niacin	mg	0.970		0		4		0.275	5.083	
Pantothenic acid	mg	0.233		0	BFZN	4		0.066	1.221	
Vitamin B-6	mg	0.018		0	BFZN	4		0.005	0.094	
Folate, total	µg	9		0		4		3	47	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		4		3	47	
Folate, DFE	µg	9		0	NC	4		3	47	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.04		0	BFZN	4		0.01	0.21	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18419
Cake, pudding-type, white, unenriched, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.340		0	BFZN	4		0.663	12.262	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.038		0	BFZN	4		0.011	0.199	
15:0....g									
16:0....g	1.338		0	BFZN	4		0.379	7.011	
17:0....g									
18:0....g	0.970		0	BFZN	4		0.275	5.083	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.092		0	BFZN	4		1.160	21.442	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFZN	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	4.091		0	BFZN	4		1.160	21.437	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.544		0	BFZN	4		0.721	13.331	
18:2 undifferentiated....g	2.389		0	BFZN	4		0.677	12.518	
18:3 undifferentiated....g	0.156		0	BFZN	4		0.044	0.817	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		4		0.016	0.288	
Threonine....g	0.119		0		4		0.034	0.624	
Isoleucine....g	0.162		0		4		0.046	0.849	
Leucine....g	0.284		0		4		0.081	1.488	
Lysine....g	0.165		0		4		0.047	0.865	
Methionine....g	0.071		0		4		0.020	0.372	
Cystine....g	0.075		0		4		0.021	0.393	
Phenylalanine....g	0.183		0		4		0.052	0.959	
Tyrosine....g	0.123		0		4		0.035	0.645	
Valine....g	0.185		0		4		0.052	0.969	
Arginine....g	0.146		0		4		0.041	0.765	
Histidine....g	0.083		0		4		0.024	0.435	
Alanine....g	0.119		0		4		0.034	0.624	
Aspartic acid....g	0.184		0		4		0.052	0.964	
Glutamic acid....g	1.194		0		4		0.338	6.257	
Glycine....g	0.122		0		4		0.035	0.639	
Proline....g	0.421		0		4		0.119	2.206	
Serine....g	0.204		0		4		0.058	1.069	
Hydroxyproline....g									

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

NDB No. 18419

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00	0.084	48		1		1.13	20.96	
Energy....kcal	423		0	NC	4		120	2215	
Energy....kJ	1768		0	NC	4		501	9264	
Protein (N x 5.8)....g	4.00	0.103	46		1		1.13	20.96	
Total lipid (fat)....g	9.80	0.089	46		1		2.78	51.35	
Ash....g	2.20	0.012	45		1		0.62	11.53	
Carbohydrate, by difference....g	80.00		0	NC	4		22.68	419.20	
Fiber, total dietary....g	0.7		0		4		0.2	3.8	
Sugars, total....g	44.21		0	FLA	4		12.53	231.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	115	7.275	44		1		33	603	
Iron, Fe....mg	1.57	0.081	43		1		0.45	8.23	
Magnesium, Mg....mg	9	0.143	32		1		3	47	
Phosphorus, P....mg	253	4.025	28		1		72	1326	
Potassium, K....mg	63	4.962	36		1		18	330	
Sodium, Na....mg	860		0	T	4		244	4506	
Zinc, Zn....mg	0.27	0.008	26		1		0.08	1.41	
Copper, Cu....mg	0.058	0.004	20		1		0.016	0.304	
Manganese, Mn....mg	0.280		0	FLA	4		0.079	1.467	
Selenium, Se....µg	2.4		1	A	1		0.7	12.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.307	0.008	55		1		0.087	1.609	
Riboflavin....mg	0.188	0.005	55		1		0.053	0.985	
Niacin....mg	2.588	0.059	56		1		0.734	13.561	
Pantothenic acid....mg	0.242		0	FLA	4		0.069	1.268	
Vitamin B-6....mg	0.016	0.002	6		1		0.005	0.084	
Folate, total....µg	104		1	AI	13		29	545	
Folic acid....µg	95		0	NR	4		27	498	
Folate, food....µg	9		0		4		3	47	
Folate, DFE....µg	171		0	NC	4		48	893	
Choline, total....mg	4.8		0	BFCN	4		1.4	25.1	
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLA	4		0.01	0.26	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol)....mg	0.77		0	FLA	4		0.22	4.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.5		0	FLA	4		0.7	12.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

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

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18126
Cake, shortcake, biscuit-type, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.40		0		1		8.05		
Energy	kcal	346		0	NC	4		98		
Energy	kJ	1448				4		410		
Protein	g	6.10		0		1		1.73		
Total lipid (fat)	g	14.20		0		1		4.03		
Ash	g	2.80		0		1		0.79		
Carbohydrate, by difference	g	48.50		0	NC	4		13.75		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	205		0		1		58		
Iron, Fe	mg	2.54		0		1		0.72		
Magnesium, Mg	mg	16		0		1		5		
Phosphorus, P	mg	143		0		1		41		
Potassium, K	mg	106		0		1		30		
Sodium, Na	mg	506		0		1		143		
Zinc, Zn	mg	0.48		0		1		0.14		
Copper, Cu	mg	0.076		0		1		0.022		
Manganese, Mn	mg	0.330		0		1		0.094		
Selenium, Se	µg	17.0		0	RA	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.1		
Thiamin	mg	0.311		0		1		0.088		
Riboflavin	mg	0.272		0		1		0.077		
Niacin	mg	2.573		0		1		0.729		
Pantothenic acid	mg	0.248		0		1		0.070		
Vitamin B-6	mg	0.030		0		1		0.009		
Folate, total	µg	53		0	RA	4		15		
Folic acid	µg	43		0	NC	4		12		
Folate, food	µg	10		0		1		3		
Folate, DFE	µg	83		0	NC	4		24		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.07		0		1		0.02		
Vitamin A, RAE	µg	18		0	NC	4		5		
Retinol	µg	17		0	NC	4		5		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	72		0		1		20		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18126
Cake, shortcake, biscuit-type, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.772		0		1		1.069		
4:0....g	0.022		0		1		0.006		
6:0....g	0.013		0		1		0.004		
8:0....g	0.008		0		1		0.002		
10:0....g	0.017		0		1		0.005		
12:0....g	0.020		0		1		0.006		
13:0....g									
14:0....g	0.122		0		1		0.035		
15:0....g									
16:0....g	2.095		0		1		0.594		
17:0....g									
18:0....g	1.472		0		1		0.417		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.045		0		1		1.714		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	6.028		0		1		1.709		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.632		0		1		1.030		
18:2 undifferentiated....g	3.402		0		1		0.964		
18:3 undifferentiated....g	0.230		0		1		0.065		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022		
Threonine....g	0.184		0		1		0.052		
Isoleucine....g	0.238		0		1		0.067		
Leucine....g	0.449		0		1		0.127		
Lysine....g	0.197		0		1		0.056		
Methionine....g	0.115		0		1		0.033		
Cystine....g	0.115		0		1		0.033		
Phenylalanine....g	0.302		0		1		0.086		
Tyrosine....g	0.203		0		1		0.058		
Valine....g	0.273		0		1		0.077		
Arginine....g	0.240		0		1		0.068		
Histidine....g	0.140		0		1		0.040		
Alanine....g	0.197		0		1		0.056		
Aspartic acid....g	0.292		0		1		0.083		
Glutamic acid....g	1.897		0		1		0.538		
Glycine....g	0.201		0		1		0.057		
Proline....g	0.681		0		1		0.193		
Serine....g	0.307		0		1		0.087		
Hydroxyproline....g									

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

NDB No. 18126

Cake, shortcake, biscuit-type, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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NDB No. 18127
Cake, snack cakes, creme-filled, chocolate with frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	18.57		2	A	1		5.26	9.28	
Energy....kcal	399		0	NC	4		113	200	
Energy....kJ	1670		0	NC	4		473	835	
Protein....g	3.63		2	A	1		1.03	1.81	
Total lipid (fat)....g	15.93		2	A	1		4.52	7.96	
Ash....g	1.56		2	A	1		0.44	0.78	
Carbohydrate, by difference....g	60.31		0	NC	4		17.10	30.15	
Fiber, total dietary....g	3.2		2	A	1		0.9	1.6	
Sugars, total....g	37.76		2	A	1		10.71	18.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	116		2	A	1		33	58	
Iron, Fe....mg	3.60		2	A	1		1.02	1.80	
Magnesium, Mg....mg	36		2	A	1		10	18	
Phosphorus, P....mg	87		2	A	1		25	43	
Potassium, K....mg	176		2	A	1		50	88	
Sodium, Na....mg	332		0	LC	8		94	166	
Zinc, Zn....mg	1.04		2	A	1		0.30	0.52	
Copper, Cu....mg	0.305		2	A	1		0.086	0.152	
Manganese, Mn....mg	0.485		2	A	1		0.137	0.243	
Selenium, Se....µg	3.4		2	A	1		1.0	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		2	A	1		0.6	1.0	
Thiamin....mg	0.037		2	A	1		0.011	0.019	
Riboflavin....mg	0.075		2	A	1		0.021	0.037	
Niacin....mg	0.925		2	A	1		0.262	0.462	
Pantothenic acid....mg	0.083		2	A	1		0.024	0.042	
Vitamin B-6....mg	0.143		2	A	1		0.040	0.071	
Folate, total....µg	26		2	A	1		7	13	
Folic acid....µg	13		2	A	1		4	7	
Folate, food....µg	13		0	AS	1		4	7	
Folate, DFE....µg	35		0	NC	4		10	18	
Choline, total....mg	20.6		0	A	1		5.8	10.3	
Betaine....mg	36.4		0	A	1		10.3	18.2	
Vitamin B-12....µg	0.06		0	FLA	4		0.02	0.03	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLC	4		0	0	
Retinol....µg	1		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	2		0	FLC	4		1	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	3		0	FLC	4		1	2	
Vitamin E (alpha-tocopherol)....mg	1.09		0	FLC	4		0.31	0.55	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	

NDB No. 18127
Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....µg	10.6		2	A	1		3.0	5.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.884		0	NC	4		1.385	2.442	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.005		2	A	1		0.001	0.003	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.159		2	A	1		0.045	0.079	
15:0....g	0.021		2	A	1		0.006	0.010	
16:0....g	2.632		2	A	1		0.746	1.316	
17:0....g	0.062		2	A	1		0.018	0.031	
18:0....g	1.930		2	A	1		0.547	0.965	
20:0....g	0.046		2	A	1		0.013	0.023	
22:0....g	0.030		2	A	1		0.009	0.015	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	8.525		0	NC	4		2.417	4.262	
14:1....g	0.036		2	A	1		0.010	0.018	
15:1....g	0.005		2	A	1		0.001	0.003	
16:1 undifferentiated....g	0.119		2	A	1		0.034	0.060	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	8.349		0	AS	1		2.367	4.174	
20:1....g	0.016		2	A	1		0.004	0.008	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.822		0	NC	4		0.517	0.911	
18:2 undifferentiated....g	1.649		2	A	1		0.468	0.825	
18:3 undifferentiated....g	0.173		0	AS	1		0.049	0.086	
18:3 n-3 c,c,c (ALA)....g	0.173		2	A	1		0.049	0.086	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0	FLC	4		0.015	0.027	
Threonine....g	0.156		0	FLC	4		0.044	0.078	
Isoleucine....g	0.158		0	FLC	4		0.045	0.079	
Leucine....g	0.261		0	FLC	4		0.074	0.130	
Lysine....g	0.196		0	FLC	4		0.056	0.098	
Methionine....g	0.053		0	FLC	4		0.015	0.027	
Cystine....g	0.062		0	FLC	4		0.018	0.031	
Phenylalanine....g	0.156		0	FLC	4		0.044	0.078	
Tyrosine....g	0.116		0	FLC	4		0.033	0.058	
Valine....g	0.194		0	FLC	4		0.055	0.097	

NDB No. 18127
Cake, snack cakes, creme-filled, chocolate with frosting

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 50g: 1 cupcake

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

Food Group: 18 Baked Products

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

NDB No. 28296

Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.31		0	FLC	4		3.05		
Energy	kcal	409		0	NC	4		111		
Energy	kJ	1712		0	NC	4		462		
Protein (N x 6.25)	g	3.71		0	LC	8		1.00		
Total lipid (fat)	g	13.00		0	LC	8		3.51		
Ash	g	2.62		0	FLC	4		0.71		
Carbohydrate, by difference	g	69.37		0	NC	4		18.73		
Fiber, total dietary	g	14.9		0	LC	8		4.0		
Sugars, total	g	33.42		0	LC	8		9.02		
Starch	g									
Minerals:										
Calcium, Ca	mg	149		0	LC	8		40		
Iron, Fe	mg	4.01		0	LC	8		1.08		
Magnesium, Mg	mg	34		0	FLC	4		9		
Phosphorus, P	mg	146		0	FLC	4		39		
Potassium, K	mg	193		0	FLC	4		52		
Sodium, Na	mg	483		0	LC	8		130		
Zinc, Zn	mg	0.73		0	FLC	4		0.20		
Copper, Cu	mg	0.243		0	FLC	4		0.066		
Manganese, Mn	mg									
Selenium, Se	µg	20.5		0	FLC	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.276		0	FLC	4		0.075		
Riboflavin	mg	0.296		0	FLC	4		0.080		
Niacin	mg	2.102		0	FLC	4		0.568		
Pantothenic acid	mg	0.452		0	FLC	4		0.122		
Vitamin B-6	mg	0.046		0	FLC	4		0.012		
Folate, total	µg	69		0	FLC	4		19		
Folic acid	µg	51		0	FLC	4		14		
Folate, food	µg	18		0	FLC	4		5		
Folate, DFE	µg	105		0	NC	4		28		
Choline, total	mg	68.4		0	FLC	4		18.5		
Betaine	mg									
Vitamin B-12	µg	0.18		0	FLC	4		0.05		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	1		0	NC	4		0		
Retinol	µg	1		0	BFFN	4		0		
Carotene, beta	µg	0		0	BFFN	4		0		
Carotene, alpha	µg	0		0	BFFN	4		0		
Cryptoxanthin, beta	µg	0		0	BFFN	4		0		
Vitamin A, IU	IU	2		0	NC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	3		0	BFFN	4		1		
Vitamin E (alpha-tocopherol)	mg	1.13		0	FLC	4		0.31		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.2		0	FLC	4		0.1		
Vitamin D	IU	8		0	FLC	4		2		
Vitamin K (phylloquinone)	µg	7.5		0	FLC	4		2.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28296

Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.570		0	LC	8		1.504		
4:0....g	0.129		0	FLC	4		0.035		
6:0....g	0.067		0	FLC	4		0.018		
8:0....g	0.047		0	FLC	4		0.013		
10:0....g	0.103		0	FLC	4		0.028		
12:0....g	0.108		0	FLC	4		0.029		
13:0....g									
14:0....g	0.351		0	FLC	4		0.095		
15:0....g	0.014		0	FLC	4		0.004		
16:0....g	3.203		0	FLC	4		0.865		
17:0....g	0.030		0	FLC	4		0.008		
18:0....g	1.435		0	FLC	4		0.387		
20:0....g	0.047		0	FLC	4		0.013		
22:0....g	0.028		0	FLC	4		0.007		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.517		0	FLC	4		0.950		
14:1....g	0.006		0	FLC	4		0.002		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.058		0	FLC	4		0.016		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.417		0	FLC	4		0.923		
20:1....g	0.036		0	FLC	4		0.010		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.034		0	FLC	4		0.819		
18:2 undifferentiated....g	2.611		0	FLC	4		0.705		
18:3 undifferentiated....g	0.380		0	FLC	4		0.103		
18:4....g	0.002		0	FLC	4		0.001		
20:2 n-6 c,c....g	0.003		0	FLC	4		0.001		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.028		0	FLC	4		0.007		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.007		0	FLC	4		0.002		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	93		0	LC	8		25		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	4		0	FLC	4		1		
Theobromine....mg	132		0	FLC	4		36		

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

Common Measures:

Measure 1 = 27g: 1 cake 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18128
Cake, snack cakes, creme-filled, sponge

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.60		2	A	1		5.56	8.23	
Energy....kcal	374		0	NC	4		106	157	
Energy....kJ	1564		0	NC	4		443	657	
Protein....g	3.47		2	A	1		0.98	1.46	
Total lipid (fat)....g	11.54		2	A	1		3.27	4.85	
Ash....g	1.36		2	A	1		0.39	0.57	
Carbohydrate, by difference....g	64.03		0	NC	4		18.15	26.89	
Fiber, total dietary....g	1.0		2	A	1		0.3	0.4	
Sugars, total....g	37.30		0	NR	4		10.57	15.67	
Sucrose....g	28.90		1	A	1		8.19	12.14	
Glucose (dextrose)....g	5.82		1	A	1		1.65	2.44	
Fructose....g	2.54		1	A	1		0.72	1.07	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g									
Starch....g	17.70		2	A	1		5.02	7.43	
Minerals:									
Calcium, Ca....mg	24		2	A	1		7	10	
Iron, Fe....mg	1.36		2	A	1		0.39	0.57	
Magnesium, Mg....mg	8		2	A	1		2	4	
Phosphorus, P....mg	185		2	A	1		52	78	
Potassium, K....mg	71		2	A	1		20	30	
Sodium, Na....mg	470		0	LC	8		133	197	
Zinc, Zn....mg	0.60		2	A	1		0.17	0.25	
Copper, Cu....mg	0.148		2	A	1		0.042	0.062	
Manganese, Mn....mg	0.305		2	A	1		0.086	0.128	
Selenium, Se....µg	3.5		2	A	1		1.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin....mg	0.181		2	A	1		0.051	0.076	
Riboflavin....mg	0.168		2	A	1		0.048	0.071	
Niacin....mg	1.549		2	A	1		0.439	0.651	
Pantothenic acid....mg	0.226		2	A	1		0.064	0.095	
Vitamin B-6....mg	0.000		2	A	1		0.000	0.000	
Folate, total....µg	38		2	A	1		11	16	
Folic acid....µg	24		2	A	1		7	10	
Folate, food....µg	14		0	AS	1		4	6	
Folate, DFE....µg	54		0	NC	4		15	23	
Choline, total....mg	37.8		0	AS	1		10.7	15.9	
Betaine....mg	12.4		1	A	1		3.5	5.2	
Vitamin B-12....µg	0.19		0	FLA	4		0.05	0.08	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	NC	4		1	2	
Retinol....µg	5		0	FLA	4		1	2	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	17		0	FLA	4		5	7	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	9		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol)....mg	0.62		2	A	1		0.18	0.26	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.02		2	A	1		0.00	0.01	
Tocopherol, gamma....mg	2.67		2	A	1		0.76	1.12	
Tocopherol, delta....mg	0.75		2	A	1		0.21	0.32	
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	

NDB No. 18128
Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	NR	4		1	2	
Vitamin K (phylloquinone)....µg	9.7		2	A	1		2.8	4.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg	0.6		2	A	1		0.2	0.3	
Lipids:									
Fatty acids, total saturated....g	4.139		0	NC	4		1.173	1.738	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.122		2	A	1		0.035	0.051	
15:0....g	0.020		2	A	1		0.006	0.008	
16:0....g	1.981		2	A	1		0.562	0.832	
17:0....g	0.058		2	A	1		0.016	0.024	
18:0....g	1.888		2	A	1		0.535	0.793	
20:0....g	0.040		2	A	1		0.011	0.017	
22:0....g	0.030		2	A	1		0.008	0.013	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	4.906		0	NC	4		1.391	2.060	
14:1....g	0.027		2	A	1		0.008	0.011	
15:1....g									
16:1 undifferentiated....g	0.121		0	AS	1		0.034	0.051	
17:1....g									
18:1 undifferentiated....g	4.739		0	AS	1		1.343	1.990	
20:1....g	0.019		2	A	1		0.005	0.008	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.860		0	NC	4		0.527	0.781	
18:2 undifferentiated....g	1.729		0	AS	1		0.490	0.726	
18:3 undifferentiated....g	0.131		0	AS	1		0.037	0.055	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	1.621		0	NC	4		0.459	0.681	
Cholesterol....mg	41		0	FLA	4		11	17	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0	FLA	4		0.011	0.016	
Threonine....g	0.120		0	FLA	4		0.034	0.051	
Isoleucine....g	0.139		0	FLA	4		0.039	0.058	
Leucine....g	0.240		0	FLA	4		0.068	0.101	
Lysine....g	0.164		0	FLA	4		0.047	0.069	
Methionine....g	0.065		0	FLA	4		0.018	0.027	
Cystine....g	0.070		0	FLA	4		0.020	0.030	
Phenylalanine....g	0.138		0	FLA	4		0.039	0.058	
Tyrosine....g	0.079		0	FLA	4		0.022	0.033	
Valine....g	0.165		0	FLA	4		0.047	0.069	
Arginine....g	0.141		0	FLA	4		0.040		

NDB No. 18128
Cake, snack cakes, creme-filled, sponge

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 cake

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

Food Group: 18 Baked Products

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

NDB No. 28297

Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.66		0	FLC	4		2.61		
Energy ... kcal	412		0	NC	4		111		
Energy ... kJ	1725		0	NC	4		466		
Protein (N x 6.25) ... g	3.71		0	LC	8		1.00		
Total lipid (fat) ... g	11.14		0	LC	8		3.01		
Ash ... g	1.19		0	FLC	4		0.32		
Carbohydrate, by difference ... g	74.30		0	NC	4		20.06		
Fiber, total dietary ... g	14.9		0	LC	8		4.0		
Sugars, total ... g	29.71		0	LC	8		8.02		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	223		0	LC	8		60		
Iron, Fe ... mg	1.34		0	LC	8		0.36		
Magnesium, Mg ... mg	11		0	FLC	4		3		
Phosphorus, P ... mg	98		0	FLC	4		27		
Potassium, K ... mg	73		0	FLC	4		20		
Sodium, Na ... mg	316		0	LC	8		85		
Zinc, Zn ... mg	0.49		0	FLC	4		0.13		
Copper, Cu ... mg	0.067		0	FLC	4		0.018		
Manganese, Mn ... mg									
Selenium, Se ... µg	22.1		0	FLC	4		6.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	LC	8		0.0		
Thiamin ... mg	0.302		0	FLC	4		0.082		
Riboflavin ... mg	0.301		0	FLC	4		0.081		
Niacin ... mg	2.199		0	FLC	4		0.594		
Pantothenic acid ... mg	0.523		0	FLC	4		0.141		
Vitamin B-6 ... mg	0.048		0	FLC	4		0.013		
Folate, total ... µg	75		0	FLC	4		20		
Folic acid ... µg	57		0	FLC	4		15		
Folate, food ... µg	19		0	FLC	4		5		
Folate, DFE ... µg	115		0	NC	4		31		
Choline, total ... mg	85.8		0	FLC	4		23.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.22		0	FLC	4		0.06		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	5		0	NC	4		1		
Retinol ... µg	5		0	BFFN	4		1		
Carotene, beta ... µg	0		0	BFFN	4		0		
Carotene, alpha ... µg	0		0	BFFN	4		0		
Cryptoxanthin, beta ... µg	0		0	BFFN	4		0		
Vitamin A, IU ... IU	16		0	NC	4		4		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	9		0	BFFN	4		2		
Vitamin E (alpha-tocopherol) ... mg	1.06		0	FLC	4		0.29		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.3		0	FLC	4		0.1		
Vitamin D ... IU	10		0	FLC	4		3		
Vitamin K (phylloquinone) ... µg	6.3		0	FLC	4		1.7		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28297

Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.713		0	LC	8		1.003		
4:0....g	0.044		0	FLC	4		0.012		
6:0....g	0.013		0	FLC	4		0.004		
8:0....g	0.016		0	FLC	4		0.004		
10:0....g	0.037		0	FLC	4		0.010		
12:0....g	0.041		0	FLC	4		0.011		
13:0....g									
14:0....g	0.161		0	FLC	4		0.043		
15:0....g	0.016		0	FLC	4		0.004		
16:0....g	2.428		0	FLC	4		0.656		
17:0....g	0.016		0	FLC	4		0.004		
18:0....g	0.887		0	FLC	4		0.239		
20:0....g	0.030		0	FLC	4		0.008		
22:0....g	0.018		0	FLC	4		0.005		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.406		0	FLC	4		0.920		
14:1....g	0.008		0	FLC	4		0.002		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.060		0	FLC	4		0.016		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.307		0	FLC	4		0.893		
20:1....g	0.031		0	FLC	4		0.008		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.179		0	FLC	4		0.858		
18:2 undifferentiated....g	2.779		0	FLC	4		0.750		
18:3 undifferentiated....g	0.344		0	FLC	4		0.093		
18:4....g	0.003		0	FLC	4		0.001		
20:2 n-6 c,c....g	0.005		0	FLC	4		0.001		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.037		0	FLC	4		0.010		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.009		0	FLC	4		0.002		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	93		0	LC	8		25		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 27g: 1 cake 1 serving

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

Food Group: 18 Baked Products

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

NDB No. 18133
Cake, sponge, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.70		0		1		8.42	11.29	
Energy....kcal	290		0	NC	4		82	110	
Energy....kJ	1213		0	NC	4		344	461	
Protein (N x 0)....g	5.40		0		1		1.53	2.05	
Total lipid (fat)....g	2.70		0		1		0.77	1.03	
Ash....g	1.20		0		1		0.34	0.46	
Carbohydrate, by difference....g	61.00		0	NC	4		17.29	23.18	
Fiber, total dietary....g	0.5		0		4		0.2	0.2	
Sugars, total....g	36.66		0	FLA	4		10.39	13.93	
Starch....g									
Minerals:									
Calcium, Ca....mg	70		0		1		20	27	
Iron, Fe....mg	2.72		0		1		0.77	1.03	
Magnesium, Mg....mg	11		0		1		3	4	
Phosphorus, P....mg	137		0		1		39	52	
Potassium, K....mg	99		0		1		28	38	
Sodium, Na....mg	623		0	LC	8		177	237	
Zinc, Zn....mg	0.51		0		1		0.14	0.19	
Copper, Cu....mg	0.062		0		1		0.018	0.024	
Manganese, Mn....mg	0.210		0		1		0.060	0.080	
Selenium, Se....µg	9.1		0	FLA	4		2.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.243		0		1		0.069	0.092	
Riboflavin....mg	0.269		0		1		0.076	0.102	
Niacin....mg	1.932		0		1		0.548	0.734	
Pantothenic acid....mg	0.478		0		1		0.136	0.182	
Vitamin B-6....mg	0.052		0		1		0.015	0.020	
Folate, total....µg	47		0	FLA	4		13	18	
Folic acid....µg	34		0	NR	4		10	13	
Folate, food....µg	13		0		1		4	5	
Folate, DFE....µg	71		0	NC	4		20	27	
Choline, total....mg	37.1		0	BFNN	4		10.5	14.1	
Betaine....mg									
Vitamin B-12....µg	0.24		0		1		0.07	0.09	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	44		0	NC	4		12	17	
Retinol....µg	44		0	FLA	4		12	17	
Carotene, beta....µg	4		0	FLA	4		1	1	
Carotene, alpha....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	2		0	FLA	4		1	1	
Vitamin A, IU....IU	154		0		1		44	59	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	85		0	FLA	4		24	32	
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLA	4		0.07	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	NR	4		0.1	0.1	
Vitamin D....IU	9		0	FLA	4		2	3	
Vitamin K (phylloquinone)....µg	0.2		0	FLA	4		0.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18133
Cake, sponge, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.802		0		4		0.227	0.305	
4:0....g	0.001		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.001		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.000	
13:0....g									
14:0....g	0.011		0		4		0.003	0.004	
15:0....g									
16:0....g	0.580		0		4		0.164	0.220	
17:0....g									
18:0....g	0.193		0		4		0.055	0.073	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.949		0		4		0.269	0.361	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.073		0		4		0.021	0.028	
17:1....g									
18:1 undifferentiated....g	0.867		0		4		0.246	0.329	
20:1....g	0.007		0		4		0.002	0.003	
22:1 undifferentiated....g	0.001		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.448		0		4		0.127	0.170	
18:2 undifferentiated....g	0.389		0		4		0.110	0.148	
18:3 undifferentiated....g	0.015		0		4		0.004	0.006	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0		4		0.010	0.013	
20:5 n-3 (EPA)....g	0.001		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.009		0		4		0.003	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	102		0		1		29	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.020	0.027	
Threonine....g	0.213		0		1		0.060	0.081	
Isoleucine....g	0.251		0		1		0.071	0.095	
Leucine....g	0.419		0		1		0.119	0.159	
Lysine....g	0.297		0		1		0.084	0.113	
Methionine....g	0.126		0		1		0.036	0.048	
Cystine....g	0.119		0		1		0.034	0.045	
Phenylalanine....g	0.263		0		1		0.075	0.100	
Tyrosine....g	0.187		0		1		0.053	0.071	
Valine....g	0.281		0		1		0.080	0.107	
Arginine....g	0.264		0		1		0.075	0.100	
Histidine....g	0.119		0		1		0.034	0.045	
Alanine....g	0.231		0		1		0.065	0.088	
Aspartic acid....g	0.391		0		1		0.111	0.149	
Glutamic acid....g	1.223		0		1		0.347	0.465	
Glycine....g	0.178		0		1		0.050	0.068	
Proline....g	0.403		0		1		0.114	0.153	
Serine....g	0.342		0		1		0.097	0.130	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18133
Cake, sponge, commercially prepared

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 piece (1/12 of 16 oz cake)

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

Food Group: 18 Baked Products

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

NDB No. 18134
Cake, sponge, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	29.40		0		1		8.33	18.52	
Energy	kcal	297		0	NC	4		84	187	
Energy	kJ	1243				4		352	783	
Protein (N x 0)	g	7.30		0		1		2.07	4.60	
Total lipid (fat)	g	4.30		0		1		1.22	2.71	
Ash	g	1.30		0		1		0.37	0.82	
Carbohydrate, by difference	g	57.70		0	NC	4		16.36	36.35	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		1		12	26	
Iron, Fe	mg	1.58		0		1		0.45	1.00	
Magnesium, Mg	mg	9		0		1		3	6	
Phosphorus, P	mg	100		0		1		28	63	
Potassium, K	mg	141		0		1		40	89	
Sodium, Na	mg	228		0		1		65	144	
Zinc, Zn	mg	0.59		0		1		0.17	0.37	
Copper, Cu	mg	0.056		0		1		0.016	0.035	
Manganese, Mn	mg	0.167		0		1		0.047	0.105	
Selenium, Se	µg	18.5		0	RK	4		5.2	11.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.159		0		1		0.045	0.100	
Riboflavin	mg	0.301		0		1		0.085	0.190	
Niacin	mg	1.204		0		1		0.341	0.759	
Pantothenic acid	mg	0.546		0		1		0.155	0.344	
Vitamin B-6	mg	0.059		0		1		0.017	0.037	
Folate, total	µg	39		0	RK	4		11	25	
Folic acid	µg	20		0	NC	4		6	13	
Folate, food	µg	19		0		1		5	12	
Folate, DFE	µg	53		0	NC	4		15	33	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.37		0		1		0.10	0.23	
Vitamin A, RAE	µg	77		0	NC	4		22	49	
Retinol	µg	77		0	NC	4		22	49	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	258		0		1		73	163	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18134
Cake, sponge, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.301		0		1		0.369	0.820	
4:0....g									
6:0....g									
8:0....g	0.001		0		1		0.000	0.001	
10:0....g	0.001		0		1		0.000	0.001	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.014		0		1		0.004	0.009	
15:0....g									
16:0....g	0.943		0		1		0.267	0.594	
17:0....g									
18:0....g	0.322		0		1		0.091	0.203	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.576		0		1		0.447	0.993	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.122		0		1		0.035	0.077	
17:1....g									
18:1 undifferentiated....g	1.439		0		1		0.408	0.907	
20:1....g	0.011		0		1		0.003	0.007	
22:1 undifferentiated....g	0.001		0		1		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.649		0		1		0.184	0.409	
18:2 undifferentiated....g	0.556		0		1		0.158	0.350	
18:3 undifferentiated....g	0.019		0		1		0.005	0.012	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.058		0		1		0.016	0.037	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.015		0		1		0.004	0.009	
Fatty acids, total trans....g									
Cholesterol....mg	170		0		1		48	107	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		0		1		0.025	0.056	
Threonine....g	0.308		0		1		0.087	0.194	
Isoleucine....g	0.350		0		1		0.099	0.221	
Leucine....g	0.590		0		1		0.167	0.372	
Lysine....g	0.418		0		1		0.119	0.263	
Methionine....g	0.192		0		1		0.054	0.121	
Cystine....g	0.161		0		1		0.046	0.101	
Phenylalanine....g	0.374		0		1		0.106	0.236	
Tyrosine....g	0.277		0		1		0.079	0.175	
Valine....g	0.395		0		1		0.112	0.249	
Arginine....g	0.404		0		1		0.115	0.255	
Histidine....g	0.172		0		1		0.049	0.108	
Alanine....g	0.350		0		1		0.099	0.221	
Aspartic acid....g	0.600		0		1		0.170	0.378	
Glutamic acid....g	1.427		0		1		0.405	0.899	
Glycine....g	0.250		0		1		0.071	0.158	
Proline....g	0.468		0		1		0.133	0.295	
Serine....g	0.498		0		1		0.141	0.314	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18134

Cake, sponge, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18131
Cake, white, dry mix, special dietary (includes lemon-flavored)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.00		2		1		1.70	13.62	
Energy....kcal	397		0	NC	4		113	901	
Energy....kJ	1661				4		471	3771	
Protein (N x 5.7)....g	3.00		2		1		0.85	6.81	
Total lipid (fat)....g	8.40		2		1		2.38	19.07	
Ash....g	2.90		2		1		0.82	6.58	
Carbohydrate, by difference....g	79.60		0		4		22.57	180.69	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		2		1		7	59	
Iron, Fe....mg	1.99		2		1		0.56	4.52	
Magnesium, Mg....mg	10		2		1		3	23	
Phosphorus, P....mg	296		2		1		84	672	
Potassium, K....mg	149		2		1		42	338	
Sodium, Na....mg	260		2		1		74	590	
Zinc, Zn....mg	0.30		2		1		0.09	0.68	
Copper, Cu....mg	0.057		2		1		0.016	0.129	
Manganese, Mn....mg	0.300		0	FLA	4		0.085	0.681	
Selenium, Se....µg	2.5		0	FLA	4		0.7	5.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.289		2		1		0.082	0.656	
Riboflavin....mg	0.179		2		1		0.051	0.406	
Niacin....mg	2.395		2		1		0.679	5.437	
Pantothenic acid....mg	0.196		2		1		0.056	0.445	
Vitamin B-6....mg	0.018		2		1		0.005	0.041	
Folate, total....µg	69		0	FLA	4		20	157	
Folic acid....µg	60		0	NC	4		17	136	
Folate, food....µg	9		2		1		3	20	
Folate, DFE....µg	111		0	NC	4		31	252	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		2		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		2		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18131
Cake, white, dry mix, special dietary (includes lemon-flavored)

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

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

NDB No. 18131

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18102
Cake, white, prepared from recipe with coconut frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.70		0		1		5.87	23.18	
Energy....kcal	356		0	NC	4		101	399	
Energy....kJ	1490		0		4		422	1668	
Protein (N x 0)....g	4.40		0		1		1.25	4.93	
Total lipid (fat)....g	10.30		0		1		2.92	11.54	
Ash....g	1.50		0		1		0.43	1.68	
Carbohydrate, by difference....g	63.20		0	NC	4		17.92	70.78	
Fiber, total dietary....g	1.0		0		4		0.3	1.1	
Sugars, total....g	57.39		0	RA	4		16.27	64.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		26	101	
Iron, Fe....mg	1.16		0		1		0.33	1.30	
Magnesium, Mg....mg	12		0		1		3	13	
Phosphorus, P....mg	70		0		1		20	78	
Potassium, K....mg	99		0		1		28	111	
Sodium, Na....mg	284		0		1		81	318	
Zinc, Zn....mg	0.33		0		1		0.09	0.37	
Copper, Cu....mg	0.067		0		1		0.019	0.075	
Manganese, Mn....mg	0.277		0		1		0.079	0.310	
Selenium, Se....µg	10.7		0	RK	4		3.0	12.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.0	0.1	
Thiamin....mg	0.128		0		1		0.036	0.143	
Riboflavin....mg	0.189		0		1		0.054	0.212	
Niacin....mg	1.063		0		1		0.301	1.191	
Pantothenic acid....mg	0.167		0		1		0.047	0.187	
Vitamin B-6....mg	0.029		0		1		0.008	0.032	
Folate, total....µg	31		0	RA	4		9	35	
Folic acid....µg	27		0		4		8	30	
Folate, food....µg	5		0		1		1	6	
Folate, DFE....µg	51		0	NC	4		14	57	
Choline, total....mg	6.0		0	RK	4		1.7	6.7	
Betaine....mg									
Vitamin B-12....µg	0.06		0		1		0.02	0.07	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12		0	NC	4		3	14	
Retinol....µg	12		0	RA	4		3	14	
Carotene, beta....µg	1		0	RA	4		0	1	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	42		0	NC	4		12	47	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	4		0	RA	4		1	4	
Vitamin E (alpha-tocopherol)....mg	0.12		0	RA	4		0.03	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	RA	4		0.1	0.2	
Vitamin D....IU	8		0	RA	4		2	9	
Vitamin K (phylloquinone)....µg	4.1		0	RA	4		1.2	4.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18102
Cake, white, prepared from recipe with coconut frosting

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.897		0		1		1.105	4.365	
4:0....g	0.012		0		1		0.003	0.013	
6:0....g	0.017		0		1		0.005	0.019	
8:0....g	0.133		0		1		0.038	0.149	
10:0....g	0.113		0		1		0.032	0.127	
12:0....g	0.847		0		1		0.240	0.949	
13:0....g									
14:0....g	0.402		0		1		0.114	0.450	
15:0....g									
16:0....g	1.394		0		1		0.395	1.561	
17:0....g									
18:0....g	0.978		0		1		0.277	1.095	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.692		0		1		1.047	4.135	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.002	0.009	
17:1....g									
18:1 undifferentiated....g	3.683		0		1		1.044	4.125	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.162		0		1		0.613	2.421	
18:2 undifferentiated....g	2.026		0		1		0.574	2.269	
18:3 undifferentiated....g	0.135		0		1		0.038	0.151	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		0	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0		1		0.015	0.060	
Threonine....g	0.157		0		1		0.045	0.176	
Isoleucine....g	0.199		0		1		0.056	0.223	
Leucine....g	0.338		0		1		0.096	0.379	
Lysine....g	0.204		0		1		0.058	0.228	
Methionine....g	0.107		0		1		0.030	0.120	
Cystine....g	0.091		0		1		0.026	0.102	
Phenylalanine....g	0.228		0		1		0.065	0.255	
Tyrosine....g	0.154		0		1		0.044	0.172	
Valine....g	0.229		0		1		0.065	0.256	
Arginine....g	0.213		0		1		0.060	0.239	
Histidine....g	0.099		0		1		0.028	0.111	
Alanine....g	0.183		0		1		0.052	0.205	
Aspartic acid....g	0.303		0		1		0.086	0.339	
Glutamic acid....g	1.035		0		1		0.293	1.159	
Glycine....g	0.146		0		1		0.041	0.164	
Proline....g	0.354		0		1		0.100	0.396	
Serine....g	0.247		0		1		0.070	0.277	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 piece (1/12 of 9" dia)

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

Food Group: 18 Baked Products

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

NDB No. 18139
Cake, white, prepared from recipe without frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.30		0		1		17.24	206.67	
Energy....kcal	357		0	NC	4		264	3167	
Energy....kJ	1494		0		4		1105	13249	
Protein (N x 0)....g	5.40		0		1		4.00	47.90	
Total lipid (fat)....g	12.40		0		1		9.18	109.99	
Ash....g	1.80		0		1		1.33	15.97	
Carbohydrate, by difference....g	57.20		0	NC	4		42.33	507.36	
Fiber, total dietary....g	0.8		0		4		0.6	7.1	
Sugars, total....g	35.49		0	RA	4		26.26	314.81	
Starch....g									
Minerals:									
Calcium, Ca....mg	130		0		1		96	1153	
Iron, Fe....mg	1.52		0		1		1.12	13.48	
Magnesium, Mg....mg	12		0		1		9	106	
Phosphorus, P....mg	93		0		1		69	825	
Potassium, K....mg	95		0		1		70	843	
Sodium, Na....mg	327		0		1		242	2900	
Zinc, Zn....mg	0.32		0		1		0.24	2.84	
Copper, Cu....mg	0.059		0		1		0.044	0.523	
Manganese, Mn....mg	0.197		0		1		0.146	1.747	
Selenium, Se....µg	13.0		0	RK	4		9.6	115.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	1.8	
Thiamin....mg	0.186		0		1		0.138	1.650	
Riboflavin....mg	0.242		0		1		0.179	2.147	
Niacin....mg	1.533		0		1		1.134	13.598	
Pantothenic acid....mg	0.184		0		1		0.136	1.632	
Vitamin B-6....mg	0.021		0		1		0.016	0.186	
Folate, total....µg	38		0	RA	4		28	333	
Folic acid....µg	31		0		4		23	275	
Folate, food....µg	7		0		1		5	62	
Folate, DFE....µg	60		0	NC	4		44	530	
Choline, total....mg	5.7		0	RK	4		4.2	50.2	
Betaine....mg									
Vitamin B-12....µg	0.08		0		1		0.06	0.71	
Vitamin A, RAE....µg	15		0	NC	4		11	135	
Retinol....µg	15		0	RA	4		11	134	
Carotene, beta....µg	1		0	RA	4		1	8	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	52		0	NC	4		38	461	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	5		0	RA	4		3	41	
Vitamin E (alpha-tocopherol)....mg	0.12		0	RA	4		0.09	1.04	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.1		0	RA	4		3.8	45.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18139
Cake, white, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.269		0		1		2.419	28.996	
4:0....g	0.018		0		1		0.013	0.160	
6:0....g	0.011		0		1		0.008	0.098	
8:0....g	0.006		0		1		0.004	0.053	
10:0....g	0.014		0		1		0.010	0.124	
12:0....g	0.015		0		1		0.011	0.133	
13:0....g									
14:0....g	0.101		0		1		0.075	0.896	
15:0....g									
16:0....g	1.812		0		1		1.341	16.072	
17:0....g									
18:0....g	1.291		0		1		0.955	11.451	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.309		0		1		3.929	47.091	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.009	0.106	
17:1....g									
18:1 undifferentiated....g	5.296		0		1		3.919	46.976	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.148		0		1		2.330	27.923	
18:2 undifferentiated....g	2.949		0		1		2.182	26.158	
18:3 undifferentiated....g	0.199		0		1		0.147	1.765	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		1	18	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.067		0		1		0.050	0.594	
Threonine....g	0.190		0		1		0.141	1.685	
Isoleucine....g	0.243		0		1		0.180	2.155	
Leucine....g	0.419		0		1		0.310	3.717	
Lysine....g	0.241		0		1		0.178	2.138	
Methionine....g	0.128		0		1		0.095	1.135	
Cystine....g	0.111		0		1		0.082	0.985	
Phenylalanine....g	0.281		0		1		0.208	2.492	
Tyrosine....g	0.191		0		1		0.141	1.694	
Valine....g	0.276		0		1		0.204	2.448	
Arginine....g	0.235		0		1		0.174	2.084	
Histidine....g	0.124		0		1		0.092	1.100	
Alanine....g	0.215		0		1		0.159	1.907	
Aspartic acid....g	0.350		0		1		0.259	3.105	
Glutamic acid....g	1.373		0		1		1.016	12.179	
Glycine....g	0.179		0		1		0.132	1.588	
Proline....g	0.483		0		1		0.357	4.284	
Serine....g	0.302		0		1		0.223	2.679	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

NDB No. 18139

Cake, white, prepared from recipe without frosting

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

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

Common Measures:

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18140

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	22.38	1.396	6	A	1		32.22	386.89	14.32
Energy ... kcal	379		0	NC	4		545	6545	242
Energy ... kJ	1584		0	NC	4		2281	27387	1014
Protein (N x 6) ... g	3.16	0.115	6	A	1		4.54	54.57	2.02
Total lipid (fat) ... g	17.75	1.142	6	A	1		25.56	306.87	11.36
Ash ... g	1.35	0.031	6	A	1		1.95	23.43	0.87
Carbohydrate, by difference ... g	55.36		0	NC	4		79.72	957.24	35.43
Fiber, total dietary ... g	1.5	0.252	3	A	1		2.2	25.9	1.0
Sugars, total ... g	39.22	2.899	3	A	1		56.47	678.06	25.10
Sucrose ... g	36.51	4.077	3	A	1		52.57	631.26	23.37
Glucose (dextrose) ... g	1.29	0.526	3	A	1		1.86	22.30	0.83
Fructose ... g	0.62	0.448	3	A	1		0.89	10.72	0.40
Lactose ... g	0.59	0.036	3	A	1		0.85	10.20	0.38
Maltose ... g	0.21	0.207	3	A	1		0.30	3.57	0.13
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch ... g	8.55	0.865	6	A	1		12.31	147.83	5.47
Minerals:									
Calcium, Ca ... mg	32	2.165	6	A	1		46	557	21
Iron, Fe ... mg	2.03	0.210	6	A	1		2.92	35.07	1.30
Magnesium, Mg ... mg	20	2.189	6	A	1		29	349	13
Phosphorus, P ... mg	138	6.226	6	A	1		198	2383	88
Potassium, K ... mg	187	16.011	6	A	1		270	3236	120
Sodium, Na ... mg	310	14.548	6	A	1		446	5354	198
Zinc, Zn ... mg	0.42	0.029	6	A	1		0.60	7.20	0.27
Copper, Cu ... mg	0.159	0.020	6	A	1		0.230	2.758	0.102
Manganese, Mn ... mg	0.222	0.017	6	A	1		0.320	3.844	0.142
Selenium, Se ... µg	5.9	1.472	3	A	1		8.5	102.6	3.8
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin ... mg	0.043	0.013	3	A	1		0.062	0.749	0.028
Riboflavin ... mg	0.093	0.019	3	A	1		0.134	1.614	0.060
Niacin ... mg	0.800	0.140	3	A	1		1.152	13.832	0.512
Pantothenic acid ... mg	0.165		2	A	1		0.238	2.853	0.106
Vitamin B-6 ... mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Folate, total ... µg	22		0	FLA	4		32	380	14
Folic acid ... µg	14		0	NC	4		20	242	9
Folate, food ... µg	8		0	NC	4		12	138	5
Folate, DFE ... µg	32		0	NC	4		46	550	20
Choline, total ... mg	17.4		0	AS	1		25.0	300.6	11.1
Betaine ... mg	6.7		1	A	1		9.7	116.2	4.3
Vitamin B-12 ... µg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin B-12, added ... µg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	7		0	BFFN	4		11	128	5
Retinol ... µg	7		0	BFFN	4		11	127	5
Carotene, beta ... µg	0		0	BFFN	4		1	8	0
Carotene, alpha ... µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	BFFN	4		1	7	0
Vitamin A, IU ... IU	26		0	BFFN	4		38	452	17
Lycopene ... µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin ... µg	14		0	BFFN	4		20	238	9
Vitamin E (alpha-tocopherol) ... mg	4.50	0.388	3	A	1		6.48	77.78	2.88
Vitamin E, added ... mg	0.00		0	BFFN	4		0.00	0.00	0.00
Tocopherol, beta ... mg	0.14	0.034	3	A	1		0.21	2.51	0.09
Tocopherol, gamma ... mg	7.65	1.598	3	A	1		11.02	132.34	4.90
Tocopherol, delta ... mg	2.09	0.563	3	A	1		3.01	36.12	1.34
Tocotrienol, alpha ... mg	0.50	0.188	3	A	1		0.72	8.65	0.32
Tocotrienol, beta ... mg	0.05	0.019	3	A	1		0.08	0.92	0.03

NDB No. 18140

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

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

NDB No. 18140

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	1.313		0	NC	4		1.891	22.702	0.840
Fatty acids, total trans-monoenoic....g	1.116		0	NC	4		1.608	19.301	0.714
Fatty acids, total trans-polyenoic....g	0.197		0	NC	4		0.283	3.400	0.126
Cholesterol....mg	16	1.557	3	A	1		23	273	10
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 144g: 1 piece (1/12 of a cake)

Measure 2 = 1729g: 1 cake

Measure 3 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

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

NDB No. 18141
Cake, yellow, commercially prepared, with vanilla frosting

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.10	1.326	4		1		14.81	6.27	
Energy	kcal	391		0	NC	4		262	111	
Energy	kJ	1636		0	NC	4		1096	464	
Protein (N x 6.1)	g	2.99		0	LC	8		2.00	0.85	
Total lipid (fat)	g	17.91		0	LC	8		12.00	5.08	
Ash	g	0.81		0	FLC	4		0.54	0.23	
Carbohydrate, by difference	g	56.20		0	NC	4		37.65	15.93	
Fiber, total dietary	g	0.3		0		4		0.2	0.1	
Sugars, total	g	41.79		0	LC	8		28.00	11.85	
Starch	g									
Minerals:										
Calcium, Ca	mg	62	2.776	31		1		42	18	
Iron, Fe	mg	1.07	0.050	29		1		0.72	0.30	
Magnesium, Mg	mg	6	0.314	32		1		4	2	
Phosphorus, P	mg	143	3.702	31		1		96	41	
Potassium, K	mg	53	3.319	32		1		36	15	
Sodium, Na	mg	269		0	LC	8		180	76	
Zinc, Zn	mg	0.25	0.010	27		1		0.17	0.07	
Copper, Cu	mg	0.034	0.002	28		1		0.023	0.010	
Manganese, Mn	mg	0.095	0.004	28		1		0.064	0.027	
Selenium, Se	µg	5.5		0	FLA	4		3.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0	0.0	
Thiamin	mg	0.100		1		1		0.067	0.028	
Riboflavin	mg	0.070		1		1		0.047	0.020	
Niacin	mg	0.500		1		1		0.335	0.142	
Pantothenic acid	mg	0.350		0		4		0.235	0.099	
Vitamin B-6	mg	0.043		0	FLC	4		0.029	0.012	
Folate, total	µg	27		0	FLA	4		18	8	
Folic acid	µg	18		0	NC	4		12	5	
Folate, food	µg	9		0		4		6	3	
Folate, DFE	µg	40		0	NC	4		27	11	
Choline, total	mg	61.0		0	FLC	4		40.8	17.3	
Betaine	mg									
Vitamin B-12	µg	0.15		0	FLA	4		0.10	0.04	
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	µg	32		0	NC	4		21	9	
Retinol	µg	32		0	FLC	4		21	9	
Carotene, beta	µg	0		0	FLC	4		0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	2		0	FLC	4		1	1	
Vitamin A, IU	IU	108		0	FLC	4		73	31	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	104		0	FLC	4		70	30	
Vitamin E (alpha-tocopherol)	mg	1.19		0	FLC	4		0.80	0.34	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.4		0	FLC	4		0.3	0.1	
Vitamin D	IU	16		0	FLC	4		11	5	
Vitamin K (phylloquinone)	µg	6.9		0	FLC	4		4.6	2.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.936		0	FLA	4		1.967	0.832	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g	0.000		0	FLC	4		0.000	0.000	
14:0....g	0.022		0	FLA	4		0.015	0.006	
15:0....g									
16:0....g	1.969		0	FLA	4		1.319	0.558	
17:0....g									
18:0....g	0.934		0	FLA	4		0.626	0.265	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.563		0	FLA	4		5.067	2.144	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.114		0	FLA	4		0.076	0.032	
17:1....g									
18:1 undifferentiated....g	7.428		0	FLA	4		4.977	2.106	
20:1....g	0.005		0	FLA	4		0.003	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.378		0	FLA	4		4.273	1.808	
18:2 undifferentiated....g	5.902		0	FLA	4		3.955	1.673	
18:3 undifferentiated....g	0.430		0	FLA	4		0.288	0.122	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	FLA	4		0.015	0.006	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.001	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002		0	FLC	4		0.001	0.000	
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.004	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	75		0	LC	8		50	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.031	0.013	
Threonine....g	0.142		0		1		0.095	0.040	
Isoleucine....g	0.177		0		1		0.119	0.050	
Leucine....g	0.290		0		1		0.194	0.082	
Lysine....g	0.216		0		1		0.145	0.061	
Methionine....g	0.087		0		1		0.058	0.025	
Cystine....g	0.067		0		1		0.045	0.019	
Phenylalanine....g	0.174		0		1		0.117	0.049	
Tyrosine....g	0.136		0		1		0.091	0.039	
Valine....g	0.199		0		1		0.133	0.056	
Arginine....g	0.163		0		1		0.109	0.046	
Histidine....g	0.082		0		1		0.055	0.023	
Alanine....g	0.147		0		1		0.098	0.042	
Aspartic acid....g	0.263		0		1		0.176	0.075	
Glutamic acid....g	0.751		0		1		0.503	0.213	
Glycine....g	0.106		0		1		0.071	0.030	
Proline....g	0.271		0		1		0.182	0.077	
Serine....g	0.216		0		1		0.145	0.061	
Hydroxyproline....g	0.000		0	FLC	4		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

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

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

Common Measures:

Measure 1 = 67g: 1 serving

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18144
Cake, yellow, enriched, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.18		1	MC	9		3.09	37.60	2.03
Energy....kcal	374		0	NC	4		161	1958	106
Energy....kJ	1563		0	NC	4		672	8190	443
Protein (N x 5.9)....g	3.70		1	MC	9		1.59	19.41	1.05
Total lipid (fat)....g	3.50		0	LC	8		1.51	18.34	0.99
Ash....g	3.70		1	MC	9		1.59	19.41	1.05
Carbohydrate, by difference....g	81.92		0	NC	4		35.22	429.24	23.22
Fiber, total dietary....g	1.2		1	MC	9		0.5	6.1	0.3
Sugars, total....g	43.29		1	MC	9		18.61	226.82	12.27
Starch....g									
Minerals:									
Calcium, Ca....mg	211		1	MC	9		91	1105	60
Iron, Fe....mg	2.08		1	MC	9		0.90	10.92	0.59
Magnesium, Mg....mg	10	0.456	46		1		4	52	3
Phosphorus, P....mg	310	7.955	55		1		133	1624	88
Potassium, K....mg	47		1	MC	9		20	245	13
Sodium, Na....mg	728		1	MC	9		313	3817	207
Zinc, Zn....mg	0.27	0.009	43		1		0.12	1.41	0.08
Copper, Cu....mg	0.072	0.003	37		1		0.031	0.377	0.020
Manganese, Mn....mg	0.191	0.048	3		1		0.082	1.001	0.054
Selenium, Se....µg	3.0		0	FLA	4		1.3	15.7	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.231		1	MC	9		0.100	1.213	0.066
Riboflavin....mg	0.231		1	MC	9		0.100	1.213	0.066
Niacin....mg	2.315		1	MC	9		0.995	12.130	0.656
Pantothenic acid....mg	0.364	0.071	4		1		0.157	1.907	0.103
Vitamin B-6....mg	0.077		2		1		0.033	0.403	0.022
Folate, total....µg	68		1	MC	9		29	357	19
Folic acid....µg	57		0	NC	4		25	299	16
Folate, food....µg	11		0	NC	4		5	58	3
Folate, DFE....µg	108		0	NC	4		46	566	31
Choline, total....mg	4.9		0	FLM	4		2.1	25.9	1.4
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLA	4		0.04	0.52	0.03
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	1	0
Retinol....µg	0		0	FLA	4		0	1	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	1		0	NC	4		0	4	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	1		0	FLA	4		0	5	0
Vitamin E (alpha-tocopherol)....mg	0.92		0	FLA	4		0.39	4.80	0.26
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.9		0	FLA	4		1.2	15.2	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18144
Cake, yellow, enriched, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.620		1	MC	9		0.697	8.491	0.459
4:0....g	0.000		0	FLM	4		0.000	0.002	0.000
6:0....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0....g	0.000		0	FLM	4		0.000	0.001	0.000
12:0....g	0.000		0	FLM	4		0.000	0.001	0.000
13:0....g									
14:0....g	0.024		0	FLM	4		0.010	0.126	0.007
15:0....g									
16:0....g	1.298		0	FLM	4		0.558	6.799	0.368
17:0....g									
18:0....g	0.298		0	FLM	4		0.128	1.561	0.084
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.694		1	MC	9		0.299	3.639	0.197
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLM	4		0.002	0.024	0.001
17:1....g									
18:1 undifferentiated....g	0.690		0	FLM	4		0.297	3.615	0.196
20:1....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		1	MC	9		0.100	1.213	0.066
18:2 undifferentiated....g	0.218		0	FLM	4		0.094	1.143	0.062
18:3 undifferentiated....g	0.013		0	FLM	4		0.006	0.070	0.004
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.231		1	MC	9		0.100	1.213	0.066
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		1		0.026	0.320	0.017
Threonine....g	0.137		0		1		0.059	0.718	0.039
Isoleucine....g	0.187		0		1		0.080	0.980	0.053
Leucine....g	0.325		0		1		0.140	1.703	0.092
Lysine....g	0.197		0		1		0.085	1.032	0.056
Methionine....g	0.081		0		1		0.035	0.424	0.023
Cystine....g	0.079		0		1		0.034	0.414	0.022
Phenylalanine....g	0.204		0		1		0.088	1.069	0.058
Tyrosine....g	0.144		0		1		0.062	0.755	0.041
Valine....g	0.213		0		1		0.092	1.116	0.060
Arginine....g	0.162		0		1		0.070	0.849	0.046
Histidine....g	0.094		0		1		0.040	0.493	0.027
Alanine....g	0.134		0		1		0.058	0.702	0.038
Aspartic acid....g	0.216		0		1		0.093	1.132	0.061
Glutamic acid....g	1.288		0		1		0.554	6.749	0.365
Glycine....g	0.132		0		1		0.057	0.692	0.037
Proline....g	0.463		0		1		0.199	2.426	0.131
Serine....g	0.228		0		1		0.098	1.195	0.065
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18144
Cake, yellow, enriched, dry mix

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

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

Common Measures:

Measure 1 = 43g: 1 serving

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

Measure 3 = 28.35g: 1 oz

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

Food Group: 18 Baked Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10		2		1		0.88	16.24	
Energy....kcal	404		0	NC	4		115	2117	
Energy....kJ	1690		0		4		479	8857	
Protein (N x 5.9)....g	4.70		2		1		1.33	24.63	
Total lipid (fat)....g	5.50		2		1		1.56	28.82	
Ash....g	2.60		2		1		0.74	13.62	
Carbohydrate, by difference....g	84.10		0	NC	4		23.84	440.68	
Fiber, total dietary....g	1.3		2		1		0.4	6.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	155		2		1		44	812	
Iron, Fe....mg	1.31		2		1		0.37	6.86	
Magnesium, Mg....mg	10		2		1		3	52	
Phosphorus, P....mg	324		2		1		92	1698	
Potassium, K....mg	65		2		1		18	341	
Sodium, Na....mg	604		2		1		171	3165	
Zinc, Zn....mg	0.33		2		1		0.09	1.73	
Copper, Cu....mg	0.063		2		1		0.018	0.330	
Manganese, Mn....mg	0.228		2		1		0.065	1.195	
Selenium, Se....µg	3.1		0	FLA	4		0.9	16.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.172		2		1		0.049	0.901	
Riboflavin....mg	0.211		2		1		0.060	1.106	
Niacin....mg	1.569		2		1		0.445	8.222	
Pantothenic acid....mg	0.326		2		1		0.092	1.708	
Vitamin B-6....mg	0.026		2		1		0.007	0.136	
Folate, total....µg	76		0	FLA	4		22	398	
Folic acid....µg	71		0	NC	4		20	372	
Folate, food....µg	5		2		1		1	26	
Folate, DFE....µg	126		0	NC	4		36	659	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.11		2		1		0.03	0.58	
Vitamin A, RAE....µg	4		0	NC	4		1	20	
Retinol....µg	4		0	NC	4		1	20	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	13		2		1		4	68	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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

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

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

NDB No. 18453

Cake, yellow, light, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18146
Cake, yellow, prepared from recipe without frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.10		0		1		17.07	205.07	
Energy....kcal	361		0	NC	4		245	2949	
Energy....kJ	1510				4		1027	12340	
Protein (N x 0)....g	5.30		0		1		3.60	43.30	
Total lipid (fat)....g	14.60		0		1		9.93	119.28	
Ash....g	1.90		0		1		1.29	15.52	
Carbohydrate, by difference....g	53.00		0	NC	4		36.04	433.01	
Fiber, total dietary....g	0.7		0		4		0.5	5.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	146		0		1		99	1193	
Iron, Fe....mg	1.64		0		1		1.12	13.40	
Magnesium, Mg....mg	12		0		1		8	98	
Phosphorus, P....mg	117		0		1		80	956	
Potassium, K....mg	91		0		1		62	743	
Sodium, Na....mg	343		0		1		233	2802	
Zinc, Zn....mg	0.45		0		1		0.31	3.68	
Copper, Cu....mg	0.056		0		1		0.038	0.458	
Manganese, Mn....mg	0.190		0		1		0.129	1.552	
Selenium, Se....µg	13.7		0	RK	4		9.3	111.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	1.6	
Thiamin....mg	0.183		0		1		0.124	1.495	
Riboflavin....mg	0.233		0		1		0.158	1.904	
Niacin....mg	1.456		0		1		0.990	11.896	
Pantothenic acid....mg	0.310		0		1		0.211	2.533	
Vitamin B-6....mg	0.036		0		1		0.024	0.294	
Folate, total....µg	34		0	RK	4		23	278	
Folic acid....µg	24		0	NC	4		16	196	
Folate, food....µg	10		0		1		7	82	
Folate, DFE....µg	51		0	NC	4		35	415	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.16		0		1		0.11	1.31	
Vitamin A, RAE....µg	40		0	NC	4		27	323	
Retinol....µg	39		0	NC	4		27	319	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	139		0		1		95	1136	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18146
Cake, yellow, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.924		0		1		2.668	32.059	
4:0....g	0.019		0		1		0.013	0.155	
6:0....g	0.011		0		1		0.007	0.090	
8:0....g	0.007		0		1		0.005	0.057	
10:0....g	0.015		0		1		0.010	0.123	
12:0....g	0.017		0		1		0.012	0.139	
13:0....g									
14:0....g	0.114		0		1		0.078	0.931	
15:0....g									
16:0....g	2.235		0		1		1.520	18.260	
17:0....g									
18:0....g	1.498		0		1		1.019	12.239	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.229		0		1		4.236	50.891	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		0		1		0.034	0.409	
17:1....g									
18:1 undifferentiated....g	6.173		0		1		4.198	50.433	
20:1....g	0.003		0		1		0.002	0.025	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.570		0		1		2.428	29.167	
18:2 undifferentiated....g	3.328		0		1		2.263	27.190	
18:3 undifferentiated....g	0.219		0		1		0.149	1.789	
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	0.017		0		1		0.012	0.139	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0		1		0.003	0.041	
Fatty acids, total trans....g									
Cholesterol....mg	54		0		1		37	441	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.045	0.539	
Threonine....g	0.191		0		1		0.130	1.560	
Isoleucine....g	0.236		0		1		0.160	1.928	
Leucine....g	0.414		0		1		0.282	3.382	
Lysine....g	0.246		0		1		0.167	2.010	
Methionine....g	0.120		0		1		0.082	0.980	
Cystine....g	0.103		0		1		0.070	0.842	
Phenylalanine....g	0.266		0		1		0.181	2.173	
Tyrosine....g	0.191		0		1		0.130	1.560	
Valine....g	0.268		0		1		0.182	2.190	
Arginine....g	0.238		0		1		0.162	1.944	
Histidine....g	0.124		0		1		0.084	1.013	
Alanine....g	0.206		0		1		0.140	1.683	
Aspartic acid....g	0.342		0		1		0.233	2.794	
Glutamic acid....g	1.329		0		1		0.904	10.858	
Glycine....g	0.171		0		1		0.116	1.397	
Proline....g	0.473		0		1		0.322	3.864	
Serine....g	0.303		0		1		0.206	2.476	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

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

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

Common Measures:

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

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

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

Food Group: 18 Baked Products

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

NDB No. 18420
Cake, yellow, unenriched, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.70	0.066	86		1		1.05	19.39	
Energy	kcal	432		0	NC	4		122	2264	
Energy	kJ	1807		0		4		512	9471	
Protein (N x 5.9)	g	4.40	0.057	80		1		1.25	23.06	
Total lipid (fat)	g	11.60	0.225	79		1		3.29	60.78	
Ash	g	2.30	0.041	61		1		0.65	12.05	
Carbohydrate, by difference	g	78.10		0		4		22.14	409.24	
Fiber, total dietary	g	1.1		0	BFZN	4		0.3	5.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	135	6.465	50		1		38	707	
Iron, Fe	mg	0.48		0		4		0.14	2.52	
Magnesium, Mg	mg	10	0.456	46		1		3	52	
Phosphorus, P	mg	310	7.955	55		1		88	1624	
Potassium, K	mg	82	5.163	27		1		23	430	
Sodium, Na	mg	657	18.708	61		1		186	3443	
Zinc, Zn	mg	0.27	0.009	43		1		0.08	1.41	
Copper, Cu	mg	0.072	0.003	37		1		0.020	0.377	
Manganese, Mn	mg	0.191	0.048	3		1		0.054	1.001	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.1	1.0	
Thiamin	mg	0.082		0		4		0.023	0.430	
Riboflavin	mg	0.049		0		4		0.014	0.257	
Niacin	mg	0.309		0		4		0.088	1.619	
Pantothenic acid	mg	0.364	0.071	4		1		0.103	1.907	
Vitamin B-6	mg	0.077		2		1		0.022	0.403	
Folate, total	µg	9		0		4		3	47	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		4		3	47	
Folate, DFE	µg	9		0	NC	4		3	47	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.10		0	BFZN	4		0.03	0.52	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	1		0		4		0	5	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18420
Cake, yellow, unenriched, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.738		0	BFZN	4		0.493	9.107	
4:0....g	0.001		0		4		0.000	0.005	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.014		0		4		0.004	0.073	
15:0....g									
16:0....g	1.154		0	BFZN	4		0.327	6.047	
17:0....g									
18:0....g	0.565		0		4		0.160	2.961	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.860		0	BFZN	4		1.378	25.466	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		0	BFZN	4		0.013	0.246	
17:1....g									
18:1 undifferentiated....g	4.802		0	BFZN	4		1.361	25.162	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.378		0	BFZN	4		1.241	22.941	
18:2 undifferentiated....g	4.066		0	BFZN	4		1.153	21.306	
18:3 undifferentiated....g	0.301		0	BFZN	4		0.085	1.577	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		2		1		1	10	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		4		0.017	0.320	
Threonine....g	0.137		0		4		0.039	0.718	
Isoleucine....g	0.187		0		4		0.053	0.980	
Leucine....g	0.325		0		4		0.092	1.703	
Lysine....g	0.197		0		4		0.056	1.032	
Methionine....g	0.081		0		4		0.023	0.424	
Cystine....g	0.079		0		4		0.022	0.414	
Phenylalanine....g	0.204		0		4		0.058	1.069	
Tyrosine....g	0.144		0		4		0.041	0.755	
Valine....g	0.213		0		4		0.060	1.116	
Arginine....g	0.162		0		4		0.046	0.849	
Histidine....g	0.094		0		4		0.027	0.493	
Alanine....g	0.134		0		4		0.038	0.702	
Aspartic acid....g	0.216		0		4		0.061	1.132	
Glutamic acid....g	1.288		0		4		0.365	6.749	
Glycine....g	0.132		0		4		0.037	0.692	
Proline....g	0.463		0		4		0.131	2.426	
Serine....g	0.228		0		4		0.065	1.195	
Hydroxyproline....g									

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

NDB No. 18420

Cake, yellow, unenriched, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 18 Baked Products

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

NDB No. 18147
Cheesecake commercially prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.60	1.287	4		1		12.93	36.48	57.00
Energy	kcal	321		0	NC	4		91	257	401
Energy	kJ	1343		0		4		381	1074	1679
Protein (N x 6.2)	g	5.50	0.553	4		1		1.56	4.40	6.88
Total lipid (fat)	g	22.50	1.514	5		1		6.38	18.00	28.13
Ash	g	0.90	0.069	6		1		0.26	0.72	1.13
Carbohydrate, by difference	g	25.50		0	NC	4		7.23	20.40	31.88
Fiber, total dietary	g	0.4		0		4		0.1	0.3	0.5
Sugars, total	g	21.80		0	FLA	4		6.18	17.44	27.25
Starch	g									
Minerals:										
Calcium, Ca	mg	51	3.541	4		1		14	41	64
Iron, Fe	mg	0.63	0.100	4		1		0.18	0.50	0.79
Magnesium, Mg	mg	11	0.647	4		1		3	9	14
Phosphorus, P	mg	93	8.299	4		1		26	74	116
Potassium, K	mg	90	6.067	4		1		26	72	113
Sodium, Na	mg	438		0	LC	8		124	350	548
Zinc, Zn	mg	0.51	0.060	4		1		0.14	0.41	0.64
Copper, Cu	mg	0.020	0.020	3		1		0.006	0.016	0.025
Manganese, Mn	mg	0.140		2		1		0.040	0.112	0.175
Selenium, Se	µg	5.2		0	FLA	4		1.5	4.2	6.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLA	4		0.1	0.3	0.5
Thiamin	mg	0.028	0.001	10		1		0.008	0.022	0.035
Riboflavin	mg	0.193	0.011	10		1		0.055	0.154	0.241
Niacin	mg	0.195	0.049	10		1		0.055	0.156	0.244
Pantothenic acid	mg	0.571	0.009	8		1		0.162	0.457	0.714
Vitamin B-6	mg	0.052	0.000	8		1		0.015	0.042	0.065
Folate, total	µg	18		0	FLA	4		5	14	23
Folic acid	µg	3		0	NC	4		1	2	4
Folate, food	µg	15	0.269	8		1		4	12	19
Folate, DFE	µg	20		0	NC	4		6	16	25
Choline, total	mg	45.9		0	FLA	4		13.0	36.7	57.3
Betaine	mg									
Vitamin B-12	µg	0.17	0.011	8		1		0.05	0.14	0.21
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	µg	159		0	NC	4		45	127	199
Retinol	µg	156		0	FLA	4		44	125	195
Carotene, beta	µg	34		0	FLA	4		10	27	43
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	2		0	FLA	4		0	1	2
Vitamin A, IU	IU	547		0	FLA	4		155	438	684
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	62		0	FLA	4		17	49	77
Vitamin E (alpha-tocopherol)	mg	0.56		0	FLA	4		0.16	0.45	0.70
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	FLA	4		0.1	0.4	0.6
Vitamin D	IU	18		0	FLA	4		5	14	23
Vitamin K (phylloquinone)	µg	4.4		0	FLA	4		1.3	3.5	5.5
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18147
Cheesecake commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.921		0	FLA	4		2.813	7.937	12.401
4:0....g	0.354		0	FLA	4		0.100	0.283	0.443
6:0....g	0.134		0	FLA	4		0.038	0.107	0.168
8:0....g	0.119		0	FLA	4		0.034	0.095	0.149
10:0....g	0.246		0	FLA	4		0.070	0.197	0.308
12:0....g	0.207		0	FLA	4		0.059	0.166	0.259
13:0....g									
14:0....g	1.266		0	FLA	4		0.359	1.013	1.583
15:0....g									
16:0....g	4.775		0	FLA	4		1.354	3.820	5.969
17:0....g									
18:0....g	2.490		0	FLA	4		0.706	1.992	3.113
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.634		0	FLA	4		2.448	6.907	10.793
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.346		0	FLA	4		0.098	0.277	0.433
17:1....g									
18:1 undifferentiated....g	8.119		0	FLA	4		2.302	6.495	10.149
20:1....g	0.002		0	FLA	4		0.001	0.002	0.003
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.602		0	FLA	4		0.454	1.282	2.003
18:2 undifferentiated....g	1.364		0	FLA	4		0.387	1.091	1.705
18:3 undifferentiated....g	0.223		0	FLA	4		0.063	0.178	0.279
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0	FLA	4		0.003	0.010	0.015
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.004	0.006
Fatty acids, total trans....g									
Cholesterol....mg	55		2		1		16	44	69
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		1		0.018	0.051	0.080
Threonine....g	0.222		0		1		0.063	0.178	0.278
Isoleucine....g	0.281		0		1		0.080	0.225	0.351
Leucine....g	0.464		0		1		0.132	0.371	0.580
Lysine....g	0.372		0		1		0.105	0.298	0.465
Methionine....g	0.136		0		1		0.039	0.109	0.170
Cystine....g	0.071		0		1		0.020	0.057	0.089
Phenylalanine....g	0.258		0		1		0.073	0.206	0.323
Tyrosine....g	0.222		0		1		0.063	0.178	0.278
Valine....g	0.314		0		1		0.089	0.251	0.393
Arginine....g	0.251		0		1		0.071	0.201	0.314
Histidine....g	0.133		0		1		0.038	0.106	0.166
Alanine....g	0.252		0		1		0.071	0.202	0.315
Aspartic acid....g	0.406		0		1		0.115	0.325	0.508
Glutamic acid....g	1.022		0		1		0.290	0.818	1.278
Glycine....g	0.221		0		1		0.063	0.177	0.276
Proline....g	0.481		0		1		0.136	0.385	0.601
Serine....g	0.307		0		1		0.087	0.246	0.384
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18147
Cheesecake commercially prepared

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18148
Cheesecake prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.20	0.961	6		1		12.53	43.76	
Energy....kcal	274		0	NC	4		78	271	
Energy....kJ	1146				4		325	1135	
Protein (N x 6.2)....g	5.50	0.163	6		1		1.56	5.45	
Total lipid (fat)....g	12.70	0.571	7		1		3.60	12.57	
Ash....g	2.00	0.066	8		1		0.57	1.98	
Carbohydrate, by difference....g	35.50		0	NC	4		10.06	35.15	
Fiber, total dietary....g	1.9		0		1		0.5	1.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	172	14.902	6		1		49	170	
Iron, Fe....mg	0.47	0.053	6		1		0.13	0.47	
Magnesium, Mg....mg	19	0.787	4		1		5	19	
Phosphorus, P....mg	234	18.645	6		1		66	232	
Potassium, K....mg	211	14.076	6		1		60	209	
Sodium, Na....mg	380	52.785	6		1		108	376	
Zinc, Zn....mg	0.46	0.065	4		1		0.13	0.46	
Copper, Cu....mg	0.029	0.012	4		1		0.008	0.029	
Manganese, Mn....mg	0.120		2		1		0.034	0.119	
Selenium, Se....µg	4.7		0	FLA	4		1.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2		1		0.1	0.5	
Thiamin....mg	0.121	0.013	12		1		0.034	0.120	
Riboflavin....mg	0.263	0.011	12		1		0.075	0.260	
Niacin....mg	0.493	0.031	12		1		0.140	0.488	
Pantothenic acid....mg	0.612	0.056	10		1		0.174	0.606	
Vitamin B-6....mg	0.052	0.002	10		1		0.015	0.051	
Folate, total....µg	30		0	FLA	4		9	30	
Folic acid....µg	12		0	NC	4		3	12	
Folate, food....µg	18	1.918	10		1		5	18	
Folate, DFE....µg	38		0	NC	4		11	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.31	0.025	10		1		0.09	0.31	
Vitamin A, RAE....µg	96		0	NC	4		27	95	
Retinol....µg	92		0	NC	4		26	91	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	366	35.454	4		1		104	362	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18148
Cheesecake prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.691		0	FLA	4		1.897	6.624	
4:0....g	0.282		0	FLA	4		0.080	0.279	
6:0....g	0.120		0	FLA	4		0.034	0.119	
8:0....g	0.096		0	FLA	4		0.027	0.095	
10:0....g	0.201		0	FLA	4		0.057	0.199	
12:0....g	0.181		0	FLA	4		0.051	0.179	
13:0....g									
14:0....g	0.969		0	FLA	4		0.275	0.959	
15:0....g									
16:0....g	3.109		0	FLA	4		0.881	3.078	
17:0....g									
18:0....g	1.487		0	FLA	4		0.422	1.472	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.519		0	FLA	4		1.281	4.474	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.242		0	FLA	4		0.069	0.240	
17:1....g									
18:1 undifferentiated....g	4.145		0	FLA	4		1.175	4.104	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.808		0	FLA	4		0.229	0.800	
18:2 undifferentiated....g	0.650		0	FLA	4		0.184	0.644	
18:3 undifferentiated....g	0.157		0	FLA	4		0.045	0.155	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	29		0	FLA	4		8	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.019	0.065	
Threonine....g	0.209		0		1		0.059	0.207	
Isoleucine....g	0.269		0		1		0.076	0.266	
Leucine....g	0.468		0		1		0.133	0.463	
Lysine....g	0.363		0		1		0.103	0.359	
Methionine....g	0.116		0		1		0.033	0.115	
Cystine....g	0.069		0		1		0.020	0.068	
Phenylalanine....g	0.264		0		1		0.075	0.261	
Tyrosine....g	0.220		0		1		0.062	0.218	
Valine....g	0.302		0		1		0.086	0.299	
Arginine....g	0.202		0		1		0.057	0.200	
Histidine....g	0.147		0		1		0.042	0.146	
Alanine....g	0.172		0		1		0.049	0.170	
Aspartic acid....g	0.345		0		1		0.098	0.342	
Glutamic acid....g	1.325		0		1		0.376	1.312	
Glycine....g	0.132		0		1		0.037	0.131	
Proline....g	0.519		0		1		0.147	0.514	
Serine....g	0.279		0		1		0.079	0.276	
Hydroxyproline....g									

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

NDB No. 18148

Cheesecake prepared from mix, no-bake type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 99g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

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

NDB No. 18964
Cinnamon buns, frosted (includes honey buns)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	18.98	0.245	10	A	1		12.34		
Energy....kcal	452		0	NC	4		294		
Energy....kJ	1890		0	NC	4		1229		
Protein....g	4.45	0.034	10	A	1		2.89		
Total lipid (fat)....g	26.61	0.550	10	A	1		17.29		
Ash....g	1.36	0.017	10	A	1		0.89		
Carbohydrate, by difference....g	48.60		0	NC	4		31.59		
Fiber, total dietary....g	1.2	0.000	4	A	1		0.8		
Sugars, total....g	25.70	0.250	10	A	1		16.71		
Sucrose....g	20.11	0.471	10	A	1		13.07		
Glucose (dextrose)....g	3.05	0.158	10	A	1		1.98		
Fructose....g	1.11	0.155	10	A	1		0.72		
Lactose....g	0.00	0.000	10	A	1		0.00		
Maltose....g	1.43	0.124	10	A	1		0.93		
Galactose....g	0.00	0.000	10	A	1		0.00		
Starch....g	16.39	0.283	10	A	1		10.65		
Minerals:									
Calcium, Ca....mg	183	1.373	10	A	1		119		
Iron, Fe....mg	1.37	0.033	10	A	1		0.89		
Magnesium, Mg....mg	14	0.160	10	A	1		9		
Phosphorus, P....mg	131	1.330	10	A	1		85		
Potassium, K....mg	102	1.472	10	A	1		66		
Sodium, Na....mg	305	2.589	10	A	1		198		
Zinc, Zn....mg	0.53	0.008	10	A	1		0.34		
Copper, Cu....mg	0.062	0.001	10	A	1		0.040		
Manganese, Mn....mg	0.292	0.005	10	A	1		0.190		
Selenium, Se....µg	13.0		0	FLC	4		8.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLC	4		0.2		
Thiamin....mg	0.211	0.006	5	A	1		0.137		
Riboflavin....mg	0.138	0.005	5	A	1		0.090		
Niacin....mg	2.404	0.018	5	A	1		1.562		
Pantothenic acid....mg	0.337		0	FLC	4		0.219		
Vitamin B-6....mg	0.038	0.003	5	A	1		0.025		
Folate, total....µg	72		0	FLC	4		47		
Folic acid....µg	53		0	FLC	4		34		
Folate, food....µg	19		0	FLC	4		13		
Folate, DFE....µg	109		0	NC	4		71		
Choline, total....mg	10.6		0	FLC	4		6.9		
Betaine....mg	24.1		0	FLC	4		15.6		
Vitamin B-12....µg	0.16		0	FLC	4		0.10		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	1		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	2		0	FLC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	6		0	FLC	4		4		
Vitamin E (alpha-tocopherol)....mg	1.15	0.096	5	A	1		0.75		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg	0.10	0.004	5	A	1		0.06		
Tocopherol, gamma....mg	2.13	0.085	5	A	1		1.39		
Tocopherol, delta....mg	0.83	0.026	5	A	1		0.54		
Tocotrienol, alpha....mg	0.46	0.023	5	A	1		0.30		
Tocotrienol, beta....mg	0.39	0.015	5	A	1		0.26		

NDB No. 18964
Cinnamon buns, frosted (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.71	0.040	5	A	1		0.46		
Tocotrienol, delta....mg	0.37	0.008	5	A	1		0.24		
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	15.2	1.597	5	A	1		9.9		
Dihydrophylloquinone....µg	4.1	0.437	3	A	1		2.7		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.649		0	NC	4		8.222		
4:0....g	0.007	0.000	10	A	1		0.005		
6:0....g	0.000	0.000	10	A	1		0.000		
8:0....g	0.013	0.000	10	A	1		0.009		
10:0....g	0.026	0.002	10	A	1		0.017		
12:0....g	0.117	0.007	10	A	1		0.076		
13:0....g									
14:0....g	0.261	0.003	10	A	1		0.170		
15:0....g	0.014	0.000	10	A	1		0.009		
16:0....g	10.152	0.189	10	A	1		6.599		
17:0....g	0.030	0.001	10	A	1		0.019		
18:0....g	1.884	0.020	10	A	1		1.225		
20:0....g	0.094	0.001	10	A	1		0.061		
22:0....g	0.029	0.001	10	A	1		0.019		
24:0....g	0.021	0.000	10	A	1		0.014		
Fatty acids, total monounsaturated....g	8.723		0	NC	4		5.670		
14:1....g	0.000	0.000	10	A	1		0.000		
15:1....g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated....g	0.052	0.000	10	AS	1		0.034		
16:1 c....g	0.052	0.000	10	A	1		0.034		
16:1 t....g	0.000	0.000	10	A	1		0.000		
17:1....g	0.007	0.000	10	A	1		0.005		
18:1 undifferentiated....g	8.599	0.137	10	AS	1		5.590		
18:1 c....g	8.377	0.138	10	A	1		5.445		
18:1 t....g	0.223	0.003	10	A	1		0.145		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.064	0.001	10	A	1		0.042		
22:1 undifferentiated....g	0.000	0.000	10	AS	1		0.000		
22:1 c....g	0.000	0.000	10	A	1		0.000		
22:1 t....g	0.000	0.000	10	A	1		0.000		
24:1 c....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total polyunsaturated....g	3.676		0	NC	4		2.389		
18:2 undifferentiated....g	3.436	0.061	10	AS	1		2.233		
18:2 n-6 c,c....g	3.352	0.059	10	A	1		2.179		
18:2 CLAs....g	0.011	0.001	10	A	1		0.007		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.072	0.002	10	A	1		0.047		
18:3 undifferentiated....g	0.225	0.005	10	AS	1		0.146		
18:3 n-3 c,c,c (ALA)....g	0.225	0.005	10	A	1		0.146		
18:3 n-6 c,c,c....g	0.000	0.000	10	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c....g	0.006	0.000	10	A	1		0.004		
20:3 undifferentiated....g	0.000	0.000	10	AS	1		0.000		
20:3 n-3....g	0.000	0.000	10	A	1		0.000		
20:3 n-6....g	0.000	0.000	10	A	1		0.000		
20:4 undifferentiated....g	0.006	0.001	10	A	1		0.004		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	10	A	1		0.001		
21:5....g									
22:4....g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	10	A	1		0.000		

NDB No. 18964
Cinnamon buns, frosted (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans....g	0.295		0	NC	4		0.192		
Fatty acids, total trans-monoenoic....g	0.223		0	NC	4		0.145		
Fatty acids, total trans-polyenoic....g	0.072		0	NC	4		0.047		
Cholesterol....mg	5	0.051	6	A	1		3		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0	FLC	4		0.044		
Threonine....g	0.176		0	FLC	4		0.114		
Isoleucine....g	0.226		0	FLC	4		0.147		
Leucine....g	0.410		0	FLC	4		0.267		
Lysine....g	0.215		0	FLC	4		0.140		
Methionine....g	0.104		0	FLC	4		0.067		
Cystine....g	0.093		0	FLC	4		0.061		
Phenylalanine....g	0.264		0	FLC	4		0.172		
Tyrosine....g	0.189		0	FLC	4		0.123		
Valine....g	0.255		0	FLC	4		0.166		
Arginine....g	0.218		0	FLC	4		0.142		
Histidine....g	0.126		0	FLC	4		0.082		
Alanine....g	0.180		0	FLC	4		0.117		
Aspartic acid....g	0.297		0	FLC	4		0.193		
Glutamic acid....g	1.553		0	FLC	4		1.009		
Glycine....g	0.172		0	FLC	4		0.112		
Proline....g	0.568		0	FLC	4		0.369		
Serine....g	0.273		0	FLC	4		0.178		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 65g: 1 bun

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

Food Group: 18 Baked Products

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

NDB No. 18103
Coffeecake, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.20	0.409	4		1		9.13	24.47	
Energy....kcal	339		0	NC	4		96	258	
Energy....kJ	1418				4		402	1078	
Protein (N x 6)....g	7.00	0.060	4		1		1.98	5.32	
Total lipid (fat)....g	15.20	0.170	4		1		4.31	11.55	
Ash....g	1.20	0.029	4		1		0.34	0.91	
Carbohydrate, by difference....g	44.30		0	NC	4		12.56	33.67	
Fiber, total dietary....g	1.0		0		1		0.3	0.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	59		2		1		17	45	
Iron, Fe....mg	0.64	0.057	4		1		0.18	0.49	
Magnesium, Mg....mg	15	0.103	4		1		4	11	
Phosphorus, P....mg	101		0	FLA	4		29	77	
Potassium, K....mg	289		0		4		82	220	
Sodium, Na....mg	339	14.505	4		1		96	258	
Zinc, Zn....mg	0.59	0.004	4		1		0.17	0.45	
Copper, Cu....mg	0.052	0.003	4		1		0.015	0.040	
Manganese, Mn....mg	0.172	0.003	4		1		0.049	0.131	
Selenium, Se....µg	13.3		0	FLA	4		3.8	10.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin....mg	0.105	0.009	4		1		0.030	0.080	
Riboflavin....mg	0.125	0.009	4		1		0.035	0.095	
Niacin....mg	0.682	0.028	4		1		0.193	0.518	
Pantothenic acid....mg	0.400		0	FLA	4		0.113	0.304	
Vitamin B-6....mg	0.058		0	FLA	4		0.016	0.044	
Folate, total....µg	39		0	FLA	4		11	30	
Folic acid....µg	20			FLA	4		6	15	
Folate, food....µg	19			FLA	4		5	14	
Folate, DFE....µg	53		0	NC	4		15	40	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.34		0	FLA	4		0.10	0.26	
Vitamin A, RAE....µg	86		0	NC	4		24	66	
Retinol....µg	86		0	NC	4		24	66	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	287		0	FLA	4		81	218	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18103
Coffeecake, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.391		0	FLA	4		1.528	4.097	
4:0....g	0.112		0	FLA	4		0.032	0.085	
6:0....g	0.032		0	FLA	4		0.009	0.024	
8:0....g	0.038		0	FLA	4		0.011	0.029	
10:0....g	0.075		0	FLA	4		0.021	0.057	
12:0....g	0.052		0	FLA	4		0.015	0.040	
13:0....g									
14:0....g	0.452		0	FLA	4		0.128	0.344	
15:0....g									
16:0....g	2.803		0	FLA	4		0.795	2.130	
17:0....g									
18:0....g	1.701		0	FLA	4		0.482	1.293	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.129		0	FLA	4		2.021	5.418	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.166		0	FLA	4		0.047	0.126	
17:1....g									
18:1 undifferentiated....g	6.903		0	FLA	4		1.957	5.246	
20:1....g	0.005		0	FLA	4		0.001	0.004	
22:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.645		0	FLA	4		0.466	1.250	
18:2 undifferentiated....g	1.488		0	FLA	4		0.422	1.131	
18:3 undifferentiated....g	0.125		0	FLA	4		0.035	0.095	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	FLA	4		0.007	0.019	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	FLA	4		24	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022	0.058	
Threonine....g	0.260		0		1		0.074	0.198	
Isoleucine....g	0.326		0		1		0.092	0.248	
Leucine....g	0.568		0		1		0.161	0.432	
Lysine....g	0.401		0		1		0.114	0.305	
Methionine....g	0.144		0		1		0.041	0.109	
Cystine....g	0.110		0		1		0.031	0.084	
Phenylalanine....g	0.352		0		1		0.100	0.268	
Tyrosine....g	0.263		0		1		0.075	0.200	
Valine....g	0.361		0		1		0.102	0.274	
Arginine....g	0.299		0		1		0.085	0.227	
Histidine....g	0.186		0		1		0.053	0.141	
Alanine....g	0.255		0		1		0.072	0.194	
Aspartic acid....g	0.470		0		1		0.133	0.357	
Glutamic acid....g	1.751		0		1		0.496	1.331	
Glycine....g	0.212		0		1		0.060	0.161	
Proline....g	0.625		0		1		0.177	0.475	
Serine....g	0.373		0		1		0.106	0.283	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18103
Coffeecake, cheese

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 76g: 1 piece (1/6 of 16 oz cake)

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

Food Group: 18 Baked Products

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

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.90	1.785	9		1		6.21	12.48	13.80
Energy....kcal	418		0	NC	4		119	238	263
Energy....kJ	1749				4		496	997	1102
Protein (N x 5.8)....g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat)....g	23.30	1.742	10		1		6.61	13.28	14.68
Ash....g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference....g	46.70		0	NC	4		13.24	26.62	29.42
Fiber, total dietary....g	2.0		0		1		0.6	1.1	1.3
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54	4.602	34		1		15	31	34
Iron, Fe....mg	1.91	0.081	33		1		0.54	1.09	1.20
Magnesium, Mg....mg	22	0.678	34		1		6	13	14
Phosphorus, P....mg	108	3.116	33		1		31	62	68
Potassium, K....mg	123	3.595	32		1		35	70	77
Sodium, Na....mg	351	13.121	35		1		100	200	221
Zinc, Zn....mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu....mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn....mg	0.450		0	FLA	4		0.128	0.257	0.284
Selenium, Se....µg	17.2	0.890	33	A	1		4.9	9.8	10.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.2	0.2
Thiamin....mg	0.209	0.006	11		1		0.059	0.119	0.132
Riboflavin....mg	0.229	0.010	11		1		0.065	0.131	0.144
Niacin....mg	1.678	0.064	11		1		0.476	0.956	1.057
Pantothenic acid....mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6....mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total....µg	61		0	FLA	4		17	35	38
Folic acid....µg	29		0	NC	4		8	17	18
Folate, food....µg	32	0.898	8		1		9	18	20
Folate, DFE....µg	81		0	NC	4		23	46	51
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.18		0	FLA	4		0.05	0.10	0.11
Vitamin A, RAE....µg	33		0	NC	4		9	19	21
Retinol....µg	33		0	NC	4		9	19	21
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	111		0	FLA	4		31	63	70
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.797		0	FLA	4		1.643	3.304	3.652
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.001		0	FLA	4		0.000	0.001	0.001
10:0....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0....g	0.001		0	FLA	4		0.000	0.001	0.001
13:0....g									
14:0....g	0.114		0	FLA	4		0.032	0.065	0.072
15:0....g									
16:0....g	3.086		0	FLA	4		0.875	1.759	1.944
17:0....g									
18:0....g	2.575		0	FLA	4		0.730	1.468	1.622
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.976		0	FLA	4		3.679	7.396	8.175
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.059		0	FLA	4		0.017	0.034	0.037
17:1....g									
18:1 undifferentiated....g	12.905		0	FLA	4		3.659	7.356	8.130
20:1....g	0.005		0	FLA	4		0.001	0.003	0.003
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.120		0	FLA	4		0.885	1.778	1.966
18:2 undifferentiated....g	2.944		0	FLA	4		0.835	1.678	1.855
18:3 undifferentiated....g	0.151		0	FLA	4		0.043	0.086	0.095
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0	FLA	4		0.005	0.011	0.012
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.005		0	FLA	4		0.001	0.003	0.003
Fatty acids, total trans....g									
Cholesterol....mg	32	1.155	3		1		9	18	20
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0		1		0.023	0.047	0.052
Threonine....g	0.227		0		1		0.064	0.129	0.143
Isoleucine....g	0.287		0		1		0.081	0.164	0.181
Leucine....g	0.500		0		1		0.142	0.285	0.315
Lysine....g	0.260		0		1		0.074	0.148	0.164
Methionine....g	0.122		0		1		0.035	0.070	0.077
Cystine....g	0.127		0		1		0.036	0.072	0.080
Phenylalanine....g	0.324		0		1		0.092	0.185	0.204
Tyrosine....g	0.218		0		1		0.062	0.124	0.137
Valine....g	0.318		0		1		0.090	0.181	0.200
Arginine....g	0.310		0		1		0.088	0.177	0.195
Histidine....g	0.154		0		1		0.044	0.088	0.097
Alanine....g	0.248		0		1		0.070	0.141	0.156
Aspartic acid....g	0.415		0		1		0.118	0.237	0.261
Glutamic acid....g	1.897		0		1		0.538	1.081	1.195
Glycine....g	0.237		0		1		0.067	0.135	0.149
Proline....g	0.634		0		1		0.180	0.361	0.399
Serine....g	0.346		0		1		0.098	0.197	0.218
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.90	1.785	9		1		6.21	12.48	13.80
Energy....kcal	418		0	NC	4		119	238	263
Energy....kJ	1749				4		496	997	1102
Protein (N x 5.8)....g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat)....g	23.30	1.742	10		1		6.61	13.28	14.68
Ash....g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference....g	46.70		0		4		13.24	26.62	29.42
Fiber, total dietary....g	2.0		0	BFZN	4		0.6	1.1	1.3
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54	4.602	34		1		15	31	34
Iron, Fe....mg	0.78		0	BFZN	4		0.22	0.44	0.49
Magnesium, Mg....mg	22	0.678	34		1		6	13	14
Phosphorus, P....mg	108	3.116	33		1		31	62	68
Potassium, K....mg	123	3.595	32		1		35	70	77
Sodium, Na....mg	351	13.121	35		1		100	200	221
Zinc, Zn....mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu....mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn....mg	0.451	0.022	32		1		0.128	0.257	0.284
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	BFZN	4		0.1	0.2	0.2
Thiamin....mg	0.135		0	BFZN	4		0.038	0.077	0.085
Riboflavin....mg	0.095		0	BFZN	4		0.027	0.054	0.060
Niacin....mg	0.880		0	BFZN	4		0.249	0.502	0.554
Pantothenic acid....mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6....mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total....µg	32	0.898	8		1		9	18	20
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	32	0.898	8		1		9	18	20
Folate, DFE....µg	32		0	NC	4		9	18	20
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.18		0	BFZN	4		0.05	0.10	0.11
Vitamin A, RAE....µg	33		0	NC	4		9	19	21
Retinol....µg	33		0	NC	4		9	19	21
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	111		0	BFZN	4		31	63	70
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.797		0	BFZN	4		1.643	3.304	3.652
4:0....g	0.001		0		4		0.000	0.001	0.001
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.001		0	BFZN	4		0.000	0.001	0.001
10:0....g	0.001		0		4		0.000	0.001	0.001
12:0....g	0.001		0		4		0.000	0.001	0.001
13:0....g									
14:0....g	0.114		0	BFZN	4		0.032	0.065	0.072
15:0....g									
16:0....g	3.086		0	BFZN	4		0.875	1.759	1.944
17:0....g									
18:0....g	2.575		0	BFZN	4		0.730	1.468	1.622
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.976		0	BFZN	4		3.679	7.396	8.175
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.059		0	BFZN	4		0.017	0.034	0.037
17:1....g									
18:1 undifferentiated....g	12.905		0	BFZN	4		3.659	7.356	8.130
20:1....g	0.005		0	BFZN	4		0.001	0.003	0.003
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.120		0	BFZN	4		0.885	1.778	1.966
18:2 undifferentiated....g	2.944		0	BFZN	4		0.835	1.678	1.855
18:3 undifferentiated....g	0.151		0	BFZN	4		0.043	0.086	0.095
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0	BFZN	4		0.005	0.011	0.012
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.005		0	BFZN	4		0.001	0.003	0.003
Fatty acids, total trans....g									
Cholesterol....mg	32	1.155	3		1		9	18	20
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0		4		0.023	0.047	0.052
Threonine....g	0.227		0		4		0.064	0.129	0.143
Isoleucine....g	0.287		0		4		0.081	0.164	0.181
Leucine....g	0.500		0		4		0.142	0.285	0.315
Lysine....g	0.260		0		4		0.074	0.148	0.164
Methionine....g	0.122		0		4		0.035	0.070	0.077
Cystine....g	0.127		0		4		0.036	0.072	0.080
Phenylalanine....g	0.324		0		4		0.092	0.185	0.204
Tyrosine....g	0.218		0		4		0.062	0.124	0.137
Valine....g	0.318		0		4		0.090	0.181	0.200
Arginine....g	0.310		0		4		0.088	0.177	0.195
Histidine....g	0.154		0		4		0.044	0.088	0.097
Alanine....g	0.248		0		4		0.070	0.141	0.156
Aspartic acid....g	0.415		0		4		0.118	0.237	0.261
Glutamic acid....g	1.897		0		4		0.538	1.081	1.195
Glycine....g	0.237		0		4		0.067	0.135	0.149
Proline....g	0.634		0		4		0.180	0.361	0.399
Serine....g	0.346		0		4		0.098	0.197	0.218
Hydroxyproline....g									

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

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18107
Coffeecake, cinnamon with crumb topping, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30	0.112	25		1		0.94	9.83	
Energy	kcal	436		0	NC	4		124	1299	
Energy	kJ	1824		0		4		517	5436	
Protein (N x 5.7)	g	4.80	0.087	26		1		1.36	14.30	
Total lipid (fat)	g	12.00	0.105	26		1		3.40	35.76	
Ash	g	2.10	0.034	24		1		0.60	6.26	
Carbohydrate, by difference	g	77.70		0	NC	4		22.03	231.55	
Fiber, total dietary	g	1.8		0		4		0.5	5.4	
Sugars, total	g	42.52		0	FLA	4		12.05	126.71	
Starch	g									
Minerals:										
Calcium, Ca	mg	148	3.419	21		1		42	441	
Iron, Fe	mg	1.90	0.038	21		1		0.54	5.66	
Magnesium, Mg	mg	19	1.862	9		1		5	57	
Phosphorus, P	mg	256	10.853	21		1		73	763	
Potassium, K	mg	87	8.277	18		1		25	259	
Sodium, Na	mg	596	15.384	18		1		169	1776	
Zinc, Zn	mg	0.34	0.011	10		1		0.10	1.01	
Copper, Cu	mg	0.220	0.000	10		1		0.062	0.656	
Manganese, Mn	mg	0.411		0	FLA	4		0.117	1.225	
Selenium, Se	µg	16.1		0	FLA	4		4.6	48.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		0.1	0.6	
Thiamin	mg	0.291	0.012	22		1		0.082	0.867	
Riboflavin	mg	0.130	0.008	9		1		0.037	0.387	
Niacin	mg	2.505	0.129	21		1		0.710	7.465	
Pantothenic acid	mg	0.133	0.006	10		1		0.038	0.396	
Vitamin B-6	mg	0.044	0.003	10		1		0.012	0.131	
Folate, total	µg	86		0	FLA	4		24	255	
Folic acid	µg	71		0		4		20	212	
Folate, food	µg	15		0		4		4	45	
Folate, DFE	µg	136		0	NC	4		38	404	
Choline, total	mg	4.7		0	FLC	4		1.3	14.0	
Betaine	mg									
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	7		0	NC	4		2	20	
Retinol	µg	7		0	FLA	4		2	20	
Carotene, beta	µg	0		0	FLA	4		0	1	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	1		0	FLA	4		0	4	
Vitamin A, IU	IU	24		0	NC	4		7	71	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	11		0	FLA	4		3	32	
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.04	0.37	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	5.3		0	FLA	4		1.5	15.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18107
Coffeecake, cinnamon with crumb topping, dry mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.957		0	FLA	4		0.838	8.812	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.047		0	FLA	4		0.013	0.140	
15:0....g									
16:0....g	1.696		0	FLA	4		0.481	5.054	
17:0....g									
18:0....g	1.226		0	FLA	4		0.348	3.653	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.172		0	FLA	4		1.466	15.413	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.172		0	FLA	4		1.466	15.413	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.204		0	FLA	4		0.908	9.548	
18:2 undifferentiated....g	3.009		0	FLA	4		0.853	8.967	
18:3 undifferentiated....g	0.195		0	FLA	4		0.055	0.581	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.016	0.167	
Threonine....g	0.128		0		1		0.036	0.381	
Isoleucine....g	0.178		0		1		0.050	0.530	
Leucine....g	0.332		0		1		0.094	0.989	
Lysine....g	0.093		0		1		0.026	0.277	
Methionine....g	0.084		0		1		0.024	0.250	
Cystine....g	0.108		0		1		0.031	0.322	
Phenylalanine....g	0.237		0		1		0.067	0.706	
Tyrosine....g	0.131		0		1		0.037	0.390	
Valine....g	0.201		0		1		0.057	0.599	
Arginine....g	0.167		0		1		0.047	0.498	
Histidine....g	0.102		0		1		0.029	0.304	
Alanine....g	0.147		0		1		0.042	0.438	
Aspartic acid....g	0.194		0		1		0.055	0.578	
Glutamic acid....g	1.683		0		1		0.477	5.015	
Glycine....g	0.164		0		1		0.046	0.489	
Proline....g	0.565		0		1		0.160	1.684	
Serine....g	0.233		0		1		0.066	0.694	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18107
Coffeecake, cinnamon with crumb topping, dry mix

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 298g: 1 package (10.5 oz)

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

Food Group: 18 Baked Products

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

NDB No. 18108
Coffeecake, cinnamon with crumb topping, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.50		0		4		8.65	17.08	
Energy....kcal	318		0		4		90	178	
Energy....kJ	1331		0		4		377	745	
Protein (N x 0)....g	5.50		0		4		1.56	3.08	
Total lipid (fat)....g	9.60		0		4		2.72	5.38	
Ash....g	1.70		0		4		0.48	0.95	
Carbohydrate, by difference....g	52.80		0		4		14.97	29.57	
Fiber, total dietary....g	1.2		0		4		0.3	0.7	
Sugars, total....g	29.53		0	RA	4		8.37	16.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	136		0		4		39	76	
Iron, Fe....mg	1.43		0		4		0.41	0.80	
Magnesium, Mg....mg	18		0		4		5	10	
Phosphorus, P....mg	215		0		4		61	120	
Potassium, K....mg	112		0		4		32	63	
Sodium, Na....mg	421		0		4		119	236	
Zinc, Zn....mg	0.45		0		4		0.13	0.25	
Copper, Cu....mg	0.149		0		4		0.042	0.083	
Manganese, Mn....mg	0.310		0		4		0.088	0.174	
Selenium, Se....µg	16.7		0	RK	4		4.7	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		4		0.1	0.1	
Thiamin....mg	0.167		0		4		0.047	0.094	
Riboflavin....mg	0.175		0		4		0.050	0.098	
Niacin....mg	1.519		0		4		0.431	0.851	
Pantothenic acid....mg	0.269		0		4		0.076	0.151	
Vitamin B-6....mg	0.050		0		4		0.014	0.028	
Folate, total....µg	48		0	RK	4		14	27	
Folic acid....µg	36		0	NC	4		10	20	
Folate, food....µg	12		0		4		3	7	
Folate, DFE....µg	73		0	NC	4		21	41	
Choline, total....mg	28.5		0	RA	4		8.1	16.0	
Betaine....mg									
Vitamin B-12....µg	0.14		0		4		0.04	0.08	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	35		0	NC	4		10	20	
Retinol....µg	35		0	RA	4		10	19	
Carotene, beta....µg	2		0	RA	4		1	1	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	2		0	RA	4		1	1	
Vitamin A, IU....IU	139		0		4		39	78	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	43		0	RA	4		12	24	
Vitamin E (alpha-tocopherol)....mg	0.20		0	RA	4		0.06	0.11	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	RA	4		0.1	0.3	
Vitamin D....IU	19		0	RA	4		5	10	
Vitamin K (phylloquinone)....µg	3.6		0	RA	4		1.0	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.855		0		4		0.526	1.039	
4:0....g	0.017		0		4		0.005	0.010	
6:0....g	0.010		0		4		0.003	0.006	
8:0....g	0.006		0		4		0.002	0.003	
10:0....g	0.014		0		4		0.004	0.008	
12:0....g	0.016		0		4		0.005	0.009	
13:0....g									
14:0....g	0.066		0		4		0.019	0.037	
15:0....g									
16:0....g	1.186		0		4		0.336	0.664	
17:0....g									
18:0....g	0.533		0		4		0.151	0.298	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.851		0		4		1.092	2.157	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.075		0		4		0.021	0.042	
17:1....g									
18:1 undifferentiated....g	3.770		0		4		1.069	2.111	
20:1....g	0.003		0		4		0.001	0.002	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.165		0		4		0.897	1.772	
18:2 undifferentiated....g	2.928		0		4		0.830	1.640	
18:3 undifferentiated....g	0.217		0		4		0.062	0.122	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0		4		0.005	0.009	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.004		0		4		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	49		0		4		14	27	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		4		0.019	0.037	
Threonine....g	0.190		0		4		0.054	0.106	
Isoleucine....g	0.245		0		4		0.069	0.137	
Leucine....g	0.422		0		4		0.120	0.236	
Lysine....g	0.229		0		4		0.065	0.128	
Methionine....g	0.120		0		4		0.034	0.067	
Cystine....g	0.111		0		4		0.031	0.062	
Phenylalanine....g	0.271		0		4		0.077	0.152	
Tyrosine....g	0.185		0		4		0.052	0.104	
Valine....g	0.275		0		4		0.078	0.154	
Arginine....g	0.224		0		4		0.064	0.125	
Histidine....g	0.123		0		4		0.035	0.069	
Alanine....g	0.203		0		4		0.058	0.114	
Aspartic acid....g	0.332		0		4		0.094	0.186	
Glutamic acid....g	1.472		0		4		0.417	0.824	
Glycine....g	0.173		0		4		0.049	0.097	
Proline....g	0.511		0		4		0.145	0.286	
Serine....g	0.303		0		4		0.086	0.170	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 56g: 1 piece (1/8 of 8" x 5-3/4" cake)

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

Food Group: 18 Baked Products

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

NDB No. 18105
Coffeecake, creme-filled with chocolate frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.10		2		1		8.25	26.19	
Energy....kcal	331		0		4		94	298	
Energy....kJ	1385				4		393	1246	
Protein (N x 5.8)....g	5.00		2		1		1.42	4.50	
Total lipid (fat)....g	10.80		2		1		3.06	9.72	
Ash....g	1.10		2		1		0.31	0.99	
Carbohydrate, by difference....g	53.80		0	NC	4		15.25	48.42	
Fiber, total dietary....g	2.0		0		1		0.6	1.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	38		2		1		11	34	
Iron, Fe....mg	0.51		2		1		0.14	0.46	
Magnesium, Mg....mg	15		2		1		4	14	
Phosphorus, P....mg	75		2		1		21	68	
Potassium, K....mg	78		0	FLA	4		22	70	
Sodium, Na....mg	323		2		1		92	291	
Zinc, Zn....mg	0.44		2		1		0.12	0.40	
Copper, Cu....mg	0.070		2		1		0.020	0.063	
Manganese, Mn....mg	0.190		2		1		0.054	0.171	
Selenium, Se....µg	14.4		0	FLA	4		4.1	13.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin....mg	0.080		2		1		0.023	0.072	
Riboflavin....mg	0.074		2		1		0.021	0.067	
Niacin....mg	0.840		2		1		0.238	0.756	
Pantothenic acid....mg	0.392		0	FLA	4		0.111	0.353	
Vitamin B-6....mg	0.041		0	FLA	4		0.012	0.037	
Folate, total....µg	41		0	FLA	4		12	37	
Folic acid....µg	24			FLA	4		7	22	
Folate, food....µg	17			FLA	4		5	15	
Folate, DFE....µg	58		0	NC	4		16	52	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		0	FLA	4		0.06	0.18	
Vitamin A, RAE....µg	37		0	NC	4		10	33	
Retinol....µg	37		0	NC	4		10	33	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	123		0	FLA	4		35	111	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18105
Coffeecake, creme-filled with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.833		0	FLA	4		0.803	2.550	
4:0....g	0.001		0	FLA	4		0.000	0.001	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.001		0	FLA	4		0.000	0.001	
10:0....g	0.001		0	FLA	4		0.000	0.001	
12:0....g	0.001		0	FLA	4		0.000	0.001	
13:0....g									
14:0....g	0.050		0	FLA	4		0.014	0.045	
15:0....g									
16:0....g	1.571		0	FLA	4		0.445	1.414	
17:0....g									
18:0....g	1.195		0	FLA	4		0.339	1.076	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.664		0	FLA	4		1.606	5.098	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0	FLA	4		0.015	0.049	
17:1....g									
18:1 undifferentiated....g	5.603		0	FLA	4		1.588	5.043	
20:1....g	0.005		0	FLA	4		0.001	0.005	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.465		0	FLA	4		0.415	1.319	
18:2 undifferentiated....g	1.365		0	FLA	4		0.387	1.229	
18:3 undifferentiated....g	0.069		0	FLA	4		0.020	0.062	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	FLA	4		0.007	0.022	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	FLA	4		20	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.052	
Threonine....g	0.161		0		1		0.046	0.145	
Isoleucine....g	0.203		0		1		0.058	0.183	
Leucine....g	0.362		0		1		0.103	0.326	
Lysine....g	0.168		0		1		0.048	0.151	
Methionine....g	0.092		0		1		0.026	0.083	
Cystine....g	0.102		0		1		0.029	0.092	
Phenylalanine....g	0.242		0		1		0.069	0.218	
Tyrosine....g	0.154		0		1		0.044	0.139	
Valine....g	0.229		0		1		0.065	0.206	
Arginine....g	0.207		0		1		0.059	0.186	
Histidine....g	0.112		0		1		0.032	0.101	
Alanine....g	0.182		0		1		0.052	0.164	
Aspartic acid....g	0.279		0		1		0.079	0.251	
Glutamic acid....g	1.498		0		1		0.425	1.348	
Glycine....g	0.178		0		1		0.050	0.160	
Proline....g	0.500		0		1		0.142	0.450	
Serine....g	0.256		0		1		0.073	0.230	
Hydroxyproline....g									

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

NDB No. 18105

Coffeecake, creme-filled with chocolate frosting

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 90g: 1 piece (1/6 of 19 oz cake)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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

NDB No. 18106
Coffeecake, fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.70	3.832	3		1		8.99	15.85	
Energy....kcal	311		0		4		88	156	
Energy....kJ	1301				4		369	651	
Protein (N x 5.8)....g	5.20	0.204	3		1		1.47	2.60	
Total lipid (fat)....g	10.20	2.604	4		1		2.89	5.10	
Ash....g	1.20	0.014	5		1		0.34	0.60	
Carbohydrate, by difference....g	51.50		0	NC	4		14.60	25.75	
Fiber, total dietary....g	2.5		0		1		0.7	1.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45	14.292	3		1		13	23	
Iron, Fe....mg	2.43	0.423	3		1		0.69	1.22	
Magnesium, Mg....mg	17	2.501	3		1		5	9	
Phosphorus, P....mg	118	27.140	3		1		33	59	
Potassium, K....mg	90	7.760	3		1		26	45	
Sodium, Na....mg	385	19.248	3		1		109	193	
Zinc, Zn....mg	0.65		2		1		0.18	0.33	
Copper, Cu....mg	0.030		2		1		0.009	0.015	
Manganese, Mn....mg	0.240		2		1		0.068	0.120	
Selenium, Se....µg	16.5		0	FLA	4		4.7	8.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.033	9		1		0.2	0.4	
Thiamin....mg	0.037	0.013	9		1		0.010	0.019	
Riboflavin....mg	0.190	0.007	9		1		0.054	0.095	
Niacin....mg	2.573	0.052	9		1		0.729	1.287	
Pantothenic acid....mg	0.660	0.012	8		1		0.187	0.330	
Vitamin B-6....mg	0.037	0.000	8		1		0.010	0.019	
Folate, total....µg	47		0	FLA	4		13	24	
Folic acid....µg	28		0	NC	4		8	14	
Folate, food....µg	19	1.029	8		1		5	10	
Folate, DFE....µg	67		0	NC	4		19	33	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE....µg	7		0	NC	4		2	4	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	140		1		1		40	70	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18106
Coffeecake, fruit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.495		0	FLA	4		0.707	1.248	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.048		0	FLA	4		0.014	0.024	
15:0....g									
16:0....g	1.321		0	FLA	4		0.375	0.661	
17:0....g									
18:0....g	1.117		0	FLA	4		0.317	0.559	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.557		0	FLA	4		1.575	2.779	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLA	4		0.003	0.006	
17:1....g									
18:1 undifferentiated....g	5.543		0	FLA	4		1.571	2.772	
20:1....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.473		0	FLA	4		0.418	0.737	
18:2 undifferentiated....g	1.390		0	FLA	4		0.394	0.695	
18:3 undifferentiated....g	0.079		0	FLA	4		0.022	0.040	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	7		0	FLA	4		2	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.029	
Threonine....g	0.165		0		1		0.047	0.083	
Isoleucine....g	0.207		0		1		0.059	0.104	
Leucine....g	0.364		0		1		0.103	0.182	
Lysine....g	0.187		0		1		0.053	0.094	
Methionine....g	0.094		0		1		0.027	0.047	
Cystine....g	0.098		0		1		0.028	0.049	
Phenylalanine....g	0.249		0		1		0.071	0.125	
Tyrosine....g	0.153		0		1		0.043	0.077	
Valine....g	0.238		0		1		0.067	0.119	
Arginine....g	0.253		0		1		0.072	0.127	
Histidine....g	0.112		0		1		0.032	0.056	
Alanine....g	0.226		0		1		0.064	0.113	
Aspartic acid....g	0.328		0		1		0.093	0.164	
Glutamic acid....g	1.435		0		1		0.407	0.718	
Glycine....g	0.274		0		1		0.078	0.137	
Proline....g	0.516		0		1		0.146	0.258	
Serine....g	0.261		0		1		0.074	0.131	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18106
Coffeecake, fruit

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 50g: 1 piece (1/8 cake)

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

Food Group: 18 Baked Products

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

NDB No. 28293

Cookie, butter or sugar, with chocolate icing or filling

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.62		
Energy ... kcal	503		0	NC	4		156		
Energy ... kJ	2105		0	NC	4		653		
Protein (N x 6.25) ... g	4.10		0	MC	9		1.27		
Total lipid (fat) ... g	23.50		0	MC	9		7.29		
Ash ... g	1.57		0	FLC	4		0.49		
Carbohydrate, by difference ... g	68.83		0	NC	4		21.34		
Fiber, total dietary ... g	1.9		0	MC	9		0.6		
Sugars, total ... g	33.80		0	MC	9		10.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	19		0	FLC	4		6		
Iron, Fe ... mg	2.44		0	FLC	4		0.76		
Magnesium, Mg ... mg	13		0	MC	9		4		
Phosphorus, P ... mg	74		0	MC	9		23		
Potassium, K ... mg	234		0	MC	9		73		
Sodium, Na ... mg	348		0	MC	9		108		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg	0.365		0	FLC	4		0.113		
Manganese, Mn ... mg									
Selenium, Se ... µg	9.0		0	FLC	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLC	4		0.0		
Thiamin ... mg	0.340		0	MC	9		0.105		
Riboflavin ... mg	0.190		0	MC	9		0.059		
Niacin ... mg	2.100		0	MC	9		0.651		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.026		0	FLC	4		0.008		
Folate, total ... µg	71		0	MC	9		22		
Folic acid ... µg	33		0	FLC	4		10		
Folate, food ... µg	38		0	NC	4		12		
Folate, DFE ... µg	94		0	NC	4		29		
Choline, total ... mg	6.7		0	FLC	4		2.1		
Betaine ... mg									
Vitamin B-12 ... µg	0.03		0	FLC	4		0.01		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	FLC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	0		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	1		0	NC	4		0		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	7		0	FLC	4		2		
Vitamin E (alpha-tocopherol) ... mg	1.81		0	FLC	4		0.56		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		0		
Vitamin K (phylloquinone) ... µg	6.6		0	FLC	4		2.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28293

Cookie, butter or sugar, with chocolate icing or filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.800		0	MC	9		4.588		
4:0....g	0.007		0	FLC	4		0.002		
6:0....g	0.001		0	FLC	4		0.000		
8:0....g	0.001		0	FLC	4		0.000		
10:0....g	0.002		0	FLC	4		0.001		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.100		0	FLC	4		0.031		
15:0....g									
16:0....g	9.284		0	FLC	4		2.878		
17:0....g									
18:0....g	5.362		0	FLC	4		1.662		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.700		0	MC	9		0.837		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0	FLC	4		0.008		
17:1....g									
18:1 undifferentiated....g	2.669		0	FLC	4		0.827		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.100		0	MC	9		1.581		
18:2 undifferentiated....g	4.730		0	FLC	4		1.466		
18:3 undifferentiated....g	0.357		0	FLC	4		0.111		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.490		0	MC	9		0.152		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.053		0	FLC	4		0.016		
Threonine....g	0.130		0	FLC	4		0.040		
Isoleucine....g	0.145		0	FLC	4		0.045		
Leucine....g	0.259		0	FLC	4		0.080		
Lysine....g	0.137		0	FLC	4		0.043		
Methionine....g	0.058		0	FLC	4		0.018		
Cystine....g	0.069		0	FLC	4		0.021		
Phenylalanine....g	0.193		0	FLC	4		0.060		
Tyrosine....g	0.131		0	FLC	4		0.040		
Valine....g	0.192		0	FLC	4		0.059		
Arginine....g	0.185		0	FLC	4		0.057		
Histidine....g	0.079		0	FLC	4		0.025		
Alanine....g	0.150		0	FLC	4		0.047		
Aspartic acid....g	0.264		0	FLC	4		0.082		
Glutamic acid....g	1.009		0	FLC	4		0.313		
Glycine....g	0.155		0	FLC	4		0.048		
Proline....g	0.333		0	FLC	4		0.103		
Serine....g	0.185		0	FLC	4		0.057		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	7		0	FLC	4		2		

NDB No. 28293

Cookie, butter or sugar, with chocolate icing or filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	237		0	FLC	4		73		

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

Common Measures:

Measure 1 = 31g: 3 cookies

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

Food Group: 18 Baked Products

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

NDB No. 28294

Cookie, chocolate, with icing or coating

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.64		
Energy ... kcal	507		0	NC	4		162		
Energy ... kJ	2122		0	NC	4		679		
Protein (N x 6.25) ... g	4.50		0	MC	9		1.44		
Total lipid (fat) ... g	24.20		0	MC	9		7.74		
Ash ... g	1.43		0	FLC	4		0.46		
Carbohydrate, by difference ... g	67.87		0	NC	4		21.72		
Fiber, total dietary ... g	2.3		0	MC	9		0.7		
Sugars, total ... g	32.00		0	MC	9		10.24		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15		0	FLC	4		5		
Iron, Fe ... mg	3.00		0	MC	9		0.96		
Magnesium, Mg ... mg	25		0	MC	9		8		
Phosphorus, P ... mg	75		0	MC	9		24		
Potassium, K ... mg	95		0	MC	9		30		
Sodium, Na ... mg	380		0	MC	9		122		
Zinc, Zn ... mg	0.30		0	MC	9		0.10		
Copper, Cu ... mg	0.267		0	FLC	4		0.085		
Manganese, Mn ... mg									
Selenium, Se ... µg	11.8		0	FLC	4		3.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLC	4		0.0		
Thiamin ... mg	0.290		0	MC	9		0.093		
Riboflavin ... mg	0.190		0	MC	9		0.061		
Niacin ... mg	2.500		0	MC	9		0.800		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.023		0	FLC	4		0.007		
Folate, total ... µg	58		0	MC	9		19		
Folic acid ... µg	49		0	FLC	4		16		
Folate, food ... µg	9		0	NC	4		3		
Folate, DFE ... µg	92		0	NC	4		29		
Choline, total ... mg	7.0		0	FLC	4		2.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.02		0	FLC	4		0.01		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	FLC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	0		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	1		0	NC	4		0		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	8		0	FLC	4		3		
Vitamin E (alpha-tocopherol) ... mg	2.79		0	FLC	4		0.89		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	FLC	4		0.0		
Vitamin D ... IU	0		0	FLC	4		0		
Vitamin K (phylloquinone) ... µg	6.9		0	FLC	4		2.2		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28294
Cookie, chocolate, with icing or coating

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.500		0	MC	9		5.280		
4:0....g	0.004		0	FLC	4		0.001		
6:0....g	0.001		0	FLC	4		0.000		
8:0....g	0.001		0	FLC	4		0.000		
10:0....g	0.001		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.252		0	FLC	4		0.081		
15:0....g									
16:0....g	12.324		0	FLC	4		3.944		
17:0....g									
18:0....g	3.889		0	FLC	4		1.244		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.600		0	MC	9		0.832		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0	FLC	4		0.006		
17:1....g									
18:1 undifferentiated....g	2.582		0	FLC	4		0.826		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.600		0	MC	9		1.152		
18:2 undifferentiated....g	3.386		0	FLC	4		1.084		
18:3 undifferentiated....g	0.213		0	FLC	4		0.068		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.370		0	MC	9		0.118		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0	FLC	4		0.018		
Threonine....g	0.135		0	FLC	4		0.043		
Isoleucine....g	0.158		0	FLC	4		0.051		
Leucine....g	0.295		0	FLC	4		0.095		
Lysine....g	0.131		0	FLC	4		0.042		
Methionine....g	0.070		0	FLC	4		0.022		
Cystine....g	0.084		0	FLC	4		0.027		
Phenylalanine....g	0.218		0	FLC	4		0.070		
Tyrosine....g	0.141		0	FLC	4		0.045		
Valine....g	0.200		0	FLC	4		0.064		
Arginine....g	0.195		0	FLC	4		0.062		
Histidine....g	0.092		0	FLC	4		0.030		
Alanine....g	0.158		0	FLC	4		0.050		
Aspartic acid....g	0.251		0	FLC	4		0.080		
Glutamic acid....g	1.272		0	FLC	4		0.407		
Glycine....g	0.167		0	FLC	4		0.054		
Proline....g	0.428		0	FLC	4		0.137		
Serine....g	0.213		0	FLC	4		0.068		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	5		0	FLC	4		2		

NDB No. 28294
Cookie, chocolate, with icing or coating

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	159		0	FLC	4		51		

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

Common Measures:

Measure 1 = 32g: 4 cookies

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

Food Group: 18 Baked Products

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

NDB No. 28289

Cookie, vanilla with caramel, coconut, and chocolate coating

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.70		0	MC	9		1.65		
Energy ... kcal	489		0	MC	9		142		
Energy ... kJ	2046		0	MC	9		593		
Protein (N x 6.25) ... g	3.50		0	MC	9		1.02		
Total lipid (fat) ... g	25.80		0	MC	9		7.48		
Ash ... g	0.77		0	FLC	4		0.22		
Carbohydrate, by difference ... g	64.10		0	MC	9		18.59		
Fiber, total dietary ... g	4.4		0	MC	9		1.3		
Sugars, total ... g	35.80		0	MC	9		10.38		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	40		0	FLC	4		12		
Iron, Fe ... mg	3.20		0	MC	9		0.93		
Magnesium, Mg ... mg	30		0	MC	9		9		
Phosphorus, P ... mg	76		0	MC	9		22		
Potassium, K ... mg	195		0	MC	9		57		
Sodium, Na ... mg	182		0	MC	9		53		
Zinc, Zn ... mg	0.50		0	MC	9		0.15		
Copper, Cu ... mg	0.380		0	FLC	4		0.110		
Manganese, Mn ... mg	0.227		0	FLC	4		0.066		
Selenium, Se ... µg	9.4		0	FLC	4		2.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0	FLC	4		0.1		
Thiamin ... mg	0.140		0	MC	9		0.041		
Riboflavin ... mg	0.120		0	MC	9		0.035		
Niacin ... mg	1.200		0	MC	9		0.348		
Pantothenic acid ... mg	0.141		0	FLC	4		0.041		
Vitamin B-6 ... mg	0.050		0	MC	9		0.015		
Folate, total ... µg	28		0	MC	9		8		
Folic acid ... µg	20		0	FLC	4		6		
Folate, food ... µg	8		0	NC	4		2		
Folate, DFE ... µg	42		0	NC	4		12		
Choline, total ... mg	11.4		0	FLC	4		3.3		
Betaine ... mg									
Vitamin B-12 ... µg	0.04		0	FLC	4		0.01		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	6		0	FLC	4		2		
Retinol ... µg	6		0	FLC	4		2		
Carotene, beta ... µg	1		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	25		0	FLC	4		7		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	10		0	FLC	4		3		
Vitamin E (alpha-tocopherol) ... mg	2.42		0	FLC	4		0.70		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	FLC	4		0.0		
Vitamin D ... IU	1		0	FLC	4		0		
Vitamin K (phylloquinone) ... µg	5.0		0	FLC	4		1.4		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28289

Cookie, vanilla with caramel, coconut, and chocolate coating

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.700		0	MC	9		5.133		
4:0....g	0.044		0	FLC	4		0.013		
6:0....g	0.073		0	FLC	4		0.021		
8:0....g	0.562		0	FLC	4		0.163		
10:0....g	0.438		0	FLC	4		0.127		
12:0....g	3.234		0	FLC	4		0.938		
13:0....g									
14:0....g	1.367		0	FLC	4		0.396		
15:0....g	0.014		0	FLC	4		0.004		
16:0....g	6.235		0	FLC	4		1.808		
17:0....g	0.047		0	FLC	4		0.014		
18:0....g	5.362		0	FLC	4		1.555		
20:0....g	0.130		0	FLC	4		0.038		
22:0....g	0.130		0	FLC	4		0.038		
24:0....g	0.002		0	FLC	4		0.001		
Fatty acids, total monounsaturated....g	2.800		0	MC	9		0.812		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.006		0	FLC	4		0.002		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	2.790		0	FLC	4		0.809		
20:1....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.700		0	MC	9		1.073		
18:2 undifferentiated....g	3.447		0	FLC	4		1.000		
18:3 undifferentiated....g	0.076		0	FLC	4		0.022		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.200		0	MC	9		0.058		
Cholesterol....mg	2		0	MC	9		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0	FLC	4		0.008		
Threonine....g	0.079		0	FLC	4		0.023		
Isoleucine....g	0.097		0	FLC	4		0.028		
Leucine....g	0.186		0	FLC	4		0.054		
Lysine....g	0.103		0	FLC	4		0.030		
Methionine....g	0.049		0	FLC	4		0.014		
Cystine....g	0.039		0	FLC	4		0.011		
Phenylalanine....g	0.118		0	FLC	4		0.034		
Tyrosine....g	0.082		0	FLC	4		0.024		
Valine....g	0.116		0	FLC	4		0.034		
Arginine....g	0.149		0	FLC	4		0.043		
Histidine....g	0.058		0	FLC	4		0.017		
Alanine....g	0.090		0	FLC	4		0.026		
Aspartic acid....g	0.153		0	FLC	4		0.045		
Glutamic acid....g	0.697		0	FLC	4		0.202		
Glycine....g	0.083		0	FLC	4		0.024		
Proline....g	0.244		0	FLC	4		0.071		
Serine....g	0.133		0	FLC	4		0.039		
Hydroxyproline....g	0.000		0	FLC	4		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		

NDB No. 28289

Cookie, vanilla with caramel, coconut, and chocolate coating

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	18		0	FLC	4		5		
Theobromine.....mg	157		0	FLC	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 = 29g: 2 cookies

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

Food Group: 18 Baked Products

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

NDB No. 28290

Cookie, with peanut butter filling, chocolate-coated

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.80		0	MC	9		0.45		
Energy....kcal	562		0	NC	4		140		
Energy....kJ	2350		0	NC	4		588		
Protein (N x 6.25)....g	8.10		0	MC	9		2.03		
Total lipid (fat)....g	35.30		0	MC	9		8.82		
Ash....g	1.90		0	FLC	4		0.47		
Carbohydrate, by difference....g	52.90		0	NC	4		13.23		
Fiber, total dietary....g	3.5		0	MC	9		0.9		
Sugars, total....g	30.90		0	MC	9		7.72		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	FLC	4		9		
Iron, Fe....mg	2.10		0	MC	9		0.52		
Magnesium, Mg....mg	17		0	MC	9		4		
Phosphorus, P....mg	37		0	MC	9		9		
Potassium, K....mg	217		0	MC	9		54		
Sodium, Na....mg	371		0	MC	9		93		
Zinc, Zn....mg	0.20		0	MC	9		0.05		
Copper, Cu....mg	0.585		0	FLC	4		0.146		
Manganese, Mn....mg	0.682		0	FLC	4		0.171		
Selenium, Se....µg	7.3		0	FLC	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.140		0	MC	9		0.035		
Riboflavin....mg	0.090		0	MC	9		0.023		
Niacin....mg	4.500		0	MC	9		1.125		
Pantothenic acid....mg	0.484		0	FLC	4		0.121		
Vitamin B-6....mg	0.102		0	FLC	4		0.026		
Folate, total....µg	63		0	MC	9		16		
Folic acid....µg	16		0	FLC	4		4		
Folate, food....µg	47		0	NC	4		12		
Folate, DFE....µg	74		0	NC	4		19		
Choline, total....mg	17.5		0	FLC	4		4.4		
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	8		0	FLC	4		2		
Vitamin E (alpha-tocopherol)....mg	4.32		0	FLC	4		1.08		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	4.7		0	FLC	4		1.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28290
Cookie, with peanut butter filling, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.200		0	MC	9		4.800		
4:0....g	0.001		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.197		0	FLC	4		0.049		
15:0....g									
16:0....g	13.805		0	FLC	4		3.451		
17:0....g									
18:0....g	4.675		0	FLC	4		1.169		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.400		0	MC	9		2.100		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0	FLC	4		0.006		
17:1....g									
18:1 undifferentiated....g	8.251		0	FLC	4		2.063		
20:1....g	0.123		0	FLC	4		0.031		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.300		0	MC	9		1.575		
18:2 undifferentiated....g	6.058		0	FLC	4		1.514		
18:3 undifferentiated....g	0.242		0	FLC	4		0.061		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.270		0	MC	9		0.068		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	FLC	4		0.020		
Threonine....g	0.271		0	FLC	4		0.068		
Isoleucine....g	0.285		0	FLC	4		0.071		
Leucine....g	0.529		0	FLC	4		0.132		
Lysine....g	0.278		0	FLC	4		0.070		
Methionine....g	0.105		0	FLC	4		0.026		
Cystine....g	0.113		0	FLC	4		0.028		
Phenylalanine....g	0.415		0	FLC	4		0.104		
Tyrosine....g	0.316		0	FLC	4		0.079		
Valine....g	0.337		0	FLC	4		0.084		
Arginine....g	0.875		0	FLC	4		0.219		
Histidine....g	0.200		0	FLC	4		0.050		
Alanine....g	0.313		0	FLC	4		0.078		
Aspartic acid....g	0.898		0	FLC	4		0.224		
Glutamic acid....g	1.820		0	FLC	4		0.455		
Glycine....g	0.458		0	FLC	4		0.114		
Proline....g	0.434		0	FLC	4		0.108		
Serine....g	0.398		0	FLC	4		0.100		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	21		0	FLC	4		5		

NDB No. 28290
Cookie, with peanut butter filling, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	186		0	FLC	4		47		

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

Common Measures:

Measure 1 = 25g: 2 cookies

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

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28351
Cookies, Marie biscuit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.79		0	FLC	4		2.74		
Energy....kcal	406		0	NC	4		114		
Energy....kJ	1697		0	NC	4		475		
Protein (N x 6.25)....g	7.05		0	LC	8		1.98		
Total lipid (fat)....g	10.58		0	LC	8		2.96		
Ash....g	2.03		0	FLC	4		0.57		
Carbohydrate, by difference....g	70.54		0	NC	4		19.75		
Fiber, total dietary....g	3.5		0	LC	8		1.0		
Sugars, total....g	21.16		0	LC	8		5.93		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	LC	8		0		
Iron, Fe....mg	0.00		0	LC	8		0.00		
Magnesium, Mg....mg	28		0	FLC	4		8		
Phosphorus, P....mg	193		0	FLC	4		54		
Potassium, K....mg	307		0	FLC	4		86		
Sodium, Na....mg	370		0	LC	8		104		
Zinc, Zn....mg	0.61		0	FLC	4		0.17		
Copper, Cu....mg	0.101		0	FLC	4		0.028		
Manganese, Mn....mg									
Selenium, Se....µg	23.9		0	FLC	4		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.541		0	FLC	4		0.152		
Riboflavin....mg	0.493		0	FLC	4		0.138		
Niacin....mg	3.861		0	FLC	4		1.081		
Pantothenic acid....mg									
Vitamin B-6....mg	0.074		0	FLC	4		0.021		
Folate, total....µg	118		0	FLC	4		33		
Folic acid....µg	98		0	FLC	4		27		
Folate, food....µg	20		0	FLC	4		5		
Folate, DFE....µg	186		0	NC	4		52		
Choline, total....mg	27.0		0	FLC	4		7.6		
Betaine....mg									
Vitamin B-12....µg	0.19		0	FLC	4		0.05		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	1		0	NC	4		0		
Retinol....µg	1		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	3		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	12		0	FLC	4		3		
Vitamin E (alpha-tocopherol)....mg	0.45		0	FLC	4		0.13		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	3.8		0	FLC	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28351
Cookies, Marie biscuit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.291		0	LC	8		1.481		
4:0....g	0.003		0	FLC	4		0.001		
6:0....g	0.013		0	FLC	4		0.004		
8:0....g	0.207		0	FLC	4		0.058		
10:0....g	0.233		0	FLC	4		0.065		
12:0....g	2.948		0	FLC	4		0.825		
13:0....g									
14:0....g	1.035		0	FLC	4		0.290		
15:0....g									
16:0....g	0.651		0	FLC	4		0.182		
17:0....g									
18:0....g	0.199		0	FLC	4		0.056		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.694		0	NC	4		0.754		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLC	4		0.003		
17:1....g									
18:1 undifferentiated....g	2.681		0	FLC	4		0.751		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.670		0	NC	4		0.467		
18:2 undifferentiated....g	1.552		0	FLC	4		0.435		
18:3 undifferentiated....g	0.118		0	FLC	4		0.033		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 5 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28399
Cookies, animal crackers (includes arrowroot, tea biscuits)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.182	42		1		1.11	0.19	0.10
Energy....kcal	446		0	NC	4		126	22	11
Energy....kJ	1866		0		4		529	91	47
Protein (N x 5.7)....g	6.90	0.155	46		1		1.96	0.34	0.17
Total lipid (fat)....g	13.80	0.229	46		1		3.91	0.68	0.35
Ash....g	1.30	0.028	44		1		0.37	0.06	0.03
Carbohydrate, by difference....g	74.10		0	NC	4		21.01	3.63	1.85
Fiber, total dietary....g	1.1		0		4		0.3	0.1	0.0
Sugars, total....g	23.30		0	NR	4		6.61	1.14	0.58
Starch....g									
Minerals:									
Calcium, Ca....mg	43	5.640	36		1		12	2	1
Iron, Fe....mg	2.75	0.067	37		1		0.78	0.13	0.07
Magnesium, Mg....mg	18	0.492	32		1		5	1	0
Phosphorus, P....mg	114	6.234	35		1		32	6	3
Potassium, K....mg	100	2.786	34		1		28	5	3
Sodium, Na....mg	407		0	NR	4		115	20	10
Zinc, Zn....mg	0.64	0.029	32		1		0.18	0.03	0.02
Copper, Cu....mg	0.157	0.012	31		1		0.045	0.008	0.004
Manganese, Mn....mg	0.423	0.015	27		1		0.120	0.021	0.011
Selenium, Se....µg	7.0	2.000	4	A	1		2.0	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.350	0.015	37		1		0.099	0.017	0.009
Riboflavin....mg	0.326	0.015	34		1		0.092	0.016	0.008
Niacin....mg	3.470	0.124	35		1		0.984	0.170	0.087
Pantothenic acid....mg	0.376		2		1		0.107	0.018	0.009
Vitamin B-6....mg	0.022		2		1		0.006	0.001	0.001
Folate, total....µg	103		0	FLA	4		29	5	3
Folic acid....µg	89		0	NR	4		25	4	2
Folate, food....µg	14		1		1		4	1	0
Folate, DFE....µg	165		0	NC	4		47	8	4
Choline, total....mg	12.0		0	BFNN	4		3.4	0.6	0.3
Betaine....mg									
Vitamin B-12....µg	0.05		1		1		0.01	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	2		0	FLA	4		1	0	0
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLA	4		0.03	0.01	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.9		0	FLA	4		1.7	0.3	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28399
Cookies, animal crackers (includes arrowroot, tea biscuits)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.463		0	FLA	4		0.982	0.170	0.087
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.067		0	FLA	4		0.019	0.003	0.002
15:0....g									
16:0....g	1.797		0	FLA	4		0.509	0.088	0.045
17:0....g									
18:0....g	1.591		0	FLA	4		0.451	0.078	0.040
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.666		0	FLA	4		2.173	0.376	0.192
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.000	0.000
17:1....g									
18:1 undifferentiated....g	7.663		0	FLA	4		2.172	0.375	0.192
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.873		0	FLA	4		0.531	0.092	0.047
18:2 undifferentiated....g	1.776		0	FLA	4		0.503	0.087	0.044
18:3 undifferentiated....g	0.096		0	FLA	4		0.027	0.005	0.002
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.005	0.002
Threonine....g	0.193		0		1		0.055	0.009	0.005
Isoleucine....g	0.263		0		1		0.075	0.013	0.007
Leucine....g	0.470		0		1		0.133	0.023	0.012
Lysine....g	0.242		0		1		0.069	0.012	0.006
Methionine....g	0.116		0		1		0.033	0.006	0.003
Cystine....g	0.149		0		1		0.042	0.007	0.004
Phenylalanine....g	0.324		0		1		0.092	0.016	0.008
Tyrosine....g	0.196		0		1		0.056	0.010	0.005
Valine....g	0.303		0		1		0.086	0.015	0.008
Arginine....g	0.263		0		1		0.075	0.013	0.007
Histidine....g	0.140		0		1		0.040	0.007	0.004
Alanine....g	0.209		0		1		0.059	0.010	0.005
Aspartic acid....g	0.292		0		1		0.083	0.014	0.007
Glutamic acid....g	2.262		0		1		0.641	0.111	0.057
Glycine....g	0.231		0		1		0.065	0.011	0.006
Proline....g	0.763		0		1		0.216	0.037	0.019
Serine....g	0.362		0		1		0.103	0.018	0.009
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 28399
Cookies, animal crackers (includes arrowroot, tea biscuits)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.9g: 1 Arrowroot biscuit (include Arrowroot cookie)

Measure 3 = 2.5g: 1 cracker

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28291

Cookies, animal, with frosting or icing

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.62	0.80	
Energy ... kcal	509		0	NC	4		158	204	
Energy ... kJ	2131		0	NC	4		661	852	
Protein (N x 6.25) ... g	3.00		0	MC	9		0.93	1.20	
Total lipid (fat) ... g	24.10		0	MC	9		7.47	9.64	
Ash ... g	0.81		0	FLC	4		0.25	0.33	
Carbohydrate, by difference ... g	70.09		0	NC	4		21.73	28.03	
Fiber, total dietary ... g	0.9		0	MC	9		0.3	0.4	
Sugars, total ... g	41.10		0	MC	9		12.74	16.44	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6		0	FLC	4		2	2	
Iron, Fe ... mg	1.57		0	FLC	4		0.49	0.63	
Magnesium, Mg ... mg	7		0	FLC	4		2	3	
Phosphorus, P ... mg	5		0	MC	9		2	2	
Potassium, K ... mg	96		0	MC	9		30	38	
Sodium, Na ... mg	257		0	MC	9		80	103	
Zinc, Zn ... mg	0.24		0	FLC	4		0.08	0.10	
Copper, Cu ... mg	0.052		0	FLC	4		0.016	0.021	
Manganese, Mn ... mg									
Selenium, Se ... µg	11.3		0	FLC	4		3.5	4.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLC	4		0.0	0.0	
Thiamin ... mg	0.280		0	MC	9		0.087	0.112	
Riboflavin ... mg	0.150		0	MC	9		0.047	0.060	
Niacin ... mg	1.700		0	MC	9		0.527	0.680	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.014		0	FLC	4		0.004	0.006	
Folate, total ... µg	59		0	MC	9		18	24	
Folic acid ... µg	50		0	FLC	4		16	20	
Folate, food ... µg	9		0	NC	4		3	4	
Folate, DFE ... µg	94		0	NC	4		29	38	
Choline, total ... mg	3.5		0	FLC	4		1.1	1.4	
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE ... µg	0		0	FLC	4		0	0	
Retinol ... µg	0		0	FLC	4		0	0	
Carotene, beta ... µg	0		0	FLC	4		0	0	
Carotene, alpha ... µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta ... µg	0		0	FLC	4		0	0	
Vitamin A, IU ... IU	0		0	NC	4		0	0	
Lycopene ... µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin ... µg	6		0	FLC	4		2	2	
Vitamin E (alpha-tocopherol) ... mg	0.93		0	FLC	4		0.29	0.37	
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D ... IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone) ... µg	6.0		0	FLC	4		1.9	2.4	
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28291
Cookies, animal, with frosting or icing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.200		0	MC	9		5.022	6.480	
4:0....g	0.013		0	FLC	4		0.004	0.005	
6:0....g	0.059		0	FLC	4		0.018	0.024	
8:0....g	0.708		0	FLC	4		0.219	0.283	
10:0....g	0.603		0	FLC	4		0.187	0.241	
12:0....g	8.232		0	FLC	4		2.552	3.293	
13:0....g									
14:0....g	2.528		0	FLC	4		0.784	1.011	
15:0....g									
16:0....g	1.373		0	FLC	4		0.426	0.549	
17:0....g									
18:0....g	2.647		0	FLC	4		0.821	1.059	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.400		0	MC	9		0.744	0.960	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.400		0	FLC	4		0.744	0.960	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.500		0	MC	9		1.395	1.800	
18:2 undifferentiated....g	4.261		0	FLC	4		1.321	1.704	
18:3 undifferentiated....g	0.239		0	FLC	4		0.074	0.096	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g	0.515		0	MC	9		0.160	0.206	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	FLC	4		0.013	0.017	
Threonine....g	0.092		0	FLC	4		0.028	0.037	
Isoleucine....g	0.116		0	FLC	4		0.036	0.047	
Leucine....g	0.232		0	FLC	4		0.072	0.093	
Lysine....g	0.074		0	FLC	4		0.023	0.030	
Methionine....g	0.060		0	FLC	4		0.019	0.024	
Cystine....g	0.071		0	FLC	4		0.022	0.029	
Phenylalanine....g	0.170		0	FLC	4		0.053	0.068	
Tyrosine....g	0.102		0	FLC	4		0.032	0.041	
Valine....g	0.135		0	FLC	4		0.042	0.054	
Arginine....g	0.136		0	FLC	4		0.042	0.054	
Histidine....g	0.075		0	FLC	4		0.023	0.030	
Alanine....g	0.108		0	FLC	4		0.034	0.043	
Aspartic acid....g	0.142		0	FLC	4		0.044	0.057	
Glutamic acid....g	1.135		0	FLC	4		0.352	0.454	
Glycine....g	0.121		0	FLC	4		0.038	0.048	
Proline....g	0.391		0	FLC	4		0.121	0.156	
Serine....g	0.168		0	FLC	4		0.052	0.067	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 28291
Cookies, animal, with frosting or icing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 8 cookies 1 serving

Measure 2 = 40g: 1 package (40 g)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18151
Cookies, brownies, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.60	0.647	15		1		3.86	7.62	8.30
Energy....kcal	405		0		4		115	227	247
Energy....kJ	1695		0		4		480	949	1034
Protein (N x 5.9)....g	4.80	0.173	19		1		1.36	2.69	2.93
Total lipid (fat)....g	16.30	0.610	21		1		4.62	9.13	9.94
Ash....g	1.30	0.083	16		1		0.37	0.73	0.79
Carbohydrate, by difference....g	63.90		0		4		18.12	35.78	38.98
Fiber, total dietary....g	2.1		0		1		0.6	1.2	1.3
Sugars, total....g	36.61		0	FLC	4		10.38	20.50	22.33
Starch....g									
Minerals:									
Calcium, Ca....mg	29	2.976	18		1		8	16	18
Iron, Fe....mg	2.25	0.156	18		1		0.64	1.26	1.37
Magnesium, Mg....mg	31	1.880	11		1		9	17	19
Phosphorus, P....mg	101	8.275	12		1		29	57	62
Potassium, K....mg	149	17.040	11		1		42	83	91
Sodium, Na....mg	286		0	LC	8		81	160	174
Zinc, Zn....mg	0.72	0.033	9		1		0.20	0.40	0.44
Copper, Cu....mg	0.224	0.021	10		1		0.064	0.125	0.137
Manganese, Mn....mg	0.128		0	FLA	4		0.036	0.072	0.078
Selenium, Se....µg	6.3		0	FLA	4		1.8	3.5	3.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.255	0.034	16		1		0.072	0.143	0.156
Riboflavin....mg	0.210	0.016	18		1		0.060	0.118	0.128
Niacin....mg	1.721	0.234	17		1		0.488	0.964	1.050
Pantothenic acid....mg	0.547		1		1		0.155	0.306	0.334
Vitamin B-6....mg	0.035		1		1		0.010	0.020	0.021
Folate, total....µg	47		0	FLC	4		13	26	29
Folic acid....µg	35		0	NR	4		10	20	21
Folate, food....µg	12		0		4		3	7	7
Folate, DFE....µg	72		0	NC	4		20	40	44
Choline, total....mg	10.0		0	FLC	4		2.8	5.6	6.1
Betaine....mg									
Vitamin B-12....µg	0.07		0	FLA	4		0.02	0.04	0.04
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	20		0	FLC	4		6	11	12
Retinol....µg	20		0	FLA	4		6	11	13
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	69		1		1		20	39	42
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	6		0	FLC	4		2	3	4
Vitamin E (alpha-tocopherol)....mg	0.15		0	FLA	4		0.04	0.08	0.09
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.5		0	FLC	4		1.8	3.6	4.0
Dihydrophylloquinone....µg	0.0		0	FLA	4		0.0	0.0	0.0
Menaquinone-4....µg									

NDB No. 18151
Cookies, brownies, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.235		0	FLA	4		1.201	2.372	2.583
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.078		0	FLA	4		0.022	0.044	0.048
15:0....g									
16:0....g	2.176		0	FLA	4		0.617	1.219	1.327
17:0....g									
18:0....g	1.973		0	FLA	4		0.559	1.105	1.204
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.965		0	FLA	4		2.542	5.020	5.469
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLA	4		0.003	0.006	0.007
17:1....g									
18:1 undifferentiated....g	8.946		0	FLA	4		2.536	5.010	5.457
20:1....g	0.006		0	FLA	4		0.002	0.003	0.004
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.259		0	FLA	4		0.640	1.265	1.378
18:2 undifferentiated....g	2.090		0	FLA	4		0.593	1.170	1.275
18:3 undifferentiated....g	0.159		0	FLA	4		0.045	0.089	0.097
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.004		0	FLA	4		0.001	0.002	0.002
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	17	8.577	4		1		5	10	10
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		1		0.018	0.036	0.039
Threonine....g	0.189		0		1		0.054	0.106	0.115
Isoleucine....g	0.224		0		1		0.064	0.125	0.137
Leucine....g	0.361		0		1		0.102	0.202	0.220
Lysine....g	0.260		0		1		0.074	0.146	0.159
Methionine....g	0.112		0		1		0.032	0.063	0.068
Cystine....g	0.105		0		1		0.030	0.059	0.064
Phenylalanine....g	0.241		0		1		0.068	0.135	0.147
Tyrosine....g	0.166		0		1		0.047	0.093	0.101
Valine....g	0.264		0		1		0.075	0.148	0.161
Arginine....g	0.256		0		1		0.073	0.143	0.156
Histidine....g	0.102		0		1		0.029	0.057	0.062
Alanine....g	0.219		0		1		0.062	0.123	0.134
Aspartic acid....g	0.392		0		1		0.111	0.220	0.239
Glutamic acid....g	0.952		0		1		0.270	0.533	0.581
Glycine....g	0.171		0		1		0.048	0.096	0.104
Proline....g	0.298		0		1		0.084	0.167	0.182
Serine....g	0.285		0		1		0.081	0.160	0.174
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	2		0	FLA	4		1	1	1

NDB No. 18151
Cookies, brownies, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	78		0	FLA	4		22	44	48

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 56g: 1 square, large (2-3/4" sq x 7/8")

Measure 3 = 61g: 1 package, Little Debbie (twin wrapped)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28298

Cookies, brownies, commercially prepared, reduced fat, with added fiber

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.83		0	FLC	4		8.94		
Energy	kcal	345		0	NC	4		124		
Energy	kJ	1441		0	NC	4		519		
Protein (N x 6.25)	g	2.77		0	LC	8		1.00		
Total lipid (fat)	g	9.68		0	LC	8		3.49		
Ash	g	1.14		0	FLC	4		0.41		
Carbohydrate, by difference	g	61.58		0	NC	4		22.17		
Fiber, total dietary	g	11.1		0	LC	8		4.0		
Sugars, total	g	38.73		0	LC	8		13.94		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	1.99		0	LC	8		0.72		
Magnesium, Mg	mg	31		0	FLC	4		11		
Phosphorus, P	mg	59		0	FLC	4		21		
Potassium, K	mg	143		0	FLC	4		51		
Sodium, Na	mg	290		0	LC	8		105		
Zinc, Zn	mg	0.46		0	FLC	4		0.17		
Copper, Cu	mg	0.178		0	FLC	4		0.064		
Manganese, Mn	mg									
Selenium, Se	µg	12.9		0	FLC	4		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.178		0	FLC	4		0.064		
Riboflavin	mg	0.247		0	FLC	4		0.089		
Niacin	mg	1.441		0	FLC	4		0.519		
Pantothenic acid	mg									
Vitamin B-6	mg	0.019		0	FLC	4		0.007		
Folate, total	µg	42		0	FLC	4		15		
Folic acid	µg	34		0	FLC	4		12		
Folate, food	µg	8		0	NC	4		3		
Folate, DFE	µg	66		0	NC	4		24		
Choline, total	mg	13.9		0	FLC	4		5.0		
Betaine	mg									
Vitamin B-12	µg	0.02		0	FLC	4		0.01		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	0		0	FLC	4		0		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	7		0	FLC	4		2		
Vitamin E (alpha-tocopherol)	mg	0.59		0	FLC	4		0.21		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	8.0		0	FLC	4		2.9		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28298

Cookies, brownies, commercially prepared, reduced fat, with added fiber

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.766		0	LC	8		0.996		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.005		0	FLC	4		0.002		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.350		0	FLC	4		0.486		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	1.386		0	FLC	4		0.499		
20:0....g	0.013		0	FLC	4		0.005		
22:0....g	0.009		0	FLC	4		0.003		
24:0....g									
Fatty acids, total monounsaturated....g	3.432		0	FLC	4		1.235		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.021		0	FLC	4		0.008		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.383		0	FLC	4		1.218		
20:1....g	0.028		0	FLC	4		0.010		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.581		0	FLC	4		0.929		
18:2 undifferentiated....g	2.197		0	FLC	4		0.791		
18:3 undifferentiated....g	0.384		0	FLC	4		0.138		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	10		0	FLC	4		4		
Theobromine....mg	97		0	FLC	4		35		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 brownie 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18152
Cookies, brownies, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80	0.044	40		1		0.79	17.08	
Energy....kcal	434		0		4		123	2647	
Energy....kJ	1816				4		515	11077	
Protein (N x 5.6)....g	4.00	0.047	37		1		1.13	24.40	
Total lipid (fat)....g	14.90	0.597	39		1		4.22	90.89	
Ash....g	1.30	0.023	29		1		0.37	7.93	
Carbohydrate, by difference....g	76.60		0	NC	4		21.72	467.26	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	0.571	36		1		5	116	
Iron, Fe....mg	1.99	0.075	32		1		0.56	12.14	
Magnesium, Mg....mg	40	1.046	25		1		11	244	
Phosphorus, P....mg	82	2.679	37		1		23	500	
Potassium, K....mg	219	14.627	29		1		62	1336	
Sodium, Na....mg	303	13.419	37		1		86	1848	
Zinc, Zn....mg	0.64	0.022	25		1		0.18	3.90	
Copper, Cu....mg	0.276	0.011	22		1		0.078	1.684	
Manganese, Mn....mg	0.351		0	FLA	4		0.100	2.141	
Selenium, Se....µg	2.6		0	FLA	4		0.7	15.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	1.8	
Thiamin....mg	0.165	0.007	29		1		0.047	1.007	
Riboflavin....mg	0.162	0.009	29		1		0.046	0.988	
Niacin....mg	1.882	0.081	25		1		0.534	11.480	
Pantothenic acid....mg	0.131		0	FLA	4		0.037	0.799	
Vitamin B-6....mg	0.067		0	FLA	4		0.019	0.409	
Folate, total....µg	35		0	FLA	4		10	214	
Folic acid....µg	26		0	NC	4		7	159	
Folate, food....µg	9		0		4		3	55	
Folate, DFE....µg	53		0	NC	4		15	325	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		0	3	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	11		0	FLA	4		3	67	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18152
Cookies, brownies, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.519		0	FLA	4		0.714	15.366	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.026		0	FLA	4		0.007	0.159	
15:0....g									
16:0....g	1.543		0	FLA	4		0.437	9.412	
17:0....g									
18:0....g	0.935		0	FLA	4		0.265	5.704	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.158		0	FLA	4		1.462	31.464	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.046		0	FLA	4		0.013	0.281	
17:1....g									
18:1 undifferentiated....g	5.045		0	FLA	4		1.430	30.775	
20:1....g	0.042		0	FLA	4		0.012	0.256	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.373		0	FLA	4		1.807	38.875	
18:2 undifferentiated....g	5.549		0	FLA	4		1.573	33.849	
18:3 undifferentiated....g	0.771		0	FLA	4		0.219	4.703	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.012	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.354	
Threonine....g	0.134		0		1		0.038	0.817	
Isoleucine....g	0.154		0		1		0.044	0.939	
Leucine....g	0.261		0		1		0.074	1.592	
Lysine....g	0.165		0		1		0.047	1.007	
Methionine....g	0.057		0		1		0.016	0.348	
Cystine....g	0.071		0		1		0.020	0.433	
Phenylalanine....g	0.191		0		1		0.054	1.165	
Tyrosine....g	0.132		0		1		0.037	0.805	
Valine....g	0.209		0		1		0.059	1.275	
Arginine....g	0.228		0		1		0.065	1.391	
Histidine....g	0.078		0		1		0.022	0.476	
Alanine....g	0.155		0		1		0.044	0.946	
Aspartic acid....g	0.297		0		1		0.084	1.812	
Glutamic acid....g	0.952		0		1		0.270	5.807	
Glycine....g	0.163		0		1		0.046	0.994	
Proline....g	0.296		0		1		0.084	1.806	
Serine....g	0.195		0		1		0.055	1.190	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18152

Cookies, brownies, dry mix, regular

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 610g: 1 package (21.5 oz)

Calories Factors: Protein 3 **Fat** 8.7 **Carbohydrate**3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18196
Cookies, brownies, dry mix, sugar free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		1		1		0.99	8.44	
Energy....kcal	426		0		4		121	1027	
Energy....kJ	1782		0		4		505	4296	
Protein (N x 5.7)....g	2.90		1		1		0.82	6.99	
Total lipid (fat)....g	12.50		1		1		3.54	30.13	
Ash....g	0.70		1		1		0.20	1.69	
Carbohydrate, by difference....g	80.40		0	NC	4		22.79	193.76	
Fiber, total dietary....g	4.2		0		4		1.2	10.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1		1		3	29	
Iron, Fe....mg	1.52		1		1		0.43	3.66	
Magnesium, Mg....mg	4		1		1		1	10	
Phosphorus, P....mg	57		1		1		16	137	
Potassium, K....mg	335		1		1		95	807	
Sodium, Na....mg	83		1		1		24	200	
Zinc, Zn....mg	0.14		1		1		0.04	0.34	
Copper, Cu....mg	0.026		1		1		0.007	0.063	
Manganese, Mn....mg	0.201		0	FLA	4		0.057	0.484	
Selenium, Se....µg	2.0		0	FLA	4		0.6	4.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.139		1		1		0.039	0.335	
Riboflavin....mg	0.109		1		1		0.031	0.263	
Niacin....mg	1.240		1		1		0.352	2.988	
Pantothenic acid....mg	0.091		1		1		0.026	0.219	
Vitamin B-6....mg	0.008		1		1		0.002	0.019	
Folate, total....µg	48		0	FLA	4		14	116	
Folic acid....µg	45		0	NC	4		13	108	
Folate, food....µg	3		1		1		1	7	
Folate, DFE....µg	80		0	NC	4		23	192	
Choline, total....mg	3.3		0	FLC	4		0.9	7.9	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18196
Cookies, brownies, dry mix, sugar free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.018		0	FLA	4		0.572	4.863	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.013		0	FLA	4		0.004	0.031	
15:0....g									
16:0....g	1.293		0	FLA	4		0.367	3.116	
17:0....g									
18:0....g	0.707		0	FLA	4		0.200	1.704	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.233		0	FLA	4		1.484	12.612	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.048		0	FLA	4		0.014	0.116	
17:1....g									
18:1 undifferentiated....g	5.173		0	FLA	4		1.467	12.467	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.577		0	FLA	4		1.298	11.031	
18:2 undifferentiated....g	4.251		0	FLA	4		1.205	10.245	
18:3 undifferentiated....g	0.315		0	FLA	4		0.089	0.759	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.012	0.099	
Threonine....g	0.087		0		1		0.025	0.210	
Isoleucine....g	0.109		0		1		0.031	0.263	
Leucine....g	0.189		0		1		0.054	0.455	
Lysine....g	0.109		0		1		0.031	0.263	
Methionine....g	0.044		0		1		0.012	0.106	
Cystine....g	0.056		0		1		0.016	0.135	
Phenylalanine....g	0.136		0		1		0.039	0.328	
Tyrosine....g	0.087		0		1		0.025	0.210	
Valine....g	0.136		0		1		0.039	0.328	
Arginine....g	0.121		0		1		0.034	0.292	
Histidine....g	0.056		0		1		0.016	0.135	
Alanine....g	0.096		0		1		0.027	0.231	
Aspartic acid....g	0.156		0		1		0.044	0.376	
Glutamic acid....g	0.830		0		1		0.235	2.000	
Glycine....g	0.104		0		1		0.029	0.251	
Proline....g	0.275		0		1		0.078	0.663	
Serine....g	0.144		0		1		0.041	0.347	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18196
Cookies, brownies, dry mix, sugar free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18154
Cookies, brownies, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.60		0		1		3.57	3.02	
Energy	kcal	466		0	NC	4		132	112	
Energy	kJ	1950				4		553	468	
Protein (N x 0)	g	6.20		0		1		1.76	1.49	
Total lipid (fat)	g	29.10		0		1		8.25	6.98	
Ash	g	1.60		0		1		0.45	0.38	
Carbohydrate, by difference	g	50.20		0	NC	4		14.23	12.05	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0		1		16	14	
Iron, Fe	mg	1.84		0		1		0.52	0.44	
Magnesium, Mg	mg	53		0		1		15	13	
Phosphorus, P	mg	132		0		1		37	32	
Potassium, K	mg	176		0		1		50	42	
Sodium, Na	mg	343		0		1		97	82	
Zinc, Zn	mg	0.97		0		1		0.27	0.23	
Copper, Cu	mg	0.388		0		1		0.110	0.093	
Manganese, Mn	mg	0.587		0		1		0.166	0.141	
Selenium, Se	µg	11.5		0	RK	4		3.3	2.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.1	0.1	
Thiamin	mg	0.141		0		1		0.040	0.034	
Riboflavin	mg	0.190		0		1		0.054	0.046	
Niacin	mg	0.982		0		1		0.278	0.236	
Pantothenic acid	mg	0.328		0		1		0.093	0.079	
Vitamin B-6	mg	0.094		0		1		0.027	0.023	
Folate, total	µg	29		0	RK	4		8	7	
Folic acid	µg	14		0	NC	4		4	3	
Folate, food	µg	15		0		1		4	4	
Folate, DFE	µg	39		0	NC	4		11	9	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.16		0		1		0.05	0.04	
Vitamin A, RAE	µg	176		0	NC	4		50	42	
Retinol	µg	161		0	RP	4		46	39	
Carotene, beta	µg	174		0	RP	4		49	42	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	827		0	NC	4		234	198	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18154
Cookies, brownies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.319		0		1		2.075	1.757	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.074		0		1		0.021	0.018	
15:0....g									
16:0....g	4.158		0		1		1.179	0.998	
17:0....g									
18:0....g	3.037		0		1		0.861	0.729	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.839		0		1		3.073	2.601	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.068		0		1		0.019	0.016	
17:1....g									
18:1 undifferentiated....g	10.710		0		1		3.036	2.570	
20:1....g	0.059		0		1		0.017	0.014	
22:1 undifferentiated....g	0.001		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.412		0		1		2.668	2.259	
18:2 undifferentiated....g	8.446		0		1		2.394	2.027	
18:3 undifferentiated....g	0.932		0		1		0.264	0.224	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0		1		0.008	0.006	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0		1		0.002	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	73		0		1		21	18	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.022	0.019	
Threonine....g	0.228		0		1		0.065	0.055	
Isoleucine....g	0.265		0		1		0.075	0.064	
Leucine....g	0.447		0		1		0.127	0.107	
Lysine....g	0.283		0		1		0.080	0.068	
Methionine....g	0.132		0		1		0.037	0.032	
Cystine....g	0.125		0		1		0.035	0.030	
Phenylalanine....g	0.298		0		1		0.084	0.072	
Tyrosine....g	0.215		0		1		0.061	0.052	
Valine....g	0.323		0		1		0.092	0.078	
Arginine....g	0.433		0		1		0.123	0.104	
Histidine....g	0.136		0		1		0.039	0.033	
Alanine....g	0.271		0		1		0.077	0.065	
Aspartic acid....g	0.516		0		1		0.146	0.124	
Glutamic acid....g	1.203		0		1		0.341	0.289	
Glycine....g	0.238		0		1		0.067	0.057	
Proline....g	0.362		0		1		0.103	0.087	
Serine....g	0.352		0		1		0.100	0.084	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18154

Cookies, brownies, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 brownie (2" square)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18155
Cookies, butter, commercially prepared, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.60	0.496	9		1		1.30	0.23	
Energy....kcal	467		0	NC	4		132	23	
Energy....kJ	1954		0		4		554	98	
Protein (N x 5.9)....g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat)....g	18.80	0.958	14		1		5.33	0.94	
Ash....g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference....g	68.90		0	NC	4		19.53	3.45	
Fiber, total dietary....g	0.8		0		4		0.2	0.0	
Sugars, total....g	20.24		0	FLA	4		5.74	1.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	29	6.020	5		1		8	1	
Iron, Fe....mg	2.22	0.207	3		1		0.63	0.11	
Magnesium, Mg....mg	12	3.067	3		1		3	1	
Phosphorus, P....mg	102	28.864	4		1		29	5	
Potassium, K....mg	111	20.071	3		1		31	6	
Sodium, Na....mg	282		0	LC	8		80	14	
Zinc, Zn....mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu....mg	0.200		1		1		0.057	0.010	
Manganese, Mn....mg	0.170		2		1		0.048	0.009	
Selenium, Se....µg	8.4		0	FLA	4		2.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.370		2		1		0.105	0.019	
Riboflavin....mg	0.335		2		1		0.095	0.017	
Niacin....mg	3.190		2		1		0.904	0.160	
Pantothenic acid....mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6....mg	0.036	0.000	8		1		0.010	0.002	
Folate, total....µg	76		0	NR	4		22	4	
Folic acid....µg	70		0	NR	4		20	4	
Folate, food....µg	6	0.138	8		1		2	0	
Folate, DFE....µg	125		0	NC	4		35	6	
Choline, total....mg	6.5		0	FLC	4		1.8	0.3	
Betaine....mg									
Vitamin B-12....µg	0.36		0	FLA	4		0.10	0.02	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	165		0	NC	4		47	8	
Retinol....µg	162		0	FLA	4		46	8	
Carotene, beta....µg	35		0	FLA	4		10	2	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	
Vitamin A, IU....IU	673		0	FLA	4		191	34	
Lycopene....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin....µg	22		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol)....mg	0.58		0	FLA	4		0.16	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	FLA	4		0.1	0.0	
Vitamin D....IU	16		0	NR	4		5	1	
Vitamin K (phylloquinone)....µg	1.7		0	FLA	4		0.5	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18155
Cookies, butter, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.051		0	FLA	4		3.133	0.553	
4:0....g	0.546		0	FLA	4		0.155	0.027	
6:0....g	0.323		0	FLA	4		0.092	0.016	
8:0....g	0.188		0	FLA	4		0.053	0.009	
10:0....g	0.422		0	FLA	4		0.120	0.021	
12:0....g	0.473		0	FLA	4		0.134	0.024	
13:0....g									
14:0....g	1.700		0	FLA	4		0.482	0.085	
15:0....g									
16:0....g	4.849		0	FLA	4		1.375	0.242	
17:0....g									
18:0....g	2.179		0	FLA	4		0.618	0.109	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.522		0	FLA	4		1.565	0.276	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.420		0	FLA	4		0.119	0.021	
17:1....g									
18:1 undifferentiated....g	4.845		0	FLA	4		1.374	0.242	
20:1....g	0.005		0	FLA	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.982		0	FLA	4		0.278	0.049	
18:2 undifferentiated....g	0.681		0	FLA	4		0.193	0.034	
18:3 undifferentiated....g	0.256		0	FLA	4		0.073	0.013	
18:4....g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	FLA	4		0.007	0.001	
20:5 n-3 (EPA)....g	0.011		0	FLA	4		0.003	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.007		0	FLA	4		0.002	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	117		0	FLA	4		33	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		1		0.024	0.004	
Threonine....g	0.215		0		1		0.061	0.011	
Isoleucine....g	0.277		0		1		0.079	0.014	
Leucine....g	0.471		0		1		0.134	0.024	
Lysine....g	0.308		0		1		0.087	0.015	
Methionine....g	0.131		0		1		0.037	0.007	
Cystine....g	0.122		0		1		0.035	0.006	
Phenylalanine....g	0.299		0		1		0.085	0.015	
Tyrosine....g	0.211		0		1		0.060	0.011	
Valine....g	0.315		0		1		0.089	0.016	
Arginine....g	0.261		0		1		0.074	0.013	
Histidine....g	0.136		0		1		0.039	0.007	
Alanine....g	0.224		0		1		0.064	0.011	
Aspartic acid....g	0.371		0		1		0.105	0.019	
Glutamic acid....g	1.618		0		1		0.459	0.081	
Glycine....g	0.194		0		1		0.055	0.010	
Proline....g	0.566		0		1		0.160	0.028	
Serine....g	0.354		0		1		0.100	0.018	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18155
Cookies, butter, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 5.0g: 1 cookie

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18421
Cookies, butter, commercially prepared, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.60	0.496	9		1		1.30	0.23	
Energy....kcal	467		0	NC	4		132	23	
Energy....kJ	1954				4		554	98	
Protein (N x 5.9)....g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat)....g	18.80	0.958	14		1		5.33	0.94	
Ash....g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference....g	68.90		0		4		19.53	3.45	
Fiber, total dietary....g	0.8		0	BFZN	4		0.2	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	6.020	5		1		8	1	
Iron, Fe....mg	0.29		0		4		0.08	0.01	
Magnesium, Mg....mg	12	3.067	3		1		3	1	
Phosphorus, P....mg	102	28.864	4		1		29	5	
Potassium, K....mg	111	20.071	3		1		31	6	
Sodium, Na....mg	351	58.423	4		1		100	18	
Zinc, Zn....mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu....mg	0.200		1		1		0.057	0.010	
Manganese, Mn....mg	0.170		2		1		0.048	0.009	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.066		0		4		0.019	0.003	
Riboflavin....mg	0.071		0		4		0.020	0.004	
Niacin....mg	0.320		0		4		0.091	0.016	
Pantothenic acid....mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6....mg	0.036	0.000	8		1		0.010	0.002	
Folate, total....µg	6	0.138	8		1		2	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6	0.138	8		1		2	0	
Folate, DFE....µg	6		0	NC	4		2	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36		0	BFZN	4		0.10	0.02	
Vitamin A, RAE....µg	160		0	NC	4		45	8	
Retinol....µg	151		0	NC	4		43	8	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	673		0	BFZN	4		191	34	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18421
Cookies, butter, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.051		0	BFZN	4		3.133	0.553	
4:0....g	0.546		0	BFZN	4		0.155	0.027	
6:0....g	0.323		0	BFZN	4		0.092	0.016	
8:0....g	0.188		0	BFZN	4		0.053	0.009	
10:0....g	0.422		0	BFZN	4		0.120	0.021	
12:0....g	0.473		0	BFZN	4		0.134	0.024	
13:0....g									
14:0....g	1.700		0	BFZN	4		0.482	0.085	
15:0....g									
16:0....g	4.849		0	BFZN	4		1.375	0.242	
17:0....g									
18:0....g	2.179		0	BFZN	4		0.618	0.109	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.522		0	BFZN	4		1.565	0.276	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.420		0	BFZN	4		0.119	0.021	
17:1....g									
18:1 undifferentiated....g	4.845		0	BFZN	4		1.374	0.242	
20:1....g	0.005		0	BFZN	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.982		0	BFZN	4		0.278	0.049	
18:2 undifferentiated....g	0.681		0	BFZN	4		0.193	0.034	
18:3 undifferentiated....g	0.256		0	BFZN	4		0.073	0.013	
18:4....g	0.002		0	BFZN	4		0.001	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFZN	4		0.007	0.001	
20:5 n-3 (EPA)....g	0.011		0	BFZN	4		0.003	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.007		0	BFZN	4		0.002	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	117		0	BFZN	4		33	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		4		0.024	0.004	
Threonine....g	0.215		0		4		0.061	0.011	
Isoleucine....g	0.277		0		4		0.079	0.014	
Leucine....g	0.471		0		4		0.134	0.024	
Lysine....g	0.308		0		4		0.087	0.015	
Methionine....g	0.131		0		4		0.037	0.007	
Cystine....g	0.122		0		4		0.035	0.006	
Phenylalanine....g	0.299		0		4		0.085	0.015	
Tyrosine....g	0.211		0		4		0.060	0.011	
Valine....g	0.315		0		4		0.089	0.016	
Arginine....g	0.261		0		4		0.074	0.013	
Histidine....g	0.136		0		4		0.039	0.007	
Alanine....g	0.224		0		4		0.064	0.011	
Aspartic acid....g	0.371		0		4		0.105	0.019	
Glutamic acid....g	1.618		0		4		0.459	0.081	
Glycine....g	0.194		0		4		0.055	0.010	
Proline....g	0.566		0		4		0.160	0.028	
Serine....g	0.354		0		4		0.100	0.018	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18421

Cookies, butter, commercially prepared, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 5.0g: 1 cookie

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28328
Cookies, chocolate chip sandwich, with creme filling

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.95		0	FLC	4		5.08		
Energy	kcal	425		0	NC	4		144		
Energy	kJ	1777		0	NC	4		604		
Protein (N x 6.25)	g	2.94		0	LC	8		1.00		
Total lipid (fat)	g	17.65		0	LC	8		6.00		
Ash	g	0.95		0	FLC	4		0.32		
Carbohydrate, by difference	g	63.52		0	NC	4		21.60		
Fiber, total dietary	g	0.0		0	LC	8		0.0		
Sugars, total	g	38.24		0	LC	8		13.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	1.06		0	LC	8		0.36		
Magnesium, Mg	mg	25		0	FLC	4		8		
Phosphorus, P	mg	59		0	FLC	4		20		
Potassium, K	mg	94		0	FLC	4		32		
Sodium, Na	mg	279		0	LC	8		95		
Zinc, Zn	mg	0.69		0	FLC	4		0.24		
Copper, Cu	mg	0.211		0	FLC	4		0.072		
Manganese, Mn	mg									
Selenium, Se	µg	11.8		0	FLC	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.246		0	FLC	4		0.084		
Riboflavin	mg	0.166		0	FLC	4		0.056		
Niacin	mg	1.831		0	FLC	4		0.623		
Pantothenic acid	mg									
Vitamin B-6	mg	0.019		0	FLC	4		0.007		
Folate, total	µg	56		0	FLC	4		19		
Folic acid	µg	46		0	FLC	4		16		
Folate, food	µg	10		0	FLC	4		4		
Folate, DFE	µg	88		0	NC	4		30		
Choline, total	mg	11.3		0	FLC	4		3.8		
Betaine	mg									
Vitamin B-12	µg	0.02		0	FLC	4		0.01		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	1		0	NC	4		0		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	8		0	FLC	4		3		
Vitamin E (alpha-tocopherol)	mg	1.84		0	FLC	4		0.62		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	4.2		0	FLC	4		1.4		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28328

Cookies, chocolate chip sandwich, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.882		0	NC	4		2.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.065		0	FLC	4		0.022		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	3.819		0	FLC	4		1.299		
17:0....g	0.007		0	FLC	4		0.002		
18:0....g	1.952		0	FLC	4		0.664		
20:0....g	0.036		0	FLC	4		0.012		
22:0....g	0.003		0	FLC	4		0.001		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	4.504		0	NC	4		1.532		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.031		0	FLC	4		0.010		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	4.474		0	FLC	4		1.521		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	6.393		0	NC	4		2.173		
18:2 undifferentiated....g	6.019		0	FLC	4		2.047		
18:3 undifferentiated....g	0.372		0	FLC	4		0.127		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	4		0	FLC	4		1		
Theobromine....mg	61		0	FLC	4		21		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.57	0.061	12	A	1		0.46	0.43	1.01
Energy	kcal	492		0	NC	4		64	59	140
Energy	kJ	2060		0	NC	4		266	247	584
Protein (N x 5.8)	g	5.10	0.066	12	A	1		0.66	0.61	1.45
Total lipid (fat)	g	24.72	0.182	12	A	1		3.19	2.97	7.01
Ash	g	1.25	0.024	12	A	1		0.16	0.15	0.35
Carbohydrate, by difference	g	65.36		0	NC	4		8.43	7.84	18.53
Fiber, total dietary	g	2.0	0.166	6	A	1		0.3	0.2	0.6
Sugars, total	g	32.90	0.258	6	A	1		4.24	3.95	9.33
Sucrose	g	31.29	0.280	6	A	1		4.04	3.76	8.87
Glucose (dextrose)	g	1.21	0.030	6	A	1		0.16	0.15	0.34
Fructose	g	0.39	0.007	6	A	1		0.05	0.05	0.11
Lactose	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch	g	28.32	0.409	6	A	1		3.65	3.40	8.03
Minerals:										
Calcium, Ca	mg	21	0.256	12	A	1		3	3	6
Iron, Fe	mg	5.58	0.085	12	A	1		0.72	0.67	1.58
Magnesium, Mg	mg	41	0.896	12	A	1		5	5	12
Phosphorus, P	mg	109	0.994	12	A	1		14	13	31
Potassium, K	mg	171	3.529	12	A	1		22	21	48
Sodium, Na	mg	311	5.041	12	A	1		40	37	88
Zinc, Zn	mg	0.72	0.014	12	A	1		0.09	0.09	0.20
Copper, Cu	mg	0.323	0.015	12	A	1		0.042	0.039	0.092
Manganese, Mn	mg	0.620	0.015	12	A	1		0.080	0.074	0.176
Selenium, Se	µg	3.9	0.287	6	A	1		0.5	0.5	1.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin	mg	0.292	0.014	6	A	1		0.038	0.035	0.083
Riboflavin	mg	0.297	0.011	6	A	1		0.038	0.036	0.084
Niacin	mg	2.665	0.042	6	A	1		0.344	0.320	0.756
Pantothenic acid	mg									
Vitamin B-6	mg	0.058	0.008	4	A	1		0.007	0.007	0.016
Folate, total	µg	72	6.891	6	A	1		9	9	20
Folic acid	µg	29		2	A	1		4	3	8
Folate, food	µg	43		0	NC	4		6	5	12
Folate, DFE	µg	92		0	NC	4		12	11	26
Choline, total	mg	10.5		0	AS	1		1.4	1.3	3.0
Betaine	mg	16.6		1	A	1		2.1	2.0	4.7
Vitamin B-12	µg	0.03		2	A	1		0.00	0.00	0.01
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	AS	1		0	0	0
Retinol	µg	0		2	A	1		0	0	0
Carotene, beta	µg	0		0	FLA	4		0	0	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	1		0	AS	1		0	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	2.01	0.072	6	A	1		0.26	0.24	0.57
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.28	0.014	6	A	1		0.04	0.03	0.08
Tocopherol, gamma	mg	9.76	0.320	6	A	1		1.26	1.17	2.77
Tocopherol, delta	mg	2.89	0.149	6	A	1		0.37	0.35	0.82
Tocotrienol, alpha	mg	0.07	0.015	6	A	1		0.01	0.01	0.02
Tocotrienol, beta	mg	0.61	0.035	6	A	1		0.08	0.07	0.17

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.08	0.015	6	A	1		0.01	0.01	0.02
Tocotrienol, delta....mg	0.04	0.029	6	A	1		0.01	0.01	0.01
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	33.7	1.016	5	A	1		4.3	4.0	9.5
Dihydrophylloquinone....µg	1.0	0.094	5	A	1		0.1	0.1	0.3
Menaquinone-4....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	8.091		0	NC	4		1.044	0.971	2.294
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.003	0.001	6	A	1		0.000	0.000	0.001
10:0....g	0.010	0.000	6	A	1		0.001	0.001	0.003
12:0....g	0.011	0.002	6	A	1		0.001	0.001	0.003
13:0....g									
14:0....g	0.064	0.001	6	A	1		0.008	0.008	0.018
15:0....g	0.009	0.000	6	A	1		0.001	0.001	0.002
16:0....g	4.451	0.071	6	A	1		0.574	0.534	1.262
17:0....g	0.034	0.001	6	A	1		0.004	0.004	0.010
18:0....g	3.308	0.078	6	A	1		0.427	0.397	0.938
20:0....g	0.118	0.004	6	A	1		0.015	0.014	0.033
22:0....g	0.059	0.002	6	A	1		0.008	0.007	0.017
24:0....g	0.026	0.001	6	A	1		0.003	0.003	0.007
Fatty acids, total monounsaturated....g	6.272		0	NC	4		0.809	0.753	1.778
14:1....g									
15:1....g	0.001	0.001	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.033	0.001	6	AS	1		0.004	0.004	0.009
16:1 c....g	0.030	0.001	6	A	1		0.004	0.004	0.009
16:1 t....g	0.003	0.000	6	A	1		0.000	0.000	0.001
17:1....g	0.009	0.000	6	A	1		0.001	0.001	0.003
18:1 undifferentiated....g	6.188	0.126	6	AS	1		0.798	0.743	1.754
18:1 c....g	5.581	0.127	6	A	1		0.720	0.670	1.582
18:1 t....g	0.607	0.016	6	A	1		0.078	0.073	0.172
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033	0.002	6	A	1		0.004	0.004	0.009
22:1 undifferentiated....g	0.007	0.000	6	AS	1		0.001	0.001	0.002
22:1 c....g	0.003	0.000	6	A	1		0.000	0.000	0.001
22:1 t....g	0.004	0.000	6	A	1		0.000	0.000	0.001
24:1 c....g	0.002	0.001	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	8.417		0	NC	4		1.086	1.010	2.386
18:2 undifferentiated....g	7.519	0.115	6	AS	1		0.970	0.902	2.132
18:2 n-6 c,c....g	7.434	0.110	6	A	1		0.959	0.892	2.108
18:2 CLAs....g	0.014	0.001	6	A	1		0.002	0.002	0.004
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.071	0.005	6	A	1		0.009	0.008	0.020
18:3 undifferentiated....g	0.877	0.026	6	AS	1		0.113	0.105	0.249
18:3 n-3 c,c,c (ALA)....g	0.842	0.025	6	A	1		0.109	0.101	0.239
18:3 n-6 c,c,c....g	0.035	0.001	6	A	1		0.005	0.004	0.010
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.006	0.000	6	A	1		0.001	0.001	0.002
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.001	0.001	0.001
20:3 n-3....g	0.005	0.000	6	A	1		0.001	0.001	0.001
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.009	0.000	6	A	1		0.001	0.001	0.002
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.684		0	NC	4		0.088	0.082	0.194
Fatty acids, total trans-monoenoic....g	0.613		0	NC	4		0.079	0.074	0.174
Fatty acids, total trans-polyenoic....g	0.071		0	NC	4		0.009	0.008	0.020
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0	A	1		0.010	0.009	0.022
Threonine....g	0.135		0	A	1		0.017	0.016	0.038
Isoleucine....g	0.146		0	A	1		0.019	0.018	0.041
Leucine....g	0.292		0	A	1		0.038	0.035	0.083
Lysine....g	0.067		0	A	1		0.009	0.008	0.019
Methionine....g	0.022		0	A	1		0.003	0.003	0.006
Cystine....g	0.101		0	A	1		0.013	0.012	0.029
Phenylalanine....g	0.213		0	A	1		0.028	0.026	0.060
Tyrosine....g	0.079		0	A	1		0.010	0.009	0.022
Valine....g	0.202		0	A	1		0.026	0.024	0.057
Arginine....g	0.157		0	A	1		0.020	0.019	0.045
Histidine....g	0.079		0	A	1		0.010	0.009	0.022
Alanine....g	0.157		0	A	1		0.020	0.019	0.045
Aspartic acid....g	0.247		0	A	1		0.032	0.030	0.070
Glutamic acid....g	1.325		0	A	1		0.171	0.159	0.376
Glycine....g	0.168		0	A	1		0.022	0.020	0.048
Proline....g	0.393		0	A	1		0.051	0.047	0.111
Serine....g	0.213		0	A	1		0.028	0.026	0.060
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	11		0	FLA	4		1	1	3
Theobromine....mg	83		0	FLA	4		11	10	24

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.9g: 1 cookie

Measure 2 = 12.0g: 1 cookie Pepperidge Farm Chocolate Chunk Pecan

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10	0.091	87		1		1.16	0.41	0.09
Energy	kcal	481		0	NC	4		136	48	11
Energy	kJ	2013		0		4		571	201	44
Protein (N x 5.8)	g	5.40	0.064	88		1		1.53	0.54	0.12
Total lipid (fat)	g	22.60	0.153	89		1		6.41	2.26	0.50
Ash	g	1.10	0.017	85		1		0.31	0.11	0.02
Carbohydrate, by difference	g	66.80		0		4		18.94	6.68	1.47
Fiber, total dietary	g	2.5		0		4		0.7	0.3	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25	0.775	115		1		7	3	1
Iron, Fe	mg	1.00		0		4		0.28	0.10	0.02
Magnesium, Mg	mg	31	0.551	110		1		9	3	1
Phosphorus, P	mg	108	1.778	110		1		31	11	2
Potassium, K	mg	135	2.448	107		1		38	14	3
Sodium, Na	mg	315	4.625	112		1		89	32	7
Zinc, Zn	mg	0.64	0.011	107		1		0.18	0.06	0.01
Copper, Cu	mg	0.212	0.007	105		1		0.060	0.021	0.005
Manganese, Mn	mg	0.449	0.009	102		1		0.127	0.045	0.010
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin	mg	0.059		0		4		0.017	0.006	0.001
Riboflavin	mg	0.060		0		4		0.017	0.006	0.001
Niacin	mg	0.473		0		4		0.134	0.047	0.010
Pantothenic acid	mg	0.229		2		1		0.065	0.023	0.005
Vitamin B-6	mg	0.056		1		1		0.016	0.006	0.001
Folate, total	µg	9	0.102	3		1		3	1	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	9	0.102	3		1		3	1	0
Folate, DFE	µg	9		0	NC	4		3	1	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		0		4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	4		0		4		1	0	0
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.476		0	BFZN	4		2.119	0.748	0.164
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0	BFZN	4		0.003	0.001	0.000
13:0....g									
14:0....g	0.112		0	BFZN	4		0.032	0.011	0.002
15:0....g									
16:0....g	0.594		0	BFZN	4		0.168	0.059	0.013
17:0....g									
18:0....g	3.697		0	BFZN	4		1.048	0.370	0.081
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.671		0	BFZN	4		3.309	1.167	0.257
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.017		0	BFZN	4		0.005	0.002	0.000
17:1....g									
18:1 undifferentiated....g	11.656		0	BFZN	4		3.304	1.166	0.256
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.367		0	BFZN	4		0.671	0.237	0.052
18:2 undifferentiated....g	2.246		0	BFZN	4		0.637	0.225	0.049
18:3 undifferentiated....g	0.122		0	BFZN	4		0.035	0.012	0.003
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0		4		0.021	0.007	0.002
Threonine....g	0.168		0		4		0.048	0.017	0.004
Isoleucine....g	0.222		0		4		0.063	0.022	0.005
Leucine....g	0.396		0		4		0.112	0.040	0.009
Lysine....g	0.219		0		4		0.062	0.022	0.005
Methionine....g	0.095		0		4		0.027	0.010	0.002
Cystine....g	0.095		0		4		0.027	0.010	0.002
Phenylalanine....g	0.261		0		4		0.074	0.026	0.006
Tyrosine....g	0.173		0		4		0.049	0.017	0.004
Valine....g	0.261		0		4		0.074	0.026	0.006
Arginine....g	0.191		0		4		0.054	0.019	0.004
Histidine....g	0.102		0		4		0.029	0.010	0.002
Alanine....g	0.168		0		4		0.048	0.017	0.004
Aspartic acid....g	0.277		0		4		0.079	0.028	0.006
Glutamic acid....g	1.602		0		4		0.454	0.160	0.035
Glycine....g	0.168		0		4		0.048	0.017	0.004
Proline....g	0.557		0		4		0.158	0.056	0.012
Serine....g	0.272		0		4		0.077	0.027	0.006
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	11		0	BFZN	4		3	1	0
Theobromine....mg	83		0	BFZN	4		24	8	2

NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie, medium (2-1/4" dia)

Measure 3 = 2.2g: 1 cookie, bite size (include Mini Chips Ahoy!)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.36		0	FLC	4		2.50	2.09	
Energy....kcal	451		0	NC	4		153	128	
Energy....kJ	1889		0	NC	4		642	536	
Protein (N x 5.8)....g	5.97		0	LC	8		2.03	1.69	
Total lipid (fat)....g	17.91		0	LC	8		6.09	5.08	
Ash....g	1.27		0	FLC	4		0.43	0.36	
Carbohydrate, by difference....g	67.49		0	NC	4		22.95	19.13	
Fiber, total dietary....g	3.0		0	LC	8		1.0	0.8	
Sugars, total....g	32.84		0	LC	8		11.16	9.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	LC	8		0	0	
Iron, Fe....mg	3.22		0	LC	8		1.10	0.91	
Magnesium, Mg....mg	32		0	FLC	4		11	9	
Phosphorus, P....mg	63		0	FLC	4		22	18	
Potassium, K....mg	134		0	LC	8		46	38	
Sodium, Na....mg	418		0	LC	8		142	118	
Zinc, Zn....mg	0.59		0	FLC	4		0.20	0.17	
Copper, Cu....mg	0.204		0	FLC	4		0.069	0.058	
Manganese, Mn....mg	0.394		0	FLC	4		0.134	0.112	
Selenium, Se....µg	6.0	0.687	27	A	1		2.0	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.263		0	FLC	4		0.090	0.075	
Riboflavin....mg	0.185		0	FLC	4		0.063	0.052	
Niacin....mg	1.982		0	FLC	4		0.674	0.562	
Pantothenic acid....mg	0.165		0	FLC	4		0.056	0.047	
Vitamin B-6....mg	0.022		0	FLC	4		0.007	0.006	
Folate, total....µg	62		0	FLC	4		21	17	
Folic acid....µg	49		0	FLC	4		17	14	
Folate, food....µg	12		0	NC	4		4	3	
Folate, DFE....µg	96		0	NC	4		33	27	
Choline, total....mg	4.9		0	FLC	4		1.7	1.4	
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	29		0	FLC	4		10	8	
Vitamin E (alpha-tocopherol)....mg	1.47		0	FLC	4		0.50	0.42	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone)....µg	4.1		0	FLC	4		1.4	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.962		0	NC	4		2.027	1.690	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g	0.000		0	FLC	4		0.000	0.000	
14:0....g	0.038		0	FLC	4		0.013	0.011	
15:0....g	0.000		0	FLC	4		0.000	0.000	
16:0....g	3.235		0	FLC	4		1.100	0.917	
17:0....g	0.011		0	FLC	4		0.004	0.003	
18:0....g	2.614		0	FLC	4		0.889	0.741	
20:0....g	0.059		0	FLC	4		0.020	0.017	
22:0....g	0.005		0	FLC	4		0.002	0.002	
24:0....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	5.422		0	NC	4		1.843	1.537	
14:1....g	0.000		0	FLC	4		0.000	0.000	
15:1....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated....g	0.035		0	FLC	4		0.012	0.010	
17:1....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated....g	5.387		0	FLC	4		1.831	1.527	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	5.641		0	NC	4		1.918	1.599	
18:2 undifferentiated....g	5.310		0	FLC	4		1.806	1.505	
18:3 undifferentiated....g	0.330		0	FLC	4		0.112	0.094	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	LC	8		0.000	0.000	
Cholesterol....mg	0		0	LC	8		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0		1		0.028	0.024	
Threonine....g	0.174		0		1		0.059	0.049	
Isoleucine....g	0.234		0		1		0.080	0.066	
Leucine....g	0.418		0		1		0.142	0.119	
Lysine....g	0.223		0		1		0.076	0.063	
Methionine....g	0.103		0		1		0.035	0.029	
Cystine....g	0.114		0		1		0.039	0.032	
Phenylalanine....g	0.282		0		1		0.096	0.080	
Tyrosine....g	0.181		0		1		0.062	0.051	
Valine....g	0.274		0		1		0.093	0.078	
Arginine....g	0.216		0		1		0.073	0.061	
Histidine....g	0.115		0		1		0.039	0.033	
Alanine....g	0.180		0		1		0.061	0.051	
Aspartic acid....g	0.279		0		1		0.095	0.079	
Glutamic acid....g	1.829		0		1		0.622	0.519	
Glycine....g	0.190		0		1		0.065	0.054	
Proline....g	0.628		0		1		0.214	0.178	
Serine....g	0.302		0		1		0.103	0.086	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	13		0	FLC	4		5	4	
Theobromine.....mg	105		0	FLC	4		36	30	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 serving 3 cookies

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate**4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18160
Cookies, chocolate chip, commercially prepared, soft-type

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.88	0.080	6	A	1		1.40	2.80	1.48
Energy	kcal	444		0	NC	4		63	126	67
Energy	kJ	1858		0	NC	4		264	527	279
Protein (N x 5.8)	g	3.63	0.062	6	A	1		0.52	1.03	0.54
Total lipid (fat)	g	19.77	0.133	6	A	1		2.81	5.60	2.96
Ash	g	0.97	0.026	6	A	1		0.14	0.28	0.15
Carbohydrate, by difference	g	65.75		0	NC	4		9.34	18.64	9.86
Fiber, total dietary	g	1.8	0.163	3	A	1		0.3	0.5	0.3
Sugars, total	g	37.10	0.104	3	A	1		5.27	10.52	5.56
Sucrose	g	22.12	0.142	3	A	1		3.14	6.27	3.32
Glucose (dextrose)	g	8.34	0.072	3	A	1		1.18	2.36	1.25
Fructose	g	6.33	0.040	3	A	1		0.90	1.79	0.95
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.31	0.015	3	A	1		0.04	0.09	0.05
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch	g	23.97	0.145	3	A	1		3.40	6.79	3.60
Minerals:										
Calcium, Ca	mg	17	0.351	6	A	1		2	5	2
Iron, Fe	mg	4.07	0.103	6	A	1		0.58	1.15	0.61
Magnesium, Mg	mg	29	0.414	6	A	1		4	8	4
Phosphorus, P	mg	61	0.614	6	A	1		9	17	9
Potassium, K	mg	130	3.458	6	A	1		18	37	19
Sodium, Na	mg	276	2.372	6	A	1		39	78	41
Zinc, Zn	mg	0.54	0.007	6	A	1		0.08	0.15	0.08
Copper, Cu	mg	0.227	0.004	6	A	1		0.032	0.064	0.034
Manganese, Mn	mg	0.423	0.008	6	A	1		0.060	0.120	0.063
Selenium, Se	µg	3.1	0.444	3	A	1		0.4	0.9	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.140	0.006	3	A	1		0.020	0.040	0.021
Riboflavin	mg	0.283	0.015	3	A	1		0.040	0.080	0.042
Niacin	mg	2.060	0.061	3	A	1		0.293	0.584	0.309
Pantothenic acid	mg	0.360		2	A	1		0.051	0.102	0.054
Vitamin B-6	mg	0.050		2	A	1		0.007	0.014	0.008
Folate, total	µg	27	1.656	3	A	1		4	8	4
Folic acid	µg	25		1	A	1		4	7	4
Folate, food	µg	2		0	NC	4		0	1	0
Folate, DFE	µg	45		0	NC	4		6	13	7
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	AS	1		0	0	0
Retinol	µg	0		1	A	1		0	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	1.55	0.151	3	A	1		0.22	0.44	0.23
Tocopherol, beta	mg	0.10	0.008	3	A	1		0.01	0.03	0.02
Tocopherol, gamma	mg	0.81	0.108	3	A	1		0.11	0.23	0.12
Tocopherol, delta	mg	0.04	0.021	3	A	1		0.01	0.01	0.01
Tocotrienol, alpha	mg	1.60	0.141	3	A	1		0.23	0.45	0.24
Tocotrienol, beta	mg	0.61	0.052	3	A	1		0.09	0.17	0.09
Tocotrienol, gamma	mg	2.27	0.182	3	A	1		0.32	0.64	0.34
Tocotrienol, delta	mg	0.69	0.048	3	A	1		0.10	0.20	0.10
Vitamin D (D2 + D3)	µg									

NDB No. 18160
Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	2.4	0.324	3	A	1		0.3	0.7	0.4
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	9.751		0	NC	4		1.385	2.764	1.463
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.003	0.001	3	A	1		0.000	0.001	0.000
10:0....g	0.011	0.001	3	A	1		0.002	0.003	0.002
12:0....g	0.031	0.000	3	A	1		0.004	0.009	0.005
13:0....g									
14:0....g	0.140	0.001	3	A	1		0.020	0.040	0.021
15:0....g	0.011	0.001	3	A	1		0.002	0.003	0.002
16:0....g	7.287	0.024	3	A	1		1.035	2.066	1.093
17:0....g	0.024	0.000	3	A	1		0.003	0.007	0.004
18:0....g	2.110	0.045	3	A	1		0.300	0.598	0.316
20:0....g	0.099	0.001	3	A	1		0.014	0.028	0.015
22:0....g	0.018	0.000	3	A	1		0.002	0.005	0.003
24:0....g	0.017	0.000	3	A	1		0.002	0.005	0.003
Fatty acids, total monounsaturated....g	6.973		0	NC	4		0.990	1.977	1.046
14:1....g									
15:1....g	0.002	0.001	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.032	0.001	3	AS	1		0.005	0.009	0.005
16:1 c....g	0.032	0.001	3	A	1		0.004	0.009	0.005
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g	0.005	0.000	3	A	1		0.001	0.001	0.001
18:1 undifferentiated....g	6.905	0.030	3	AS	1		0.980	1.958	1.036
18:1 c....g	6.895	0.029	3	A	1		0.979	1.955	1.034
18:1 t....g	0.010	0.001	3	A	1		0.001	0.003	0.001
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.000	3	A	1		0.004	0.008	0.004
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.786		0	NC	4		0.254	0.506	0.268
18:2 undifferentiated....g	1.720	0.008	3	AS	1		0.244	0.488	0.258
18:2 n-6 c,c....g	1.670	0.012	3	A	1		0.237	0.473	0.250
18:2 CLAs....g	0.005	0.001	3	A	1		0.001	0.001	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.009	3	A	1		0.006	0.013	0.007
18:3 undifferentiated....g	0.057	0.001	3	AS	1		0.008	0.016	0.009
18:3 n-3 c,c,c (ALA)....g	0.051	0.001	3	A	1		0.007	0.014	0.008
18:3 n-6 c,c,c....g	0.007	0.000	3	A	1		0.001	0.002	0.001
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.005	0.001	3	AS	1		0.001	0.002	0.001
20:3 n-3....g	0.005	0.001	3	A	1		0.001	0.002	0.001
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.003	0.000	3	A	1		0.000	0.001	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.055		0	NC	4		0.008	0.016	0.008
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.001	0.003	0.002

NDB No. 18160
Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.006	0.013	0.007
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.007	0.014	0.008
Threonine.....g	0.117		0		1		0.017	0.033	0.018
Isoleucine.....g	0.154		0		1		0.022	0.044	0.023
Leucine.....g	0.268		0		1		0.038	0.076	0.040
Lysine.....g	0.156		0		1		0.022	0.044	0.023
Methionine.....g	0.069		0		1		0.010	0.020	0.010
Cystine.....g	0.069		0		1		0.010	0.020	0.010
Phenylalanine.....g	0.177		0		1		0.025	0.050	0.027
Tyrosine.....g	0.118		0		1		0.017	0.033	0.018
Valine.....g	0.179		0		1		0.025	0.051	0.027
Arginine.....g	0.140		0		1		0.020	0.040	0.021
Histidine.....g	0.073		0		1		0.010	0.021	0.011
Alanine.....g	0.119		0		1		0.017	0.034	0.018
Aspartic acid.....g	0.195		0		1		0.028	0.055	0.029
Glutamic acid.....g	1.061		0		1		0.151	0.301	0.159
Glycine.....g	0.116		0		1		0.016	0.033	0.017
Proline.....g	0.367		0		1		0.052	0.104	0.055
Serine.....g	0.193		0		1		0.027	0.055	0.029
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: 1 cookie

Measure 2 = 28.35g: 1 oz

Measure 3 = 15.0g: 1 cookie

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18198
Cookies, chocolate chip, commercially prepared, special dietary

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.10		1		1		1.45	0.36	
Energy	kcal	450		0		4		128	32	
Energy	kJ	1883		0		4		534	132	
Protein (N x 5.8)	g	3.90		1		1		1.11	0.27	
Total lipid (fat)	g	16.80		1		1		4.76	1.18	
Ash	g	0.70		1		1		0.20	0.05	
Carbohydrate, by difference	g	73.40		0	NC	4		20.81	5.14	
Fiber, total dietary	g	1.6		0		4		0.5	0.1	
Sugars, total	g	39.81		0	FLC	4		11.29	2.79	
Starch	g									
Minerals:										
Calcium, Ca	mg	46		0	FLA	4		13	3	
Iron, Fe	mg	3.50		0	FLA	4		0.99	0.25	
Magnesium, Mg	mg	21		0	FLA	4		6	1	
Phosphorus, P	mg	109		0	FLA	4		31	8	
Potassium, K	mg	199		1		1		56	14	
Sodium, Na	mg	244		0	LC	8		69	17	
Zinc, Zn	mg	0.47		0	FLA	4		0.13	0.03	
Copper, Cu	mg	0.218		0	FLA	4		0.062	0.015	
Manganese, Mn	mg	0.365		0	FLA	4		0.103	0.026	
Selenium, Se	µg	2.6		0	FLA	4		0.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.373		0	FLA	4		0.106	0.026	
Riboflavin	mg	0.188		0	FLA	4		0.053	0.013	
Niacin	mg	2.843		0	FLA	4		0.806	0.199	
Pantothenic acid	mg	0.201		0	FLA	4		0.057	0.014	
Vitamin B-6	mg	0.018		0	FLA	4		0.005	0.001	
Folate, total	µg	54		0	FLC	4		15	4	
Folic acid	µg	48		0	NR	4		14	3	
Folate, food	µg	6		0	NC	4		2	0	
Folate, DFE	µg	87		0	NC	4		25	6	
Choline, total	mg	6.7		0	FLC	4		1.9	0.5	
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	1		0	NC	4		0	0	
Retinol	µg	1		0	FLC	4		0	0	
Carotene, beta	µg	0		0	FLC	4		0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	3		0	FLA	4		1	0	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	3		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol)	mg	1.06		0	FLC	4		0.30	0.07	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	4.0		0	FLC	4		1.1	0.3	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.183		0	FLA	4		1.186	0.293	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.008		0	FLA	4		0.002	0.001	
13:0....g									
14:0....g	0.032		0	FLA	4		0.009	0.002	
15:0....g									
16:0....g	2.263		0	FLA	4		0.642	0.158	
17:0....g									
18:0....g	1.832		0	FLA	4		0.519	0.128	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.730		0	FLA	4		1.908	0.471	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.063		0	FLA	4		0.018	0.004	
17:1....g									
18:1 undifferentiated....g	6.655		0	FLA	4		1.887	0.466	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.035		0	FLA	4		1.427	0.352	
18:2 undifferentiated....g	4.677		0	FLA	4		1.326	0.327	
18:3 undifferentiated....g	0.346		0	FLA	4		0.098	0.024	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1		0.016	0.004	
Threonine....g	0.120		0		1		0.034	0.008	
Isoleucine....g	0.160		0		1		0.045	0.011	
Leucine....g	0.285		0		1		0.081	0.020	
Lysine....g	0.154		0		1		0.044	0.011	
Methionine....g	0.069		0		1		0.020	0.005	
Cystine....g	0.075		0		1		0.021	0.005	
Phenylalanine....g	0.191		0		1		0.054	0.013	
Tyrosine....g	0.125		0		1		0.035	0.009	
Valine....g	0.188		0		1		0.053	0.013	
Arginine....g	0.144		0		1		0.041	0.010	
Histidine....g	0.077		0		1		0.022	0.005	
Alanine....g	0.122		0		1		0.035	0.009	
Aspartic acid....g	0.194		0		1		0.055	0.014	
Glutamic acid....g	1.213		0		1		0.344	0.085	
Glycine....g	0.127		0		1		0.036	0.009	
Proline....g	0.418		0		1		0.119	0.029	
Serine....g	0.202		0		1		0.057	0.014	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	8		0	FLA	4		2	1	

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	61		0	FLA	4		17	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18161
Cookies, chocolate chip, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		2		1		0.85	14.88	
Energy....kcal	497		0	NC	4		141	2465	
Energy....kJ	2079				4		590	10314	
Protein (N x 5.8)....g	4.60		2		1		1.30	22.82	
Total lipid (fat)....g	25.20		2		1		7.14	124.99	
Ash....g	1.20		2		1		0.34	5.95	
Carbohydrate, by difference....g	66.10		0		4		18.74	327.86	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43		2		1		12	213	
Iron, Fe....mg	2.07		2		1		0.59	10.27	
Magnesium, Mg....mg	36		1		1		10	179	
Phosphorus, P....mg	80		2		1		23	397	
Potassium, K....mg	208		2		1		59	1032	
Sodium, Na....mg	290		2		1		82	1438	
Zinc, Zn....mg	0.60		1		1		0.17	2.98	
Copper, Cu....mg	0.300		1		1		0.085	1.488	
Manganese, Mn....mg	0.363		0	FLA	4		0.103	1.800	
Selenium, Se....µg	2.4		0	FLA	4		0.7	11.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.195		2		1		0.055	0.967	
Riboflavin....mg	0.205		2		1		0.058	1.017	
Niacin....mg	1.990		2		1		0.564	9.870	
Pantothenic acid....mg	0.171		0	FLA	4		0.048	0.848	
Vitamin B-6....mg	0.017		0	FLA	4		0.005	0.084	
Folate, total....µg	51		0	FLA	4		14	253	
Folic acid....µg	45		0	NC	4		13	223	
Folate, food....µg	6		0		4		2	30	
Folate, DFE....µg	83		0	NC	4		23	409	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	4		0	FLA	4		1	20	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18161
Cookies, chocolate chip, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.316		0	FLA	4		2.358	41.247	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.011		0	FLA	4		0.003	0.055	
13:0....g									
14:0....g	0.125		0	FLA	4		0.035	0.620	
15:0....g									
16:0....g	3.996		0	FLA	4		1.133	19.820	
17:0....g									
18:0....g	4.116		0	FLA	4		1.167	20.415	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.077		0	FLA	4		3.707	64.862	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0	FLA	4		0.005	0.089	
17:1....g									
18:1 undifferentiated....g	13.061		0	FLA	4		3.703	64.783	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.620		0	FLA	4		0.743	12.995	
18:2 undifferentiated....g	2.486		0	FLA	4		0.705	12.331	
18:3 undifferentiated....g	0.134		0	FLA	4		0.038	0.665	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.317	
Threonine....g	0.141		0		4		0.040	0.699	
Isoleucine....g	0.189		0		4		0.054	0.937	
Leucine....g	0.337		0		4		0.096	1.672	
Lysine....g	0.184		0		4		0.052	0.913	
Methionine....g	0.081		0		4		0.023	0.402	
Cystine....g	0.084		0		4		0.024	0.417	
Phenylalanine....g	0.224		0		4		0.064	1.111	
Tyrosine....g	0.148		0		4		0.042	0.734	
Valine....g	0.222		0		4		0.063	1.101	
Arginine....g	0.166		0		4		0.047	0.823	
Histidine....g	0.089		0		4		0.025	0.441	
Alanine....g	0.143		0		4		0.041	0.709	
Aspartic acid....g	0.232		0		4		0.066	1.151	
Glutamic acid....g	1.397		0		4		0.396	6.929	
Glycine....g	0.146		0		4		0.041	0.724	
Proline....g	0.484		0		4		0.137	2.401	
Serine....g	0.235		0		4		0.067	1.166	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	12		0	FLA	4		3	60	
Theobromine....mg	91		0	FLA	4		26	451	

NDB No. 18161
Cookies, chocolate chip, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.70		0		1		1.62	0.91	
Energy	kcal	488		0	NC	4		138	78	
Energy	kJ	2042				4		579	327	
Protein (N x 0)	g	5.70		0		1		1.62	0.91	
Total lipid (fat)	g	28.40		0		1		8.05	4.54	
Ash	g	1.50		0		1		0.43	0.24	
Carbohydrate, by difference	g	58.20		0	NC	4		16.50	9.31	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0		1		11	6	
Iron, Fe	mg	2.48		0		1		0.70	0.40	
Magnesium, Mg	mg	55		0		1		16	9	
Phosphorus, P	mg	100		0		1		28	16	
Potassium, K	mg	221		0		1		63	35	
Sodium, Na	mg	341		0		1		97	55	
Zinc, Zn	mg	0.94		0		1		0.27	0.15	
Copper, Cu	mg	0.386		0		1		0.109	0.062	
Manganese, Mn	mg	0.663		0		1		0.188	0.106	
Selenium, Se	µg	11.2		0	RK	4		3.2	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.1	0.0	
Thiamin	mg	0.184		0		1		0.052	0.029	
Riboflavin	mg	0.177		0		1		0.050	0.028	
Niacin	mg	1.365		0		1		0.387	0.218	
Pantothenic acid	mg	0.259		0		1		0.073	0.041	
Vitamin B-6	mg	0.084		0		1		0.024	0.013	
Folate, total	µg	33		0	RK	4		9	5	
Folic acid	µg	20		0	NC	4		6	3	
Folate, food	µg	13		0		1		4	2	
Folate, DFE	µg	47		0	NC	4		13	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.08		0		1		0.02	0.01	
Vitamin A, RAE	µg	139		0	NC	4		39	22	
Retinol	µg	131		0	NC	4		37	21	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	594		0		1		168	95	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.071		0		1		3.989	2.251	
4:0....g	0.455		0		1		0.129	0.073	
6:0....g	0.269		0		1		0.076	0.043	
8:0....g	0.157		0		1		0.045	0.025	
10:0....g	0.352		0		1		0.100	0.056	
12:0....g	0.394		0		1		0.112	0.063	
13:0....g									
14:0....g	1.444		0		1		0.409	0.231	
15:0....g									
16:0....g	6.373		0		1		1.807	1.020	
17:0....g									
18:0....g	4.262		0		1		1.208	0.682	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.241		0		1		2.336	1.319	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.352		0		1		0.100	0.056	
17:1....g									
18:1 undifferentiated....g	7.629		0		1		2.163	1.221	
20:1....g	0.050		0		1		0.014	0.008	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.541		0		1		1.287	0.727	
18:2 undifferentiated....g	3.682		0		1		1.044	0.589	
18:3 undifferentiated....g	0.843		0		1		0.239	0.135	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		0		1		0.004	0.002	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	70		0		1		20	11	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.020	0.012	
Threonine....g	0.191		0		1		0.054	0.031	
Isoleucine....g	0.224		0		1		0.064	0.036	
Leucine....g	0.391		0		1		0.111	0.063	
Lysine....g	0.214		0		1		0.061	0.034	
Methionine....g	0.106		0		1		0.030	0.017	
Cystine....g	0.111		0		1		0.031	0.018	
Phenylalanine....g	0.270		0		1		0.077	0.043	
Tyrosine....g	0.188		0		1		0.053	0.030	
Valine....g	0.279		0		1		0.079	0.045	
Arginine....g	0.377		0		1		0.107	0.060	
Histidine....g	0.123		0		1		0.035	0.020	
Alanine....g	0.227		0		1		0.064	0.036	
Aspartic acid....g	0.424		0		1		0.120	0.068	
Glutamic acid....g	1.283		0		1		0.364	0.205	
Glycine....g	0.223		0		1		0.063	0.036	
Proline....g	0.398		0		1		0.113	0.064	
Serine....g	0.297		0		1		0.084	0.048	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.70		0		1		1.62	1.82	0.91
Energy	kcal	488		0	NC	4		138	156	78
Energy	kJ	2042				4		579	653	327
Protein (N x 0)	g	5.70		0		1		1.62	1.82	0.91
Total lipid (fat)	g	28.30		0		1		8.02	9.06	4.53
Ash	g	1.50		0		1		0.43	0.48	0.24
Carbohydrate, by difference	g	58.40		0	NC	4		16.56	18.69	9.34
Fiber, total dietary	g	2.8		0		4		0.8	0.9	0.4
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0		1		11	12	6
Iron, Fe	mg	2.46		0		1		0.70	0.79	0.39
Magnesium, Mg	mg	55		0		1		16	18	9
Phosphorus, P	mg	100		0		1		28	32	16
Potassium, K	mg	224		0		1		64	72	36
Sodium, Na	mg	361		0		1		102	116	58
Zinc, Zn	mg	0.93		0		1		0.26	0.30	0.15
Copper, Cu	mg	0.383		0		1		0.109	0.123	0.061
Manganese, Mn	mg	0.663		0		1		0.188	0.212	0.106
Selenium, Se	µg	11.1		0	RK	4		3.1	3.6	1.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.1	0.1	0.0
Thiamin	mg	0.185		0		1		0.052	0.059	0.030
Riboflavin	mg	0.178		0		1		0.050	0.057	0.028
Niacin	mg	1.362		0		1		0.386	0.436	0.218
Pantothenic acid	mg	0.255		0		1		0.072	0.082	0.041
Vitamin B-6	mg	0.085		0		1		0.024	0.027	0.014
Folate, total	µg	33		0	RK	4		9	11	5
Folic acid	µg	20		0	NC	4		6	6	3
Folate, food	µg	13		0		1		4	4	2
Folate, DFE	µg	47		0	NC	4		13	15	8
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.08		0		1		0.02	0.03	0.01
Vitamin A, RAE	µg	143		0	NC	4		40	46	23
Retinol	µg	130		0	RK	4		37	42	21
Carotene, beta	µg	150		0	RK	4		43	48	24
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	683		0	NC	4		194	219	109
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.074		0		1		2.289	2.584	1.292
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.068		0		1		0.019	0.022	0.011
15:0....g									
16:0....g	4.361		0		1		1.236	1.396	0.698
17:0....g									
18:0....g	3.582		0		1		1.015	1.146	0.573
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.377		0		1		2.942	3.321	1.660
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		1		0.011	0.012	0.006
17:1....g									
18:1 undifferentiated....g	10.288		0		1		2.917	3.292	1.646
20:1....g	0.050		0		1		0.014	0.016	0.008
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.410		0		1		2.384	2.691	1.346
18:2 undifferentiated....g	7.565		0		1		2.145	2.421	1.210
18:3 undifferentiated....g	0.829		0		1		0.235	0.265	0.133
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		0		1		0.004	0.004	0.002
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.001	0.000
Fatty acids, total trans....g									
Cholesterol....mg	32		0		1		9	10	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.020	0.023	0.012
Threonine....g	0.191		0		1		0.054	0.061	0.031
Isoleucine....g	0.224		0		1		0.064	0.072	0.036
Leucine....g	0.392		0		1		0.111	0.125	0.063
Lysine....g	0.214		0		1		0.061	0.068	0.034
Methionine....g	0.106		0		1		0.030	0.034	0.017
Cystine....g	0.111		0		1		0.031	0.036	0.018
Phenylalanine....g	0.271		0		1		0.077	0.087	0.043
Tyrosine....g	0.188		0		1		0.053	0.060	0.030
Valine....g	0.279		0		1		0.079	0.089	0.045
Arginine....g	0.377		0		1		0.107	0.121	0.060
Histidine....g	0.123		0		1		0.035	0.039	0.020
Alanine....g	0.227		0		1		0.064	0.073	0.036
Aspartic acid....g	0.424		0		1		0.120	0.136	0.068
Glutamic acid....g	1.285		0		1		0.364	0.411	0.206
Glycine....g	0.223		0		1		0.063	0.071	0.036
Proline....g	0.399		0		1		0.113	0.128	0.064
Serine....g	0.298		0		1		0.084	0.095	0.048
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	16		0	RK	4		5	5	3
Theobromine....mg	127		0	RK	4		36	41	20

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 bar (2" square)

Measure 3 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.08		2	MC	9		3.99	3.50	3.42
Energy	kcal	451		2	MC	9		149	131	128
Energy	kJ	1889		0	MC	9		623	548	536
Protein (N x 5.9)	g	3.98		2	MC	9		1.31	1.15	1.13
Total lipid (fat)	g	21.33		2	MC	9		7.04	6.18	6.05
Ash	g	1.54		2	MC	9		0.51	0.45	0.44
Carbohydrate, by difference	g	61.02		2	MC	9		20.13	17.69	17.30
Fiber, total dietary	g	1.5		2	MC	9		0.5	0.4	0.4
Sugars, total	g	38.04		2	MC	9		12.55	11.03	10.78
Starch	g									
Minerals:										
Calcium, Ca	mg	14		2	MC	9		5	4	4
Iron, Fe	mg	2.00		2	MC	9		0.66	0.58	0.57
Magnesium, Mg	mg	24	1.122	9		1		8	7	7
Phosphorus, P	mg	69	1.098	9		1		23	20	20
Potassium, K	mg	180	27.864	19		1		59	52	51
Sodium, Na	mg	321		2	MC	9		106	93	91
Zinc, Zn	mg	0.50	0.012	9		1		0.17	0.15	0.14
Copper, Cu	mg	0.180	0.013	5		1		0.059	0.052	0.051
Manganese, Mn	mg	0.373		0	FLA	4		0.123	0.108	0.106
Selenium, Se	µg	5.0		0	FLA	4		1.7	1.5	1.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	MC	9		0.0	0.0	0.0
Thiamin	mg	0.187	0.052	15		1		0.062	0.054	0.053
Riboflavin	mg	0.191	0.033	19		1		0.063	0.055	0.054
Niacin	mg	1.975	0.126	19		1		0.652	0.573	0.560
Pantothenic acid	mg	0.308		0	FLA	4		0.102	0.089	0.087
Vitamin B-6	mg	0.038		0	FLA	4		0.013	0.011	0.011
Folate, total	µg	57		0	FLA	4		19	17	16
Folic acid	µg	48		0	NC	4		16	14	14
Folate, food	µg	9		0		4		3	3	3
Folate, DFE	µg	91		0	NC	4		30	26	26
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.08		0	FLA	4		0.03	0.02	0.02
Vitamin A, RAE	µg	4		0	NR	4		1	1	1
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	12		2	MC	9		4	3	3
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.390		2	MC	9		2.769	2.433	2.379
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.100		0	FLA	4		0.033	0.029	0.028
15:0....g									
16:0....g	3.298		0	FLA	4		1.088	0.956	0.935
17:0....g									
18:0....g	3.267		0	FLA	4		1.078	0.947	0.926
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.414		0	FLA	4		3.437	3.020	2.952
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		0	FLA	4		0.012	0.010	0.010
17:1....g									
18:1 undifferentiated....g	10.378		0	FLA	4		3.425	3.010	2.942
20:1....g	0.002		0	FLA	4		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.172		0	FLA	4		0.717	0.630	0.616
18:2 undifferentiated....g	2.042		0	FLA	4		0.674	0.592	0.579
18:3 undifferentiated....g	0.108		0	FLA	4		0.036	0.031	0.031
18:4....g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0	FLA	4		0.004	0.003	0.003
20:5 n-3 (EPA)....g	0.006		0	FLA	4		0.002	0.002	0.002
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.004		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans....g	2.470		2	MC	9		0.815	0.716	0.700
Cholesterol....mg	7		2	MC	9		2	2	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.019	0.017	0.017
Threonine....g	0.149		0		1		0.049	0.043	0.042
Isoleucine....g	0.190		0		1		0.063	0.055	0.054
Leucine....g	0.328		0		1		0.108	0.095	0.093
Lysine....g	0.200		0		1		0.066	0.058	0.057
Methionine....g	0.089		0		1		0.029	0.026	0.025
Cystine....g	0.088		0		1		0.029	0.026	0.025
Phenylalanine....g	0.218		0		1		0.072	0.063	0.062
Tyrosine....g	0.146		0		1		0.048	0.042	0.041
Valine....g	0.220		0		1		0.073	0.064	0.062
Arginine....g	0.181		0		1		0.060	0.052	0.051
Histidine....g	0.090		0		1		0.030	0.026	0.026
Alanine....g	0.158		0		1		0.052	0.046	0.045
Aspartic acid....g	0.260		0		1		0.086	0.075	0.074
Glutamic acid....g	1.202		0		1		0.397	0.349	0.341
Glycine....g	0.143		0		1		0.047	0.041	0.041
Proline....g	0.409		0		1		0.135	0.119	0.116
Serine....g	0.246		0		1		0.081	0.071	0.070
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	9		0	FLA	4		3	3	3
Theobromine....mg	72		0	FLA	4		24	21	20

NDB No. 18163
Cookies, chocolate chip, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 serving

Measure 2 = 29g: 1 portion, dough spoon from roll

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate**4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18164
Cookies, chocolate chip, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0		4		0.85	0.36	
Energy....kcal	492		0		4		139	59	
Energy....kJ	2059				4		584	247	
Protein....g	4.90		0		4		1.39	0.59	
Total lipid (fat)....g	22.60		0		4		6.41	2.71	
Ash....g	1.20		0		4		0.34	0.14	
Carbohydrate, by difference....g	68.20		0		4		19.33	8.18	
Fiber, total dietary....g	1.7		0		4		0.5	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		4		8	3	
Iron, Fe....mg	2.50		0		4		0.71	0.30	
Magnesium, Mg....mg	27		0		4		8	3	
Phosphorus, P....mg	76		0		4		22	9	
Potassium, K....mg	200		0		4		57	24	
Sodium, Na....mg	232		0		4		66	28	
Zinc, Zn....mg	0.56		0		4		0.16	0.07	
Copper, Cu....mg	0.200		0		4		0.057	0.024	
Manganese, Mn....mg	0.473		0		4		0.134	0.057	
Selenium, Se....µg	5.6		0	RP	4		1.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.166		0		4		0.047	0.020	
Riboflavin....mg	0.191		0		4		0.054	0.023	
Niacin....mg	1.975		0		4		0.560	0.237	
Pantothenic acid....mg	0.180		0		4		0.051	0.022	
Vitamin B-6....mg	0.005		0		4		0.001	0.001	
Folate, total....µg	44		0	RP	4		12	5	
Folic acid....µg	37		0	NC	4		10	4	
Folate, food....µg	7		0		4		2	1	
Folate, DFE....µg	70		0	NC	4		20	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.02	0.01	
Vitamin A, RAE....µg	18		0	NC	4		5	2	
Retinol....µg	18		0	NC	4		5	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	59		0		4		17	7	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18164
Cookies, chocolate chip, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.759		0		4		2.200	0.931	
4:0....g									
6:0....g									
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.086		0		4		0.024	0.010	
15:0....g									
16:0....g	3.769		0		4		1.069	0.452	
17:0....g									
18:0....g	3.900		0		4		1.106	0.468	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.258		0		4		3.192	1.351	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043		0		4		0.012	0.005	
17:1....g									
18:1 undifferentiated....g	11.213		0		4		3.179	1.346	
20:1....g	0.003		0		4		0.001	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.319		0		4		0.657	0.278	
18:2 undifferentiated....g	2.190		0		4		0.621	0.263	
18:3 undifferentiated....g	0.111		0		4		0.031	0.013	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0		4		0.004	0.002	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.004		0		4		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27		0		4		8	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		4		0.019	0.008	
Threonine....g	0.166		0		4		0.047	0.020	
Isoleucine....g	0.212		0		4		0.060	0.025	
Leucine....g	0.365		0		4		0.103	0.044	
Lysine....g	0.222		0		4		0.063	0.027	
Methionine....g	0.099		0		4		0.028	0.012	
Cystine....g	0.098		0		4		0.028	0.012	
Phenylalanine....g	0.242		0		4		0.069	0.029	
Tyrosine....g	0.162		0		4		0.046	0.019	
Valine....g	0.244		0		4		0.069	0.029	
Arginine....g	0.202		0		4		0.057	0.024	
Histidine....g	0.100		0		4		0.028	0.012	
Alanine....g	0.176		0		4		0.050	0.021	
Aspartic acid....g	0.289		0		4		0.082	0.035	
Glutamic acid....g	1.336		0		4		0.379	0.160	
Glycine....g	0.159		0		4		0.045	0.019	
Proline....g	0.454		0		4		0.129	0.054	
Serine....g	0.274		0		4		0.078	0.033	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18164

Cookies, chocolate chip, refrigerated dough, baked

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28350
Cookies, chocolate cream covered biscuit sticks

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.09		0	FLC	4		6.04		
Energy	kcal	447		0	NC	4		179		
Energy	kJ	1870		0	NC	4		748		
Protein (N x 6.25)	g	10.00		0	LC	8		4.00		
Total lipid (fat)	g	22.50		0	LC	8		9.00		
Ash	g	1.32		0	FLC	4		0.53		
Carbohydrate, by difference	g	51.08		0	NC	4		20.43		
Fiber, total dietary	g	5.0		0	LC	8		2.0		
Sugars, total	g	25.00		0	LC	8		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0	LC	8		20		
Iron, Fe	mg	0.90		0	LC	8		0.36		
Magnesium, Mg	mg	36		0	FLC	4		14		
Phosphorus, P	mg	184		0	FLC	4		74		
Potassium, K	mg	181		0	FLC	4		73		
Sodium, Na	mg	213		0	LC	8		85		
Zinc, Zn	mg	0.90		0	FLC	4		0.36		
Copper, Cu	mg	0.225		0	FLC	4		0.090		
Manganese, Mn	mg									
Selenium, Se	µg	14.7		0	FLC	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.071		0	FLC	4		0.028		
Riboflavin	mg	0.199		0	FLC	4		0.080		
Niacin	mg	0.641		0	FLC	4		0.256		
Pantothenic acid	mg									
Vitamin B-6	mg	0.048		0	FLC	4		0.019		
Folate, total	µg	17		0	FLC	4		7		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	17		0	FLC	4		7		
Folate, DFE	µg	17		0	NC	4		7		
Choline, total	mg	4.4		0	FLC	4		1.8		
Betaine	mg									
Vitamin B-12	µg	0.40		0	FLC	4		0.16		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	1		0	NC	4		0		
Retinol	µg	1		0	FLC	4		0		
Carotene, beta	µg	1		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	4		0	NC	4		2		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	7		0	FLC	4		3		
Vitamin E (alpha-tocopherol)	mg	8.87		0	FLC	4		3.55		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	1.7		0	FLC	4		0.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28350
Cookies, chocolate cream covered biscuit sticks

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.584		0	NC	4		5.034		
4:0....g	0.003		0	FLC	4		0.001		
6:0....g	0.002		0	FLC	4		0.001		
8:0....g	0.001		0	FLC	4		0.000		
10:0....g	0.002		0	FLC	4		0.001		
12:0....g	0.003		0	FLC	4		0.001		
13:0....g									
14:0....g	0.013		0	FLC	4		0.005		
15:0....g									
16:0....g	7.134		0	FLC	4		2.854		
17:0....g									
18:0....g	5.425		0	FLC	4		2.170		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.065		0	NC	4		0.826		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	2.064		0	FLC	4		0.825		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.717		0	NC	4		2.687		
18:2 undifferentiated....g	6.710		0	FLC	4		2.684		
18:3 undifferentiated....g	0.007		0	FLC	4		0.003		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	2		0	FLC	4		1		
Theobromine....mg	64		0	FLC	4		26		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28299

Cookies, chocolate sandwich, with creme filling, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.23		0	FLC	4		2.12		
Energy	kcal	436		0	NC	4		148		
Energy	kJ	1822		0	NC	4		619		
Protein (N x 6.25)	g	2.94		0	LC	8		1.00		
Total lipid (fat)	g	13.24		0	LC	8		4.50		
Ash	g	1.42		0	FLC	4		0.48		
Carbohydrate, by difference	g	76.17		0	NC	4		25.90		
Fiber, total dietary	g	2.9		0	LC	8		1.0		
Sugars, total	g	41.18		0	LC	8		14.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	3.18		0	LC	8		1.08		
Magnesium, Mg	mg	25		0	FLC	4		9		
Phosphorus, P	mg	66		0	FLC	4		22		
Potassium, K	mg	176		0	LC	8		60		
Sodium, Na	mg	471		0	LC	8		160		
Zinc, Zn	mg	0.49		0	FLC	4		0.17		
Copper, Cu	mg	0.188		0	FLC	4		0.064		
Manganese, Mn	mg									
Selenium, Se	µg	13.2		0	FLC	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.290		0	FLC	4		0.098		
Riboflavin	mg	0.204		0	FLC	4		0.069		
Niacin	mg	2.235		0	FLC	4		0.760		
Pantothenic acid	mg	0.169		0	FLC	4		0.058		
Vitamin B-6	mg	0.020		0	FLC	4		0.007		
Folate, total	µg	68		0	FLC	4		23		
Folic acid	µg	56		0	FLC	4		19		
Folate, food	µg	12		0	NC	4		4		
Folate, DFE	µg	107		0	NC	4		36		
Choline, total	mg	22.1		0	FLC	4		7.5		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	1		0	NC	4		0		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	30		0	FLC	4		10		
Vitamin E (alpha-tocopherol)	mg	1.68		0	FLC	4		0.57		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	16.0		0	FLC	4		5.5		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28299

Cookies, chocolate sandwich, with creme filling, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.941		0	LC	8		1.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.012		0	FLC	4		0.004		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.004		0	FLC	4		0.681		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.793		0	FLC	4		0.270		
20:0....g	0.073		0	FLC	4		0.025		
22:0....g	0.031		0	FLC	4		0.011		
24:0....g	0.021		0	FLC	4		0.007		
Fatty acids, total monounsaturated....g	4.660		0	NC	4		1.584		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.032		0	FLC	4		0.011		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	4.587		0	FLC	4		1.559		
20:1....g	0.036		0	FLC	4		0.012		
22:1 undifferentiated....g	0.005		0	FLC	4		0.002		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.425		0	NC	4		1.165		
18:2 undifferentiated....g	3.014		0	FLC	4		1.025		
18:3 undifferentiated....g	0.411		0	FLC	4		0.140		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	3		0	FLC	4		1		
Theobromine....mg	95		0	FLC	4		32		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18166
Cookies, chocolate sandwich, with creme filling, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.11	0.095	12	A	1		1.12	0.88	
Energy....kcal	464		0	NC	4		167	131	
Energy....kJ	1939		0	NC	4		698	550	
Protein (N x 5.7)....g	5.21	0.034	12	A	1		1.88	1.48	
Total lipid (fat)....g	19.14	0.182	12	A	1		6.89	5.42	
Ash....g	1.54	0.017	12	A	1		0.55	0.44	
Carbohydrate, by difference....g	71.00		0	NC	4		25.56	20.13	
Fiber, total dietary....g	2.9	0.119	9	A	1		1.0	0.8	
Sugars, total....g	40.67	0.206	8	A	1		14.64	11.53	
Sucrose....g	39.03	0.264	9	A	1		14.05	11.07	
Glucose (dextrose)....g	0.92	0.133	9	A	1		0.33	0.26	
Fructose....g	0.70	0.043	9	A	1		0.25	0.20	
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose....g	0.00	0.000	9	A	1		0.00	0.00	
Starch....g	24.81	0.337	9	A	1		8.93	7.03	
Minerals:									
Calcium, Ca....mg	21	0.671	12	A	1		8	6	
Iron, Fe....mg	12.14	1.075	12	A	1		4.37	3.44	
Magnesium, Mg....mg	47	0.656	12	A	1		17	13	
Phosphorus, P....mg	93	1.302	12	A	1		33	26	
Potassium, K....mg	234	16.207	12	A	1		84	66	
Sodium, Na....mg	388	9.311	12	A	1		140	110	
Zinc, Zn....mg	0.74	0.010	12	A	1		0.27	0.21	
Copper, Cu....mg	0.334	0.007	12	A	1		0.120	0.095	
Manganese, Mn....mg	0.700	0.019	12	A	1		0.252	0.198	
Selenium, Se....µg	5.2	0.302	6	A	1		1.9	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	
Thiamin....mg	0.197	0.013	6	A	1		0.071	0.056	
Riboflavin....mg	0.238	0.006	6	A	1		0.086	0.068	
Niacin....mg	2.603	0.062	6	A	1		0.937	0.738	
Pantothenic acid....mg	0.271	0.009	4	A	1		0.098	0.077	
Vitamin B-6....mg	0.023	0.007	6	A	1		0.008	0.006	
Folate, total....µg	61	7.270	5	A	1		22	17	
Folic acid....µg	58		1	A	1		21	16	
Folate, food....µg	3		0	NC	4		1	1	
Folate, DFE....µg	102		0	NC	4		37	29	
Choline, total....mg	19.2		0	AS	1		6.9	5.4	
Betaine....mg	15.7		1	A	1		5.7	4.5	
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	NC	4		1	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	4		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol)....mg	2.47	0.078	6	A	1		0.89	0.70	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.11	0.009	6	A	1		0.04	0.03	
Tocopherol, gamma....mg	3.48	0.171	6	A	1		1.25	0.99	
Tocopherol, delta....mg	0.16	0.012	6	A	1		0.06	0.05	
Tocotrienol, alpha....mg	0.94	0.066	6	A	1		0.34	0.27	
Tocotrienol, beta....mg	0.90	0.028	6	A	1		0.32	0.26	

NDB No. 18166
Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	1.83	0.097	6	A	1		0.66	0.52	
Tocotrienol, delta....mg	0.26	0.053	6	A	1		0.10	0.08	
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....µg	27.4	0.865	6	A	1		9.9	7.8	
Dihydrophylloquinone....µg	0.0	0.013	6	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.649		0	NC	4		2.034	1.601	
4:0....g	0.000	0.000	9	A	1		0.000	0.000	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.003	0.001	9	A	1		0.001	0.001	
10:0....g	0.011	0.001	9	A	1		0.004	0.003	
12:0....g	0.045	0.003	9	A	1		0.016	0.013	
13:0....g									
14:0....g	0.111	0.002	9	A	1		0.040	0.031	
15:0....g	0.008	0.001	9	A	1		0.003	0.002	
16:0....g	4.449	0.053	9	A	1		1.601	1.261	
17:0....g	0.015	0.001	9	A	1		0.005	0.004	
18:0....g	0.857	0.012	9	A	1		0.308	0.243	
20:0....g	0.092	0.001	9	A	1		0.033	0.026	
22:0....g	0.036	0.001	9	A	1		0.013	0.010	
24:0....g	0.024	0.000	9	A	1		0.008	0.007	
Fatty acids, total monounsaturated....g	9.278		0	NC	4		3.340	2.630	
14:1....g	0.000	0.000	9	A	1		0.000	0.000	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.036	0.000	9	AS	1		0.013	0.010	
16:1 c....g	0.036	0.000	9	A	1		0.013	0.010	
16:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
17:1....g	0.008	0.000	9	A	1		0.003	0.002	
18:1 undifferentiated....g	9.111	0.077	9	AS	1		3.280	2.583	
18:1 c....g									
18:1 t....g									
18:1-11 t (18:1t n-7)....g									
20:1....g	0.120	0.002	9	A	1		0.043	0.034	
22:1 undifferentiated....g	0.003	0.002	9	AS	1		0.001	0.001	
22:1 c....g	0.002	0.001	9	A	1		0.001	0.001	
22:1 t....g	0.001	0.001	9	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.561		0	NC	4		1.282	1.009	
18:2 undifferentiated....g	3.253	0.066	9	AS	1		1.171	0.922	
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.065	0.012	9	A	1		0.023	0.018	
18:3 undifferentiated....g	0.298	0.008	9	AS	1		0.107	0.084	
18:3 n-3 c,c,c (ALA)....g	0.281	0.007	9	A	1		0.101	0.080	
18:3 n-6 c,c,c....g	0.016	0.001	9	A	1		0.006	0.005	
18:3i....g	0.000	0.000	9	A	1		0.000	0.000	
18:4....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	9	A	1		0.002	0.002	
20:3 undifferentiated....g	0.000	0.000	9	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	9	A	1		0.000	0.000	
20:4 undifferentiated....g	0.004	0.000	9	A	1		0.002	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	

NDB No. 18166
Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans....g	0.112		0	NC	4		0.040	0.032	
Fatty acids, total trans-monoenoic....g	0.047		0	NC	4		0.017	0.013	
Fatty acids, total trans-polyenoic....g	0.065		0	NC	4		0.023	0.018	
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	A	1		0.032	0.026	
Threonine....g	0.150		0	A	1		0.054	0.043	
Isoleucine....g	0.170		0	A	1		0.061	0.048	
Leucine....g	0.320		0	A	1		0.115	0.091	
Lysine....g	0.050		0	A	1		0.018	0.014	
Methionine....g	0.080		0	A	1		0.029	0.023	
Cystine....g	0.090		0	A	1		0.032	0.026	
Phenylalanine....g	0.230		0	A	1		0.083	0.065	
Tyrosine....g	0.100		0	A	1		0.036	0.028	
Valine....g	0.230		0	A	1		0.083	0.065	
Arginine....g	0.140		0	A	1		0.050	0.040	
Histidine....g	0.090		0	A	1		0.032	0.026	
Alanine....g	0.180		0	A	1		0.065	0.051	
Aspartic acid....g	0.290		0	A	1		0.104	0.082	
Glutamic acid....g	1.460		0	A	1		0.526	0.414	
Glycine....g	0.190		0	A	1		0.068	0.054	
Proline....g	0.450		0	A	1		0.162	0.128	
Serine....g	0.220		0	A	1		0.079	0.062	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	5		0	FLA	4		2	2	
Theobromine....mg	184		0	FLA	4		66	52	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 3 cookie

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00	0.256	11		1		0.57	0.34	
Energy....kcal	481		0	NC	4		136	82	
Energy....kJ	2013		0	NC	4		571	342	
Protein (N x 5.7)....g	3.60	0.177	11		1		1.02	0.61	
Total lipid (fat)....g	26.40	0.817	11		1		7.48	4.49	
Ash....g	1.60	0.138	11		1		0.45	0.27	
Carbohydrate, by difference....g	66.40		0	NC	4		18.82	11.29	
Fiber, total dietary....g	5.2		0		4		1.5	0.9	
Sugars, total....g	49.58		0	FLC	4		14.05	8.43	
Starch....g									
Minerals:									
Calcium, Ca....mg	35	1.565	11		1		10	6	
Iron, Fe....mg	3.13	0.252	10		1		0.89	0.53	
Magnesium, Mg....mg	39	1.292	11		1		11	7	
Phosphorus, P....mg	90	3.569	11		1		26	15	
Potassium, K....mg	240	15.591	11		1		68	41	
Sodium, Na....mg	326	8.088	11		1		92	55	
Zinc, Zn....mg	0.58	0.027	11		1		0.16	0.10	
Copper, Cu....mg	0.315	0.021	10		1		0.089	0.054	
Manganese, Mn....mg	0.372	0.024	10		1		0.105	0.063	
Selenium, Se....µg	3.2		0	FLA	4		0.9	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.095	0.014	10		1		0.027	0.016	
Riboflavin....mg	0.204	0.018	11		1		0.058	0.035	
Niacin....mg	1.373	0.067	11		1		0.389	0.233	
Pantothenic acid....mg	0.178		0	FLA	4		0.050	0.030	
Vitamin B-6....mg	0.044		0	FLA	4		0.012	0.007	
Folate, total....µg	18		0	FLA	4		5	3	
Folic acid....µg	11		0	NC	4		3	2	
Folate, food....µg	7		0		4		2	1	
Folate, DFE....µg	26		0	NC	4		7	4	
Choline, total....mg	3.4		0	FLA	4		1.0	0.6	
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLA	4		0.01	0.01	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	FLA	4		0	0	
Retinol....µg	2		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		2	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	2		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)....mg	1.58		0	FLA	4		0.45	0.27	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	11.2		0	FLA	4		3.2	1.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.426		0	FLA	4		2.105	1.262	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.124		0	FLA	4		0.035	0.021	
15:0....g									
16:0....g	3.714		0	FLA	4		1.053	0.631	
17:0....g									
18:0....g	3.571		0	FLA	4		1.012	0.607	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.584		0	FLA	4		4.135	2.479	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	14.582		0	FLA	4		4.134	2.479	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.001		0	FLA	4		0.851	0.510	
18:2 undifferentiated....g	2.855		0	FLA	4		0.809	0.485	
18:3 undifferentiated....g	0.146		0	FLA	4		0.041	0.025	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.016	0.010	
Threonine....g	0.149		0		1		0.042	0.025	
Isoleucine....g	0.155		0		1		0.044	0.026	
Leucine....g	0.258		0		1		0.073	0.044	
Lysine....g	0.185		0		1		0.052	0.031	
Methionine....g	0.051		0		1		0.014	0.009	
Cystine....g	0.062		0		1		0.018	0.011	
Phenylalanine....g	0.176		0		1		0.050	0.030	
Tyrosine....g	0.128		0		1		0.036	0.022	
Valine....g	0.207		0		1		0.059	0.035	
Arginine....g	0.182		0		1		0.052	0.031	
Histidine....g	0.070		0		1		0.020	0.012	
Alanine....g	0.160		0		1		0.045	0.027	
Aspartic acid....g	0.311		0		1		0.088	0.053	
Glutamic acid....g	0.793		0		1		0.225	0.135	
Glycine....g	0.148		0		1		0.042	0.025	
Proline....g	0.253		0		1		0.072	0.043	
Serine....g	0.178		0		1		0.050	0.030	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	4		0	FLA	4		1	1	

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	132		0	FLA	4		37	22	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 3.6

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.20		1		1		1.19	0.42	
Energy	kcal	461		0	NC	4		131	46	
Energy	kJ	1929		0	NC	4		547	193	
Protein (N x 5.7)	g	4.50		1		1		1.28	0.45	
Total lipid (fat)	g	22.10		1		1		6.27	2.21	
Ash	g	1.20		1		1		0.34	0.12	
Carbohydrate, by difference	g	68.00		0	NC	4		19.28	6.80	
Fiber, total dietary	g	4.1		0		4		1.2	0.4	
Sugars, total	g	19.73		0	FLC	4		5.59	1.97	
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	FLA	4		28	10	
Iron, Fe	mg	4.72		0	FLA	4		1.34	0.47	
Magnesium, Mg	mg	26		0	FLA	4		7	3	
Phosphorus, P	mg	200		0	FLA	4		57	20	
Potassium, K	mg	295		1		1		84	30	
Sodium, Na	mg	342		0	NR	4		97	34	
Zinc, Zn	mg	0.58		0	FLA	4		0.16	0.06	
Copper, Cu	mg	0.220		0	FLA	4		0.062	0.022	
Manganese, Mn	mg	0.403		0	FLA	4		0.114	0.040	
Selenium, Se	µg	3.7		0	FLA	4		1.0	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.524		0	FLA	4		0.149	0.052	
Riboflavin	mg	0.292		0	FLA	4		0.083	0.029	
Niacin	mg	3.971		0	FLA	4		1.126	0.397	
Pantothenic acid	mg	0.359		0	FLA	4		0.102	0.036	
Vitamin B-6	mg	0.033		0	FLA	4		0.009	0.003	
Folate, total	µg	62		0	FLA	4		18	6	
Folic acid	µg	52		0	NC	4		15	5	
Folate, food	µg	10		0	NC	4		3	1	
Folate, DFE	µg	98		0	NC	4		28	10	
Choline, total	mg	9.8		0	FLC	4		2.8	1.0	
Betaine	mg									
Vitamin B-12	µg	0.04		0	FLA	4		0.01	0.00	
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	µg	1		0	FLC	4		0	0	
Retinol	µg	1		0	FLC	4		0	0	
Carotene, beta	µg	0		0	FLC	4		0	0	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	4		0	NC	4		1	0	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	3		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol)	mg	1.64		0	FLC	4		0.47	0.16	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	5.4		0	FLC	4		1.5	0.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.992		0	NC	4		1.132	0.399	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.181		0	FLA	4		0.051	0.018	
13:0....g									
14:0....g	0.025		0	FLA	4		0.007	0.003	
15:0....g									
16:0....g	2.392		0	FLA	4		0.678	0.239	
17:0....g									
18:0....g	1.393		0	FLA	4		0.395	0.139	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.207		0	NC	4		2.610	0.921	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.084		0	FLA	4		0.024	0.008	
17:1....g									
18:1 undifferentiated....g	9.123		0	FLA	4		2.586	0.912	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.919		0	NC	4		2.245	0.792	
18:2 undifferentiated....g	7.375		0	FLA	4		2.091	0.738	
18:3 undifferentiated....g	0.544		0	FLA	4		0.154	0.054	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.019	0.007	
Threonine....g	0.152		0		1		0.043	0.015	
Isoleucine....g	0.180		0		1		0.051	0.018	
Leucine....g	0.308		0		1		0.087	0.031	
Lysine....g	0.193		0		1		0.055	0.019	
Methionine....g	0.069		0		1		0.020	0.007	
Cystine....g	0.082		0		1		0.023	0.008	
Phenylalanine....g	0.213		0		1		0.060	0.021	
Tyrosine....g	0.146		0		1		0.041	0.015	
Valine....g	0.228		0		1		0.065	0.023	
Arginine....g	0.194		0		1		0.055	0.019	
Histidine....g	0.087		0		1		0.025	0.009	
Alanine....g	0.163		0		1		0.046	0.016	
Aspartic acid....g	0.290		0		1		0.082	0.029	
Glutamic acid....g	1.187		0		1		0.337	0.119	
Glycine....g	0.163		0		1		0.046	0.016	
Proline....g	0.392		0		1		0.111	0.039	
Serine....g	0.223		0		1		0.063	0.022	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	4		0	FLC	4		1	0	

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	96		0	FLC	4		27	10	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 3.3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18168
Cookies, chocolate sandwich, with extra creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.65		2	A	1		0.47	0.21	
Energy....kcal	497		0	NC	4		141	65	
Energy....kJ	2081		0	NC	4		590	271	
Protein (N x 5.7)....g	4.33		2	A	1		1.23	0.56	
Total lipid (fat)....g	24.52		2	A	1		6.95	3.19	
Ash....g	1.30		2	A	1		0.37	0.17	
Carbohydrate, by difference....g	68.20		0	NC	4		19.33	8.87	
Fiber, total dietary....g	2.7		2	A	1		0.8	0.3	
Sugars, total....g	46.00		2	A	1		13.04	5.98	
Sucrose....g	44.53		2	A	1		12.63	5.79	
Glucose (dextrose)....g	1.10		2	A	1		0.31	0.14	
Fructose....g	0.36		2	A	1		0.10	0.05	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	20.27		2	A	1		5.75	2.64	
Minerals:									
Calcium, Ca....mg	16		2	A	1		5	2	
Iron, Fe....mg	7.80		2	A	1		2.21	1.01	
Magnesium, Mg....mg	36		2	A	1		10	5	
Phosphorus, P....mg	69		2	A	1		20	9	
Potassium, K....mg	137		2	A	1		39	18	
Sodium, Na....mg	351		2	A	1		100	46	
Zinc, Zn....mg	0.78		2	A	1		0.22	0.10	
Copper, Cu....mg	0.337		2	A	1		0.096	0.044	
Manganese, Mn....mg	0.497		2	A	1		0.141	0.065	
Selenium, Se....µg	8.1		1	A	1		2.3	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.115		2	A	1		0.033	0.015	
Riboflavin....mg	0.120		2	A	1		0.034	0.016	
Niacin....mg	1.937		2	A	1		0.549	0.252	
Pantothenic acid....mg	0.142		1	A	1		0.040	0.018	
Vitamin B-6....mg	0.000		2	A	1		0.000	0.000	
Folate, total....µg	46		2	A	1		13	6	
Folic acid....µg	34		1	A	1		10	4	
Folate, food....µg	12		0	NC	4		3	2	
Folate, DFE....µg	69		0	NC	4		20	9	
Choline, total....mg	3.3		0	BFZN	4		0.9	0.4	
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.01	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	3		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)....mg	1.89		1	A	1		0.54	0.25	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.15		1	A	1		0.04	0.02	
Tocopherol, gamma....mg	12.45		1	A	1		3.53	1.62	
Tocopherol, delta....mg	3.27		1	A	1		0.93	0.43	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	

NDB No. 18168
Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	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	6.2		0	FLA	4		1.8	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.454		0	NC	4		1.546	0.709	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.021		1	A	1		0.006	0.003	
15:0....g									
16:0....g	2.774		1	A	1		0.786	0.361	
17:0....g	0.029		1	A	1		0.008	0.004	
18:0....g	2.436		1	A	1		0.691	0.317	
20:0....g	0.099		1	A	1		0.028	0.013	
22:0....g	0.095		1	A	1		0.027	0.012	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	16.076		0	NC	4		4.558	2.090	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
16:1 c....g	0.000		1	A	1		0.000	0.000	
16:1 t....g									
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	16.042		0	AS	1		4.548	2.085	
18:1 c....g	8.300		1	A	1		2.353	1.079	
18:1 t....g	7.743		1	A	1		2.195	1.007	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034		1	A	1		0.010	0.004	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	2.471		0	NC	4		0.700	0.321	
18:2 undifferentiated....g	2.418		0	AS	1		0.685	0.314	
18:2 n-6 c,c....g	1.668		1	A	1		0.473	0.217	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g	0.750		1	A	1		0.213	0.097	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.053		0	A	1		0.015	0.007	
18:3 n-3 c,c,c (ALA)....g	0.053		1	A	1		0.015	0.007	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1				

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000			A	1		0.000	0.000	
Fatty acids, total trans....g									
Fatty acids, total trans-monoenoic....g	7.743		0	NC	4		2.195	1.007	
Fatty acids, total trans-polyenoic....g	0.750		0	NC	4		0.213	0.097	
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Stigmasterol....mg	11		1	A	1		3	1	
Campesterol....mg	13		1	A	1		4	2	
Beta-sitosterol....mg	34		1	A	1		10	4	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	6		0	FLA	4		2	1	
Theobromine....mg	190		0	FLA	4		54	25	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 cookie

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18157
Cookies, chocolate wafers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.50	0.364	14		1		1.28	5.04	0.27
Energy ... kcal	433		0	NC	4		123	485	26
Energy ... kJ	1812		0	NC	4		514	2029	109
Protein (N x 5.7) ... g	6.60	0.141	17		1		1.87	7.39	0.40
Total lipid (fat) ... g	14.20	1.023	15		1		4.03	15.90	0.85
Ash ... g	2.00	0.115	14		1		0.57	2.24	0.12
Carbohydrate, by difference ... g	72.70		0	NC	4		20.61	81.42	4.36
Fiber, total dietary ... g	3.4		0		4		1.0	3.8	0.2
Sugars, total ... g	37.43		0	FLA	4		10.61	41.92	2.25
Starch ... g									
Minerals:									
Calcium, Ca ... mg	31	1.049	16		1		9	35	2
Iron, Fe ... mg	4.01	0.225	17		1		1.14	4.49	0.24
Magnesium, Mg ... mg	53	2.847	13		1		15	59	3
Phosphorus, P ... mg	132	3.148	15		1		37	148	8
Potassium, K ... mg	210	11.881	16		1		60	235	13
Sodium, Na ... mg	580	38.417	18		1		164	650	35
Zinc, Zn ... mg	1.09	0.034	15		1		0.31	1.22	0.07
Copper, Cu ... mg	0.463	0.036	13		1		0.131	0.519	0.028
Manganese, Mn ... mg	0.696	0.045	9		1		0.197	0.780	0.042
Selenium, Se ... µg	5.7		0	FLA	4		1.6	6.4	0.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin ... mg	0.203	0.032	14		1		0.058	0.227	0.012
Riboflavin ... mg	0.266	0.018	17		1		0.075	0.298	0.016
Niacin ... mg	2.858	0.150	17		1		0.810	3.201	0.171
Pantothenic acid ... mg	0.381		0	FLA	4		0.108	0.427	0.023
Vitamin B-6 ... mg	0.051		0	FLA	4		0.014	0.057	0.003
Folate, total ... µg	47		0	FLA	4		13	53	3
Folic acid ... µg	39		0	NC	4		11	44	2
Folate, food ... µg	8		0	NC	4		2	10	1
Folate, DFE ... µg	75		0	NC	4		21	84	4
Choline, total ... mg	14.3		0	FLA	4		4.1	16.1	0.9
Betaine ... mg									
Vitamin B-12 ... µg	0.09		0	FLA	4		0.03	0.10	0.01
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	3		0	FLA	4		1	3	0
Retinol ... µg	3		0	FLA	4		1	3	0
Carotene, beta ... µg	0		0	FLA	4		0	0	0
Carotene, alpha ... µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	FLA	4		0	0	0
Vitamin A, IU ... IU	10		0	NC	4		3	11	1
Lycopene ... µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin ... µg	13		0	FLA	4		4	15	1
Vitamin E (alpha-tocopherol) ... mg	0.72		0	FLA	4		0.20	0.80	0.04
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	2.4		0	FLA	4		0.7	2.7	0.1
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 18157
Cookies, chocolate wafers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.241		0	FLA	4		1.202	4.750	0.254
4:0....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0....g	0.011		0	FLA	4		0.003	0.012	0.001
8:0....g	0.128		0	FLA	4		0.036	0.143	0.008
10:0....g	0.102		0	FLA	4		0.029	0.114	0.006
12:0....g	0.760		0	FLA	4		0.215	0.851	0.046
13:0....g									
14:0....g	0.305		0	FLA	4		0.086	0.342	0.018
15:0....g									
16:0....g	1.796		0	FLA	4		0.509	2.012	0.108
17:0....g									
18:0....g	1.125		0	FLA	4		0.319	1.260	0.068
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.865		0	FLA	4		1.379	5.449	0.292
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.048		0	FLA	4		0.014	0.054	0.003
17:1....g									
18:1 undifferentiated....g	4.807		0	FLA	4		1.363	5.384	0.288
20:1....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.153		0	FLA	4		1.177	4.651	0.249
18:2 undifferentiated....g	3.866		0	FLA	4		1.096	4.330	0.232
18:3 undifferentiated....g	0.268		0	FLA	4		0.076	0.300	0.016
18:4....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLA	4		0.002	0.007	0.000
20:5 n-3 (EPA)....g	0.003		0	FLA	4		0.001	0.003	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.002	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		1	2	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.027	0.108	0.006
Threonine....g	0.220		0		1		0.062	0.246	0.013
Isoleucine....g	0.261		0		1		0.074	0.292	0.016
Leucine....g	0.447		0		1		0.127	0.501	0.027
Lysine....g	0.281		0		1		0.080	0.315	0.017
Methionine....g	0.105		0		1		0.030	0.118	0.006
Cystine....g	0.127		0		1		0.036	0.142	0.008
Phenylalanine....g	0.308		0		1		0.087	0.345	0.018
Tyrosine....g	0.205		0		1		0.058	0.230	0.012
Valine....g	0.323		0		1		0.092	0.362	0.019
Arginine....g	0.286		0		1		0.081	0.320	0.017
Histidine....g	0.128		0		1		0.036	0.143	0.008
Alanine....g	0.238		0		1		0.067	0.267	0.014
Aspartic acid....g	0.407		0		1		0.115	0.456	0.024
Glutamic acid....g	1.753		0		1		0.497	1.963	0.105
Glycine....g	0.236		0		1		0.067	0.264	0.014
Proline....g	0.577		0		1		0.164	0.646	0.035
Serine....g	0.335		0		1		0.095	0.375	0.020
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	10		0	FLA	4		3	12	1

NDB No. 18157
Cookies, chocolate wafers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	354		0	FLA	4		100	396	21

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 cup, crumbs

Measure 3 = 6.0g: 1 wafer

Calories Factors: Protein 3.5 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28329
Cookies, chocolate, made with rice cereal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.02		0	FLC	4		8.07		
Energy....kcal	440		0	NC	4		273		
Energy....kJ	1842		0	NC	4		1142		
Protein (N x 6.25)....g	3.23		0	LC	8		2.00		
Total lipid (fat)....g	19.35		0	LC	8		12.00		
Ash....g	1.14		0	FLC	4		0.71		
Carbohydrate, by difference....g	63.26		0	NC	4		39.22		
Fiber, total dietary....g	1.6		0	LC	8		1.0		
Sugars, total....g	40.32		0	LC	8		25.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	LC	8		20		
Iron, Fe....mg	2.49		0	FLC	4		1.54		
Magnesium, Mg....mg	38		0	FLC	4		24		
Phosphorus, P....mg	96		0	FLC	4		59		
Potassium, K....mg	227		0	FLC	4		140		
Sodium, Na....mg	210		0	LC	8		130		
Zinc, Zn....mg	0.67		0	FLC	4		0.41		
Copper, Cu....mg	0.180		0	FLC	4		0.112		
Manganese, Mn....mg									
Selenium, Se....µg	9.3		0	FLC	4		5.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.347		0	FLC	4		0.215		
Riboflavin....mg	0.401		0	FLC	4		0.248		
Niacin....mg	3.539		0	FLC	4		2.194		
Pantothenic acid....mg									
Vitamin B-6....mg	0.328		0	FLC	4		0.203		
Folate, total....µg	24		0	FLC	4		15		
Folic acid....µg	18		0	FLC	4		11		
Folate, food....µg	7		0	FLC	4		4		
Folate, DFE....µg	37		0	NC	4		23		
Choline, total....mg	13.7		0	FLC	4		8.5		
Betaine....mg									
Vitamin B-12....µg	0.07		0	FLC	4		0.04		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	Z	7		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	LC	8		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	14		0	FLC	4		9		
Vitamin E (alpha-tocopherol)....mg	1.96		0	FLC	4		1.21		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	4.0		0	FLC	4		2.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28329
Cookies, chocolate, made with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.290		0	LC	8		7.000		
4:0....g	0.002		0	FLC	4		0.001		
6:0....g	0.015		0	FLC	4		0.009		
8:0....g	0.242		0	FLC	4		0.150		
10:0....g	0.269		0	FLC	4		0.167		
12:0....g	3.404		0	FLC	4		2.110		
13:0....g									
14:0....g	1.286		0	FLC	4		0.797		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	5.030		0	FLC	4		3.119		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	1.002		0	FLC	4		0.621		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.001		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.966		0	NC	4		2.459		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.026		0	FLC	4		0.016		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.935		0	FLC	4		2.440		
20:1....g	0.005		0	FLC	4		0.003		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.013		0	NC	4		1.868		
18:2 undifferentiated....g	2.859		0	FLC	4		1.772		
18:3 undifferentiated....g	0.154		0	FLC	4		0.095		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	2		0	FLC	4		1		
Theobromine....mg	61		0	FLC	4		38		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28309
Cookies, coconut macaroon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.50		1	MC	9		4.14		
Energy....kcal	460		0	NC	4		166		
Energy....kJ	1924		0	NC	4		693		
Protein (N x 6.25)....g	3.02		1	MC	9		1.09		
Total lipid (fat)....g	22.55		1	MC	9		8.12		
Ash....g	1.71		1	MC	9		0.62		
Carbohydrate, by difference....g	61.22		0	NC	4		22.04		
Fiber, total dietary....g	5.1		1	MC	9		1.8		
Sugars, total....g	45.16		1	MC	9		16.26		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1	MC	9		2		
Iron, Fe....mg	0.82		1	MC	9		0.30		
Magnesium, Mg....mg	29		0	FLC	4		11		
Phosphorus, P....mg	68		0	FLC	4		25		
Potassium, K....mg	123		1	MC	9		44		
Sodium, Na....mg	241		1	MC	9		87		
Zinc, Zn....mg	0.73		0	FLC	4		0.26		
Copper, Cu....mg	0.269		0	FLC	4		0.097		
Manganese, Mn....mg									
Selenium, Se....µg	6.8		0	FLC	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg	0.020		1	MC	9		0.007		
Riboflavin....mg	0.060		1	MC	9		0.022		
Niacin....mg	0.220		1	MC	9		0.079		
Pantothenic acid....mg									
Vitamin B-6....mg	0.096		0	FLC	4		0.035		
Folate, total....µg	3		0	FLC	4		1		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	3		0	FLC	4		1		
Folate, DFE....µg	3		0	NC	4		1		
Choline, total....mg	9.1		0	FLC	4		3.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLC	4		0.07		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	1.1		0	FLC	4		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28309
Cookies, coconut macaroon

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	20.099		0	NC	4		7.236		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.128		0	FLC	4		0.046		
8:0....g	1.580		0	FLC	4		0.569		
10:0....g	1.256		0	FLC	4		0.452		
12:0....g	10.009		0	FLC	4		3.603		
13:0....g									
14:0....g	3.953		0	FLC	4		1.423		
15:0....g									
16:0....g	1.987		0	FLC	4		0.715		
17:0....g									
18:0....g	1.186		0	FLC	4		0.427		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.610		0	NC	4		0.580		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	1.606		0	FLC	4		0.578		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.810		0	NC	4		0.292		
18:2 undifferentiated....g	0.762		0	FLC	4		0.274		
18:3 undifferentiated....g	0.048		0	FLC	4		0.017		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 2 cookie 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18170
Cookies, fig bars

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.50	0.305	26		1		4.68	7.10	2.64
Energy....kcal	348		0	NC	4		99	150	56
Energy....kJ	1456		0		4		413	626	233
Protein (N x 5.9)....g	3.70	0.075	29		1		1.05	1.59	0.59
Total lipid (fat)....g	7.30	0.285	31		1		2.07	3.14	1.17
Ash....g	1.60	0.055	25		1		0.45	0.69	0.26
Carbohydrate, by difference....g	70.90		0	NC	4		20.10	30.49	11.34
Fiber, total dietary....g	4.6		0		1		1.3	2.0	0.7
Sugars, total....g	46.36		0	FLA	4		13.14	19.93	7.42
Starch....g									
Minerals:									
Calcium, Ca....mg	64	3.985	28		1		18	28	10
Iron, Fe....mg	2.90	0.129	29		1		0.82	1.25	0.46
Magnesium, Mg....mg	27	0.820	25		1		8	12	4
Phosphorus, P....mg	62	1.326	26		1		18	27	10
Potassium, K....mg	207	9.247	26		1		59	89	33
Sodium, Na....mg	350	21.427	27		1		99	151	56
Zinc, Zn....mg	0.39	0.013	25		1		0.11	0.17	0.06
Copper, Cu....mg	0.147	0.014	25		1		0.042	0.063	0.024
Manganese, Mn....mg	0.343	0.012	21		1		0.097	0.147	0.055
Selenium, Se....µg	3.3		2	A	1		0.9	1.4	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.1	0.0
Thiamin....mg	0.158	0.009	26		1		0.045	0.068	0.025
Riboflavin....mg	0.217	0.025	26		1		0.062	0.093	0.035
Niacin....mg	1.874	0.184	32		1		0.531	0.806	0.300
Pantothenic acid....mg	0.364	0.016	12		1		0.103	0.157	0.058
Vitamin B-6....mg	0.075	0.002	10		1		0.021	0.032	0.012
Folate, total....µg	35		0	FLA	4		10	15	6
Folic acid....µg	25		0		4		7	11	4
Folate, food....µg	10	0.166	8		1		3	4	2
Folate, DFE....µg	53		0	NC	4		15	23	8
Choline, total....mg	14.6		0	FLC	4		4.1	6.3	2.3
Betaine....mg									
Vitamin B-12....µg	0.09		0	FLA	4		0.03	0.04	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	9		0	NC	4		3	4	2
Retinol....µg	9		0	FLA	4		3	4	1
Carotene, beta....µg	1		0	FLA	4		0	1	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	33		0	NC	4		9	14	5
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	8		0	FLA	4		2	3	1
Vitamin E (alpha-tocopherol)....mg	0.65		0	FLA	4		0.18	0.28	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.8		0	FLA	4		1.6	2.5	0.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18170
Cookies, fig bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.123		0	FLA	4		0.318	0.483	0.180
4:0....g	0.002		0	FLA	4		0.001	0.001	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.013		0	FLA	4		0.004	0.006	0.002
15:0....g									
16:0....g	0.747		0	FLA	4		0.212	0.321	0.120
17:0....g									
18:0....g	0.355		0	FLA	4		0.101	0.153	0.057
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.003		0	FLA	4		0.851	1.291	0.480
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.029		0	FLA	4		0.008	0.012	0.005
17:1....g									
18:1 undifferentiated....g	2.966		0	FLA	4		0.841	1.275	0.475
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.772		0	FLA	4		0.786	1.192	0.444
18:2 undifferentiated....g	2.583		0	FLA	4		0.732	1.111	0.413
18:3 undifferentiated....g	0.182		0	FLA	4		0.052	0.078	0.029
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.013	0.020	0.007
Threonine....g	0.113		0		1		0.032	0.049	0.018
Isoleucine....g	0.132		0		1		0.037	0.057	0.021
Leucine....g	0.224		0		1		0.064	0.096	0.036
Lysine....g	0.140		0		1		0.040	0.060	0.022
Methionine....g	0.053		0		1		0.015	0.023	0.008
Cystine....g	0.073		0		1		0.021	0.031	0.012
Phenylalanine....g	0.145		0		1		0.041	0.062	0.023
Tyrosine....g	0.122		0		1		0.035	0.052	0.020
Valine....g	0.155		0		1		0.044	0.067	0.025
Arginine....g	0.121		0		1		0.034	0.052	0.019
Histidine....g	0.067		0		1		0.019	0.029	0.011
Alanine....g	0.148		0		1		0.042	0.064	0.024
Aspartic acid....g	0.387		0		1		0.110	0.166	0.062
Glutamic acid....g	0.914		0		1		0.259	0.393	0.146
Glycine....g	0.122		0		1		0.035	0.052	0.020
Proline....g	0.347		0		1		0.098	0.149	0.056
Serine....g	0.189		0		1		0.054	0.081	0.030
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18170
Cookies, fig bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 Figaroo (2 square halves)

Measure 3 = 16g: 1 cookie

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18171
Cookies, fortune

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.00		2		1		2.27	0.64	
Energy....kcal	378		0	NC	4		107	30	
Energy....kJ	1582		0		4		448	127	
Protein (N x 5.7)....g	4.20		2		1		1.19	0.34	
Total lipid (fat)....g	2.70	0.052	3		1		0.77	0.22	
Ash....g	0.90	0.015	4		1		0.26	0.07	
Carbohydrate, by difference....g	84.00		0	NC	4		23.81	6.72	
Fiber, total dietary....g	1.6		0		1		0.5	0.1	
Sugars, total....g	45.42		0	FLA	4		12.88	3.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2		1		3	1	
Iron, Fe....mg	1.44		2		1		0.41	0.12	
Magnesium, Mg....mg	7		2		1		2	1	
Phosphorus, P....mg	35		2		1		10	3	
Potassium, K....mg	41		2		1		12	3	
Sodium, Na....mg	31		0	LC	8		9	2	
Zinc, Zn....mg	0.17		2		1		0.05	0.01	
Copper, Cu....mg	0.060		2		1		0.017	0.005	
Manganese, Mn....mg	0.190		2		1		0.054	0.015	
Selenium, Se....µg	2.9		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.182	0.005	8		1		0.052	0.015	
Riboflavin....mg	0.130	0.004	8		1		0.037	0.010	
Niacin....mg	1.840	0.117	8		1		0.522	0.147	
Pantothenic acid....mg	0.297	0.008	8		1		0.084	0.024	
Vitamin B-6....mg	0.013	0.000	8		1		0.004	0.001	
Folate, total....µg	66		0	FLA	4		19	5	
Folic acid....µg	56		0	NR	4		16	4	
Folate, food....µg	10	0.244	8		1		3	1	
Folate, DFE....µg	105		0	NC	4		30	8	
Choline, total....mg	6.0		0	FLC	4		1.7	0.5	
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLA	4		0	0	
Retinol....µg	1		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	3		0	FLA	4		1	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	3		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	FLA	4		0.01	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	FLA	4		0.3	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18171
Cookies, fortune

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.669		0		1		0.190	0.054	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.012		0		1		0.003	0.001	
15:0....g									
16:0....g	0.378		0		1		0.107	0.030	
17:0....g									
18:0....g	0.276		0		1		0.078	0.022	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.345		0		1		0.381	0.108	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	1.337		0		1		0.379	0.107	
20:1....g	0.001		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.466		0		1		0.132	0.037	
18:2 undifferentiated....g	0.438		0		1		0.124	0.035	
18:3 undifferentiated....g	0.024		0		1		0.007	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		1		0.001	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0	FLA	4		1	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0		1		0.017	0.005	
Threonine....g	0.123		0		1		0.035	0.010	
Isoleucine....g	0.165		0		1		0.047	0.013	
Leucine....g	0.295		0		1		0.084	0.024	
Lysine....g	0.157		0		1		0.045	0.013	
Methionine....g	0.076		0		1		0.022	0.006	
Cystine....g	0.093		0		1		0.026	0.007	
Phenylalanine....g	0.203		0		1		0.058	0.016	
Tyrosine....g	0.125		0		1		0.035	0.010	
Valine....g	0.192		0		1		0.054	0.015	
Arginine....g	0.168		0		1		0.048	0.013	
Histidine....g	0.088		0		1		0.025	0.007	
Alanine....g	0.135		0		1		0.038	0.011	
Aspartic acid....g	0.193		0		1		0.055	0.015	
Glutamic acid....g	1.359		0		1		0.385	0.109	
Glycine....g	0.144		0		1		0.041	0.012	
Proline....g	0.457		0		1		0.130	0.037	
Serine....g	0.230		0		1		0.065	0.018	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18171
Cookies, fortune

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 8.0g: 1 cookie

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18156
Cookies, fudge, cake-type (includes trolley cakes)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.80	0.225	35		1		3.35	2.48	
Energy	kcal	349		0		4		99	73	
Energy	kJ	1460				4		414	307	
Protein (N x 5.7)	g	5.00	0.064	35		1		1.42	1.05	
Total lipid (fat)	g	3.70	0.088	35		1		1.05	0.78	
Ash	g	0.90	0.017	35		1		0.26	0.19	
Carbohydrate, by difference	g	78.30		0	NC	4		22.20	16.44	
Fiber, total dietary	g	2.8		0		4		0.8	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34	0.646	38		1		10	7	
Iron, Fe	mg	2.48	0.111	38		1		0.70	0.52	
Magnesium, Mg	mg	32	1.423	7		1		9	7	
Phosphorus, P	mg	83	1.230	38		1		24	17	
Potassium, K	mg	138	2.026	37		1		39	29	
Sodium, Na	mg	192	3.214	38		1		54	40	
Zinc, Zn	mg	0.55	0.022	7		1		0.16	0.12	
Copper, Cu	mg	0.291	0.038	7		1		0.082	0.061	
Manganese, Mn	mg	0.322	0.015	6		1		0.091	0.068	
Selenium, Se	µg	3.6		0	FLA	4		1.0	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.0	0.0	
Thiamin	mg	0.226	0.018	38		1		0.064	0.047	
Riboflavin	mg	0.194	0.006	38		1		0.055	0.041	
Niacin	mg	1.203	0.048	38		1		0.341	0.253	
Pantothenic acid	mg	0.244		0	FLA	4		0.069	0.051	
Vitamin B-6	mg	0.031		0	FLA	4		0.009	0.007	
Folate, total	µg	43		0	FLA	4		12	9	
Folic acid	µg	34		0	NC	4		10	7	
Folate, food	µg	9		0		4		3	2	
Folate, DFE	µg	67		0	NC	4		19	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.08		0	FLA	4		0.02	0.02	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	2		0	FLA	4		1	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18156
Cookies, fudge, cake-type (includes trolley cakes)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.112		0		1		0.315	0.234	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.001	0.000	
15:0....g									
16:0....g	0.548		0		1		0.155	0.115	
17:0....g									
18:0....g	0.545		0		1		0.155	0.114	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.813		0		1		0.514	0.381	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	1.807		0		1		0.512	0.379	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.466		0		1		0.132	0.098	
18:2 undifferentiated....g	0.453		0		1		0.128	0.095	
18:3 undifferentiated....g	0.013		0		1		0.004	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1		0.016	0.012	
Threonine....g	0.148		0		1		0.042	0.031	
Isoleucine....g	0.174		0		1		0.049	0.037	
Leucine....g	0.305		0		1		0.086	0.064	
Lysine....g	0.225		0		1		0.064	0.047	
Methionine....g	0.071		0		1		0.020	0.015	
Cystine....g	0.067		0		1		0.019	0.014	
Phenylalanine....g	0.207		0		1		0.059	0.043	
Tyrosine....g	0.131		0		1		0.037	0.028	
Valine....g	0.225		0		1		0.064	0.047	
Arginine....g	0.269		0		1		0.076	0.056	
Histidine....g	0.088		0		1		0.025	0.018	
Alanine....g	0.263		0		1		0.075	0.055	
Aspartic acid....g	0.314		0		1		0.089	0.066	
Glutamic acid....g	1.162		0		1		0.329	0.244	
Glycine....g	0.448		0		1		0.127	0.094	
Proline....g	0.553		0		1		0.157	0.116	
Serine....g	0.233		0		1		0.066	0.049	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18156

Cookies, fudge, cake-type (includes trolley cakes)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 cookie

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18172
Cookies, gingersnaps

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.30	0.283	23		1		1.50	0.37	1.70
Energy....kcal	416		0	NC	4		118	29	133
Energy....kJ	1741		0		4		493	122	557
Protein (N x 5.7)....g	5.60	0.117	25		1		1.59	0.39	1.79
Total lipid (fat)....g	9.80	0.219	25		1		2.78	0.69	3.14
Ash....g	2.40	0.082	24		1		0.68	0.17	0.77
Carbohydrate, by difference....g	76.90		0	NC	4		21.80	5.38	24.61
Fiber, total dietary....g	2.2		0		1		0.6	0.2	0.7
Sugars, total....g	19.92		0	FLA	4		5.65	1.39	6.37
Starch....g									
Minerals:									
Calcium, Ca....mg	77	4.415	24		1		22	5	25
Iron, Fe....mg	6.40	0.301	24		1		1.81	0.45	2.05
Magnesium, Mg....mg	49	2.470	23		1		14	3	16
Phosphorus, P....mg	83	2.007	24		1		24	6	27
Potassium, K....mg	346	20.574	22		1		98	24	111
Sodium, Na....mg	501		0	LC	8		142	35	160
Zinc, Zn....mg	0.55	0.031	23		1		0.16	0.04	0.18
Copper, Cu....mg	0.305	0.025	22		1		0.086	0.021	0.098
Manganese, Mn....mg	1.555	0.116	18		1		0.441	0.109	0.498
Selenium, Se....µg	5.1		0	FLA	4		1.4	0.4	1.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.200	0.013	21		1		0.057	0.014	0.064
Riboflavin....mg	0.293	0.014	24		1		0.083	0.021	0.094
Niacin....mg	3.235	0.097	24		1		0.917	0.226	1.035
Pantothenic acid....mg	0.380		0	FLA	4		0.108	0.027	0.122
Vitamin B-6....mg	0.098		0	FLA	4		0.028	0.007	0.031
Folate, total....µg	87		0	FLA	4		25	6	28
Folic acid....µg	82		0	NR	4		23	6	26
Folate, food....µg	6		0		4		2	0	2
Folate, DFE....µg	145		0	NC	4		41	10	47
Choline, total....mg	8.8		0	FLC	4		2.5	0.6	2.8
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	FLA	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	1		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	2		0	FLA	4		1	0	1
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	2		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.97		0	FLA	4		0.28	0.07	0.31
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.5		0	FLA	4		0.7	0.2	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18172
Cookies, gingersnaps

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.451		0	FLA	4		0.695	0.172	0.784
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0....g	0.002		0	FLA	4		0.001	0.000	0.001
12:0....g	0.004		0	FLA	4		0.001	0.000	0.001
13:0....g									
14:0....g	0.048		0	FLA	4		0.014	0.003	0.015
15:0....g									
16:0....g	1.279		0	FLA	4		0.363	0.090	0.409
17:0....g									
18:0....g	1.111		0	FLA	4		0.315	0.078	0.356
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.365		0	FLA	4		1.521	0.376	1.717
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	0.001
17:1....g									
18:1 undifferentiated....g	5.363		0	FLA	4		1.520	0.375	1.716
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.372		0	FLA	4		0.389	0.096	0.439
18:2 undifferentiated....g	1.298		0	FLA	4		0.368	0.091	0.415
18:3 undifferentiated....g	0.073		0	FLA	4		0.021	0.005	0.023
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023	0.006	0.026
Threonine....g	0.155		0		1		0.044	0.011	0.050
Isoleucine....g	0.212		0		1		0.060	0.015	0.068
Leucine....g	0.380		0		1		0.108	0.027	0.122
Lysine....g	0.195		0		1		0.055	0.014	0.062
Methionine....g	0.094		0		1		0.027	0.007	0.030
Cystine....g	0.120		0		1		0.034	0.008	0.038
Phenylalanine....g	0.263		0		1		0.075	0.018	0.084
Tyrosine....g	0.159		0		1		0.045	0.011	0.051
Valine....g	0.248		0		1		0.070	0.017	0.079
Arginine....g	0.213		0		1		0.060	0.015	0.068
Histidine....g	0.114		0		1		0.032	0.008	0.036
Alanine....g	0.169		0		1		0.048	0.012	0.054
Aspartic acid....g	0.248		0		1		0.070	0.017	0.079
Glutamic acid....g	1.825		0		1		0.517	0.128	0.584
Glycine....g	0.189		0		1		0.054	0.013	0.060
Proline....g	0.614		0		1		0.174	0.043	0.196
Serine....g	0.292		0		1		0.083	0.020	0.093
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18172
Cookies, gingersnaps

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie

Measure 3 = 32g: 1 large (approx 3-1/2" to 4" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28332

Cookies, gluten-free, chocolate sandwich, with creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.84	0.542	3	A	1		1.25		
Energy....kcal	474		0	NC	4		208		
Energy....kJ	1983		0	NC	4		873		
Protein....g	2.19	0.036	3	A	1		0.96		
Total lipid (fat)....g	17.89	0.154	3	A	1		7.87		
Ash....g	1.06	0.027	3	A	1		0.46		
Carbohydrate, by difference....g	76.03		0	NC	4		33.45		
Fiber, total dietary....g	2.5		2	A	1		1.1		
Sugars, total....g	49.00		2	A	1		21.56		
Sucrose....g	47.57		2	A	1		20.93		
Glucose (dextrose)....g	1.00		2	A	1		0.44		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.42		2	A	1		0.19		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	24.30		2	A	1		10.69		
Minerals:									
Calcium, Ca....mg	19	0.578	3	A	1		8		
Iron, Fe....mg	2.81	0.137	3	A	1		1.24		
Magnesium, Mg....mg	40	0.240	3	A	1		18		
Phosphorus, P....mg	70	0.584	3	A	1		31		
Potassium, K....mg	157	3.383	3	A	1		69		
Sodium, Na....mg	275	5.696	3	A	1		121		
Zinc, Zn....mg	0.66	0.010	3	A	1		0.29		
Copper, Cu....mg	0.261	0.005	3	A	1		0.115		
Manganese, Mn....mg	0.515	0.021	3	A	1		0.226		
Selenium, Se....µg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0		
Thiamin....mg	0.050		2	A	1		0.022		
Riboflavin....mg	0.076		2	A	1		0.033		
Niacin....mg	0.390		1	A	1		0.172		
Pantothenic acid....mg	0.150		1	A	1		0.066		
Vitamin B-6....mg	0.000		2	A	1		0.000		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0	Z	7		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	19.6		0	BFNN	4		8.6		
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFNN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE....µg	0		0	BFFN	4		0		
Retinol....µg	0		0	BFFN	4		0		
Carotene, beta....µg	0		0	BFFN	4		0		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	0		0	BFFN	4		0		
Vitamin A, IU....IU	2		0	NC	4		1		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	3		0	BFFN	4		1		
Vitamin E (alpha-tocopherol)....mg	2.31		0	BFFN	4		1.01		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 28332
Cookies, gluten-free, chocolate sandwich, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	25.6		0	BFFN	4		11.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.905		0	NC	4		3.478		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.003		2	A	1		0.001		
10:0....g	0.001		2	A	1		0.000		
12:0....g	0.030		2	A	1		0.013		
13:0....g									
14:0....g	0.155		2	A	1		0.068		
15:0....g	0.009		2	A	1		0.004		
16:0....g	6.650		2	A	1		2.926		
17:0....g	0.017		2	A	1		0.007		
18:0....g	0.950		2	A	1		0.418		
20:0....g	0.063		2	A	1		0.028		
22:0....g	0.014		2	A	1		0.006		
24:0....g	0.014		2	A	1		0.006		
Fatty acids, total monounsaturated....g	6.142		0	NC	4		2.703		
14:1....g	0.002		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.025		0	AS	1		0.011		
16:1 c....g	0.025		2	A	1		0.011		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.005		2	A	1		0.002		
18:1 undifferentiated....g	6.082		0	AS	1		2.676		
18:1 c....g	6.020		2	A	1		2.649		
18:1 t....g	0.061		2	A	1		0.027		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		2	A	1		0.013		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.807		0	NC	4		0.795		
18:2 undifferentiated....g	1.746		0	AS	1		0.768		
18:2 n-6 c,c....g	1.702		2	A	1		0.749		
18:2 CLAs....g	0.006		2	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038		2	A	1		0.017		
18:3 undifferentiated....g	0.056		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA)....g	0.048		2	A	1		0.021		
18:3 n-6 c,c,c....g	0.008		2	A	1		0.003		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.004		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	A	1		0.001		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.099		0	NC	4		0.044		
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.027		

NDB No. 28332
Cookies, gluten-free, chocolate sandwich, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.017		
Cholesterol.....mg	0		0	BFFN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0		
Caffeine.....mg	6		0	BFNN	4		2		
Theobromine.....mg	188		0	BFNN	4		83		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28333
Cookies, gluten-free, chocolate wafer

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.37		1	A	1		0.32		
Energy	kcal	541		0	NC	4		124		
Energy	kJ	2265		0	NC	4		521		
Protein (N x 6.25)	g	4.06		1	A	1		0.93		
Total lipid (fat)	g	30.42		1	A	1		7.00		
Ash	g	1.33		1	A	1		0.31		
Carbohydrate, by difference	g	62.82		0	NC	4		14.45		
Fiber, total dietary	g	1.6		1	A	1		0.4		
Sugars, total	g	40.99		1	A	1		9.43		
Sucrose	g	37.07		1	A	1		8.53		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	3.92		1	A	1		0.90		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	21.20		1	A	1		4.88		
Minerals:										
Calcium, Ca	mg	109		1	A	1		25		
Iron, Fe	mg	3.67		1	A	1		0.84		
Magnesium, Mg	mg	41		1	A	1		9		
Phosphorus, P	mg	144		1	A	1		33		
Potassium, K	mg	340		1	A	1		78		
Sodium, Na	mg	122		1	A	1		28		
Zinc, Zn	mg	0.78		1	A	1		0.18		
Copper, Cu	mg	0.259		1	A	1		0.060		
Manganese, Mn	mg	0.411		1	A	1		0.095		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg	0.430		1	A	1		0.099		
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 28333
Cookies, gluten-free, chocolate wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.299		0	NC	4		3.519		
4:0....g	0.061		1	A	1		0.014		
6:0....g	0.046		1	A	1		0.011		
8:0....g	0.039		1	A	1		0.009		
10:0....g	0.081		1	A	1		0.019		
12:0....g	0.160		1	A	1		0.037		
13:0....g									
14:0....g	0.426		1	A	1		0.098		
15:0....g	0.038		1	A	1		0.009		
16:0....g	9.155		1	A	1		2.106		
17:0....g	0.053		1	A	1		0.012		
18:0....g	5.000		1	A	1		1.150		
20:0....g	0.180		1	A	1		0.041		
22:0....g	0.036		1	A	1		0.008		
24:0....g	0.025		1	A	1		0.006		
Fatty acids, total monounsaturated....g	9.462		0	NC	4		2.176		
14:1....g	0.031		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.098		0	AS	1		0.023		
16:1 c....g	0.090		1	A	1		0.021		
16:1 t....g	0.008		1	A	1		0.002		
17:1....g	0.012		1	A	1		0.003		
18:1 undifferentiated....g	9.279		0	AS	1		2.134		
18:1 c....g	9.223		1	A	1		2.121		
18:1 t....g	0.056		1	A	1		0.013		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039		1	A	1		0.009		
22:1 undifferentiated....g	0.003		0	AS	1		0.001		
22:1 c....g	0.003		1	A	1		0.001		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.274		0	NC	4		0.523		
18:2 undifferentiated....g	2.134		0	AS	1		0.491		
18:2 n-6 c,c....g	2.082		1	A	1		0.479		
18:2 CLAs....g	0.014		1	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038		1	A	1		0.009		
18:3 undifferentiated....g	0.124		0	AS	1		0.028		
18:3 n-3 c,c,c (ALA)....g	0.115		1	A	1		0.026		
18:3 n-6 c,c,c....g	0.009		1	A	1		0.002		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.001		1	A	1		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.000		
20:4 undifferentiated....g	0.006		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.002		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.102		0	NC	4		0.023		
Fatty acids, total trans-monoenoic....g	0.064		0	NC	4		0.015		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.009		
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.

NDB No. 28333

Cookies, gluten-free, chocolate wafer

Common Measures:

Measure 1 = 23g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28334
Cookies, gluten-free, lemon wafer

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.12	0.097	3	A	1		0.34		
Energy....kcal	515		0	NC	4		155		
Energy....kJ	2156		0	NC	4		647		
Protein (N x 6.25)....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)....g	24.18	0.561	3	A	1		7.25		
Ash....g	0.30	0.017	3	A	1		0.09		
Carbohydrate, by difference....g	74.39		0	NC	4		22.32		
Fiber, total dietary....g	0.0		2	A	1		0.0		
Sugars, total....g	42.31		2	A	1		12.69		
Sucrose....g	42.31		2	A	1		12.69		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	33.55		2	A	1		10.06		
Minerals:									
Calcium, Ca....mg	9	0.358	3	A	1		3		
Iron, Fe....mg	0.18	0.056	3	A	1		0.06		
Magnesium, Mg....mg	3	0.085	3	A	1		1		
Phosphorus, P....mg	39	0.713	3	A	1		12		
Potassium, K....mg	36	1.157	3	A	1		11		
Sodium, Na....mg	111	1.764	3	A	1		33		
Zinc, Zn....mg	0.03	0.002	3	A	1		0.01		
Copper, Cu....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn....mg	0.019		2	A	1		0.006		
Selenium, Se....µg	0.0		2	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.045		2	A	1		0.013		
Riboflavin....mg	0.074		1	A	1		0.022		
Niacin....mg	0.065		2	A	1		0.019		
Pantothenic acid....mg	0.000		1	A	1		0.000		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg									
Folate, food....µg	0		1	A	1		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	3.12		1	A	1		0.94		
Tocopherol, beta....mg	0.09		1	A	1		0.03		
Tocopherol, gamma....mg	1.17		1	A	1		0.35		
Tocopherol, delta....mg	0.36		1	A	1		0.11		
Tocotrienol, alpha....mg	3.28		1	A	1		0.98		
Tocotrienol, beta....mg	0.35		1	A	1		0.11		
Tocotrienol, gamma....mg	4.79		1	A	1		1.44		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 28334
Cookies, gluten-free, lemon wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.501		0	NC	4		3.150		
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	0.004		1	A	1		0.001		
12:0....g	0.070		1	A	1		0.021		
13:0....g									
14:0....g	0.227		1	A	1		0.068		
15:0....g	0.010		1	A	1		0.003		
16:0....g	9.124		1	A	1		2.737		
17:0....g	0.017		1	A	1		0.005		
18:0....g	0.939		1	A	1		0.282		
20:0....g	0.077		1	A	1		0.023		
22:0....g	0.019		1	A	1		0.006		
24:0....g	0.015		1	A	1		0.004		
Fatty acids, total monounsaturated....g	8.312		0	NC	4		2.494		
14:1....g	0.003		1	A	1		0.001		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.030		0	AS	1		0.009		
16:1 c....g	0.030		1	A	1		0.009		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.006		1	A	1		0.002		
18:1 undifferentiated....g	8.230		0	AS	1		2.469		
18:1 c....g	8.216		1	A	1		2.465		
18:1 t....g	0.014		1	A	1		0.004		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.043		1	A	1		0.013		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.670		0	NC	4		0.801		
18:2 undifferentiated....g	2.557		0	AS	1		0.767		
18:2 n-6 c,c....g	2.522		1	A	1		0.757		
18:2 CLAs....g	0.006		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029		1	A	1		0.009		
18:3 undifferentiated....g	0.098		0	AS	1		0.029		
18:3 n-3 c,c,c (ALA)....g	0.088		1	A	1		0.026		
18:3 n-6 c,c,c....g	0.010		1	A	1		0.003		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.001		
20:3 undifferentiated....g	0.007		0	AS	1		0.002		
20:3 n-3....g	0.007		1	A	1		0.002		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.043		0	NC	4		0.013		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.004		

NDB No. 28334
Cookies, gluten-free, lemon wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.009		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28335
Cookies, gluten-free, vanilla sandwich, with creme filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.67		2	A	1		0.74		
Energy....kcal	493		0	NC	4		217		
Energy....kJ	2064		0	NC	4		908		
Protein (N x 6.25)....g	2.66		2	A	1		1.17		
Total lipid (fat)....g	20.47		2	A	1		9.01		
Ash....g	0.59		2	A	1		0.26		
Carbohydrate, by difference....g	74.61		0	NC	4		32.83		
Fiber, total dietary....g	0.5		2	A	1		0.2		
Sugars, total....g	46.68		2	A	1		20.54		
Sucrose....g	45.41		2	A	1		19.98		
Glucose (dextrose)....g	0.88		2	A	1		0.39		
Fructose....g	0.38		2	A	1		0.17		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	25.70		2	A	1		11.31		
Minerals:									
Calcium, Ca....mg	14		2	A	1		6		
Iron, Fe....mg	0.34		2	A	1		0.15		
Magnesium, Mg....mg	13		2	A	1		6		
Phosphorus, P....mg	39		2	A	1		17		
Potassium, K....mg	105		2	A	1		46		
Sodium, Na....mg	201		2	A	1		88		
Zinc, Zn....mg	0.23		2	A	1		0.10		
Copper, Cu....mg	0.045		2	A	1		0.020		
Manganese, Mn....mg	0.226		2	A	1		0.100		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	7.006		0	NC	4		3.082		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.003		2	A	1		0.001		
10:0....g	0.002		2	A	1		0.001		
12:0....g	0.026		2	A	1		0.012		
13:0....g									
14:0....g	0.136		2	A	1		0.060		
15:0....g	0.008		2	A	1		0.004		
16:0....g	5.972		2	A	1		2.628		
17:0....g	0.015		2	A	1		0.006		
18:0....g	0.717		2	A	1		0.315		
20:0....g	0.080		2	A	1		0.035		
22:0....g	0.025		2	A	1		0.011		
24:0....g	0.021		2	A	1		0.009		
Fatty acids, total monounsaturated....g	8.251		0	NC	4		3.630		
14:1....g	0.001		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.029		0	AS	1		0.013		
16:1 c....g	0.029		2	A	1		0.013		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.006		2	A	1		0.003		
18:1 undifferentiated....g	8.112		0	AS	1		3.569		
18:1 c....g	8.085		2	A	1		3.558		
18:1 t....g	0.027		2	A	1		0.012		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.092		2	A	1		0.041		
22:1 undifferentiated....g	0.004		0	AS	1		0.002		
22:1 c....g	0.004		2	A	1		0.002		

NDB No. 28335
Cookies, gluten-free, vanilla sandwich, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.007		2	A	1		0.003		
Fatty acids, total polyunsaturated....g	2.851		0	NC	4		1.254		
18:2 undifferentiated....g	2.412		0	AS	1		1.061		
18:2 n-6 c,c....g	2.378		2	A	1		1.046		
18:2 CLAs....g	0.003		2	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031		2	A	1		0.014		
18:3 undifferentiated....g	0.430		0	AS	1		0.189		
18:3 n-3 c,c,c (ALA)....g	0.411		2	A	1		0.181		
18:3 n-6 c,c,c....g	0.019		2	A	1		0.008		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.003		2	A	1		0.001		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.004		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	A	1		0.001		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.057		0	NC	4		0.025		
Fatty acids, total trans-monoenoic....g	0.027		0	NC	4		0.012		
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		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 food, or similar food.

Common Measures:

Measure 1 = 44g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18174
Cookies, graham crackers, chocolate-coated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.54	0.57	
Energy....kcal	500		0	NC	4		135	142	
Energy....kJ	2092		0	NC	4		565	593	
Protein (N x 5.9)....g	4.00		0	MC	9		1.08	1.13	
Total lipid (fat)....g	25.80		0	MC	9		6.97	7.31	
Ash....g	1.42		0	FLM	4		0.38	0.40	
Carbohydrate, by difference....g	66.78		0	NC	4		18.03	18.93	
Fiber, total dietary....g	2.2		0	MC	9		0.6	0.6	
Sugars, total....g	37.30		0	MC	9		10.07	10.57	
Starch....g									
Minerals:									
Calcium, Ca....mg	46		0	FLM	4		13	13	
Iron, Fe....mg	2.00		0	FLM	4		0.54	0.57	
Magnesium, Mg....mg	16		0	MC	9		4	5	
Phosphorus, P....mg	87		0	MC	9		23	25	
Potassium, K....mg	267		0	MC	9		72	76	
Sodium, Na....mg	265		0	MC	9		72	75	
Zinc, Zn....mg	0.20		0	MC	9		0.05	0.06	
Copper, Cu....mg	0.194		0	FLM	4		0.052	0.055	
Manganese, Mn....mg	0.464		0	FLM	4		0.125	0.132	
Selenium, Se....µg	11.1		0	FLM	4		3.0	3.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLM	4		0.0	0.0	
Thiamin....mg	0.270		0	MC	9		0.073	0.077	
Riboflavin....mg	0.150		0	MC	9		0.041	0.043	
Niacin....mg	1.700		0	MC	9		0.459	0.482	
Pantothenic acid....mg	0.377		0	FLM	4		0.102	0.107	
Vitamin B-6....mg	0.064		0	FLM	4		0.017	0.018	
Folate, total....µg	50		0	MC	9		14	14	
Folic acid....µg	38		0	FLM	4		10	11	
Folate, food....µg	12		0	NC	4		3	3	
Folate, DFE....µg	77		0	NC	4		21	22	
Choline, total....mg	22.3		0	BFZN	4		6.0	6.3	
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLM	4		0.03	0.03	
Vitamin B-12, added....µg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....µg	2		0	FLM	4		1	1	
Retinol....µg	2		0	FLM	4		1	1	
Carotene, beta....µg	0		0	FLM	4		0	0	
Carotene, alpha....µg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	8		0	FLM	4		2	2	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	13		0	FLM	4		4	4	
Vitamin E (alpha-tocopherol)....mg	0.99		0	FLM	4		0.27	0.28	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLM	4		0.0	0.0	
Vitamin D....IU	1		0	MC	9		0	0	
Vitamin K (phylloquinone)....µg	6.4		0	FLM	4		1.7	1.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18174
Cookies, graham crackers, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.200		0	MC	9		4.644	4.876	
4:0....g	0.004		0	FLM	4		0.001	0.001	
6:0....g	0.043		0	FLM	4		0.012	0.012	
8:0....g	0.685		0	FLM	4		0.185	0.194	
10:0....g	0.769		0	FLM	4		0.207	0.218	
12:0....g	9.741		0	FLM	4		2.630	2.761	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	3.406		0	FLM	4		0.920	0.966	
15:0....g	0.001		0	FLM	4		0.000	0.000	
16:0....g	1.832		0	FLM	4		0.495	0.519	
17:0....g	0.000		0	FLM	4		0.000	0.000	
18:0....g	0.704		0	FLM	4		0.190	0.200	
20:0....g	0.000		0	FLM	4		0.000	0.000	
22:0....g	0.000		0	FLM	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	2.700		0	MC	9		0.729	0.765	
14:1....g	0.000		0	FLM	4		0.000	0.000	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.002		0	FLM	4		0.000	0.000	
17:1....g	0.000		0	FLM	4		0.000	0.000	
18:1 undifferentiated....g	2.689		0	FLM	4		0.726	0.762	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.900		0	MC	9		1.323	1.389	
18:2 undifferentiated....g	4.506		0	FLM	4		1.217	1.278	
18:3 undifferentiated....g	0.053		0	FLM	4		0.014	0.015	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.001		0	FLM	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g	0.550		0	MC	9		0.149	0.156	
Cholesterol....mg	1		0	MC	9		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0	FLM	4		0.013	0.014	
Threonine....g	0.126		0	FLM	4		0.034	0.036	
Isoleucine....g	0.142		0	FLM	4		0.038	0.040	
Leucine....g	0.264		0	FLM	4		0.071	0.075	
Lysine....g	0.131		0	FLM	4		0.035	0.037	
Methionine....g	0.063		0	FLM	4		0.017	0.018	
Cystine....g	0.071		0	FLM	4		0.019	0.020	
Phenylalanine....g	0.178		0	FLM	4		0.048	0.050	
Tyrosine....g	0.118		0	FLM	4		0.032	0.033	
Valine....g	0.170		0	FLM	4		0.046	0.048	
Arginine....g	0.154		0	FLM	4		0.042	0.044	
Histidine....g	0.079		0	FLM	4		0.021	0.022	
Alanine....g	0.134		0	FLM	4		0.036	0.038	
Aspartic acid....g	0.220		0	FLM	4		0.059	0.062	
Glutamic acid....g	1.058		0	FLM	4		0.286	0.300	
Glycine....g	0.131		0	FLM	4		0.035	0.037	
Proline....g	0.362		0	FLM	4		0.098	0.103	
Serine....g	0.182		0	FLM	4		0.049	0.052	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	

NDB No. 18174
Cookies, graham crackers, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	3		0	FLM	4		1	1	
Theobromine.....mg	88		0	FLM	4		24	25	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 3 pieces

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.8 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18173
Cookies, graham crackers, plain or honey (includes cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.39	0.080	16	A	1		0.96	0.51	2.85
Energy....kcal	430		0	NC	4		122	64	361
Energy....kJ	1799		0	NC	4		510	270	1511
Protein (N x 5.7)....g	6.69	0.042	16	A	1		1.90	1.00	5.62
Total lipid (fat)....g	10.60	0.344	13	A	1		3.01	1.59	8.91
Ash....g	1.66	0.016	16	A	1		0.47	0.25	1.40
Carbohydrate, by difference....g	77.66		0	NC	4		22.02	11.65	65.23
Fiber, total dietary....g	3.4	0.088	9	A	1		1.0	0.5	2.8
Sugars, total....g	24.85	0.041	9	A	1		7.05	3.73	20.88
Sucrose....g	22.82	0.051	9	A	1		6.47	3.42	19.17
Glucose (dextrose)....g	1.04	0.010	9	A	1		0.30	0.16	0.87
Fructose....g	0.99	0.004	9	A	1		0.28	0.15	0.83
Lactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch....g	46.56	0.117	9	A	1		13.20	6.98	39.11
Minerals:									
Calcium, Ca....mg	77	0.724	16	A	1		22	11	64
Iron, Fe....mg	3.78	0.055	16	A	1		1.07	0.57	3.17
Magnesium, Mg....mg	40	1.125	16	A	1		11	6	34
Phosphorus, P....mg	185	1.512	16	A	1		53	28	156
Potassium, K....mg	170	3.567	16	A	1		48	26	143
Sodium, Na....mg	459	2.370	16	A	1		130	69	386
Zinc, Zn....mg	0.96	0.023	16	A	1		0.27	0.14	0.81
Copper, Cu....mg	0.170	0.002	16	A	1		0.048	0.026	0.143
Manganese, Mn....mg	1.019	0.045	16	A	1		0.289	0.153	0.856
Selenium, Se....µg	6.3	0.201	9	A	1		1.8	0.9	5.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.265	0.007	9	A	1		0.075	0.040	0.223
Riboflavin....mg	0.317	0.003	9	A	1		0.090	0.048	0.266
Niacin....mg	4.439	0.094	9	A	1		1.258	0.666	3.728
Pantothenic acid....mg	0.420	0.005	6	A	1		0.119	0.063	0.352
Vitamin B-6....mg	0.156	0.001	9	A	1		0.044	0.023	0.131
Folate, total....µg	91	4.997	9	A	1		26	14	76
Folic acid....µg	72		0	FLA	4		20	11	61
Folate, food....µg	19		0	FLA	4		5	3	16
Folate, DFE....µg	142		0	NC	4		40	21	119
Choline, total....mg	5.9		0	FLA	4		1.7	0.9	5.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	FLA	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	1		0	FLA	4		0	0	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	2		0	NC	4		1	0	2
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	77		0	FLA	4		22	12	65
Vitamin E (alpha-tocopherol)....mg	1.51	0.055	9	A	1		0.43	0.23	1.26
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.23	0.013	9	A	1		0.07	0.03	0.19
Tocopherol, gamma....mg	5.99	0.203	9	A	1		1.70	0.90	5.03
Tocopherol, delta....mg	1.54	0.046	9	A	1		0.44	0.23	1.30
Tocotrienol, alpha....mg	0.18	0.027	9	A	1		0.05	0.03	0.15
Tocotrienol, beta....mg	1.41	0.224	9	A	1		0.40	0.21	1.18

NDB No. 18173
Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	14.3		0	FLA	4		4.1	2.1	12.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.633		0	NC	4		0.463	0.245	1.372
4:0....g	0.004	0.001	9	A	1		0.001	0.001	0.003
6:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0....g	0.002	0.000	9	A	1		0.000	0.000	0.001
10:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0....g	0.002	0.001	9	A	1		0.001	0.000	0.002
13:0....g									
14:0....g	0.010	0.000	9	A	1		0.003	0.002	0.009
15:0....g	0.004	0.000	9	A	1		0.001	0.001	0.004
16:0....g	1.058	0.002	9	A	1		0.300	0.159	0.889
17:0....g	0.009	0.000	9	A	1		0.002	0.001	0.007
18:0....g	0.465	0.005	9	A	1		0.132	0.070	0.390
20:0....g	0.034	0.000	9	A	1		0.010	0.005	0.028
22:0....g	0.031	0.000	9	A	1		0.009	0.005	0.026
24:0....g	0.013	0.000	9	A	1		0.004	0.002	0.011
Fatty acids, total monounsaturated....g	2.509		0	NC	4		0.711	0.376	2.108
14:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.009	0.000	9	AS	1		0.003	0.001	0.008
16:1 c....g	0.009	0.000	9	A	1		0.003	0.001	0.008
16:1 t....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1....g	0.005	0.000	9	A	1		0.001	0.001	0.004
18:1 undifferentiated....g	2.459	0.005	9	AS	1		0.697	0.369	2.065
18:1 c....g	2.420	0.005	9	A	1		0.686	0.363	2.033
18:1 t....g	0.039	0.000	9	A	1		0.011	0.006	0.033
18:1-11 t (18:1t n-7)....g									
20:1....g	0.035	0.000	9	A	1		0.010	0.005	0.029
22:1 undifferentiated....g	0.001	0.001	9	AS	1		0.000	0.000	0.001
22:1 c....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:1 t....g	0.001	0.001	9	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.000	9	A	1		0.000	0.000	0.001
Fatty acids, total polyunsaturated....g	5.388		0	NC	4		1.527	0.808	4.526
18:2 undifferentiated....g	4.757	0.026	9	AS	1		1.349	0.714	3.996
18:2 n-6 c,c....g	4.735	0.026	9	A	1		1.342	0.710	3.977
18:2 CLAs....g	0.006	0.000	9	A	1		0.002	0.001	0.005
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016	0.000	9	A	1		0.005	0.002	0.013
18:3 undifferentiated....g	0.622	0.002	9	AS	1		0.176	0.093	0.523
18:3 n-3 c,c,c (ALA)....g	0.599	0.002	9	A	1		0.170	0.090	0.503
18:3 n-6 c,c,c....g	0.024	0.001	9	A	1		0.007	0.004	0.020
18:3i....g	0.000	0.000	9	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.000	9	A	1		0.001	0.001	0.003
20:3 undifferentiated....g	0.000	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005	0.000	9	A	1		0.001	0.001	0.004
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.055		0	NC	4		0.016	0.008	0.047
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.011	0.006	0.033
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.005	0.002	0.013
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15g: 1 cracker

Measure 3 = 84g: 1 cup, crushed

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28302
Cookies, graham crackers, plain or honey, lowfat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.01		0	FLC	4		2.80		
Energy	kcal	386		0	NC	4		135		
Energy	kJ	1616		0	NC	4		566		
Protein (N x 6.25)	g	5.71		0	LC	8		2.00		
Total lipid (fat)	g	5.71		0	LC	8		2.00		
Ash	g	2.60		0	FLC	4		0.91		
Carbohydrate, by difference	g	77.96		0	NC	4		27.29		
Fiber, total dietary	g	5.7		0	LC	8		2.0		
Sugars, total	g	22.86		0	LC	8		8.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	429		0	LC	8		150		
Iron, Fe	mg	3.09		0	LC	8		1.08		
Magnesium, Mg	mg	56		0	FLC	4		19		
Phosphorus, P	mg	163		0	FLC	4		57		
Potassium, K	mg	171		0	LC	8		60		
Sodium, Na	mg	629		0	LC	8		220		
Zinc, Zn	mg	1.16		0	FLC	4		0.41		
Copper, Cu	mg	0.197		0	FLC	4		0.069		
Manganese, Mn	mg									
Selenium, Se	µg	33.7		0	FLC	4		11.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.453		0	FLC	4		0.158		
Riboflavin	mg	0.236		0	FLC	4		0.083		
Niacin	mg	3.818		0	FLC	4		1.336		
Pantothenic acid	mg									
Vitamin B-6	mg	0.158		0	FLC	4		0.055		
Folate, total	µg	80		0	FLC	4		28		
Folic acid	µg	54		0	FLC	4		19		
Folate, food	µg	26		0	NC	4		9		
Folate, DFE	µg	118		0	NC	4		41		
Choline, total	mg	12.3		0	FLC	4		4.3		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	2		0	FLC	4		1		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	4		0	NC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	105		0	FLC	4		37		
Vitamin E (alpha-tocopherol)	mg	0.86		0	FLC	4		0.30		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	2.5		0	FLC	4		0.9		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28302

Cookies, graham crackers, plain or honey, low fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	1.718		0	FLC	4		0.601		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.012		0	FLC	4		0.004		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	1.701		0	FLC	4		0.595		
20:1....g	0.004		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.367		0	FLC	4		1.179		
18:2 undifferentiated....g	3.157		0	FLC	4		1.105		
18:3 undifferentiated....g	0.210		0	FLC	4		0.074		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18175
Cookies, ladyfingers, with lemon juice and rind

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	19.50		0		1		5.53	2.54	4.68
Energy	kcal	365		0	NC	4		103	47	88
Energy	kJ	1527		0		4		433	199	367
Protein (N x 0)	g	10.60		0		1		3.01	1.38	2.54
Total lipid (fat)	g	9.10		0		1		2.58	1.18	2.18
Ash	g	1.10		0		1		0.31	0.14	0.26
Carbohydrate, by difference	g	59.70		0	NC	4		16.92	7.76	14.33
Fiber, total dietary	g	1.0		0		4		0.3	0.1	0.2
Sugars, total	g	25.39		0	FLC	4		7.20	3.30	6.09
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0		1		13	6	11
Iron, Fe	mg	3.58		0		1		1.01	0.47	0.86
Magnesium, Mg	mg	12		0		1		3	2	3
Phosphorus, P	mg	173		0		1		49	22	42
Potassium, K	mg	113		0		1		32	15	27
Sodium, Na	mg	147		0		1		42	19	35
Zinc, Zn	mg	1.14		0		1		0.32	0.15	0.27
Copper, Cu	mg	0.095		0		1		0.027	0.012	0.023
Manganese, Mn	mg	0.240		0		1		0.068	0.031	0.058
Selenium, Se	µg	21.1		0	FLA	4		6.0	2.7	5.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.7		0		1		1.0	0.5	0.9
Thiamin	mg	0.284		0		1		0.081	0.037	0.068
Riboflavin	mg	0.428		0		1		0.121	0.056	0.103
Niacin	mg	2.104		0		1		0.596	0.274	0.505
Pantothenic acid	mg	1.116		0		1		0.316	0.145	0.268
Vitamin B-6	mg	0.122		0		1		0.035	0.016	0.029
Folate, total	µg	60		0	FLC	4		17	8	14
Folic acid	µg	23		0		4		7	3	6
Folate, food	µg	37		0		1		10	5	9
Folate, DFE	µg	76		0	NC	4		22	10	18
Choline, total	mg	92.0		0	RC	4		26.1	12.0	22.1
Betaine	mg									
Vitamin B-12	µg	0.75		0		1		0.21	0.10	0.18
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	3		0	NC	4		1	0	1
Retinol	µg	0		0	NR	4		0	0	0
Carotene, beta	µg	22		0	FLC	4		6	3	5
Carotene, alpha	µg	9		0	FLC	4		3	1	2
Cryptoxanthin, beta	µg	8		0	FLC	4		2	1	2
Vitamin A, IU	IU	50		0	NC	4		14	7	12
Lycopene	µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin	µg	266		0	FLC	4		75	35	64
Vitamin E (alpha-tocopherol)	mg	0.63		0	FLC	4		0.18	0.08	0.15
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.6		0	RC	4		0.2	0.1	0.1
Vitamin D	IU	22		0	RC	4		6	3	5
Vitamin K (phylloquinone)	µg	0.2		0	FLC	4		0.1	0.0	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18175
Cookies, ladyfingers, with lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.069		0	FLA	4		0.870	0.399	0.737
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.003		0	FLA	4		0.001	0.000	0.001
10:0....g	0.003		0	FLA	4		0.001	0.000	0.001
12:0....g	0.003		0	FLA	4		0.001	0.000	0.001
13:0....g									
14:0....g	0.034		0	FLA	4		0.010	0.004	0.008
15:0....g									
16:0....g	2.209		0	FLA	4		0.626	0.287	0.530
17:0....g									
18:0....g	0.771		0	FLA	4		0.218	0.100	0.185
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.754		0	FLA	4		1.064	0.488	0.901
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.293		0	FLA	4		0.083	0.038	0.070
17:1....g									
18:1 undifferentiated....g	3.422		0	FLA	4		0.970	0.445	0.821
20:1....g	0.027		0	FLA	4		0.008	0.004	0.007
22:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.000	0.001
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.422		0	FLA	4		0.403	0.185	0.341
18:2 undifferentiated....g	1.206		0	FLA	4		0.342	0.157	0.289
18:3 undifferentiated....g	0.038		0	FLA	4		0.011	0.005	0.009
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.139		0	FLA	4		0.040	0.018	0.033
20:5 n-3 (EPA)....g	0.004		0	FLA	4		0.001	0.000	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.036		0	FLA	4		0.010	0.005	0.009
Fatty acids, total trans....g									
Cholesterol....mg	221		0	FLA	4		63	29	53
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0		1		0.038	0.017	0.032
Threonine....g	0.467		0		1		0.132	0.061	0.112
Isoleucine....g	0.516		0		1		0.146	0.067	0.124
Leucine....g	0.861		0		1		0.244	0.112	0.207
Lysine....g	0.679		0		1		0.192	0.088	0.163
Methionine....g	0.268		0		1		0.076	0.035	0.064
Cystine....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine....g	0.511		0		1		0.145	0.066	0.123
Tyrosine....g	0.408		0		1		0.116	0.053	0.098
Valine....g	0.579		0		1		0.164	0.075	0.139
Arginine....g	0.610		0		1		0.173	0.079	0.146
Histidine....g	0.248		0		1		0.070	0.032	0.060
Alanine....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid....g	1.920		0		1		0.544	0.250	0.461
Glycine....g	0.346		0		1		0.098	0.045	0.083
Proline....g	0.625		0		1		0.177	0.081	0.150
Serine....g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18175
Cookies, ladyfingers, with lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18423
Cookies, ladyfingers, without lemon juice and rind

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	19.50		0		1		5.53	2.54	4.68
Energy	kcal	363		0	NC	4		103	47	87
Energy	kJ	1519		0	NC	4		431	197	365
Protein (N x 0)	g	10.60		0		1		3.01	1.38	2.54
Total lipid (fat)	g	9.10		0		1		2.58	1.18	2.18
Ash	g	1.10		0		1		0.31	0.14	0.26
Carbohydrate, by difference	g	59.70		0	NC	4		16.92	7.76	14.33
Fiber, total dietary	g	1.0		0	BFZN	4		0.3	0.1	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0		1		13	6	11
Iron, Fe	mg	3.58		0		1		1.01	0.47	0.86
Magnesium, Mg	mg	12		0		1		3	2	3
Phosphorus, P	mg	173		0		1		49	22	42
Potassium, K	mg	113		0		1		32	15	27
Sodium, Na	mg	147		0		1		42	19	35
Zinc, Zn	mg	1.14		0		1		0.32	0.15	0.27
Copper, Cu	mg	0.095		0		1		0.027	0.012	0.023
Manganese, Mn	mg	0.240		0		1		0.068	0.031	0.058
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.284		0		1		0.081	0.037	0.068
Riboflavin	mg	0.428		0		1		0.121	0.056	0.103
Niacin	mg	2.104		0		1		0.596	0.274	0.505
Pantothenic acid	mg	1.116		0		1		0.316	0.145	0.268
Vitamin B-6	mg	0.122		0		1		0.035	0.016	0.029
Folate, total	µg	77		0	FLA	4		22	10	18
Folic acid	µg	40		0	NC	4		11	5	10
Folate, food	µg	37		0		1		10	5	9
Folate, DFE	µg	105		0	NC	4		30	14	25
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.75		0		1		0.21	0.10	0.18
Vitamin A, RAE	µg	167		0	NC	4		47	22	40
Retinol	µg	167		0	NC	4		47	22	40
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	556		0		1		158	72	133
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18423
Cookies, ladyfingers, without lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.022		0	NC	4		0.857	0.393	0.725
4:0....g									
6:0....g									
8:0....g	0.003		0		1		0.001	0.000	0.001
10:0....g	0.003		0		1		0.001	0.000	0.001
12:0....g	0.003		0		1		0.001	0.000	0.001
13:0....g									
14:0....g	0.034		0	BFZN	4		0.010	0.004	0.008
15:0....g									
16:0....g	2.209		0	BFZN	4		0.626	0.287	0.530
17:0....g									
18:0....g	0.771		0	BFZN	4		0.218	0.100	0.185
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.745		0	NC	4		1.062	0.487	0.899
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.293		0	BFZN	4		0.083	0.038	0.070
17:1....g									
18:1 undifferentiated....g	3.422		0	BFZN	4		0.970	0.445	0.821
20:1....g	0.027		0	BFZN	4		0.008	0.004	0.007
22:1 undifferentiated....g	0.003		0		1		0.001	0.000	0.001
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.423		0	NC	4		0.403	0.185	0.342
18:2 undifferentiated....g	1.206		0	BFZN	4		0.342	0.157	0.289
18:3 undifferentiated....g	0.038		0	BFZN	4		0.011	0.005	0.009
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.139		0	BFZN	4		0.040	0.018	0.033
20:5 n-3 (EPA)....g	0.004		0	BFZN	4		0.001	0.000	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.036		0	BFZN	4		0.010	0.005	0.009
Fatty acids, total trans....g									
Cholesterol....mg	221		0	BFZN	4		63	29	53
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0		1		0.038	0.017	0.032
Threonine....g	0.467		0		1		0.132	0.061	0.112
Isoleucine....g	0.516		0		1		0.146	0.067	0.124
Leucine....g	0.861		0		1		0.244	0.112	0.207
Lysine....g	0.679		0		1		0.192	0.088	0.163
Methionine....g	0.268		0		1		0.076	0.035	0.064
Cystine....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine....g	0.511		0		1		0.145	0.066	0.123
Tyrosine....g	0.408		0		1		0.116	0.053	0.098
Valine....g	0.579		0		1		0.164	0.075	0.139
Arginine....g	0.610		0		1		0.173	0.079	0.146
Histidine....g	0.248		0		1		0.070	0.032	0.060
Alanine....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid....g	1.920		0		1		0.544	0.250	0.461
Glycine....g	0.346		0		1		0.098	0.045	0.083
Proline....g	0.625		0		1		0.177	0.081	0.150
Serine....g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18423

Cookies, ladyfingers, without lemon juice and rind

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18176
Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.10	0.592	20		1		2.86	2.83	3.94
Energy....kcal	421		0		4		119	118	164
Energy....kJ	1761		0		4		499	493	687
Protein (N x 5.7)....g	4.00	0.123	20		1		1.13	1.12	1.56
Total lipid (fat)....g	16.90	0.578	20		1		4.79	4.73	6.59
Ash....g	1.10	0.061	20		1		0.31	0.31	0.43
Carbohydrate, by difference....g	67.70		0	NC	4		19.19	18.96	26.40
Fiber, total dietary....g	2.0		0		4		0.6	0.6	0.8
Sugars, total....g	44.80		0	FLA	4		12.70	12.54	17.47
Starch....g									
Minerals:									
Calcium, Ca....mg	46	3.554	21		1		13	13	18
Iron, Fe....mg	2.53	0.268	18		1		0.72	0.71	0.99
Magnesium, Mg....mg	36	3.794	21		1		10	10	14
Phosphorus, P....mg	97	3.615	21		1		27	27	38
Potassium, K....mg	182	5.627	21		1		52	51	71
Sodium, Na....mg	188		0	LC	8		53	53	73
Zinc, Zn....mg	0.65	0.079	18		1		0.18	0.18	0.25
Copper, Cu....mg	0.262	0.039	18		1		0.074	0.073	0.102
Manganese, Mn....mg	0.285	0.037	17		1		0.081	0.080	0.111
Selenium, Se....µg	4.4		0	FLA	4		1.2	1.2	1.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.093	0.007	17		1		0.026	0.026	0.036
Riboflavin....mg	0.208	0.013	20		1		0.059	0.058	0.081
Niacin....mg	0.784	0.132	17		1		0.222	0.220	0.306
Pantothenic acid....mg	0.476		0	FLA	4		0.135	0.133	0.186
Vitamin B-6....mg	0.062		0	FLA	4		0.018	0.017	0.024
Folate, total....µg	23		0	FLA	4		7	7	9
Folic acid....µg	20		0	NR	4		6	6	8
Folate, food....µg	3		0	NC	4		1	1	1
Folate, DFE....µg	37		0	NC	4		11	10	15
Choline, total....mg	13.6		0	FLC	4		3.8	3.8	5.3
Betaine....mg									
Vitamin B-12....µg	0.17		0	FLA	4		0.05	0.05	0.07
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	FLA	4		0	0	1
Retinol....µg	1		0	FLA	4		0	0	1
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	5		0	FLA	4		1	1	2
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	3		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol)....mg	0.14		0	FLA	4		0.04	0.04	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.0		0	FLA	4		2.0	2.0	2.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.722		0	FLA	4		1.339	1.322	1.842
4:0....g	0.004		0	FLA	4		0.001	0.001	0.002
6:0....g	0.001		0	FLA	4		0.000	0.000	0.000
8:0....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.000	0.000
12:0....g	0.001		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.086		0	FLA	4		0.024	0.024	0.034
15:0....g									
16:0....g	2.367		0	FLA	4		0.671	0.663	0.923
17:0....g									
18:0....g	2.249		0	FLA	4		0.638	0.630	0.877
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.345		0	FLA	4		2.649	2.617	3.645
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1....g									
18:1 undifferentiated....g	9.341		0	FLA	4		2.648	2.615	3.643
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.943		0	FLA	4		0.551	0.544	0.758
18:2 undifferentiated....g	1.847		0	FLA	4		0.524	0.517	0.720
18:3 undifferentiated....g	0.096		0	FLA	4		0.027	0.027	0.037
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0		1		0.010	0.010	0.014
Threonine....g	0.128		0		1		0.036	0.036	0.050
Isoleucine....g	0.127		0		1		0.036	0.036	0.050
Leucine....g	0.225		0		1		0.064	0.063	0.088
Lysine....g	0.197		0		1		0.056	0.055	0.077
Methionine....g	0.049		0		1		0.014	0.014	0.019
Cystine....g	0.043		0		1		0.012	0.012	0.017
Phenylalanine....g	0.142		0		1		0.040	0.040	0.055
Tyrosine....g	0.083		0		1		0.024	0.023	0.032
Valine....g	0.170		0		1		0.048	0.048	0.066
Arginine....g	0.242		0		1		0.069	0.068	0.094
Histidine....g	0.059		0		1		0.017	0.017	0.023
Alanine....g	0.265		0		1		0.075	0.074	0.103
Aspartic acid....g	0.294		0		1		0.083	0.082	0.115
Glutamic acid....g	0.742		0		1		0.210	0.208	0.289
Glycine....g	0.487		0		1		0.138	0.136	0.190
Proline....g	0.442		0		1		0.125	0.124	0.172
Serine....g	0.172		0		1		0.049	0.048	0.067
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	5		0	FLA	4		1	1	2

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	159		0	FLA	4		45	45	62

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 Fudge Marshmallow

Measure 3 = 39g: 1 pie, marshmallow (3" dia x 3/4")

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28330
Cookies, marshmallow, with rice cereal and chocolate chips

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.27		0	FLC	4		2.70		
Energy ... kcal	435		0	NC	4		96		
Energy ... kJ	1819		0	NC	4		400		
Protein (N x 6.25) ... g	4.55		0	LC	8		1.00		
Total lipid (fat) ... g	18.18		0	LC	8		4.00		
Ash ... g	1.74		0	FLC	4		0.38		
Carbohydrate, by difference ... g	63.26		0	NC	4		13.92		
Fiber, total dietary ... g	0.0		0	LC	8		0.0		
Sugars, total ... g	40.91		0	LC	8		9.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		0	LC	8		0		
Iron, Fe ... mg	1.64		0	LC	8		0.36		
Magnesium, Mg ... mg	51		0	FLC	4		11		
Phosphorus, P ... mg	98		0	FLC	4		22		
Potassium, K ... mg	227		0	FLC	4		50		
Sodium, Na ... mg	341		0	LC	8		75		
Zinc, Zn ... mg	1.11		0	FLC	4		0.24		
Copper, Cu ... mg	0.432		0	FLC	4		0.095		
Manganese, Mn ... mg									
Selenium, Se ... µg	4.2		0	FLC	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	LC	8		0.0		
Thiamin ... mg	0.682		0	LC	8		0.150		
Riboflavin ... mg	0.773		0	LC	8		0.170		
Niacin ... mg	5.455		0	LC	8		1.200		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.909		0	LC	8		0.200		
Folate, total ... µg	36		0	LC	8		8		
Folic acid ... µg	32		0	FLC	4		7		
Folate, food ... µg	4		0	NC	4		1		
Folate, DFE ... µg	59		0	NC	4		13		
Choline, total ... mg	8.2		0	FLC	4		1.8		
Betaine ... mg									
Vitamin B-12 ... µg	0.04		0	FLC	4		0.01		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	43		0	NC	4		9		
Retinol ... µg	40		0	FLC	4		9		
Carotene, beta ... µg	32		0	FLC	4		7		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	186		0	NC	4		41		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	4		0	FLC	4		1		
Vitamin E (alpha-tocopherol) ... mg	0.72		0	FLC	4		0.16		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.9		0	NR	4		0.2		
Vitamin D ... IU	36		0	LC	8		8		
Vitamin K (phylloquinone) ... µg	6.9		0	FLC	4		1.5		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28330

Cookies, marshmallow, with rice cereal and chocolate chips

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.364		0	LC	8		2.500		
4:0....g	0.001		0	FLC	4		0.000		
6:0....g	0.017		0	FLC	4		0.004		
8:0....g	0.270		0	FLC	4		0.060		
10:0....g	0.303		0	FLC	4		0.067		
12:0....g	3.849		0	FLC	4		0.847		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	1.356		0	FLC	4		0.298		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.873		0	FLC	4		0.632		
17:0....g	0.008		0	FLC	4		0.002		
18:0....g	2.581		0	FLC	4		0.568		
20:0....g	0.045		0	FLC	4		0.010		
22:0....g	0.004		0	FLC	4		0.001		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	4.207		0	NC	4		0.926		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.011		0	FLC	4		0.002		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	4.189		0	FLC	4		0.921		
20:1....g	0.008		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	1.773		0	NC	4		0.390		
18:2 undifferentiated....g	1.626		0	FLC	4		0.358		
18:3 undifferentiated....g	0.147		0	FLC	4		0.032		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	8		0	FLC	4		2		
Theobromine....mg	204		0	FLC	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 = 22g: 1 bar

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18177
Cookies, molasses

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80	0.448	14		1		1.64	1.86	0.87
Energy....kcal	430		0	NC	4		122	138	65
Energy....kJ	1799		0		4		510	576	270
Protein (N x 5.7)....g	5.60	0.183	14		1		1.59	1.79	0.84
Total lipid (fat)....g	12.80	0.489	15		1		3.63	4.10	1.92
Ash....g	2.00	0.081	15		1		0.57	0.64	0.30
Carbohydrate, by difference....g	73.80		0	NC	4		20.92	23.62	11.07
Fiber, total dietary....g	1.0		0		4		0.3	0.3	0.1
Sugars, total....g	17.60		0	FLA	4		4.99	5.63	2.64
Starch....g									
Minerals:									
Calcium, Ca....mg	74	5.223	14		1		21	24	11
Iron, Fe....mg	6.43	0.544	12		1		1.82	2.06	0.96
Magnesium, Mg....mg	52	3.644	9		1		15	17	8
Phosphorus, P....mg	95	5.257	10		1		27	30	14
Potassium, K....mg	346	30.901	12		1		98	111	52
Sodium, Na....mg	459	21.240	13		1		130	147	69
Zinc, Zn....mg	0.45	0.038	9		1		0.13	0.14	0.07
Copper, Cu....mg	0.373	0.043	7		1		0.106	0.119	0.056
Manganese, Mn....mg	1.257	0.269	9		1		0.356	0.402	0.189
Selenium, Se....µg	5.6		0	FLA	4		1.6	1.8	0.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.355	0.064	13		1		0.101	0.114	0.053
Riboflavin....mg	0.264	0.014	14		1		0.075	0.084	0.040
Niacin....mg	3.031	0.162	13		1		0.859	0.970	0.455
Pantothenic acid....mg	0.411		0	FLA	4		0.117	0.132	0.062
Vitamin B-6....mg	0.104		0	FLA	4		0.029	0.033	0.016
Folate, total....µg	89		0	FLA	4		25	28	13
Folic acid....µg	82		0		4		23	26	12
Folate, food....µg	7		0		4		2	2	1
Folate, DFE....µg	146		0	NC	4		42	47	22
Choline, total....mg	8.4		0	FLC	4		2.4	2.7	1.3
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	2		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.11		0	FLA	4		0.03	0.04	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.5		0	FLA	4		1.5	1.7	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18177
Cookies, molasses

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.212		0	FLA	4		0.911	1.028	0.482
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.062		0	FLA	4		0.018	0.020	0.009
15:0....g									
16:0....g	1.666		0	FLA	4		0.472	0.533	0.250
17:0....g									
18:0....g	1.480		0	FLA	4		0.420	0.474	0.222
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.130		0	FLA	4		2.021	2.282	1.070
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	0.000
17:1....g									
18:1 undifferentiated....g	7.128		0	FLA	4		2.021	2.281	1.069
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.729		0	FLA	4		0.490	0.553	0.259
18:2 undifferentiated....g	1.641		0	FLA	4		0.465	0.525	0.246
18:3 undifferentiated....g	0.088		0	FLA	4		0.025	0.028	0.013
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023	0.026	0.012
Threonine....g	0.154		0		1		0.044	0.049	0.023
Isoleucine....g	0.210		0		1		0.060	0.067	0.032
Leucine....g	0.377		0		1		0.107	0.121	0.057
Lysine....g	0.193		0		1		0.055	0.062	0.029
Methionine....g	0.094		0		1		0.027	0.030	0.014
Cystine....g	0.120		0		1		0.034	0.038	0.018
Phenylalanine....g	0.263		0		1		0.075	0.084	0.039
Tyrosine....g	0.158		0		1		0.045	0.051	0.024
Valine....g	0.244		0		1		0.069	0.078	0.037
Arginine....g	0.212		0		1		0.060	0.068	0.032
Histidine....g	0.113		0		1		0.032	0.036	0.017
Alanine....g	0.167		0		1		0.047	0.053	0.025
Aspartic acid....g	0.238		0		1		0.067	0.076	0.036
Glutamic acid....g	1.824		0		1		0.517	0.584	0.274
Glycine....g	0.188		0		1		0.053	0.060	0.028
Proline....g	0.614		0		1		0.174	0.196	0.092
Serine....g	0.291		0		1		0.082	0.093	0.044
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18177
Cookies, molasses

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 large (3-1/2" to 4" dia) (include Archway brand)

Measure 3 = 15.0g: 1 medium

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28300
Cookies, oatmeal sandwich, with creme filling

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.10		0	FLC	4		8.40		
Energy	kcal	398		0	NC	4		151		
Energy	kJ	1663		0	NC	4		632		
Protein (N x 6.25)	g	2.61		0	LC	8		0.99		
Total lipid (fat)	g	18.29		0	LC	8		6.95		
Ash	g	1.37		0	FLC	4		0.52		
Carbohydrate, by difference	g	55.62		0	NC	4		21.14		
Fiber, total dietary	g	2.6		0	LC	8		1.0		
Sugars, total	g	31.36		0	LC	8		11.92		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	1.88		0	LC	8		0.71		
Magnesium, Mg	mg	35		0	FLC	4		13		
Phosphorus, P	mg	94		0	FLC	4		36		
Potassium, K	mg	136		0	FLC	4		52		
Sodium, Na	mg	444		0	LC	8		169		
Zinc, Zn	mg	0.67		0	FLC	4		0.25		
Copper, Cu	mg	0.137		0	FLC	4		0.052		
Manganese, Mn	mg	0.824		0	FLC	4		0.313		
Selenium, Se	µg	6.8		0	FLC	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.236		0	FLC	4		0.090		
Riboflavin	mg	0.111		0	FLC	4		0.042		
Niacin	mg	1.146		0	FLC	4		0.435		
Pantothenic acid	mg	0.288		0	FLC	4		0.109		
Vitamin B-6	mg	0.046		0	FLC	4		0.017		
Folate, total	µg	38		0	FLC	4		14		
Folic acid	µg	25		0	FLC	4		10		
Folate, food	µg	13		0	NC	4		5		
Folate, DFE	µg	56		0	NC	4		21		
Choline, total	mg	8.7		0	FLC	4		3.3		
Betaine	mg									
Vitamin B-12	µg	0.01		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	1		0	FLC	4		0		
Retinol	µg	1		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	4		0	FLC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	6		0	FLC	4		2		
Vitamin E (alpha-tocopherol)	mg	2.21		0	FLC	4		0.84		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	1		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	5.4		0	FLC	4		2.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28300
Cookies, oatmeal sandwich, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	5.226		0	LC	8		1.986		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.005		0	FLC	4		0.002		
13:0.....g									
14:0.....g	0.084		0	FLC	4		0.032		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	4.091		0	FLC	4		1.555		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.028		0	FLC	4		0.391		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	4.530		0	FLC	4		1.721		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.034		0	FLC	4		0.013		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	4.496		0	FLC	4		1.708		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	7.434		0	FLC	4		2.825		
18:2 undifferentiated.....g	6.991		0	FLC	4		2.656		
18:3 undifferentiated.....g	0.441		0	FLC	4		0.168		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 cookie 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18178
Cookies, oatmeal, commercially prepared, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.70	0.171	28		1		1.62	1.43	1.03
Energy....kcal	450		0	NC	4		128	113	81
Energy....kJ	1883		0		4		534	471	339
Protein (N x 5.8)....g	6.20	0.104	32		1		1.76	1.55	1.12
Total lipid (fat)....g	18.10	0.382	31		1		5.13	4.53	3.26
Ash....g	1.40	0.032	28		1		0.40	0.35	0.25
Carbohydrate, by difference....g	68.70		0	NC	4		19.48	17.18	12.37
Fiber, total dietary....g	2.8		0		1		0.8	0.7	0.5
Sugars, total....g	24.66		0	FLA	4		6.99	6.16	4.44
Starch....g									
Minerals:									
Calcium, Ca....mg	37	2.122	28		1		10	9	7
Iron, Fe....mg	2.58	0.099	24		1		0.73	0.65	0.46
Magnesium, Mg....mg	33	1.802	20		1		9	8	6
Phosphorus, P....mg	138	6.038	24		1		39	35	25
Potassium, K....mg	142	9.343	24		1		40	36	26
Sodium, Na....mg	383	14.081	28		1		109	96	69
Zinc, Zn....mg	0.79	0.036	18		1		0.22	0.20	0.14
Copper, Cu....mg	0.134	0.007	16		1		0.038	0.034	0.024
Manganese, Mn....mg	0.839	0.026	13		1		0.238	0.210	0.151
Selenium, Se....µg	9.8	0.208	7	A	1		2.8	2.5	1.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	FLA	4		0.1	0.1	0.1
Thiamin....mg	0.267	0.020	26		1		0.076	0.067	0.048
Riboflavin....mg	0.230	0.014	26		1		0.065	0.058	0.041
Niacin....mg	2.227	0.097	28		1		0.631	0.557	0.401
Pantothenic acid....mg	0.386		0	FLA	4		0.109	0.097	0.069
Vitamin B-6....mg	0.066		0	FLA	4		0.019	0.017	0.012
Folate, total....µg	59		0	FLA	4		17	15	11
Folic acid....µg	52		0		4		15	13	9
Folate, food....µg	7		0		4		2	2	1
Folate, DFE....µg	95		0	NC	4		27	24	17
Choline, total....mg	12.0		0	FLC	4		3.4	3.0	2.2
Betaine....mg									
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	5		0	NC	4		2	1	1
Retinol....µg	5		0	FLA	4		2	1	1
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	18		0	NC	4		5	5	3
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	31		0	FLA	4		9	8	6
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.07	0.07	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	8.0		0	FLA	4		2.3	2.0	1.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18178
Cookies, oatmeal, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.519		0	FLA	4		1.281	1.130	0.813
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.003		0	FLA	4		0.001	0.001	0.001
13:0....g									
14:0....g	0.086		0	FLA	4		0.024	0.022	0.015
15:0....g									
16:0....g	2.383		0	FLA	4		0.676	0.596	0.429
17:0....g									
18:0....g	2.031		0	FLA	4		0.576	0.508	0.366
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.025		0	FLA	4		2.842	2.506	1.805
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1....g									
18:1 undifferentiated....g	10.022		0	FLA	4		2.841	2.506	1.804
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.543		0	FLA	4		0.721	0.636	0.458
18:2 undifferentiated....g	2.413		0	FLA	4		0.684	0.603	0.434
18:3 undifferentiated....g	0.129		0	FLA	4		0.037	0.032	0.023
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.025	0.018
Threonine....g	0.174		0		1		0.049	0.044	0.031
Isoleucine....g	0.221		0		1		0.063	0.055	0.040
Leucine....g	0.431		0		1		0.122	0.108	0.078
Lysine....g	0.237		0		1		0.067	0.059	0.043
Methionine....g	0.120		0		1		0.034	0.030	0.022
Cystine....g	0.168		0		1		0.048	0.042	0.030
Phenylalanine....g	0.295		0		1		0.084	0.074	0.053
Tyrosine....g	0.202		0		1		0.057	0.051	0.036
Valine....g	0.298		0		1		0.084	0.075	0.054
Arginine....g	0.365		0		1		0.103	0.091	0.066
Histidine....g	0.144		0		1		0.041	0.036	0.026
Alanine....g	0.255		0		1		0.072	0.064	0.046
Aspartic acid....g	0.452		0		1		0.128	0.113	0.081
Glutamic acid....g	1.618		0		1		0.459	0.405	0.291
Glycine....g	0.272		0		1		0.077	0.068	0.049
Proline....g	0.476		0		1		0.135	0.119	0.086
Serine....g	0.317		0		1		0.090	0.079	0.057
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18178
Cookies, oatmeal, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)

Measure 3 = 18g: 1 large

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18179
Cookies, oatmeal, commercially prepared, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.00	0.505	5		1		3.12	1.65	
Energy....kcal	409		0	NC	4		116	61	
Energy....kJ	1711				4		485	257	
Protein (N x 5.9)....g	6.10	0.126	4		1		1.73	0.92	
Total lipid (fat)....g	14.70	0.475	4		1		4.17	2.21	
Ash....g	2.40	0.148	4		1		0.68	0.36	
Carbohydrate, by difference....g	65.70		0	NC	4		18.63	9.86	
Fiber, total dietary....g	2.7		0		1		0.8	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	90	20.405	3		1		26	14	
Iron, Fe....mg	2.79	0.765	3		1		0.79	0.42	
Magnesium, Mg....mg	30	2.615	3		1		9	5	
Phosphorus, P....mg	209	4.806	3		1		59	31	
Potassium, K....mg	135	28.727	3		1		38	20	
Sodium, Na....mg	349	43.247	3		1		99	52	
Zinc, Zn....mg	0.44	0.081	3		1		0.12	0.07	
Copper, Cu....mg	0.550	0.029	3		1		0.156	0.083	
Manganese, Mn....mg	0.421	0.017	3		1		0.119	0.063	
Selenium, Se....µg	10.5		0	FLA	4		3.0	1.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.0	
Thiamin....mg	0.186	0.012	4		1		0.053	0.028	
Riboflavin....mg	0.228	0.009	4		1		0.065	0.034	
Niacin....mg	1.823	0.159	4		1		0.517	0.273	
Pantothenic acid....mg	0.461		0	FLA	4		0.131	0.069	
Vitamin B-6....mg	0.085		0	FLA	4		0.024	0.013	
Folate, total....µg	34		0	FLA	4		10	5	
Folic acid....µg	26		0	NC	4		7	4	
Folate, food....µg	8		0		4		2	1	
Folate, DFE....µg	52		0	NC	4		15	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	5		0	NC	4		1	1	
Retinol....µg	4		0	NC	4		1	1	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	32		0	FLA	4		9	5	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18179
Cookies, oatmeal, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.630		0	FLA	4		1.029	0.545	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.005		0	FLA	4		0.001	0.001	
13:0....g									
14:0....g	0.068		0	FLA	4		0.019	0.010	
15:0....g									
16:0....g	1.956		0	FLA	4		0.555	0.293	
17:0....g									
18:0....g	1.581		0	FLA	4		0.448	0.237	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.988		0	FLA	4		2.265	1.198	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLA	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	7.981		0	FLA	4		2.263	1.197	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.204		0	FLA	4		0.625	0.331	
18:2 undifferentiated....g	2.093		0	FLA	4		0.593	0.314	
18:3 undifferentiated....g	0.109		0	FLA	4		0.031	0.016	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		0	FLA	4		1	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.027	0.014	
Threonine....g	0.193		0		1		0.055	0.029	
Isoleucine....g	0.240		0		1		0.068	0.036	
Leucine....g	0.450		0		1		0.128	0.068	
Lysine....g	0.271		0		1		0.077	0.041	
Methionine....g	0.130		0		1		0.037	0.020	
Cystine....g	0.168		0		1		0.048	0.025	
Phenylalanine....g	0.301		0		1		0.085	0.045	
Tyrosine....g	0.213		0		1		0.060	0.032	
Valine....g	0.314		0		1		0.089	0.047	
Arginine....g	0.375		0		1		0.106	0.056	
Histidine....g	0.142		0		1		0.040	0.021	
Alanine....g	0.275		0		1		0.078	0.041	
Aspartic acid....g	0.489		0		1		0.139	0.073	
Glutamic acid....g	1.434		0		1		0.407	0.215	
Glycine....g	0.268		0		1		0.076	0.040	
Proline....g	0.416		0		1		0.118	0.062	
Serine....g	0.337		0		1		0.096	0.051	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18179

Cookies, oatmeal, commercially prepared, soft-type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18200
Cookies, oatmeal, commercially prepared, special dietary

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.50		1		1		1.84	0.46	
Energy....kcal	449		0	NC	4		127	31	
Energy....kJ	1879		0		4		533	132	
Protein (N x 5.8)....g	4.80		1		1		1.36	0.34	
Total lipid (fat)....g	18.00		1		1		5.10	1.26	
Ash....g	0.70		1		1		0.20	0.05	
Carbohydrate, by difference....g	69.90		0	NC	4		19.82	4.89	
Fiber, total dietary....g	2.9		0		4		0.8	0.2	
Sugars, total....g	31.65		0	FLC	4		8.97	2.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0	FLA	4		15	4	
Iron, Fe....mg	4.07		0	FLA	4		1.15	0.28	
Magnesium, Mg....mg	17		0	FLA	4		5	1	
Phosphorus, P....mg	122		0	FLA	4		35	9	
Potassium, K....mg	175		1		1		50	12	
Sodium, Na....mg	273		0	LC	8		77	19	
Zinc, Zn....mg	0.49		0	FLA	4		0.14	0.03	
Copper, Cu....mg	0.151		0	FLA	4		0.043	0.011	
Manganese, Mn....mg	0.640		0	FLA	4		0.181	0.045	
Selenium, Se....µg	4.4		0	FLA	4		1.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.0	
Thiamin....mg	0.460		0	FLA	4		0.130	0.032	
Riboflavin....mg	0.211		0	FLA	4		0.060	0.015	
Niacin....mg	3.236		0	FLA	4		0.917	0.227	
Pantothenic acid....mg	0.285		0	FLA	4		0.081	0.020	
Vitamin B-6....mg	0.026		0	FLA	4		0.007	0.002	
Folate, total....µg	46		0	FLC	4		13	3	
Folic acid....µg	39		0	NR	4		11	3	
Folate, food....µg	7		0	NC	4		2	1	
Folate, DFE....µg	74		0	NC	4		21	5	
Choline, total....mg	12.0		0	BFZN	4		3.4	0.8	
Betaine....mg									
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	1		0	NC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	3		0	FLC	4		1	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	18		0	FLC	4		5	1	
Vitamin A, IU....IU	8		0	FLA	4		2	1	
Lycopene....µg	2		0	FLC	4		1	0	
Lutein + zeaxanthin....µg	49		0	FLC	4		14	3	
Vitamin E (alpha-tocopherol)....mg	1.52		0	FLC	4		0.43	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.0		0	FLC	4		2.0	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18200
Cookies, oatmeal, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.693		0	FLA	4		0.763	0.189	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.019		0	FLA	4		0.005	0.001	
15:0....g									
16:0....g	1.798		0	FLA	4		0.510	0.126	
17:0....g									
18:0....g	0.867		0	FLA	4		0.246	0.061	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.550		0	FLA	4		2.140	0.529	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0	FLA	4		0.020	0.005	
17:1....g									
18:1 undifferentiated....g	7.462		0	FLA	4		2.115	0.522	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.784		0	FLA	4		1.923	0.475	
18:2 undifferentiated....g	6.303		0	FLA	4		1.787	0.441	
18:3 undifferentiated....g	0.464		0	FLA	4		0.132	0.032	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.022	0.005	
Threonine....g	0.137		0		1		0.039	0.010	
Isoleucine....g	0.174		0		1		0.049	0.012	
Leucine....g	0.337		0		1		0.096	0.024	
Lysine....g	0.185		0		1		0.052	0.013	
Methionine....g	0.093		0		1		0.026	0.007	
Cystine....g	0.129		0		1		0.037	0.009	
Phenylalanine....g	0.230		0		1		0.065	0.016	
Tyrosine....g	0.157		0		1		0.045	0.011	
Valine....g	0.232		0		1		0.066	0.016	
Arginine....g	0.280		0		1		0.079	0.020	
Histidine....g	0.112		0		1		0.032	0.008	
Alanine....g	0.196		0		1		0.056	0.014	
Aspartic acid....g	0.345		0		1		0.098	0.024	
Glutamic acid....g	1.287		0		1		0.365	0.090	
Glycine....g	0.210		0		1		0.060	0.015	
Proline....g	0.383		0		1		0.109	0.027	
Serine....g	0.250		0		1		0.071	0.018	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18200
Cookies, oatmeal, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18180
Cookies, oatmeal, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.30	0.091	26		1		1.50	26.29	
Energy....kcal	462		0	NC	4		131	2292	
Energy....kJ	1933				4		548	9588	
Protein (N x 5.8)....g	6.50	0.108	27		1		1.84	32.24	
Total lipid (fat)....g	19.20	0.198	27		1		5.44	95.23	
Ash....g	1.70	0.022	27		1		0.48	8.43	
Carbohydrate, by difference....g	67.30		0	NC	4		19.08	333.81	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25	4.052	13		1		7	124	
Iron, Fe....mg	2.22		1		1		0.63	11.01	
Magnesium, Mg....mg	48		1		1		14	238	
Phosphorus, P....mg	163	13.333	3		1		46	808	
Potassium, K....mg	183	9.425	9		1		52	908	
Sodium, Na....mg	473	33.867	9		1		134	2346	
Zinc, Zn....mg	0.80		1		1		0.23	3.97	
Copper, Cu....mg	0.200		1		1		0.057	0.992	
Manganese, Mn....mg	1.230		0	FLA	4		0.349	6.101	
Selenium, Se....µg	10.6		0	FLA	4		3.0	52.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.5	
Thiamin....mg	0.142		0	FLA	4		0.040	0.704	
Riboflavin....mg	0.140		1		1		0.040	0.694	
Niacin....mg	1.300		1		1		0.369	6.448	
Pantothenic acid....mg	0.457		0	FLA	4		0.130	2.267	
Vitamin B-6....mg	0.042		0	FLA	4		0.012	0.208	
Folate, total....µg	50		0	FLA	4		14	248	
Folic acid....µg	39		0	NC	4		11	193	
Folate, food....µg	11		0		4		3	55	
Folate, DFE....µg	77		0	NC	4		22	383	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		0	7	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	28		0	FLA	4		8	139	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18180
Cookies, oatmeal, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.755		0	FLA	4		1.348	23.585	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.006		0	FLA	4		0.002	0.030	
13:0....g									
14:0....g	0.090		0	FLA	4		0.026	0.446	
15:0....g									
16:0....g	2.529		0	FLA	4		0.717	12.544	
17:0....g									
18:0....g	2.107		0	FLA	4		0.597	10.451	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.567		0	FLA	4		2.996	52.412	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLA	4		0.001	0.020	
17:1....g									
18:1 undifferentiated....g	10.563		0	FLA	4		2.995	52.392	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.792		0	FLA	4		0.792	13.848	
18:2 undifferentiated....g	2.656		0	FLA	4		0.753	13.174	
18:3 undifferentiated....g	0.136		0	FLA	4		0.039	0.675	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0		1		0.032	0.560	
Threonine....g	0.183		0		1		0.052	0.908	
Isoleucine....g	0.247		0		1		0.070	1.225	
Leucine....g	0.486		0		1		0.138	2.411	
Lysine....g	0.262		0		1		0.074	1.300	
Methionine....g	0.119		0		1		0.034	0.590	
Cystine....g	0.188		0		1		0.053	0.932	
Phenylalanine....g	0.327		0		1		0.093	1.622	
Tyrosine....g	0.226		0		1		0.064	1.121	
Valine....g	0.332		0		1		0.094	1.647	
Arginine....g	0.394		0		1		0.112	1.954	
Histidine....g	0.145		0		1		0.041	0.719	
Alanine....g	0.277		0		1		0.079	1.374	
Aspartic acid....g	0.473		0		1		0.134	2.346	
Glutamic acid....g	1.662		0		1		0.471	8.244	
Glycine....g	0.304		0		1		0.086	1.508	
Proline....g	0.494		0		1		0.140	2.450	
Serine....g	0.335		0		1		0.095	1.662	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18180
Cookies, oatmeal, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18184
Cookies, oatmeal, prepared from recipe, with raisins

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.40		0		1		1.81	0.96	
Energy	kcal	435		0	NC	4		123	65	
Energy	kJ	1820		0		4		516	273	
Protein (N x 0)	g	6.50		0		1		1.84	0.98	
Total lipid (fat)	g	16.20		0		1		4.59	2.43	
Ash	g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference	g	68.40		0	NC	4		19.39	10.26	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		28	15	
Iron, Fe	mg	2.65		0		1		0.75	0.40	
Magnesium, Mg	mg	42		0		1		12	6	
Phosphorus, P	mg	161		0		1		46	24	
Potassium, K	mg	239		0		1		68	36	
Sodium, Na	mg	538		0		1		153	81	
Zinc, Zn	mg	0.86		0		1		0.24	0.13	
Copper, Cu	mg	0.181		0		1		0.051	0.027	
Manganese, Mn	mg	0.987		0		1		0.280	0.148	
Selenium, Se	µg	15.6		0	RK	4		4.4	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.1	0.1	
Thiamin	mg	0.249		0		1		0.071	0.037	
Riboflavin	mg	0.166		0		1		0.047	0.025	
Niacin	mg	1.259		0		1		0.357	0.189	
Pantothenic acid	mg	0.329		0		1		0.093	0.049	
Vitamin B-6	mg	0.071		0		1		0.020	0.011	
Folate, total	µg	30		0	RK	4		9	5	
Folic acid	µg	19		0	NC	4		5	3	
Folate, food	µg	11		0		1		3	2	
Folate, DFE	µg	43		0	NC	4		12	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.08		0		1		0.02	0.01	
Vitamin A, RAE	µg	143		0	NC	4		41	21	
Retinol	µg	131		0	RK	4		37	20	
Carotene, beta	µg	144		0		4		41	22	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	677		0	NC	4		192	101	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18184
Cookies, oatmeal, prepared from recipe, with raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.232		0		1		0.916	0.485	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.004		0		1		0.001	0.001	
13:0....g									
14:0....g	0.041		0		1		0.012	0.006	
15:0....g									
16:0....g	2.072		0		1		0.587	0.311	
17:0....g									
18:0....g	1.098		0		1		0.311	0.165	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.888		0		1		1.953	1.033	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		1		0.007	0.004	
17:1....g									
18:1 undifferentiated....g	6.860		0		1		1.945	1.029	
20:1....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.034		0		1		1.427	0.755	
18:2 undifferentiated....g	4.800		0		1		1.361	0.720	
18:3 undifferentiated....g	0.220		0		1		0.062	0.033	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.002	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	33		0		1		9	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023	0.012	
Threonine....g	0.217		0		1		0.062	0.033	
Isoleucine....g	0.254		0		1		0.072	0.038	
Leucine....g	0.466		0		1		0.132	0.070	
Lysine....g	0.256		0		1		0.073	0.038	
Methionine....g	0.135		0		1		0.038	0.020	
Cystine....g	0.143		0		1		0.041	0.021	
Phenylalanine....g	0.322		0		1		0.091	0.048	
Tyrosine....g	0.213		0		1		0.060	0.032	
Valine....g	0.322		0		1		0.091	0.048	
Arginine....g	0.379		0		1		0.107	0.057	
Histidine....g	0.155		0		1		0.044	0.023	
Alanine....g	0.292		0		1		0.083	0.044	
Aspartic acid....g	0.489		0		1		0.139	0.073	
Glutamic acid....g	1.549		0		1		0.439	0.232	
Glycine....g	0.254		0		1		0.072	0.038	
Proline....g	0.446		0		1		0.126	0.067	
Serine....g	0.310		0		1		0.088	0.047	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18377
Cookies, oatmeal, prepared from recipe, without raisins

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.20		0		1		1.76	0.93	
Energy	kcal	447		0	NC	4		127	67	
Energy	kJ	1870				4		530	281	
Protein (N x 0)	g	6.80		0		1		1.93	1.02	
Total lipid (fat)	g	17.90		0		1		5.07	2.69	
Ash	g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference	g	66.40		0	NC	4		18.82	9.96	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0		1		30	16	
Iron, Fe	mg	2.70		0		1		0.77	0.41	
Magnesium, Mg	mg	43		0		1		12	6	
Phosphorus, P	mg	167		0		1		47	25	
Potassium, K	mg	182		0		1		52	27	
Sodium, Na	mg	598		0		1		170	90	
Zinc, Zn	mg	0.93		0		1		0.26	0.14	
Copper, Cu	mg	0.168		0		1		0.048	0.025	
Manganese, Mn	mg	1.061		0		1		0.301	0.159	
Selenium, Se	µg	17.2		0	RK	4		4.9	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.1	0.0	
Thiamin	mg	0.262		0		1		0.074	0.039	
Riboflavin	mg	0.174		0		1		0.049	0.026	
Niacin	mg	1.311		0		1		0.372	0.197	
Pantothenic acid	mg	0.361		0		1		0.102	0.054	
Vitamin B-6	mg	0.050		0		1		0.014	0.008	
Folate, total	µg	33		0	RK	4		9	5	
Folic acid	µg	21		0	NC	4		6	3	
Folate, food	µg	12		0		1		3	2	
Folate, DFE	µg	48		0	NC	4		14	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.09		0		1		0.03	0.01	
Vitamin A, RAE	µg	160		0	NC	4		45	24	
Retinol	µg	146		0	RK	4		41	22	
Carotene, beta	µg	162		0	RK	4		46	24	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	757		0	NC	4		215	113	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18377
Cookies, oatmeal, prepared from recipe, without raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.581		0		1		1.015	0.537	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.005		0		1		0.001	0.001	
13:0....g									
14:0....g	0.045		0		1		0.013	0.007	
15:0....g									
16:0....g	2.291		0		1		0.649	0.344	
17:0....g									
18:0....g	1.221		0		1		0.346	0.183	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.669		0		1		2.174	1.150	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.028		0		1		0.008	0.004	
17:1....g									
18:1 undifferentiated....g	7.638		0		1		2.165	1.146	
20:1....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.589		0		1		1.584	0.838	
18:2 undifferentiated....g	5.333		0		1		1.512	0.800	
18:3 undifferentiated....g	0.241		0		1		0.068	0.036	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.002	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	36		0		1		10	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025	0.013	
Threonine....g	0.231		0		1		0.065	0.035	
Isoleucine....g	0.280		0		1		0.079	0.042	
Leucine....g	0.510		0		1		0.145	0.077	
Lysine....g	0.276		0		1		0.078	0.041	
Methionine....g	0.137		0		1		0.039	0.021	
Cystine....g	0.153		0		1		0.043	0.023	
Phenylalanine....g	0.351		0		1		0.100	0.053	
Tyrosine....g	0.230		0		1		0.065	0.035	
Valine....g	0.348		0		1		0.099	0.052	
Arginine....g	0.392		0		1		0.111	0.059	
Histidine....g	0.158		0		1		0.045	0.024	
Alanine....g	0.308		0		1		0.087	0.046	
Aspartic acid....g	0.496		0		1		0.141	0.074	
Glutamic acid....g	1.643		0		1		0.466	0.246	
Glycine....g	0.283		0		1		0.080	0.042	
Proline....g	0.497		0		1		0.141	0.075	
Serine....g	0.345		0		1		0.098	0.052	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28349
Cookies, oatmeal, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	19.46		0	FLC	4		4.86		
Energy	kcal	365		0	NC	4		91		
Energy	kJ	1527		0	NC	4		382		
Protein (N x 6.25)	g	4.02		0	LC	8		1.00		
Total lipid (fat)	g	10.04		0	LC	8		2.51		
Ash	g	1.86		0	FLC	4		0.46		
Carbohydrate, by difference	g	64.62		0	NC	4		16.16		
Fiber, total dietary	g	16.1		0	LC	8		4.0		
Sugars, total	g	32.14		0	LC	8		8.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	1.45		0	LC	8		0.36		
Magnesium, Mg	mg	32		0	FLC	4		8		
Phosphorus, P	mg	92		0	FLC	4		23		
Potassium, K	mg	274		0	FLC	4		69		
Sodium, Na	mg	562		0	LC	8		141		
Zinc, Zn	mg	0.61		0	FLC	4		0.15		
Copper, Cu	mg	0.131		0	FLC	4		0.033		
Manganese, Mn	mg									
Selenium, Se	µg	24.7		0	FLC	4		6.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.234		0	FLC	4		0.059		
Riboflavin	mg	0.404		0	FLC	4		0.101		
Niacin	mg	1.537		0	FLC	4		0.384		
Pantothenic acid	mg									
Vitamin B-6	mg	0.044		0	FLC	4		0.011		
Folate, total	µg	54		0	FLC	4		13		
Folic acid	µg	32		0	FLC	4		8		
Folate, food	µg	21		0	FLC	4		5		
Folate, DFE	µg	76		0	NC	4		19		
Choline, total	mg	13.1		0	FLC	4		3.3		
Betaine	mg									
Vitamin B-12	µg	0.08		0	FLC	4		0.02		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	92		0	FLC	4		23		
Retinol	µg	86		0	FLC	4		22		
Carotene, beta	µg	68		0	FLC	4		17		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	402		0	LC	8		100		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	25		0	FLC	4		6		
Vitamin E (alpha-tocopherol)	mg	1.10		0	FLC	4		0.28		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	11.3		0	FLC	4		2.8		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28349
Cookies, oatmeal, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.090		0	LC	8		1.022		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.005		0	FLC	4		0.001		
13:0....g									
14:0....g	0.015		0	FLC	4		0.004		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.402		0	FLC	4		0.600		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	1.519		0	FLC	4		0.380		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.332		0	NC	4		0.833		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.009		0	FLC	4		0.002		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.312		0	FLC	4		0.828		
20:1....g	0.011		0	FLC	4		0.003		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.269		0	NC	4		0.567		
18:2 undifferentiated....g	2.086		0	FLC	4		0.521		
18:3 undifferentiated....g	0.181		0	FLC	4		0.045		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.001		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	20		0	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.30	0.277	35		1		4.34	2.45	
Energy....kcal	424		0	NC	4		120	68	
Energy....kJ	1774				4		503	284	
Protein (N x 5.9)....g	5.40	0.108	34		1		1.53	0.86	
Total lipid (fat)....g	18.90	0.314	36		1		5.36	3.02	
Ash....g	1.30	0.055	35		1		0.37	0.21	
Carbohydrate, by difference....g	59.10		0	NC	4		16.75	9.46	
Fiber, total dietary....g	2.5		0		4		0.7	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31	1.478	26		1		9	5	
Iron, Fe....mg	2.14	0.100	22		1		0.61	0.34	
Magnesium, Mg....mg	28	1.284	17		1		8	4	
Phosphorus, P....mg	104	3.531	18		1		29	17	
Potassium, K....mg	147	15.432	18		1		42	24	
Sodium, Na....mg	294	12.727	30		1		83	47	
Zinc, Zn....mg	0.64	0.036	17		1		0.18	0.10	
Copper, Cu....mg	0.110	0.010	16		1		0.031	0.018	
Manganese, Mn....mg	0.765		0	FLA	4		0.217	0.122	
Selenium, Se....µg	9.1		0	FLA	4		2.6	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.234	0.021	22		1		0.066	0.037	
Riboflavin....mg	0.148	0.008	25		1		0.042	0.024	
Niacin....mg	1.865	0.123	23		1		0.529	0.298	
Pantothenic acid....mg	0.372		0	FLA	4		0.105	0.060	
Vitamin B-6....mg	0.041		0	FLA	4		0.012	0.007	
Folate, total....µg	35		0	FLA	4		10	6	
Folic acid....µg	26		0	NC	4		7	4	
Folate, food....µg	9		0		4		3	1	
Folate, DFE....µg	53		0	NC	4		15	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE....µg	4		0	NC	4		1	1	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	70	9.073	6		1		20	11	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.751		0	FLA	4		1.347	0.760	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.003		0	FLA	4		0.001	0.000	
13:0....g									
14:0....g	0.090		0	FLA	4		0.026	0.014	
15:0....g									
16:0....g	2.509		0	FLA	4		0.711	0.401	
17:0....g									
18:0....g	2.134		0	FLA	4		0.605	0.341	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.531		0	FLA	4		2.986	1.685	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLA	4		0.003	0.002	
17:1....g									
18:1 undifferentiated....g	10.520		0	FLA	4		2.982	1.683	
20:1....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.592		0	FLA	4		0.735	0.415	
18:2 undifferentiated....g	2.458		0	FLA	4		0.697	0.393	
18:3 undifferentiated....g	0.126		0	FLA	4		0.036	0.020	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	24	1.980	15		1		7	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025	0.014	
Threonine....g	0.177		0		1		0.050	0.028	
Isoleucine....g	0.227		0		1		0.064	0.036	
Leucine....g	0.414		0		1		0.117	0.066	
Lysine....g	0.257		0		1		0.073	0.041	
Methionine....g	0.122		0		1		0.035	0.020	
Cystine....g	0.153		0		1		0.043	0.024	
Phenylalanine....g	0.278		0		1		0.079	0.044	
Tyrosine....g	0.195		0		1		0.055	0.031	
Valine....g	0.291		0		1		0.082	0.047	
Arginine....g	0.334		0		1		0.095	0.053	
Histidine....g	0.125		0		1		0.035	0.020	
Alanine....g	0.255		0		1		0.072	0.041	
Aspartic acid....g	0.451		0		1		0.128	0.072	
Glutamic acid....g	1.206		0		1		0.342	0.193	
Glycine....g	0.241		0		1		0.068	0.039	
Proline....g	0.348		0		1		0.099	0.056	
Serine....g	0.305		0		1		0.086	0.049	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18183
Cookies, oatmeal, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80		0		4		1.64	0.70	
Energy....kcal	471		0		4		134	57	
Energy....kJ	1971				4		559	236	
Protein....g	6.00		0		4		1.70	0.72	
Total lipid (fat)....g	21.00		0		4		5.95	2.52	
Ash....g	1.40		0		4		0.40	0.17	
Carbohydrate, by difference....g	65.70		0		4		18.63	7.88	
Fiber, total dietary....g	2.8		0		4		0.8	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0		4		10	4	
Iron, Fe....mg	2.38		0		4		0.67	0.29	
Magnesium, Mg....mg	32		0		4		9	4	
Phosphorus, P....mg	116		0		4		33	14	
Potassium, K....mg	163		0		4		46	20	
Sodium, Na....mg	327		0		4		93	39	
Zinc, Zn....mg	0.71		0		4		0.20	0.09	
Copper, Cu....mg	0.122		0		4		0.035	0.015	
Manganese, Mn....mg	0.953		0		4		0.270	0.114	
Selenium, Se....µg	10.1		0	RP	4		2.9	1.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		4		0.0	0.0	
Thiamin....mg	0.208		0		4		0.059	0.025	
Riboflavin....mg	0.148		0		4		0.042	0.018	
Niacin....mg	1.865		0		4		0.529	0.224	
Pantothenic acid....mg	0.210		0		4		0.060	0.025	
Vitamin B-6....mg	0.055		0		4		0.016	0.007	
Folate, total....µg	27		0	RP	4		8	3	
Folic acid....µg	20		0	NC	4		6	2	
Folate, food....µg	7		0		4		2	1	
Folate, DFE....µg	41		0	NC	4		12	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0		4		0.01	0.00	
Vitamin A, RAE....µg	4		0	NC	4		1	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	70		0		4		20	8	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18183
Cookies, oatmeal, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.339		0		4		1.514	0.641	
4:0....g									
6:0....g									
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.102		0		4		0.029	0.012	
15:0....g									
16:0....g	2.871		0		4		0.814	0.345	
17:0....g									
18:0....g	2.365		0		4		0.670	0.284	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.729		0		4		3.325	1.407	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	11.713		0		4		3.321	1.406	
20:1....g	0.001		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.976		0		4		0.844	0.357	
18:2 undifferentiated....g	2.818		0		4		0.799	0.338	
18:3 undifferentiated....g	0.152		0		4		0.043	0.018	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0		4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.001		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26		0		4		7	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		4		0.028	0.012	
Threonine....g	0.197		0		4		0.056	0.024	
Isoleucine....g	0.252		0		4		0.071	0.030	
Leucine....g	0.460		0		4		0.130	0.055	
Lysine....g	0.286		0		4		0.081	0.034	
Methionine....g	0.136		0		4		0.039	0.016	
Cystine....g	0.170		0		4		0.048	0.020	
Phenylalanine....g	0.309		0		4		0.088	0.037	
Tyrosine....g	0.217		0		4		0.062	0.026	
Valine....g	0.323		0		4		0.092	0.039	
Arginine....g	0.371		0		4		0.105	0.045	
Histidine....g	0.139		0		4		0.039	0.017	
Alanine....g	0.284		0		4		0.081	0.034	
Aspartic acid....g	0.501		0		4		0.142	0.060	
Glutamic acid....g	1.340		0		4		0.380	0.161	
Glycine....g	0.268		0		4		0.076	0.032	
Proline....g	0.387		0		4		0.110	0.046	
Serine....g	0.339		0		4		0.096	0.041	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18183

Cookies, oatmeal, refrigerated dough, baked

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18190
Cookies, peanut butter sandwich, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80	0.146	21		1		0.79	0.39	
Energy....kcal	478		0	NC	4		136	67	
Energy....kJ	2000		0		4		567	280	
Protein (N x 5.6)....g	8.80	0.171	21		1		2.49	1.23	
Total lipid (fat)....g	21.10	0.401	24		1		5.98	2.95	
Ash....g	1.60	0.042	22		1		0.45	0.22	
Carbohydrate, by difference....g	65.60		0	NC	4		18.60	9.18	
Fiber, total dietary....g	1.9		0		4		0.5	0.3	
Sugars, total....g	35.44		0	FLC	4		10.05	4.96	
Starch....g									
Minerals:									
Calcium, Ca....mg	53	1.900	19		1		15	7	
Iron, Fe....mg	2.60	0.060	19		1		0.74	0.36	
Magnesium, Mg....mg	49	0.999	19		1		14	7	
Phosphorus, P....mg	188	6.870	18		1		53	26	
Potassium, K....mg	192	4.326	19		1		54	27	
Sodium, Na....mg	368	8.869	19		1		104	52	
Zinc, Zn....mg	1.06	0.019	19		1		0.30	0.15	
Copper, Cu....mg	0.237	0.015	19		1		0.067	0.033	
Manganese, Mn....mg	0.912	0.022	17		1		0.259	0.128	
Selenium, Se....µg	7.7	1.570	3	A	1		2.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.033	3		1		0.0	0.0	
Thiamin....mg	0.325	0.015	17		1		0.092	0.046	
Riboflavin....mg	0.263	0.013	18		1		0.075	0.037	
Niacin....mg	3.739	0.088	19		1		1.060	0.523	
Pantothenic acid....mg	0.915		0	FLA	4		0.259	0.128	
Vitamin B-6....mg	0.139		0	FLA	4		0.039	0.019	
Folate, total....µg	61		0	FLC	4		17	8	
Folic acid....µg	46		0		4		13	6	
Folate, food....µg	15		0		4		4	2	
Folate, DFE....µg	93		0	NC	4		26	13	
Choline, total....mg	18.7		0	FLC	4		5.3	2.6	
Betaine....mg									
Vitamin B-12....µg	0.23		0	FLA	4		0.07	0.03	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		0	0	
Retinol....µg	1		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	4		0	NC	4		1	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	7		0	FLC	4		2	1	
Vitamin E (alpha-tocopherol)....mg	1.87		0	FLC	4		0.53	0.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.9		0	FLC	4		1.1	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18190
Cookies, peanut butter sandwich, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.995		0	FLA	4		1.416	0.699	
4:0....g	0.006		0	FLA	4		0.002	0.001	
6:0....g	0.001		0	FLA	4		0.000	0.000	
8:0....g	0.001		0	FLA	4		0.000	0.000	
10:0....g	0.002		0	FLA	4		0.001	0.000	
12:0....g	0.006		0	FLA	4		0.002	0.001	
13:0....g									
14:0....g	0.107		0	FLA	4		0.030	0.015	
15:0....g									
16:0....g	2.649		0	FLA	4		0.751	0.371	
17:0....g									
18:0....g	1.980		0	FLA	4		0.561	0.277	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.191		0	FLA	4		3.173	1.567	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	11.126		0	FLA	4		3.154	1.558	
20:1....g	0.059		0	FLA	4		0.017	0.008	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.795		0	FLA	4		1.076	0.531	
18:2 undifferentiated....g	3.688		0	FLA	4		1.046	0.516	
18:3 undifferentiated....g	0.107		0	FLA	4		0.030	0.015	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.044	3		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0		1		0.031	0.015	
Threonine....g	0.297		0		1		0.084	0.042	
Isoleucine....g	0.341		0		1		0.097	0.048	
Leucine....g	0.617		0		1		0.175	0.086	
Lysine....g	0.352		0		1		0.100	0.049	
Methionine....g	0.128		0		1		0.036	0.018	
Cystine....g	0.164		0		1		0.046	0.023	
Phenylalanine....g	0.442		0		1		0.125	0.062	
Tyrosine....g	0.319		0		1		0.090	0.045	
Valine....g	0.402		0		1		0.114	0.056	
Arginine....g	0.716		0		1		0.203	0.100	
Histidine....g	0.205		0		1		0.058	0.029	
Alanine....g	0.341		0		1		0.097	0.048	
Aspartic acid....g	0.791		0		1		0.224	0.111	
Glutamic acid....g	2.206		0		1		0.625	0.309	
Glycine....g	0.420		0		1		0.119	0.059	
Proline....g	0.622		0		1		0.176	0.087	
Serine....g	0.462		0		1		0.131	0.065	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18190
Cookies, peanut butter sandwich, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie

Calories Factors: Protein 3.8 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18201
Cookies, peanut butter sandwich, special dietary

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.70		1		1		1.05	0.37	
Energy	kcal	535		0	NC	4		152	54	
Energy	kJ	2238				4		635	224	
Protein (N x 5.5)	g	10.00		1		1		2.84	1.00	
Total lipid (fat)	g	34.00		1		1		9.64	3.40	
Ash	g	1.40		1		1		0.40	0.14	
Carbohydrate, by difference	g	50.80		0	NC	4		14.40	5.08	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	FLA	4		12	4	
Iron, Fe	mg	2.55		0	FLA	4		0.72	0.26	
Magnesium, Mg	mg	51		0	FLA	4		14	5	
Phosphorus, P	mg	154		0	FLA	4		44	15	
Potassium, K	mg	294		1		1		83	29	
Sodium, Na	mg	412		1		1		117	41	
Zinc, Zn	mg	1.03		0	FLA	4		0.29	0.10	
Copper, Cu	mg	0.267		0	FLA	4		0.076	0.027	
Manganese, Mn	mg	0.705		0	FLA	4		0.200	0.071	
Selenium, Se	µg	3.5		0	FLA	4		1.0	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.346		0	FLA	4		0.098	0.035	
Riboflavin	mg	0.148		0	FLA	4		0.042	0.015	
Niacin	mg	5.259		0	FLA	4		1.491	0.526	
Pantothenic acid	mg	0.507		0	FLA	4		0.144	0.051	
Vitamin B-6	mg	0.078		0	FLA	4		0.022	0.008	
Folate, total	µg	54		0	FLA	4		15	5	
Folic acid	µg	21		0	NC	4		6	2	
Folate, food	µg	33		0		4		9	3	
Folate, DFE	µg	69		0	NC	4		19	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18201
Cookies, peanut butter sandwich, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.937		0	FLA	4		1.400	0.494	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.028		0	FLA	4		0.008	0.003	
15:0....g									
16:0....g	3.426		0	FLA	4		0.971	0.343	
17:0....g									
18:0....g	1.335		0	FLA	4		0.378	0.134	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.391		0	FLA	4		4.363	1.539	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.087		0	FLA	4		0.025	0.009	
17:1....g									
18:1 undifferentiated....g	15.110		0	FLA	4		4.284	1.511	
20:1....g	0.172		0	FLA	4		0.049	0.017	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.026		0	FLA	4		3.409	1.203	
18:2 undifferentiated....g	11.454		0	FLA	4		3.247	1.145	
18:3 undifferentiated....g	0.551		0	FLA	4		0.156	0.055	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0		1		0.031	0.011	
Threonine....g	0.334		0		1		0.095	0.033	
Isoleucine....g	0.363		0		1		0.103	0.036	
Leucine....g	0.668		0		1		0.189	0.067	
Lysine....g	0.367		0		1		0.104	0.037	
Methionine....g	0.109		0		1		0.031	0.011	
Cystine....g	0.151		0		1		0.043	0.015	
Phenylalanine....g	0.509		0		1		0.144	0.051	
Tyrosine....g	0.379		0		1		0.107	0.038	
Valine....g	0.429		0		1		0.122	0.043	
Arginine....g	0.998		0		1		0.283	0.100	
Histidine....g	0.243		0		1		0.069	0.024	
Alanine....g	0.378		0		1		0.107	0.038	
Aspartic acid....g	1.034		0		1		0.293	0.103	
Glutamic acid....g	2.391		0		1		0.678	0.239	
Glycine....g	0.538		0		1		0.153	0.054	
Proline....g	0.607		0		1		0.172	0.061	
Serine....g	0.505		0		1		0.143	0.051	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18201

Cookies, peanut butter sandwich, special dietary

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18185
Cookies, peanut butter, commercially prepared, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.28	1.030	5	A	1		2.06	2.26	
Energy....kcal	473		0	NC	4		134	147	
Energy....kJ	1978		0	NC	4		561	613	
Protein (N x 5.6)....g	8.92	0.782	5	A	1		2.53	2.76	
Total lipid (fat)....g	23.82	2.139	5	A	1		6.75	7.38	
Ash....g	1.83	0.151	5	A	1		0.52	0.57	
Carbohydrate, by difference....g	58.15		0	NC	4		16.49	18.03	
Fiber, total dietary....g	2.1	0.024	3	A	1		0.6	0.6	
Sugars, total....g	28.58	1.254	3	A	1		8.10	8.86	
Sucrose....g	23.58	1.335	3	A	1		6.69	7.31	
Glucose (dextrose)....g	2.72	0.067	3	A	1		0.77	0.84	
Fructose....g	2.02	0.014	3	A	1		0.57	0.63	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.26	0.000	3	A	1		0.07	0.08	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	24.69	1.520	3	A	1		7.00	7.65	
Minerals:									
Calcium, Ca....mg	41	8.171	5	A	1		12	13	
Iron, Fe....mg	2.11	0.157	5	A	1		0.60	0.65	
Magnesium, Mg....mg	44	3.487	5	A	1		12	13	
Phosphorus, P....mg	156	47.529	5	A	1		44	48	
Potassium, K....mg	202	12.350	5	A	1		57	63	
Sodium, Na....mg	463	32.677	5	A	1		131	144	
Zinc, Zn....mg	0.86	0.076	5	A	1		0.24	0.27	
Copper, Cu....mg	0.153	0.008	5	A	1		0.043	0.047	
Manganese, Mn....mg	0.643	0.029	5	A	1		0.182	0.199	
Selenium, Se....µg	6.3	0.285	3	A	1		1.8	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.208	0.014	3	A	1		0.059	0.065	
Riboflavin....mg	0.208	0.014	3	A	1		0.059	0.064	
Niacin....mg	3.860	0.024	3	A	1		1.094	1.197	
Pantothenic acid....mg	0.429		2	A	1		0.122	0.133	
Vitamin B-6....mg	0.122	0.010	3	A	1		0.035	0.038	
Folate, total....µg	57	0.190	3	A	1		16	18	
Folic acid....µg	30		0	NC	4		9	9	
Folate, food....µg	27		0	NC	4		8	8	
Folate, DFE....µg	78		0	NC	4		22	24	
Choline, total....mg	10.0		0	BFNN	4		2.8	3.1	
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	9		0	AS	1		3	3	
Retinol....µg	9		1	A	1		3	3	
Carotene, beta....µg	1		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	32		0	NC	4		9	10	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	14		0	FLC	4		4	4	
Vitamin E (alpha-tocopherol)....mg	3.53	0.270	3	A	1		1.00	1.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.26	0.032	3	A	1		0.07	0.08	
Tocopherol, gamma....mg	6.04	0.795	3	A	1		1.71	1.87	
Tocopherol, delta....mg	1.66	0.018	3	A	1		0.47	0.51	
Tocotrienol, alpha....mg	0.90	0.340	3	A	1		0.26	0.28	
Tocotrienol, beta....mg	0.22	0.036	3	A	1		0.06	0.07	

NDB No. 18185
Cookies, peanut butter, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.95	0.644	3	A	1		0.27	0.29	
Tocotrienol, delta....mg	0.16	0.142	3	A	1		0.04	0.05	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.4		0	FLC	4		1.2	1.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.751		0	NC	4		1.914	2.093	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.017	0.014	3	A	1		0.005	0.005	
13:0....g									
14:0....g	0.083	0.026	3	A	1		0.024	0.026	
15:0....g	0.006	0.001	3	A	1		0.002	0.002	
16:0....g	4.475	1.046	3	A	1		1.269	1.387	
17:0....g	0.021	0.002	3	A	1		0.006	0.007	
18:0....g	1.513	0.056	3	A	1		0.429	0.469	
20:0....g	0.169	0.012	3	A	1		0.048	0.052	
22:0....g	0.328	0.000	3	A	1		0.093	0.102	
24:0....g	0.137	0.004	3	A	1		0.039	0.043	
Fatty acids, total monounsaturated....g	10.800		0	NC	4		3.062	3.348	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.026	0.002	3	AS	1		0.007	0.008	
16:1 c....g	0.026	0.002	3	A	1		0.007	0.008	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.010	0.000	3	A	1		0.003	0.003	
18:1 undifferentiated....g	10.625	0.794	3	AS	1		3.012	3.294	
18:1 c....g	9.582	0.781	3	A	1		2.716	2.970	
18:1 t....g	1.044	0.012	3	A	1		0.296	0.324	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.130	0.006	3	A	1		0.037	0.040	
22:1 undifferentiated....g	0.008	0.001	3	AS	1		0.002	0.003	
22:1 c....g	0.008	0.001	3	A	1		0.002	0.003	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.610		0	NC	4		1.023	1.119	
18:2 undifferentiated....g	3.503	0.121	3	AS	1		0.993	1.086	
18:2 n-6 c,c....g	3.283	0.111	3	A	1		0.931	1.018	
18:2 CLAs....g	0.015	0.001	3	A	1		0.004	0.005	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.205	0.009	3	A	1		0.058	0.064	
18:3 undifferentiated....g	0.088	0.026	3	AS	1		0.025	0.027	
18:3 n-3 c,c,c (ALA)....g	0.081	0.028	3	A	1		0.023	0.025	
18:3 n-6 c,c,c....g	0.006	0.001	3	A	1		0.002	0.002	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.002	0.000	3	AS	1		0.001	0.001	
20:3 n-3....g	0.002	0.000	3	A	1		0.001	0.001	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.012	0.001	3	A	1		0.003	0.004	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.004	3	A	1		0.001	0.001	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 18185
Cookies, peanut butter, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	1.250		0	NC	4		0.354	0.387	
Fatty acids, total trans-monoenoic....g	1.044		0	NC	4		0.296	0.324	
Fatty acids, total trans-polyenoic....g	0.206		0	NC	4		0.058	0.064	
Cholesterol....mg	27		1	A	1		8	8	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0		1		0.031	0.034	
Threonine....g	0.323		0		1		0.092	0.100	
Isoleucine....g	0.363		0		1		0.103	0.113	
Leucine....g	0.652		0		1		0.185	0.202	
Lysine....g	0.380		0		1		0.108	0.118	
Methionine....g	0.148		0		1		0.042	0.046	
Cystine....g	0.160		0		1		0.045	0.050	
Phenylalanine....g	0.485		0		1		0.137	0.150	
Tyrosine....g	0.353		0		1		0.100	0.109	
Valine....g	0.425		0		1		0.120	0.132	
Arginine....g	0.852		0		1		0.242	0.264	
Histidine....g	0.225		0		1		0.064	0.070	
Alanine....g	0.370		0		1		0.105	0.115	
Aspartic acid....g	0.922		0		1		0.261	0.286	
Glutamic acid....g	2.271		0		1		0.644	0.704	
Glycine....g	0.477		0		1		0.135	0.148	
Proline....g	0.612		0		1		0.174	0.190	
Serine....g	0.504		0		1		0.143	0.156	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 31g: 1 cookie

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18186
Cookies, peanut butter, commercially prepared, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.50		2		1		3.26	1.73	
Energy....kcal	457		0	NC	4		130	69	
Energy....kJ	1912				4		542	287	
Protein (N x 5.5)....g	5.30		2		1		1.50	0.80	
Total lipid (fat)....g	24.40	0.237	3		1		6.92	3.66	
Ash....g	1.10		2		1		0.31	0.17	
Carbohydrate, by difference....g	57.70		0	NC	4		16.36	8.66	
Fiber, total dietary....g	1.7		0		1		0.5	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2		1		3	2	
Iron, Fe....mg	0.89		2		1		0.25	0.13	
Magnesium, Mg....mg	32		2		1		9	5	
Phosphorus, P....mg	87		2		1		25	13	
Potassium, K....mg	107		2		1		30	16	
Sodium, Na....mg	336		2		1		95	50	
Zinc, Zn....mg	0.55		2		1		0.16	0.08	
Copper, Cu....mg	0.080		2		1		0.023	0.012	
Manganese, Mn....mg	0.430		2		1		0.122	0.065	
Selenium, Se....µg	4.4		1	A	1		1.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.248	0.008	8		1		0.070	0.037	
Riboflavin....mg	0.165	0.001	8		1		0.047	0.025	
Niacin....mg	2.160	0.042	8		1		0.612	0.324	
Pantothenic acid....mg	0.362	0.007	8		1		0.103	0.054	
Vitamin B-6....mg	0.027		0	FLA	4		0.008	0.004	
Folate, total....µg	67		0	FLA	4		19	10	
Folic acid....µg	62		0	NC	4		18	9	
Folate, food....µg	5	0.032	8		1		1	1	
Folate, DFE....µg	110		0	NC	4		31	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18186
Cookies, peanut butter, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.149		0	FLA	4		1.743	0.922	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.001	0.000	
13:0....g									
14:0....g	0.089		0		1		0.025	0.013	
15:0....g									
16:0....g	3.006		0		1		0.852	0.451	
17:0....g									
18:0....g	2.268		0		1		0.643	0.340	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.844		0	FLA	4		3.925	2.077	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	13.169		0		1		3.733	1.975	
20:1....g	0.098		0		1		0.028	0.015	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.181		0	FLA	4		0.902	0.477	
18:2 undifferentiated....g	4.243		0		1		1.203	0.636	
18:3 undifferentiated....g	0.113		0		1		0.032	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		1		0.005	0.003	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.018	0.009	
Threonine....g	0.174		0		1		0.049	0.026	
Isoleucine....g	0.200		0		1		0.057	0.030	
Leucine....g	0.360		0		1		0.102	0.054	
Lysine....g	0.201		0		1		0.057	0.030	
Methionine....g	0.069		0		1		0.020	0.010	
Cystine....g	0.087		0		1		0.025	0.013	
Phenylalanine....g	0.268		0		1		0.076	0.040	
Tyrosine....g	0.194		0		1		0.055	0.029	
Valine....g	0.234		0		1		0.066	0.035	
Arginine....g	0.461		0		1		0.131	0.069	
Histidine....g	0.126		0		1		0.036	0.019	
Alanine....g	0.196		0		1		0.056	0.029	
Aspartic acid....g	0.488		0		1		0.138	0.073	
Glutamic acid....g	1.329		0		1		0.377	0.199	
Glycine....g	0.262		0		1		0.074	0.039	
Proline....g	0.368		0		1		0.104	0.055	
Serine....g	0.274		0		1		0.078	0.041	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18186

Cookies, peanut butter, commercially prepared, soft-type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28301
Cookies, peanut butter, commercially prepared, sugar free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.17		0	FLC	4		1.79		
Energy....kcal	523		0	NC	4		152		
Energy....kJ	2187		0	NC	4		634		
Protein (N x 6.25)....g	10.34		0	LC	8		3.00		
Total lipid (fat)....g	31.03		0	LC	8		9.00		
Ash....g	1.92		0	FLC	4		0.56		
Carbohydrate, by difference....g	50.52		0	NC	4		14.65		
Fiber, total dietary....g	3.4		0	LC	8		1.0		
Sugars, total....g	0.00		0	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	LC	8		0		
Iron, Fe....mg	2.48		0	LC	8		0.72		
Magnesium, Mg....mg	49		0	FLC	4		14		
Phosphorus, P....mg	132		0	FLC	4		38		
Potassium, K....mg	202		0	FLC	4		59		
Sodium, Na....mg	448		0	LC	8		130		
Zinc, Zn....mg	1.05		0	FLC	4		0.30		
Copper, Cu....mg	0.199		0	FLC	4		0.058		
Manganese, Mn....mg									
Selenium, Se....µg	16.6		0	FLC	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.340		0	FLC	4		0.098		
Riboflavin....mg	0.222		0	FLC	4		0.064		
Niacin....mg	5.538		0	FLC	4		1.606		
Pantothenic acid....mg									
Vitamin B-6....mg	0.112		0	FLC	4		0.032		
Folate, total....µg	83		0	FLC	4		24		
Folic acid....µg	48		0	FLC	4		14		
Folate, food....µg	35		0	NC	4		10		
Folate, DFE....µg	117		0	NC	4		34		
Choline, total....mg	38.5		0	FLC	4		11.2		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	1		0	FLC	4		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	31		0	FLC	4		9		
Vitamin E (alpha-tocopherol)....mg	3.51		0	FLC	4		1.02		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	34.8		0	FLC	4		10.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28301

Cookies, peanut butter, commercially prepared, sugar free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.621		0	LC	8		2.500		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.026		0	FLC	4		0.008		
13:0....g									
14:0....g	0.061		0	FLC	4		0.018		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	5.927		0	FLC	4		1.719		
17:0....g	0.007		0	FLC	4		0.002		
18:0....g	1.843		0	FLC	4		0.535		
20:0....g	0.199		0	FLC	4		0.058		
22:0....g	0.354		0	FLC	4		0.103		
24:0....g	0.090		0	FLC	4		0.026		
Fatty acids, total monounsaturated....g	7.735		0	FLC	4		2.243		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.025		0	FLC	4		0.007		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	7.565		0	FLC	4		2.194		
20:1....g	0.145		0	FLC	4		0.042		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	11.486		0	FLC	4		3.331		
18:2 undifferentiated....g	10.494		0	FLC	4		3.043		
18:3 undifferentiated....g	0.992		0	FLC	4		0.288		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	17		0	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18189
Cookies, peanut butter, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.90		0		1		1.67	1.18	
Energy	kcal	475		0	NC	4		135	95	
Energy	kJ	1987				4		563	397	
Protein (N x 0)	g	9.00		0		1		2.55	1.80	
Total lipid (fat)	g	23.80		0		1		6.75	4.76	
Ash	g	2.00		0		1		0.57	0.40	
Carbohydrate, by difference	g	58.90		0	NC	4		16.70	11.78	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0		1		11	8	
Iron, Fe	mg	2.23		0		1		0.63	0.45	
Magnesium, Mg	mg	39		0		1		11	8	
Phosphorus, P	mg	116		0		1		33	23	
Potassium, K	mg	231		0		1		65	46	
Sodium, Na	mg	518		0		1		147	104	
Zinc, Zn	mg	0.82		0		1		0.23	0.16	
Copper, Cu	mg	0.183		0		1		0.052	0.037	
Manganese, Mn	mg	0.570		0		1		0.162	0.114	
Selenium, Se	µg	14.8		0	RK	4		4.2	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.0	0.0	
Thiamin	mg	0.222		0		1		0.063	0.044	
Riboflavin	mg	0.210		0		1		0.060	0.042	
Niacin	mg	3.514		0		1		0.996	0.703	
Pantothenic acid	mg	0.345		0		1		0.098	0.069	
Vitamin B-6	mg	0.084		0		1		0.024	0.017	
Folate, total	µg	55		0	RK	4		16	11	
Folic acid	µg	37		0	NC	4		10	7	
Folate, food	µg	18		0		1		5	4	
Folate, DFE	µg	81		0	NC	4		23	16	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.09		0		1		0.03	0.02	
Vitamin A, RAE	µg	137		0	NC	4		39	27	
Retinol	µg	125		0		4		35	25	
Carotene, beta	µg	138		0	RK	4		39	28	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	647		0	NC	4		183	129	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18189
Cookies, peanut butter, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.438		0		1		1.258	0.888	
4:0....g	0.003		0		1		0.001	0.001	
6:0....g	0.002		0		1		0.001	0.000	
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.002		0		1		0.001	0.000	
12:0....g	0.007		0		1		0.002	0.001	
13:0....g									
14:0....g	0.054		0		1		0.015	0.011	
15:0....g									
16:0....g	2.905		0		1		0.824	0.581	
17:0....g									
18:0....g	1.461		0		1		0.414	0.292	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.832		0		1		3.071	2.166	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0		1		0.007	0.005	
17:1....g									
18:1 undifferentiated....g	10.684		0		1		3.029	2.137	
20:1....g	0.123		0		1		0.035	0.025	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.223		0		1		2.048	1.445	
18:2 undifferentiated....g	6.966		0		1		1.975	1.393	
18:3 undifferentiated....g	0.207		0		1		0.059	0.041	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		0		1		0.013	0.009	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	31		0		1		9	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.020	
Threonine....g	0.299		0		1		0.085	0.060	
Isoleucine....g	0.338		0		1		0.096	0.068	
Leucine....g	0.623		0		1		0.177	0.125	
Lysine....g	0.321		0		1		0.091	0.064	
Methionine....g	0.149		0		1		0.042	0.030	
Cystine....g	0.151		0		1		0.043	0.030	
Phenylalanine....g	0.460		0		1		0.130	0.092	
Tyrosine....g	0.332		0		1		0.094	0.066	
Valine....g	0.395		0		1		0.112	0.079	
Arginine....g	0.734		0		1		0.208	0.147	
Histidine....g	0.216		0		1		0.061	0.043	
Alanine....g	0.344		0		1		0.098	0.069	
Aspartic acid....g	0.799		0		1		0.227	0.160	
Glutamic acid....g	2.223		0		1		0.630	0.445	
Glycine....g	0.425		0		1		0.120	0.085	
Proline....g	0.643		0		1		0.182	0.129	
Serine....g	0.469		0		1		0.133	0.094	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18189

Cookies, peanut butter, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 cookie (3" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18187
Cookies, peanut butter, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.60	0.187	38		1		3.57	2.02	
Energy....kcal	458		0	NC	4		130	73	
Energy....kJ	1916				4		543	307	
Protein (N x 5.7)....g	8.20	0.171	38		1		2.32	1.31	
Total lipid (fat)....g	25.00	0.357	40		1		7.09	4.00	
Ash....g	2.00	0.086	38		1		0.57	0.32	
Carbohydrate, by difference....g	52.10		0	NC	4		14.77	8.34	
Fiber, total dietary....g	1.1		0		4		0.3	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	101	8.905	34		1		29	16	
Iron, Fe....mg	1.70	0.083	30		1		0.48	0.27	
Magnesium, Mg....mg	37	1.046	22		1		10	6	
Phosphorus, P....mg	241	7.821	23		1		68	39	
Potassium, K....mg	308	31.025	26		1		87	49	
Sodium, Na....mg	397	32.309	38		1		113	64	
Zinc, Zn....mg	0.68	0.021	22		1		0.19	0.11	
Copper, Cu....mg	0.151	0.006	22		1		0.043	0.024	
Manganese, Mn....mg	0.326		0	FLA	4		0.092	0.052	
Selenium, Se....µg	5.0		0	FLA	4		1.4	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin....mg	0.191	0.025	15		1		0.054	0.031	
Riboflavin....mg	0.186	0.012	8		1		0.053	0.030	
Niacin....mg	4.143	0.186	30		1		1.175	0.663	
Pantothenic acid....mg	0.379		0	FLA	4		0.107	0.061	
Vitamin B-6....mg	0.142		0	FLA	4		0.040	0.023	
Folate, total....µg	57		0	FLA	4		16	9	
Folic acid....µg	45		0	NC	4		13	7	
Folate, food....µg	12		0		4		3	2	
Folate, DFE....µg	89		0	NC	4		25	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE....µg	14		0	NC	4		4	2	
Retinol....µg	14		0	NC	4		4	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	47		1		1		13	8	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18187
Cookies, peanut butter, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.791		0	FLA	4		1.642	0.927	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.005		0	FLA	4		0.001	0.001	
13:0....g									
14:0....g	0.115		0	FLA	4		0.033	0.018	
15:0....g									
16:0....g	3.083		0	FLA	4		0.874	0.493	
17:0....g									
18:0....g	2.205		0	FLA	4		0.625	0.353	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.124		0	FLA	4		3.721	2.100	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLA	4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	13.013		0	FLA	4		3.689	2.082	
20:1....g	0.098		0	FLA	4		0.028	0.016	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.787		0	FLA	4		1.357	0.766	
18:2 undifferentiated....g	4.677		0	FLA	4		1.326	0.748	
18:3 undifferentiated....g	0.102		0	FLA	4		0.029	0.016	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27	2.199	17		1		8	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.028	0.016	
Threonine....g	0.278		0		1		0.079	0.044	
Isoleucine....g	0.324		0		1		0.092	0.052	
Leucine....g	0.571		0		1		0.162	0.091	
Lysine....g	0.339		0		1		0.096	0.054	
Methionine....g	0.129		0		1		0.037	0.021	
Cystine....g	0.148		0		1		0.042	0.024	
Phenylalanine....g	0.412		0		1		0.117	0.066	
Tyrosine....g	0.292		0		1		0.083	0.047	
Valine....g	0.378		0		1		0.107	0.060	
Arginine....g	0.632		0		1		0.179	0.101	
Histidine....g	0.190		0		1		0.054	0.030	
Alanine....g	0.315		0		1		0.089	0.050	
Aspartic acid....g	0.705		0		1		0.200	0.113	
Glutamic acid....g	2.018		0		1		0.572	0.323	
Glycine....g	0.370		0		1		0.105	0.059	
Proline....g	0.582		0		1		0.165	0.093	
Serine....g	0.450		0		1		0.128	0.072	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18187
Cookies, peanut butter, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: Protein 3.8 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18188
Cookies, peanut butter, refrigerated dough, baked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0		4		1.13	0.48	
Energy	kcal	503		0		4		143	60	
Energy	kJ	2105				4		597	253	
Protein	g	9.10		0		4		2.58	1.09	
Total lipid (fat)	g	27.50		0		4		7.80	3.30	
Ash	g	2.10		0		4		0.60	0.25	
Carbohydrate, by difference	g	57.30		0		4		16.24	6.88	
Fiber, total dietary	g	1.2		0		4		0.4	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0		4		31	13	
Iron, Fe	mg	1.87		0		4		0.53	0.22	
Magnesium, Mg	mg	41		0		4		12	5	
Phosphorus, P	mg	264		0		4		75	32	
Potassium, K	mg	338		0		4		96	41	
Sodium, Na	mg	436		0		4		124	52	
Zinc, Zn	mg	0.75		0		4		0.21	0.09	
Copper, Cu	mg	0.166		0		4		0.047	0.020	
Manganese, Mn	mg	0.461		0		4		0.131	0.055	
Selenium, Se	µg	5.1		1	A	1		1.4	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.168		0		4		0.048	0.020	
Riboflavin	mg	0.184		0		4		0.052	0.022	
Niacin	mg	4.098		0		4		1.162	0.492	
Pantothenic acid	mg	0.300		0		4		0.085	0.036	
Vitamin B-6	mg	0.064		0		4		0.018	0.008	
Folate, total	µg	44		0	RP	4		12	5	
Folic acid	µg	35		0	NC	4		10	4	
Folate, food	µg	9		0		4		3	1	
Folate, DFE	µg	69		0	NC	4		19	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.06		0		4		0.02	0.01	
Vitamin A, RAE	µg	14		0	NC	4		4	2	
Retinol	µg	14		0	NC	4		4	2	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	46		0		4		13	6	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18188
Cookies, peanut butter, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.199		0		4		1.757	0.744	
4:0....g									
6:0....g									
8:0....g	0.001		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.000	0.000	
12:0....g	0.004		0		4		0.001	0.000	
13:0....g									
14:0....g	0.099		0		4		0.028	0.012	
15:0....g									
16:0....g	3.539		0		4		1.003	0.425	
17:0....g									
18:0....g	2.552		0		4		0.723	0.306	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.526		0		4		4.118	1.743	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		4		0.012	0.005	
17:1....g									
18:1 undifferentiated....g	14.372		0		4		4.074	1.725	
20:1....g	0.110		0		4		0.031	0.013	
22:1 undifferentiated....g	0.001		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.889		0		4		1.386	0.587	
18:2 undifferentiated....g	4.700		0		4		1.332	0.564	
18:3 undifferentiated....g	0.131		0		4		0.037	0.016	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.052		0		4		0.015	0.006	
20:5 n-3 (EPA)....g	0.001		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.005		0		4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	30		0		4		9	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0		4		0.031	0.013	
Threonine....g	0.305		0		4		0.086	0.037	
Isoleucine....g	0.356		0		4		0.101	0.043	
Leucine....g	0.628		0		4		0.178	0.075	
Lysine....g	0.372		0		4		0.105	0.045	
Methionine....g	0.141		0		4		0.040	0.017	
Cystine....g	0.162		0		4		0.046	0.019	
Phenylalanine....g	0.453		0		4		0.128	0.054	
Tyrosine....g	0.321		0		4		0.091	0.039	
Valine....g	0.415		0		4		0.118	0.050	
Arginine....g	0.695		0		4		0.197	0.083	
Histidine....g	0.208		0		4		0.059	0.025	
Alanine....g	0.347		0		4		0.098	0.042	
Aspartic acid....g	0.774		0		4		0.219	0.093	
Glutamic acid....g	2.218		0		4		0.629	0.266	
Glycine....g	0.407		0		4		0.115	0.049	
Proline....g	0.639		0		4		0.181	0.077	
Serine....g	0.494		0		4		0.140	0.059	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18188

Cookies, peanut butter, refrigerated dough, baked

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18191
Cookies, raisin, soft-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.10	1.368	4		1		3.71	1.97	
Energy....kcal	401		0	NC	4		114	60	
Energy....kJ	1678		0		4		476	252	
Protein (N x 5.9)....g	4.10	0.473	4		1		1.16	0.62	
Total lipid (fat)....g	13.60	1.300	4		1		3.86	2.04	
Ash....g	1.20	0.039	4		1		0.34	0.18	
Carbohydrate, by difference....g	68.00		0	NC	4		19.28	10.20	
Fiber, total dietary....g	1.2		0		4		0.3	0.2	
Sugars, total....g	47.56		0	FLC	4		13.48	7.13	
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.820	4		1		13	7	
Iron, Fe....mg	2.29	0.366	4		1		0.65	0.34	
Magnesium, Mg....mg	21	0.569	3		1		6	3	
Phosphorus, P....mg	83	14.226	3		1		24	12	
Potassium, K....mg	140	22.995	3		1		40	21	
Sodium, Na....mg	418		0	LC	8		118	63	
Zinc, Zn....mg	0.32	0.047	3		1		0.09	0.05	
Copper, Cu....mg	0.413	0.022	3		1		0.117	0.062	
Manganese, Mn....mg	0.305		0	FLA	4		0.086	0.046	
Selenium, Se....µg	2.8		0	FLA	4		0.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLA	4		0.1	0.1	
Thiamin....mg	0.216	0.032	4		1		0.061	0.032	
Riboflavin....mg	0.206	0.012	4		1		0.058	0.031	
Niacin....mg	1.967	0.144	4		1		0.558	0.295	
Pantothenic acid....mg	0.244		0	FLA	4		0.069	0.037	
Vitamin B-6....mg	0.052		0	FLA	4		0.015	0.008	
Folate, total....µg	32		0	FLC	4		9	5	
Folic acid....µg	23		0	NR	4		7	3	
Folate, food....µg	9		0	NC	4		3	1	
Folate, DFE....µg	48		0	NC	4		14	7	
Choline, total....mg	14.7		0	FLC	4		4.2	2.2	
Betaine....mg									
Vitamin B-12....µg	0.03		0	FLA	4		0.01	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NR	4		0	0	
Retinol....µg	2		0	NR	4		0	0	
Carotene, beta....µg	1		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLC	4		0	0	
Vitamin A, IU....IU	5		0	FLA	4		1	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	37		0	FLC	4		10	6	
Vitamin E (alpha-tocopherol)....mg	2.22		0	FLC	4		0.63	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.9		0	FLC	4		1.1	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18191
Cookies, raisin, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.460		0	FLA	4		0.981	0.519	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.067		0	FLA	4		0.019	0.010	
15:0....g									
16:0....g	1.795		0	FLA	4		0.509	0.269	
17:0....g									
18:0....g	1.594		0	FLA	4		0.452	0.239	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.649		0	FLA	4		2.168	1.147	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLA	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	7.642		0	FLA	4		2.167	1.146	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.756		0	FLA	4		0.498	0.263	
18:2 undifferentiated....g	1.660		0	FLA	4		0.471	0.249	
18:3 undifferentiated....g	0.092		0	FLA	4		0.026	0.014	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		1	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0		1		0.015	0.008	
Threonine....g	0.140		0		1		0.040	0.021	
Isoleucine....g	0.165		0		1		0.047	0.025	
Leucine....g	0.285		0		1		0.081	0.043	
Lysine....g	0.183		0		1		0.052	0.027	
Methionine....g	0.085		0		1		0.024	0.013	
Cystine....g	0.086		0		1		0.024	0.013	
Phenylalanine....g	0.187		0		1		0.053	0.028	
Tyrosine....g	0.125		0		1		0.035	0.019	
Valine....g	0.191		0		1		0.054	0.029	
Arginine....g	0.189		0		1		0.054	0.028	
Histidine....g	0.091		0		1		0.026	0.014	
Alanine....g	0.154		0		1		0.044	0.023	
Aspartic acid....g	0.270		0		1		0.077	0.041	
Glutamic acid....g	1.095		0		1		0.310	0.164	
Glycine....g	0.137		0		1		0.039	0.021	
Proline....g	0.354		0		1		0.100	0.053	
Serine....g	0.231		0		1		0.065	0.035	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18191
Cookies, raisin, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18193
Cookies, shortbread, commercially prepared, pecan

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.30	0.163	23		1		0.94	0.46	
Energy....kcal	542		0	NC	4		154	76	
Energy....kJ	2268				4		643	317	
Protein (N x 5.6)....g	4.90	0.127	23		1		1.39	0.69	
Total lipid (fat)....g	32.50	0.332	24		1		9.21	4.55	
Ash....g	1.00	0.018	23		1		0.28	0.14	
Carbohydrate, by difference....g	58.30		0	NC	4		16.53	8.16	
Fiber, total dietary....g	1.8		0		1		0.5	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	30	1.156	23		1		9	4	
Iron, Fe....mg	2.43	0.063	23		1		0.69	0.34	
Magnesium, Mg....mg	18	0.410	22		1		5	3	
Phosphorus, P....mg	85	1.814	23		1		24	12	
Potassium, K....mg	73	2.202	23		1		21	10	
Sodium, Na....mg	281	5.292	23		1		80	39	
Zinc, Zn....mg	0.58	0.020	22		1		0.16	0.08	
Copper, Cu....mg	0.152	0.012	22		1		0.043	0.021	
Manganese, Mn....mg	0.617	0.021	17		1		0.175	0.086	
Selenium, Se....µg	3.2		0	FLA	4		0.9	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.293	0.012	28		1		0.083	0.041	
Riboflavin....mg	0.220	0.011	28		1		0.062	0.031	
Niacin....mg	2.481	0.123	28		1		0.703	0.347	
Pantothenic acid....mg	0.377	0.009	8		1		0.107	0.053	
Vitamin B-6....mg	0.020	0.001	8		1		0.006	0.003	
Folate, total....µg	63		0	FLA	4		18	9	
Folic acid....µg	55		0	NC	4		16	8	
Folate, food....µg	8	0.046	8		1		2	1	
Folate, DFE....µg	102		0	NC	4		29	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	1		0	NC	4		0	0	
Retinol....µg	1		0	NC	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	3		0	FLA	4		1	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18193
Cookies, shortbread, commercially prepared, pecan

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.204		0	FLA	4		2.326	1.149	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.158		0	FLA	4		0.045	0.022	
15:0....g									
16:0....g	4.209		0	FLA	4		1.193	0.589	
17:0....g									
18:0....g	3.830		0	FLA	4		1.086	0.536	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.628		0	FLA	4		5.281	2.608	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		0		1		0.010	0.005	
17:1....g									
18:1 undifferentiated....g	18.618		0	FLA	4		5.278	2.607	
20:1....g	0.047		0		1		0.013	0.007	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.122		0	FLA	4		1.169	0.577	
18:2 undifferentiated....g	3.913		0	FLA	4		1.109	0.548	
18:3 undifferentiated....g	0.206		0	FLA	4		0.058	0.029	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	33		1		1		9	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023	0.011	
Threonine....g	0.143		0		1		0.041	0.020	
Isoleucine....g	0.192		0		1		0.054	0.027	
Leucine....g	0.337		0		1		0.096	0.047	
Lysine....g	0.178		0		1		0.050	0.025	
Methionine....g	0.091		0		1		0.026	0.013	
Cystine....g	0.112		0		1		0.032	0.016	
Phenylalanine....g	0.239		0		1		0.068	0.033	
Tyrosine....g	0.149		0		1		0.042	0.021	
Valine....g	0.224		0		1		0.064	0.031	
Arginine....g	0.276		0		1		0.078	0.039	
Histidine....g	0.109		0		1		0.031	0.015	
Alanine....g	0.163		0		1		0.046	0.023	
Aspartic acid....g	0.252		0		1		0.071	0.035	
Glutamic acid....g	1.509		0		1		0.428	0.211	
Glycine....g	0.179		0		1		0.051	0.025	
Proline....g	0.490		0		1		0.139	0.069	
Serine....g	0.259		0		1		0.073	0.036	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18193

Cookies, shortbread, commercially prepared, pecan

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (2" dia)

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18192
Cookies, shortbread, commercially prepared, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.60	0.112	12	A	1		1.02	0.42	
Energy....kcal	514		0	NC	4		146	61	
Energy....kJ	2151		0	NC	4		610	254	
Protein (N x 5.8)....g	5.37	0.021	12	A	1		1.52	0.63	
Total lipid (fat)....g	26.22	0.193	11	A	1		7.43	3.09	
Ash....g	1.04	0.014	12	A	1		0.29	0.12	
Carbohydrate, by difference....g	63.78		0	NC	4		18.08	7.53	
Fiber, total dietary....g	1.3	0.053	6	A	1		0.4	0.1	
Sugars, total....g	21.65	0.194	6	A	1		6.14	2.55	
Sucrose....g	20.99	0.211	6	A	1		5.95	2.48	
Glucose (dextrose)....g	0.36	0.016	6	A	1		0.10	0.04	
Fructose....g	0.30	0.013	6	A	1		0.08	0.03	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	40.47	0.256	6	A	1		11.47	4.78	
Minerals:									
Calcium, Ca....mg	13	0.159	12	A	1		4	2	
Iron, Fe....mg	2.98	0.024	12	A	1		0.85	0.35	
Magnesium, Mg....mg	14	0.123	12	A	1		4	2	
Phosphorus, P....mg	66	0.392	12	A	1		19	8	
Potassium, K....mg	88	1.246	12	A	1		25	10	
Sodium, Na....mg	353	2.403	12	A	1		100	42	
Zinc, Zn....mg	0.49	0.022	12	A	1		0.14	0.06	
Copper, Cu....mg	0.090	0.004	12	A	1		0.026	0.011	
Manganese, Mn....mg	0.393	0.006	12	A	1		0.111	0.046	
Selenium, Se....µg	6.2	0.562	6	A	1		1.8	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.353	0.006	6	A	1		0.100	0.042	
Riboflavin....mg	0.314	0.010	6	A	1		0.089	0.037	
Niacin....mg	3.275	0.040	6	A	1		0.928	0.386	
Pantothenic acid....mg	0.321	0.007	4	A	1		0.091	0.038	
Vitamin B-6....mg	0.071	0.005	6	A	1		0.020	0.008	
Folate, total....µg	81	8.564	6	A	1		23	10	
Folic acid....µg	61		0	NR	4		17	7	
Folate, food....µg	20		0	NC	4		6	2	
Folate, DFE....µg	124		0	NC	4		35	15	
Choline, total....mg	0.9		0	FLC	4		0.3	0.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	1		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	29		0	FLC	4		8	3	
Vitamin E (alpha-tocopherol)....mg	2.44	0.073	6	A	1		0.69	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.26	0.020	6	A	1		0.07	0.03	
Tocopherol, gamma....mg	9.79	0.106	6	A	1		2.78	1.16	
Tocopherol, delta....mg	3.44	0.101	6	A	1		0.98	0.41	
Tocotrienol, alpha....mg	0.36	0.018	6	A	1		0.10	0.04	
Tocotrienol, beta....mg	0.74	0.082	6	A	1		0.21	0.09	

NDB No. 18192
Cookies, shortbread, commercially prepared, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.51	0.045	6	A	1		0.14	0.06	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone)....µg	11.0		0	FLC	4		3.1	1.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.105		0	NC	4		2.298	0.956	
4:0....g	0.086	0.001	6	A	1		0.024	0.010	
6:0....g	0.067	0.000	6	A	1		0.019	0.008	
8:0....g	0.043	0.001	6	A	1		0.012	0.005	
10:0....g	0.100	0.002	6	A	1		0.028	0.012	
12:0....g	0.126	0.002	6	A	1		0.036	0.015	
13:0....g									
14:0....g	0.456	0.005	6	A	1		0.129	0.054	
15:0....g	0.048	0.000	6	A	1		0.014	0.006	
16:0....g	5.143	0.035	6	A	1		1.458	0.607	
17:0....g	0.045	0.001	6	A	1		0.013	0.005	
18:0....g	1.842	0.009	6	A	1		0.522	0.217	
20:0....g	0.073	0.001	6	A	1		0.021	0.009	
22:0....g	0.052	0.001	6	A	1		0.015	0.006	
24:0....g	0.023	0.000	6	A	1		0.007	0.003	
Fatty acids, total monounsaturated....g	6.708		0	NC	4		1.902	0.792	
14:1....g	0.037	0.001	6	A	1		0.010	0.004	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.089	0.003	6	AS	1		0.025	0.010	
16:1 c....g	0.074	0.002	6	A	1		0.021	0.009	
16:1 t....g	0.015	0.001	6	A	1		0.004	0.002	
17:1....g	0.014	0.002	6	A	1		0.004	0.002	
18:1 undifferentiated....g	6.515	0.075	6	AS	1		1.847	0.769	
18:1 c....g	5.903	0.072	6	A	1		1.673	0.697	
18:1 t....g	0.612	0.007	6	A	1		0.174	0.072	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.053	0.001	6	A	1		0.015	0.006	
22:1 undifferentiated....g	0.001	0.001	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.001	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	8.326		0	NC	4		2.360	0.982	
18:2 undifferentiated....g	7.374	0.051	6	AS	1		2.090	0.870	
18:2 n-6 c,c....g	7.253	0.050	6	A	1		2.056	0.856	
18:2 CLAs....g	0.034	0.001	6	A	1		0.010	0.004	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.086	0.002	6	A	1		0.024	0.010	
18:3 undifferentiated....g	0.918	0.007	6	AS	1		0.260	0.108	
18:3 n-3 c,c,c (ALA)....g	0.885	0.006	6	A	1		0.251	0.104	
18:3 n-6 c,c,c....g	0.033	0.002	6	A	1		0.009	0.004	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	6	A	1		0.002	0.001	
20:3 undifferentiated....g	0.007	0.000	6	AS	1		0.002	0.001	
20:3 n-3....g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.001	0.001	
20:4 undifferentiated....g	0.017	0.000	6	A	1		0.005	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.001	0.001	6	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.002	0.000	6	A	1		0.001	0.000	

NDB No. 18192
Cookies, shortbread, commercially prepared, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.714		0	NC	4		0.203	0.084	
Fatty acids, total trans-monoenoic....g	0.628		0	NC	4		0.178	0.074	
Fatty acids, total trans-polyenoic....g	0.087		0	NC	4		0.025	0.010	
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 11.8g: 1 cookie

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28310
Cookies, shortbread, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.60	0.112	12	A	1		0.42		
Energy ... kcal	451		0	NC	4		53		
Energy ... kJ	1889		0	NC	4		223		
Protein (N x 6.25) ... g	5.37	0.021	12	A	1		0.63		
Total lipid (fat) ... g	14.00		0	FLC	4		1.65		
Ash ... g	1.04	0.014	12	A	1		0.12		
Carbohydrate, by difference ... g	75.99		0	NC	4		8.97		
Fiber, total dietary ... g	1.3	0.053	6	A	1		0.1		
Sugars, total ... g	21.65	0.194	6	A	1		2.55		
Sucrose ... g	20.99	0.211	6	A	1		2.48		
Glucose (dextrose) ... g	0.36	0.016	6	A	1		0.04		
Fructose ... g	0.30	0.013	6	A	1		0.03		
Lactose ... g	0.00	0.000	6	A	1		0.00		
Maltose ... g	0.00	0.000	6	A	1		0.00		
Galactose ... g	0.00	0.000	6	A	1		0.00		
Starch ... g	40.47	0.256	6	A	1		4.78		
Minerals:									
Calcium, Ca ... mg	13	0.159	12	A	1		2		
Iron, Fe ... mg	2.98	0.024	12	A	1		0.35		
Magnesium, Mg ... mg	14	0.123	12	A	1		2		
Phosphorus, P ... mg	66	0.392	12	A	1		8		
Potassium, K ... mg	88	1.246	12	A	1		10		
Sodium, Na ... mg	571		0	FLC	4		67		
Zinc, Zn ... mg	0.49	0.022	12	A	1		0.06		
Copper, Cu ... mg	0.090	0.004	12	A	1		0.011		
Manganese, Mn ... mg	0.393	0.006	12	A	1		0.046		
Selenium, Se ... µg	6.2	0.562	6	A	1		0.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLC	4		0.0		
Thiamin ... mg	0.353	0.006	6	A	1		0.042		
Riboflavin ... mg	0.314	0.010	6	A	1		0.037		
Niacin ... mg	3.275	0.040	6	A	1		0.386		
Pantothenic acid ... mg	0.321	0.007	4	A	1		0.038		
Vitamin B-6 ... mg	0.071	0.005	6	A	1		0.008		
Folate, total ... µg	81	8.564	6	A	1		10		
Folic acid ... µg	45		0	FLC	4		5		
Folate, food ... µg	36		0	NC	4		4		
Folate, DFE ... µg	113		0	NC	4		13		
Choline, total ... mg	1.5		0	FLC	4		0.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	FLC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	1		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	1		0	FLC	4		0		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	24		0	FLC	4		3		
Vitamin E (alpha-tocopherol) ... mg	2.44	0.073	6	A	1		0.29		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg	0.26	0.020	6	A	1		0.03		
Tocopherol, gamma ... mg	9.79	0.106	6	A	1		1.16		
Tocopherol, delta ... mg	3.44	0.101	6	A	1		0.41		
Tocotrienol, alpha ... mg	0.36	0.018	6	A	1		0.04		
Tocotrienol, beta ... mg	0.74	0.082	6	A	1		0.09		

NDB No. 28310
Cookies, shortbread, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.51	0.045	6	A	1		0.06		
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	3.5		0	FLC	4		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.694		0	NC	4		0.554		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.011		0	FLC	4		0.001		
8:0....g	0.188		0	FLC	4		0.022		
10:0....g	0.211		0	FLC	4		0.025		
12:0....g	2.675		0	FLC	4		0.316		
13:0....g									
14:0....g	0.933		0	FLC	4		0.110		
15:0....g									
16:0....g	0.511		0	FLC	4		0.060		
17:0....g									
18:0....g	0.165		0	FLC	4		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.130		0	NC	4		0.369		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	3.129		0	FLC	4		0.369		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.057		0	NC	4		0.715		
18:2 undifferentiated....g	5.308		0	FLC	4		0.626		
18:3 undifferentiated....g	0.167		0	FLC	4		0.020		
18:3 n-3 c,c,c (ALA)....g	0.582	0.006	6	A	1		0.069		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.470		0	NC	4		0.055		
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 28310

Cookies, shortbread, reduced fat

Common Measures:

Measure 1 = 11.8g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28311
Cookies, sugar wafer, chocolate-covered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.73		0	FLC	4		0.50		
Energy	kcal	526		0	NC	4		153		
Energy	kJ	2201		0	NC	4		638		
Protein (N x 6.25)	g	3.45		0	LC	8		1.00		
Total lipid (fat)	g	27.59		0	LC	8		8.00		
Ash	g	1.24		0	FLC	4		0.36		
Carbohydrate, by difference	g	65.99		0	NC	4		19.14		
Fiber, total dietary	g	3.4		0	LC	8		1.0		
Sugars, total	g	51.72		0	LC	8		15.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	1.24		0	LC	8		0.36		
Magnesium, Mg	mg	45		0	FLC	4		13		
Phosphorus, P	mg	117		0	FLC	4		34		
Potassium, K	mg	311		0	FLC	4		90		
Sodium, Na	mg	138		0	LC	8		40		
Zinc, Zn	mg	0.61		0	FLC	4		0.18		
Copper, Cu	mg	0.265		0	FLC	4		0.077		
Manganese, Mn	mg									
Selenium, Se	µg	5.4		0	FLC	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.094		0	FLC	4		0.027		
Riboflavin	mg	0.215		0	FLC	4		0.062		
Niacin	mg	0.642		0	FLC	4		0.186		
Pantothenic acid	mg									
Vitamin B-6	mg	0.048		0	FLC	4		0.014		
Folate, total	µg	15		0	FLC	4		4		
Folic acid	µg	10		0	FLC	4		3		
Folate, food	µg	5		0	FLC	4		1		
Folate, DFE	µg	23		0	NC	4		7		
Choline, total	mg	16.3		0	FLC	4		4.7		
Betaine	mg									
Vitamin B-12	µg	0.15		0	FLC	4		0.04		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	1		0	NC	4		0		
Retinol	µg	1		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	2		0	NC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	4		0	FLC	4		1		
Vitamin E (alpha-tocopherol)	mg	2.16		0	FLC	4		0.63		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	6.9		0	FLC	4		2.0		
Dihydrophylloquinone	µg									

NDB No. 28311
Cookies, sugar wafer, chocolate-covered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	17.241		0	LC	8		5.000		
4:0 g	0.014		0	FLC	4		0.004		
6:0 g	0.002		0	FLC	4		0.001		
8:0 g	0.002		0	FLC	4		0.001		
10:0 g	0.004		0	FLC	4		0.001		
12:0 g	0.003		0	FLC	4		0.001		
13:0 g									
14:0 g	0.131		0	FLC	4		0.038		
15:0 g									
16:0 g	10.931		0	FLC	4		3.170		
17:0 g									
18:0 g	6.112		0	FLC	4		1.773		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.866		0	NC	4		1.411		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.045		0	FLC	4		0.013		
17:1 g									
18:1 undifferentiated g	4.821		0	FLC	4		1.398		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.176		0	NC	4		1.211		
18:2 undifferentiated g	3.886		0	FLC	4		1.127		
18:3 undifferentiated g	0.289		0	FLC	4		0.084		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g	0.000		0	LC	8		0.000		
Cholesterol mg	0		0	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	5		0	FLC	4		2		
Theobromine mg	178		0	FLC	4		52		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18202
Cookies, sugar wafer, with creme filling, sugar free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.70		0	MC	9		0.20	0.03	
Energy	kcal	531		0	NC	4		150	21	
Energy	kJ	2221		0	NC	4		630	89	
Protein (N x 5.7)	g	3.57		0	LC	8		1.01	0.14	
Total lipid (fat)	g	28.57		0	LC	8		8.10	1.14	
Ash	g	0.90	0.168	3		1		0.26	0.04	
Carbohydrate, by difference	g	66.26		0	NC	4		18.78	2.65	
Fiber, total dietary	g	14.3		0	LC	8		4.1	0.6	
Sugars, total	g	0.00		0	LC	8		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0	0	
Iron, Fe	mg	1.29		0	LC	8		0.36	0.05	
Magnesium, Mg	mg	7		0	MC	9		2	0	
Phosphorus, P	mg	40		0	MC	9		11	2	
Potassium, K	mg	57		0	MC	9		16	2	
Sodium, Na	mg	71		0	LC	8		20	3	
Zinc, Zn	mg	0.20	0.014	3		1		0.06	0.01	
Copper, Cu	mg	0.038	0.003	3		1		0.011	0.002	
Manganese, Mn	mg	0.254		0	FLA	4		0.072	0.010	
Selenium, Se	µg	6.3		0	FLA	4		1.8	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3		1		0.0	0.0	
Thiamin	mg	0.240		0	MC	9		0.068	0.010	
Riboflavin	mg	0.150		0	MC	9		0.043	0.006	
Niacin	mg	1.800		0	MC	9		0.510	0.072	
Pantothenic acid	mg	0.098	0.007	3		1		0.028	0.004	
Vitamin B-6	mg	0.009	0.001	3		1		0.003	0.000	
Folate, total	µg	42		0	FLA	4		12	2	
Folic acid	µg	38		0	NC	4		11	2	
Folate, food	µg	4	0.292	3		1		1	0	
Folate, DFE	µg	69		0	NC	4		19	3	
Choline, total	mg	1.2		0	BFNN	4		0.3	0.0	
Betaine	mg									
Vitamin B-12	µg	0.00	0.000	3		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE	µg	0		0	BFFN	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	0		0	BFFN	4		0	0	
Carotene, alpha	µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFFN	4		0	0	
Vitamin A, IU	IU	1		0	NC	4		0	0	
Lycopene	µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin	µg	31		0	BFFN	4		9	1	
Vitamin E (alpha-tocopherol)	mg	3.08		0	BFFN	4		0.87	0.12	
Vitamin E, added	mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D	IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone)	µg	2.6		0	BFFN	4		0.7	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18202

Cookies, sugar wafer, with creme filling, sugar free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.257		0	NC	4		1.207	0.170	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.029		0	FLA	4		0.008	0.001	
15:0....g									
16:0....g	2.815		0	FLA	4		0.798	0.113	
17:0....g									
18:0....g	1.413		0	FLA	4		0.401	0.057	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.137		0	NC	4		3.441	0.485	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.115		0	FLA	4		0.032	0.005	
17:1....g									
18:1 undifferentiated....g	12.022		0	FLA	4		3.408	0.481	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.748		0	NC	4		3.047	0.430	
18:2 undifferentiated....g	10.005		0	FLA	4		2.836	0.400	
18:3 undifferentiated....g	0.743		0	FLA	4		0.211	0.030	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	LC	8		0.000	0.000	
Cholesterol....mg	0	0.000	3		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		1		0.012	0.002	
Threonine....g	0.085		0		1		0.024	0.003	
Isoleucine....g	0.116		0		1		0.033	0.005	
Leucine....g	0.209		0		1		0.059	0.008	
Lysine....g	0.107		0		1		0.030	0.004	
Methionine....g	0.052		0		1		0.015	0.002	
Cystine....g	0.067		0		1		0.019	0.003	
Phenylalanine....g	0.145		0		1		0.041	0.006	
Tyrosine....g	0.088		0		1		0.025	0.004	
Valine....g	0.135		0		1		0.038	0.005	
Arginine....g	0.117		0		1		0.033	0.005	
Histidine....g	0.062		0		1		0.018	0.002	
Alanine....g	0.093		0		1		0.026	0.004	
Aspartic acid....g	0.128		0		1		0.036	0.005	
Glutamic acid....g	1.014		0		1		0.287	0.041	
Glycine....g	0.104		0		1		0.029	0.004	
Proline....g	0.342		0		1		0.097	0.014	
Serine....g	0.161		0		1		0.046	0.006	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine....mg	0		0	BFNN	4		0	0	

NDB No. 18202

Cookies, sugar wafer, with creme filling, sugar free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	BFNN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.0g: 1 wafer

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18209
Cookies, sugar wafers with creme filling, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.66	0.088	6	A	1		0.60	0.17	0.47
Energy	kcal	502		0	NC	4		181	51	142
Energy	kJ	2102		0	NC	4		757	212	596
Protein (N x 5.7)	g	3.84	0.149	6	A	1		1.38	0.39	1.09
Total lipid (fat)	g	23.24	0.860	6	A	1		8.36	2.35	6.59
Ash	g	0.61	0.039	6	A	1		0.22	0.06	0.17
Carbohydrate, by difference	g	70.64		0	NC	4		25.43	7.14	20.03
Fiber, total dietary	g	1.6	0.163	6	A	1		0.6	0.2	0.5
Sugars, total	g	42.95	1.290	6	A	1		15.46	4.34	12.18
Sucrose	g	40.63	1.144	6	A	1		14.63	4.10	11.52
Glucose (dextrose)	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose	g	2.31	0.224	6	A	1		0.83	0.23	0.66
Maltose	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch	g	25.93	1.603	6	A	1		9.34	2.62	7.35
Minerals:										
Calcium, Ca	mg	27	1.877	6	A	1		10	3	8
Iron, Fe	mg	3.73	1.059	6	A	1		1.34	0.38	1.06
Magnesium, Mg	mg	16	0.746	6	A	1		6	2	4
Phosphorus, P	mg	72	2.720	6	A	1		26	7	20
Potassium, K	mg	117	5.449	6	A	1		42	12	33
Sodium, Na	mg	103	6.471	6	A	1		37	10	29
Zinc, Zn	mg	0.43	0.055	6	A	1		0.15	0.04	0.12
Copper, Cu	mg	0.066	0.004	6	A	1		0.024	0.007	0.019
Manganese, Mn	mg	0.421	0.017	6	A	1		0.151	0.042	0.119
Selenium, Se	µg	3.7	0.385	4	A	1		1.3	0.4	1.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	mg	0.037	0.012	3	A	1		0.013	0.004	0.010
Riboflavin	mg	0.120	0.031	3	A	1		0.043	0.012	0.034
Niacin	mg	2.183	0.349	3	A	1		0.786	0.221	0.619
Pantothenic acid	mg	0.395	0.024	4	A	1		0.142	0.040	0.112
Vitamin B-6	mg	0.043	0.001	4	A	1		0.015	0.004	0.012
Folate, total	µg	77	15.381	4		1		28	8	22
Folic acid	µg	75	15.381	4	A	1		27	8	21
Folate, food	µg	1	0.000	4	AS	1		1	0	0
Folate, DFE	µg	129		0	NC	4		47	13	37
Choline, total	mg	1.2		0	FLC	4		0.4	0.1	0.4
Betaine	mg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin B-12	µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	FLC	4		0	0	0
Retinol	µg	0		0	FLC	4		0	0	0
Carotene, beta	µg	0		0	FLC	4		0	0	0
Carotene, alpha	µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	0
Vitamin A, IU	IU	1		0	FLC	4		0	0	0
Lycopene	µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin	µg	25		0	FLC	4		9	3	7
Vitamin E (alpha-tocopherol)	mg	2.50	0.205	4	A	1		0.90	0.25	0.71
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.17	0.023	4	A	1		0.06	0.02	0.05
Tocopherol, gamma	mg	1.57	0.743	4	A	1		0.56	0.16	0.44
Tocopherol, delta	mg	0.55	0.297	4	A	1		0.20	0.06	0.16
Tocotrienol, alpha	mg	0.06	0.004	4	A	1		0.02	0.01	0.02
Tocotrienol, beta	mg	0.60	0.043	4	A	1		0.22	0.06	0.17

NDB No. 18209
Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	3.20	0.184	4	A	1		1.15	0.32	0.91
Tocotrienol, delta....mg	0.95	0.079	4	A	1		0.34	0.10	0.27
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0	0	0
Vitamin K (phylloquinone)....µg	2.1	0.043	4	A	1		0.7	0.2	0.6
Dihydrophylloquinone....µg	0.5		2	A	1		0.2	0.1	0.1
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.899		0	NC	4		4.284	1.202	3.373
4:0....g	0.006	0.001	6	A	1		0.002	0.001	0.002
6:0....g	0.004	0.001	6	A	1		0.001	0.000	0.001
8:0....g	0.052	0.016	6	A	1		0.019	0.005	0.015
10:0....g	0.048	0.015	6	A	1		0.017	0.005	0.014
12:0....g	0.532	0.211	6	A	1		0.192	0.054	0.151
13:0....g									
14:0....g	0.378	0.057	6	A	1		0.136	0.038	0.107
15:0....g	0.012	0.001	6	A	1		0.004	0.001	0.003
16:0....g	9.027	0.632	6	A	1		3.250	0.912	2.559
17:0....g	0.024	0.001	6	A	1		0.009	0.002	0.007
18:0....g	1.698	0.408	6	A	1		0.611	0.171	0.481
20:0....g	0.081	0.003	6	A	1		0.029	0.008	0.023
22:0....g	0.019	0.004	6	A	1		0.007	0.002	0.006
24:0....g	0.017	0.001	6	A	1		0.006	0.002	0.005
Fatty acids, total monounsaturated....g	7.697		0	NC	4		2.771	0.777	2.182
14:1....g	0.001	0.001	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.031	0.003	6	AS	1		0.011	0.003	0.009
16:1 c....g	0.030	0.003	6	A	1		0.011	0.003	0.009
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.005	0.000	6	A	1		0.002	0.000	0.001
18:1 undifferentiated....g	7.609	0.356	6	AS	1		2.739	0.769	2.157
18:1 c....g	7.526	0.383	6	A	1		2.710	0.760	2.134
18:1 t....g	0.082	0.040	6	A	1		0.030	0.008	0.023
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048	0.002	6	A	1		0.017	0.005	0.014
22:1 undifferentiated....g	0.001	0.001	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.003	0.000	6	A	1		0.001	0.000	0.001
Fatty acids, total polyunsaturated....g	2.651		0	NC	4		0.954	0.268	0.752
18:2 undifferentiated....g	2.553	0.196	6	AS	1		0.919	0.258	0.724
18:2 n-6 c,c....g	2.396	0.196	6	A	1		0.862	0.242	0.679
18:2 CLAs....g	0.009	0.001	6	A	1		0.003	0.001	0.003
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.148	0.013	6	A	1		0.053	0.015	0.042
18:3 undifferentiated....g	0.092	0.031	6	AS	1		0.033	0.009	0.026
18:3 n-3 c,c,c (ALA)....g	0.092	0.031	6	A	1		0.033	0.009	0.026
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.002	0.000	6	A	1		0.001	0.000	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.003	0.000	6	A	1		0.001	0.000	0.001
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Fatty acids, total trans-monoenoic....g	0.083		0	NC	4		0.030	0.008	0.024
Fatty acids, total trans-polyenoic....g	0.148		0	NC	4		0.053	0.015	0.042
Cholesterol....mg	0		0	FLC	4		0	0	0
Phytosterols....mg	102		0	FLC	4		37	10	29
Amino Acids:									
Tryptophan....g	0.049		0	FLC	4		0.018	0.005	0.014
Threonine....g	0.114		0	FLC	4		0.041	0.011	0.032
Isoleucine....g	0.136		0	FLC	4		0.049	0.014	0.039
Leucine....g	0.259		0	FLC	4		0.093	0.026	0.073
Lysine....g	0.105		0	FLC	4		0.038	0.011	0.030
Methionine....g	0.063		0	FLC	4		0.023	0.006	0.018
Cystine....g	0.075		0	FLC	4		0.027	0.008	0.021
Phenylalanine....g	0.192		0	FLC	4		0.069	0.019	0.054
Tyrosine....g	0.121		0	FLC	4		0.044	0.012	0.034
Valine....g	0.169		0	FLC	4		0.061	0.017	0.048
Arginine....g	0.167		0	FLC	4		0.060	0.017	0.047
Histidine....g	0.082		0	FLC	4		0.030	0.008	0.023
Alanine....g	0.134		0	FLC	4		0.048	0.014	0.038
Aspartic acid....g	0.204		0	FLC	4		0.073	0.021	0.058
Glutamic acid....g	1.156		0	FLC	4		0.416	0.117	0.328
Glycine....g	0.144		0	FLC	4		0.052	0.015	0.041
Proline....g	0.392		0	FLC	4		0.141	0.040	0.111
Serine....g	0.187		0	FLC	4		0.067	0.019	0.053
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	9		0	FLC	4		3	1	2
Theobromine....mg	77		0	FLC	4		28	8	22

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 3 cookies

Measure 2 = 10.1g: 1 cookie

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18204
Cookies, sugar, commercially prepared, regular (includes vanilla)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.29	0.565	9	A	1		1.78	1.07	
Energy....kcal	464		0	NC	4		132	79	
Energy....kJ	1941		0	NC	4		550	330	
Protein (N x 5.9)....g	5.35	0.242	9	A	1		1.52	0.91	
Total lipid (fat)....g	19.55	1.114	9	A	1		5.54	3.32	
Ash....g	1.47	0.124	9	A	1		0.42	0.25	
Carbohydrate, by difference....g	67.34		0	NC	4		19.09	11.45	
Fiber, total dietary....g	1.3	0.097	6	A	1		0.4	0.2	
Sugars, total....g	27.31	1.271	6	A	1		7.74	4.64	
Sucrose....g	25.75	0.287	6	A	1		7.30	4.38	
Glucose (dextrose)....g	0.77	0.566	6	A	1		0.22	0.13	
Fructose....g	0.61	0.434	6	A	1		0.17	0.10	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.18	0.000	6	A	1		0.05	0.03	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	36.43	0.058	4	A	1		10.33	6.19	
Minerals:									
Calcium, Ca....mg	35	9.117	9	A	1		10	6	
Iron, Fe....mg	2.24	0.244	9	A	1		0.63	0.38	
Magnesium, Mg....mg	13	0.444	9	A	1		4	2	
Phosphorus, P....mg	99	14.078	9	A	1		28	17	
Potassium, K....mg	87	5.079	9	A	1		25	15	
Sodium, Na....mg	385	28.275	9	A	1		109	65	
Zinc, Zn....mg	0.43	0.017	9	A	1		0.12	0.07	
Copper, Cu....mg	0.079	0.008	9	A	1		0.022	0.013	
Manganese, Mn....mg	0.307	0.009	9	A	1		0.087	0.052	
Selenium, Se....µg	8.2	3.730	6	A	1		2.3	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		4		0.0	0.0	
Thiamin....mg	0.232	0.066	6	A	1		0.066	0.040	
Riboflavin....mg	0.236	0.011	6	A	1		0.067	0.040	
Niacin....mg	2.942	0.127	6	A	1		0.834	0.500	
Pantothenic acid....mg	0.280	0.004	4	A	1		0.079	0.048	
Vitamin B-6....mg	0.068	0.007	6	A	1		0.019	0.012	
Folate, total....µg	72	10.950	6	A	1		20	12	
Folic acid....µg	34		0	NC	4		10	6	
Folate, food....µg	38		0	NC	4		11	6	
Folate, DFE....µg	95		0	NC	4		27	16	
Choline, total....mg	10.8		0	BFNN	4		3.1	1.8	
Betaine....mg									
Vitamin B-12....µg	0.19		0	FLA	4		0.05	0.03	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	7		0	NC	4		2	1	
Retinol....µg	7		1	A	1		2	1	
Carotene, beta....µg	1		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLC	4		0	0	
Vitamin A, IU....IU	27		0	NC	4		8	5	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	38		0	FLC	4		11	6	
Vitamin E (alpha-tocopherol)....mg	3.07	0.362	6	A	1		0.87	0.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.40	0.070	6	A	1		0.11	0.07	
Tocopherol, gamma....mg	4.58	2.563	6	A	1		1.30	0.78	
Tocopherol, delta....mg	1.71	1.023	6	A	1		0.49	0.29	
Tocotrienol, alpha....mg	1.90	0.856	6	A	1		0.54	0.32	
Tocotrienol, beta....mg	1.21	0.021	6	A	1		0.34	0.21	

NDB No. 18204
Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	2.62	1.263	6	A	1		0.74	0.45	
Tocotrienol, delta....mg	0.45	0.265	6	A	1		0.13	0.08	
Vitamin D (D2 + D3)....µg	0.0		0	BFNN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFNN	4		0	0	
Vitamin K (phylloquinone)....µg	8.6		0	FLC	4		2.4	1.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.666		0	NC	4		2.173	1.303	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.009	0.002	6	A	1		0.002	0.001	
10:0....g	0.015	0.006	6	A	1		0.004	0.003	
12:0....g	0.059	0.015	6	A	1		0.017	0.010	
13:0....g									
14:0....g	0.146	0.044	6	A	1		0.041	0.025	
15:0....g	0.008	0.001	6	A	1		0.002	0.001	
16:0....g	5.903	1.592	6	A	1		1.673	1.003	
17:0....g	0.020	0.001	6	A	1		0.006	0.003	
18:0....g	1.398	0.397	6	A	1		0.396	0.238	
20:0....g	0.065	0.004	6	A	1		0.018	0.011	
22:0....g	0.027	0.009	6	A	1		0.008	0.005	
24:0....g	0.017	0.001	6	A	1		0.005	0.003	
Fatty acids, total monounsaturated....g	6.971		0	NC	4		1.976	1.185	
14:1....g	0.001	0.001	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.032	0.004	6	AS	1		0.009	0.005	
16:1 c....g	0.032	0.004	6	A	1		0.009	0.005	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.006	0.000	6	A	1		0.002	0.001	
18:1 undifferentiated....g	6.896	1.109	6	AS	1		1.955	1.172	
18:1 c....g	6.508	1.051	6	A	1		1.845	1.106	
18:1 t....g	0.388	0.320	6	A	1		0.110	0.066	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.035	0.002	6	A	1		0.010	0.006	
22:1 undifferentiated....g	0.001	0.001	6	AS	1		0.000	0.000	
22:1 c....g	0.001	0.001	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.746		0	NC	4		1.062	0.637	
18:2 undifferentiated....g	3.449	1.474	6	AS	1		0.978	0.586	
18:2 n-6 c,c....g	3.336	1.507	6	A	1		0.946	0.567	
18:2 CLAs....g	0.012	0.003	6	A	1		0.003	0.002	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.101	0.056	6	A	1		0.029	0.017	
18:3 undifferentiated....g	0.282	0.241	6	AS	1		0.080	0.048	
18:3 n-3 c,c,c (ALA)....g	0.267	0.235	6	A	1		0.076	0.045	
18:3 n-6 c,c,c....g	0.014	0.007	6	A	1		0.004	0.002	
18:3i....g	0.000	0.001	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.002	6	A	1		0.001	0.000	
20:3 undifferentiated....g	0.002	0.001	6	AS	1		0.001	0.000	
20:3 n-3....g	0.002	0.001	6	A	1		0.000	0.000	
20:3 n-6....g	0.001	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated....g	0.010	0.002	6	A	1		0.003	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.001	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 18204
Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.490		0	NC	4		0.139	0.083	
Fatty acids, total trans-monoenoic....g	0.388		0	NC	4		0.110	0.066	
Fatty acids, total trans-polyenoic....g	0.101		0	NC	4		0.029	0.017	
Cholesterol....mg	12		2	A	1		3	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.020	0.012	
Threonine....g	0.179		0		1		0.051	0.030	
Isoleucine....g	0.230		0		1		0.065	0.039	
Leucine....g	0.390		0		1		0.111	0.066	
Lysine....g	0.256		0		1		0.073	0.044	
Methionine....g	0.110		0		1		0.031	0.019	
Cystine....g	0.104		0		1		0.029	0.018	
Phenylalanine....g	0.250		0		1		0.071	0.043	
Tyrosine....g	0.175		0		1		0.050	0.030	
Valine....g	0.263		0		1		0.075	0.045	
Arginine....g	0.221		0		1		0.063	0.038	
Histidine....g	0.112		0		1		0.032	0.019	
Alanine....g	0.190		0		1		0.054	0.032	
Aspartic acid....g	0.310		0		1		0.088	0.053	
Glutamic acid....g	1.355		0		1		0.384	0.230	
Glycine....g	0.164		0		1		0.046	0.028	
Proline....g	0.469		0		1		0.133	0.080	
Serine....g	0.298		0		1		0.084	0.051	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18208
Cookies, sugar, prepared from recipe, made with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.90		0		1		2.52	1.25	
Energy	kcal	472		0	NC	4		134	66	
Energy	kJ	1975		0		4		560	276	
Protein (N x 0)	g	5.90		0		1		1.67	0.83	
Total lipid (fat)	g	23.40		0		1		6.63	3.28	
Ash	g	1.80		0		1		0.51	0.25	
Carbohydrate, by difference	g	60.00		0	NC	4		17.01	8.40	
Fiber, total dietary	g	1.2		0		4		0.3	0.2	
Sugars, total	g	24.86		0	RA	4		7.05	3.48	
Starch	g									
Minerals:										
Calcium, Ca	mg	73		0		1		21	10	
Iron, Fe	mg	2.33		0		1		0.66	0.33	
Magnesium, Mg	mg	12		0		1		3	2	
Phosphorus, P	mg	90		0		1		26	13	
Potassium, K	mg	77		0		1		22	11	
Sodium, Na	mg	491		0		1		139	69	
Zinc, Zn	mg	0.42		0		1		0.12	0.06	
Copper, Cu	mg	0.078		0		1		0.022	0.011	
Manganese, Mn	mg	0.316		0		1		0.090	0.044	
Selenium, Se	µg	17.6		0	RK	4		5.0	2.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.0	0.0	
Thiamin	mg	0.294		0		1		0.083	0.041	
Riboflavin	mg	0.257		0		1		0.073	0.036	
Niacin	mg	2.443		0		1		0.693	0.342	
Pantothenic acid	mg	0.240		0		1		0.068	0.034	
Vitamin B-6	mg	0.030		0		1		0.009	0.004	
Folate, total	µg	61		0	RA	4		17	9	
Folic acid	µg	51		0		4		14	7	
Folate, food	µg	11		0		1		3	2	
Folate, DFE	µg	98		0	NC	4		28	14	
Choline, total	mg	27.3		0	RK	4		7.7	3.8	
Betaine	mg									
Vitamin B-12	µg	0.09		0		1		0.03	0.01	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	238		0	NC	4		67	33	
Retinol	µg	224		0	RA	4		63	31	
Carotene, beta	µg	169		0	RA	4		48	24	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	1		0	RA	4		0	0	
Vitamin A, IU	IU	1028		0	NC	4		292	144	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	28		0	RA	4		8	4	
Vitamin E (alpha-tocopherol)	mg	2.57		0	RA	4		0.73	0.36	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	RA	4		0.1	0.1	
Vitamin D	IU	21		0	RA	4		6	3	
Vitamin K (phylloquinone)	µg	25.9		0	RA	4		7.3	3.6	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.690		0		1		1.330	0.657	
4:0....g	0.004		0		1		0.001	0.001	
6:0....g	0.002		0		1		0.001	0.000	
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.003		0		1		0.001	0.000	
12:0....g	0.003		0		1		0.001	0.000	
13:0....g									
14:0....g	0.068		0		1		0.019	0.010	
15:0....g									
16:0....g	2.911		0		1		0.825	0.408	
17:0....g									
18:0....g	1.694		0		1		0.480	0.237	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.189		0		1		2.889	1.426	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.006	0.003	
17:1....g									
18:1 undifferentiated....g	10.166		0		1		2.882	1.423	
20:1....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.290		0		1		2.067	1.021	
18:2 undifferentiated....g	6.962		0		1		1.974	0.975	
18:3 undifferentiated....g	0.318		0		1		0.090	0.045	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		0		1		0.003	0.001	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		0		1		0.001	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26		0		1		7	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0		1		0.021	0.010	
Threonine....g	0.184		0		1		0.052	0.026	
Isoleucine....g	0.230		0		1		0.065	0.032	
Leucine....g	0.430		0		1		0.122	0.060	
Lysine....g	0.192		0		1		0.054	0.027	
Methionine....g	0.118		0		1		0.033	0.017	
Cystine....g	0.122		0		1		0.035	0.017	
Phenylalanine....g	0.298		0		1		0.084	0.042	
Tyrosine....g	0.193		0		1		0.055	0.027	
Valine....g	0.264		0		1		0.075	0.037	
Arginine....g	0.251		0		1		0.071	0.035	
Histidine....g	0.134		0		1		0.038	0.019	
Alanine....g	0.208		0		1		0.059	0.029	
Aspartic acid....g	0.307		0		1		0.087	0.043	
Glutamic acid....g	1.775		0		1		0.503	0.249	
Glycine....g	0.204		0		1		0.058	0.029	
Proline....g	0.618		0		1		0.175	0.087	
Serine....g	0.315		0		1		0.089	0.044	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (3" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18205
Cookies, sugar, refrigerated dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.08		2	MC	9		4.64	2.39	3.66
Energy....kcal	436		2	MC	9		144	74	113
Energy....kJ	1823		0	MC	9		602	310	474
Protein (N x 5.8)....g	4.00		2	MC	9		1.32	0.68	1.04
Total lipid (fat)....g	19.48		2	MC	9		6.43	3.31	5.06
Ash....g	1.20		2	MC	9		0.39	0.20	0.31
Carbohydrate, by difference....g	61.22		2	MC	9		20.20	10.41	15.92
Fiber, total dietary....g	0.9		2	MC	9		0.3	0.1	0.2
Sugars, total....g	36.51		2	MC	9		12.05	6.21	9.49
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	MC	9		3	1	2
Iron, Fe....mg	1.85		2	MC	9		0.61	0.31	0.48
Magnesium, Mg....mg	7	0.360	11		1		2	1	2
Phosphorus, P....mg	169	5.121	11		1		56	29	44
Potassium, K....mg	147	66.352	7		1		49	25	38
Sodium, Na....mg	328		0	NR	4		108	56	85
Zinc, Zn....mg	0.24	0.011	11		1		0.08	0.04	0.06
Copper, Cu....mg	0.037	0.002	19		1		0.012	0.006	0.010
Manganese, Mn....mg	0.308		0	FLA	4		0.102	0.052	0.080
Selenium, Se....µg	3.1		0	FLA	4		1.0	0.5	0.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	MC	9		0.0	0.0	0.0
Thiamin....mg	0.205	0.023	13		1		0.068	0.035	0.053
Riboflavin....mg	0.122	0.011	15		1		0.040	0.021	0.032
Niacin....mg	2.412	0.333	13		1		0.796	0.410	0.627
Pantothenic acid....mg	0.246		0	FLA	4		0.081	0.042	0.064
Vitamin B-6....mg	0.019		0	FLA	4		0.006	0.003	0.005
Folate, total....µg	63		0	FLC	4		21	11	16
Folic acid....µg									
Folate, food....µg	8		0		4		3	1	2
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE....µg	11		0	NC	4		4	2	3
Retinol....µg	11		0	FLC	4		4	2	3
Carotene, beta....µg	0		0	FLC	4		0	0	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	37		1		1		12	6	10
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	8		0	FLC	4		3	1	2
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLC	4		0.06	0.03	0.05
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	8.8		0	FLC	4		2.9	1.5	2.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18205
Cookies, sugar, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.955		0	NC	4		1.635	0.842	1.288
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.096		0	FLA	4		0.032	0.016	0.025
15:0....g									
16:0....g	2.553		0	FLA	4		0.843	0.434	0.664
17:0....g									
18:0....g	2.306		0	FLA	4		0.761	0.392	0.599
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.077		0	NC	4		3.656	1.883	2.880
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLA	4		0.002	0.001	0.002
17:1....g									
18:1 undifferentiated....g	11.070		0	FLA	4		3.653	1.882	2.878
20:1....g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.469		0	NC	4		0.815	0.420	0.642
18:2 undifferentiated....g	2.341		0	FLA	4		0.772	0.398	0.609
18:3 undifferentiated....g	0.124		0	FLA	4		0.041	0.021	0.032
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLA	4		0.001	0.000	0.001
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	11		2	MC	9		4	2	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.019	0.010	0.015
Threonine....g	0.138		0		1		0.046	0.023	0.036
Isoleucine....g	0.178		0		1		0.059	0.030	0.046
Leucine....g	0.306		0		1		0.101	0.052	0.080
Lysine....g	0.185		0		1		0.061	0.031	0.048
Methionine....g	0.086		0		1		0.028	0.015	0.022
Cystine....g	0.094		0		1		0.031	0.016	0.024
Phenylalanine....g	0.207		0		1		0.068	0.035	0.054
Tyrosine....g	0.134		0		1		0.044	0.023	0.035
Valine....g	0.204		0		1		0.067	0.035	0.053
Arginine....g	0.184		0		1		0.061	0.031	0.048
Histidine....g	0.090		0		1		0.030	0.015	0.023
Alanine....g	0.154		0		1		0.051	0.026	0.040
Aspartic acid....g	0.236		0		1		0.078	0.040	0.061
Glutamic acid....g	1.207		0		1		0.398	0.205	0.314
Glycine....g	0.144		0		1		0.048	0.024	0.037
Proline....g	0.403		0		1		0.133	0.069	0.105
Serine....g	0.246		0		1		0.081	0.042	0.064
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

NDB No. 18205
Cookies, sugar, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 serving

Measure 2 = 17g: 1 cookie dough for 1rolled cookie

Measure 3 = 26g: 1 cookie 1 pre-sliced cookie dough

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate**4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18206
Cookies, sugar, refrigerated dough, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.00		0		1		1.42	0.75	1.15
Energy....kcal	489		0	NC	4		139	73	112
Energy....kJ	2046		0	NC	4		580	307	471
Protein (N x 0)....g	4.70		0		1		1.33	0.71	1.08
Total lipid (fat)....g	23.10		0		1		6.55	3.47	5.31
Ash....g	1.70		0		1		0.48	0.26	0.39
Carbohydrate, by difference....g	65.60		0	NC	4		18.60	9.84	15.09
Fiber, total dietary....g	0.9		0	BFSN	4		0.3	0.1	0.2
Sugars, total....g	40.36		0	BFSN	4		11.44	6.05	9.28
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		26	14	21
Iron, Fe....mg	1.84		0		1		0.52	0.28	0.42
Magnesium, Mg....mg	8		0		1		2	1	2
Phosphorus, P....mg	187		0		1		53	28	43
Potassium, K....mg	163		0		1		46	24	37
Sodium, Na....mg	362		0	BFSN	4		103	54	83
Zinc, Zn....mg	0.27		0		1		0.08	0.04	0.06
Copper, Cu....mg	0.041		0		1		0.012	0.006	0.009
Manganese, Mn....mg	0.289		0		4		0.082	0.043	0.066
Selenium, Se....µg	3.5		0	RK	4		1.0	0.5	0.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.182		0		1		0.052	0.027	0.042
Riboflavin....mg	0.122		0		1		0.035	0.018	0.028
Niacin....mg	2.412		0		1		0.684	0.362	0.555
Pantothenic acid....mg	0.151		0		4		0.043	0.023	0.035
Vitamin B-6....mg	0.023		0		4		0.007	0.003	0.005
Folate, total....µg	70		0	RPI	6		20	11	16
Folic acid....µg	61		0	RPI	6		17	9	14
Folate, food....µg	9		0	RPI	6		3	1	2
Folate, DFE....µg	113		0	NC	4		32	17	26
Choline, total....mg	10.5		0	BFNN	4		3.0	1.6	2.4
Betaine....mg									
Vitamin B-12....µg	0.07		0		4		0.02	0.01	0.02
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	12		0	RPI	6		3	2	3
Retinol....µg	12		0	RPI	6		3	2	3
Carotene, beta....µg	0		0	RPI	6		0	0	0
Carotene, alpha....µg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	0
Vitamin A, IU....IU	41		0	NC	4		12	6	9
Lycopene....µg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin....µg	9		0	RPI	6		2	1	2
Vitamin E (alpha-tocopherol)....mg	0.21		0	RPI	6		0.06	0.03	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.8		0	RPI	6		2.8	1.5	2.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18206
Cookies, sugar, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.906		0		1		1.674	0.886	1.358
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.112		0		1		0.032	0.017	0.026
15:0....g									
16:0....g	3.081		0		1		0.873	0.462	0.709
17:0....g									
18:0....g	2.709		0		1		0.768	0.406	0.623
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.010		0		1		3.688	1.952	2.992
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.028		0		1		0.008	0.004	0.006
17:1....g									
18:1 undifferentiated....g	12.979		0		1		3.680	1.947	2.985
20:1....g	0.003		0		1		0.001	0.000	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.891		0		1		0.820	0.434	0.665
18:2 undifferentiated....g	2.731		0		1		0.774	0.410	0.628
18:3 undifferentiated....g	0.143		0		1		0.041	0.021	0.033
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		0		1		0.004	0.002	0.003
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.000	0.001
Fatty acids, total trans....g									
Cholesterol....mg	32		0		1		9	5	7
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.019	0.010	0.015
Threonine....g	0.153		0		1		0.043	0.023	0.035
Isoleucine....g	0.197		0		1		0.056	0.030	0.045
Leucine....g	0.340		0		1		0.096	0.051	0.078
Lysine....g	0.205		0		1		0.058	0.031	0.047
Methionine....g	0.096		0		1		0.027	0.014	0.022
Cystine....g	0.105		0		1		0.030	0.016	0.024
Phenylalanine....g	0.230		0		1		0.065	0.035	0.053
Tyrosine....g	0.149		0		1		0.042	0.022	0.034
Valine....g	0.227		0		1		0.064	0.034	0.052
Arginine....g	0.205		0		1		0.058	0.031	0.047
Histidine....g	0.100		0		1		0.028	0.015	0.023
Alanine....g	0.171		0		1		0.048	0.026	0.039
Aspartic acid....g	0.262		0		1		0.074	0.039	0.060
Glutamic acid....g	1.341		0		1		0.380	0.201	0.308
Glycine....g	0.160		0		1		0.045	0.024	0.037
Proline....g	0.447		0		1		0.127	0.067	0.103
Serine....g	0.273		0		1		0.077	0.041	0.063
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RPI	6		0	0	0

NDB No. 18206
Cookies, sugar, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RPI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie 1 rolled cookie dough

Measure 3 = 23g: 1 cookie 1 pre-sliced cookie dough

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18210
Cookies, vanilla sandwich with creme filling

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20	0.098	32		1		0.62	0.33	0.22
Energy	kcal	483		0	NC	4		137	72	48
Energy	kJ	2021		0		4		573	303	202
Protein (N x 5.7)	g	4.50	0.093	39		1		1.28	0.68	0.45
Total lipid (fat)	g	20.00	0.306	40		1		5.67	3.00	2.00
Ash	g	1.20	0.048	34		1		0.34	0.18	0.12
Carbohydrate, by difference	g	72.10		0		4		20.44	10.82	7.21
Fiber, total dietary	g	1.5		0		4		0.4	0.2	0.2
Sugars, total	g	39.30		0	FLC	4		11.14	5.89	3.93
Starch	g									
Minerals:										
Calcium, Ca	mg	27	2.837	38		1		8	4	3
Iron, Fe	mg	2.21	0.060	40		1		0.63	0.33	0.22
Magnesium, Mg	mg	14	0.354	31		1		4	2	1
Phosphorus, P	mg	75	3.781	36		1		21	11	8
Potassium, K	mg	91	6.964	33		1		26	14	9
Sodium, Na	mg	349	12.440	36		1		99	52	35
Zinc, Zn	mg	0.40	0.014	32		1		0.11	0.06	0.04
Copper, Cu	mg	0.114	0.011	30		1		0.032	0.017	0.011
Manganese, Mn	mg	0.292	0.014	24		1		0.083	0.044	0.029
Selenium, Se	µg	3.0		0	FLA	4		0.9	0.5	0.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.261	0.024	40		1		0.074	0.039	0.026
Riboflavin	mg	0.243	0.009	41		1		0.069	0.036	0.024
Niacin	mg	2.690	0.088	40		1		0.763	0.404	0.269
Pantothenic acid	mg	0.394	0.008	8		1		0.112	0.059	0.039
Vitamin B-6	mg	0.018		0	FLA	4		0.005	0.003	0.002
Folate, total	µg	50		0	FLC	4		14	8	5
Folic acid	µg	46		0		4		13	7	5
Folate, food	µg	4	0.608	11		1		1	1	0
Folate, DFE	µg	82		0	NC	4		23	12	8
Choline, total	mg	4.1		0	FLC	4		1.2	0.6	0.4
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	FLC	4		0	0	0
Carotene, beta	µg	0		0	FLC	4		0	0	0
Carotene, alpha	µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin	µg	1		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.60		0	FLC	4		0.45	0.24	0.16
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	5.0		0	FLC	4		1.4	0.7	0.5
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18210
Cookies, vanilla sandwich with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.979		0	FLA	4		0.845	0.447	0.298
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.020		0	FLA	4		0.006	0.003	0.002
15:0....g									
16:0....g	1.976		0	FLA	4		0.560	0.296	0.198
17:0....g									
18:0....g	0.979		0	FLA	4		0.278	0.147	0.098
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.437		0	FLA	4		2.392	1.266	0.844
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		0	FLA	4		0.023	0.012	0.008
17:1....g									
18:1 undifferentiated....g	8.338		0	FLA	4		2.364	1.251	0.834
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.551		0	FLA	4		2.141	1.133	0.755
18:2 undifferentiated....g	7.011		0	FLA	4		1.988	1.052	0.701
18:3 undifferentiated....g	0.520		0	FLA	4		0.147	0.078	0.052
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.010	0.006
Threonine....g	0.124		0		4		0.035	0.019	0.012
Isoleucine....g	0.170		0		4		0.048	0.026	0.017
Leucine....g	0.306		0		4		0.087	0.046	0.031
Lysine....g	0.156		0		4		0.044	0.023	0.016
Methionine....g	0.075		0		4		0.021	0.011	0.008
Cystine....g	0.097		0		4		0.027	0.015	0.010
Phenylalanine....g	0.212		0		4		0.060	0.032	0.021
Tyrosine....g	0.128		0		4		0.036	0.019	0.013
Valine....g	0.196		0		4		0.056	0.029	0.020
Arginine....g	0.171		0		4		0.048	0.026	0.017
Histidine....g	0.091		0		4		0.026	0.014	0.009
Alanine....g	0.135		0		4		0.038	0.020	0.014
Aspartic acid....g	0.187		0		4		0.053	0.028	0.019
Glutamic acid....g	1.479		0		4		0.419	0.222	0.148
Glycine....g	0.152		0		4		0.043	0.023	0.015
Proline....g	0.499		0		4		0.141	0.075	0.050
Serine....g	0.236		0		4		0.067	0.035	0.024
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18210
Cookies, vanilla sandwich with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie, oval (3-1/8" x 1-1/4" x 3/8")

Measure 3 = 10.0g: 1 cookie, round (1-3/4" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28352
Cookies, vanilla sandwich with creme filling, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.25		0	FLC	4		3.00		
Energy	kcal	423		0	NC	4		203		
Energy	kJ	1770		0	NC	4		850		
Protein (N x 6.25)	g	4.17		0	LC	8		2.00		
Total lipid (fat)	g	10.42		0	LC	8		5.00		
Ash	g	1.00		0	FLC	4		0.48		
Carbohydrate, by difference	g	78.16		0	NC	4		37.52		
Fiber, total dietary	g	2.1		0	LC	8		1.0		
Sugars, total	g	37.50		0	LC	8		18.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	LC	8		20		
Iron, Fe	mg	2.25		0	LC	8		1.08		
Magnesium, Mg	mg	12		0	FLC	4		6		
Phosphorus, P	mg	60		0	FLC	4		29		
Potassium, K	mg	104		0	LC	8		50		
Sodium, Na	mg	354		0	LC	8		170		
Zinc, Zn	mg	0.37		0	FLC	4		0.18		
Copper, Cu	mg	0.077		0	FLC	4		0.037		
Manganese, Mn	mg									
Selenium, Se	µg	17.6		0	FLC	4		8.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.402		0	FLC	4		0.193		
Riboflavin	mg	0.270		0	FLC	4		0.129		
Niacin	mg	3.006		0	FLC	4		1.443		
Pantothenic acid	mg									
Vitamin B-6	mg	0.025		0	FLC	4		0.012		
Folate, total	µg	93		0	FLC	4		45		
Folic acid	µg	78		0	FLC	4		38		
Folate, food	µg	15		0	FLC	4		7		
Folate, DFE	µg	148		0	NC	4		71		
Choline, total	mg	1.2		0	FLC	4		0.6		
Betaine	mg									
Vitamin B-12	µg	0.01		0	FLC	4		0.01		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	1		0	NC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	40		0	FLC	4		19		
Vitamin E (alpha-tocopherol)	mg	1.31		0	FLC	4		0.63		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	2.6		0	FLC	4		1.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28352

Cookies, vanilla sandwich with creme filling, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.175		0	NC	4		1.524		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.005		0	FLC	4		0.002		
13:0....g									
14:0....g	0.021		0	FLC	4		0.010		
15:0....g	0.004		0	FLC	4		0.002		
16:0....g	1.640		0	FLC	4		0.787		
17:0....g	0.016		0	FLC	4		0.008		
18:0....g	1.404		0	FLC	4		0.674		
20:0....g	0.042		0	FLC	4		0.020		
22:0....g	0.043		0	FLC	4		0.021		
24:0....g									
Fatty acids, total monounsaturated....g	5.602		0	NC	4		2.689		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLC	4		0.003		
17:1....g									
18:1 undifferentiated....g	5.592		0	FLC	4		2.684		
20:1....g	0.004		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.118		0	NC	4		0.537		
18:2 undifferentiated....g	1.092		0	FLC	4		0.524		
18:3 undifferentiated....g	0.026		0	FLC	4		0.012		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 serving cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18213
Cookies, vanilla wafers, higher fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.98	0.079	17	A	1		1.49	0.58	
Energy....kcal	455		0	NC	4		136	53	
Energy....kJ	1903		0	NC	4		571	221	
Protein (N x 5.7)....g	4.90	0.044	17	A	1		1.47	0.57	
Total lipid (fat)....g	16.41	0.259	17	A	1		4.92	1.90	
Ash....g	1.11	0.016	17	A	1		0.33	0.13	
Carbohydrate, by difference....g	72.60		0	NC	4		21.78	8.42	
Fiber, total dietary....g	1.6	0.101	6	A	1		0.5	0.2	
Sugars, total....g	35.07	0.434	9	A	1		10.52	4.07	
Sucrose....g	32.51	0.495	9	A	1		9.75	3.77	
Glucose (dextrose)....g	0.86	0.052	9	A	1		0.26	0.10	
Fructose....g	0.94	0.057	9	A	1		0.28	0.11	
Lactose....g	0.77	0.016	9	A	1		0.23	0.09	
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	36.51	0.291	9	A	1		10.95	4.24	
Minerals:									
Calcium, Ca....mg	36	0.944	17	A	1		11	4	
Iron, Fe....mg	2.79	0.106	17	A	1		0.84	0.32	
Magnesium, Mg....mg	12	0.341	17	A	1		4	1	
Phosphorus, P....mg	88	1.303	17	A	1		27	10	
Potassium, K....mg	99	2.716	17	A	1		30	11	
Sodium, Na....mg	325	7.422	17	A	1		98	38	
Zinc, Zn....mg	0.36	0.013	17	A	1		0.11	0.04	
Copper, Cu....mg	0.070	0.001	17	A	1		0.021	0.008	
Manganese, Mn....mg	0.290	0.007	17	A	1		0.087	0.034	
Selenium, Se....µg	5.6	0.123	9	A	1		1.7	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.289	0.015	9	A	1		0.087	0.034	
Riboflavin....mg	0.316	0.018	9	A	1		0.095	0.037	
Niacin....mg	3.307	0.202	9	A	1		0.992	0.384	
Pantothenic acid....mg	0.351	0.000	3	A	1		0.105	0.041	
Vitamin B-6....mg	0.055	0.003	9	A	1		0.016	0.006	
Folate, total....µg	83	3.959	9	A	1		25	10	
Folic acid....µg	35		0	NC	4		11	4	
Folate, food....µg	48		0	NC	4		15	6	
Folate, DFE....µg	108		0	NC	4		32	13	
Choline, total....mg	11.5		0	BFNN	4		3.4	1.3	
Betaine....mg									
Vitamin B-12....µg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		3	A	1		0	0	
Carotene, beta....µg	0		0	BFFN	4		0	0	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	1		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.27	0.037	6	A	1		0.68	0.26	
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta....mg	0.39	0.008	6	A	1		0.12	0.04	
Tocopherol, gamma....mg	7.71	0.408	6	A	1		2.31	0.89	
Tocopherol, delta....mg	2.09	0.211	6	A	1		0.63	0.24	
Tocotrienol, alpha....mg	0.20	0.155	6	A	1		0.06	0.02	
Tocotrienol, beta....mg	0.82	0.026	6	A	1		0.25	0.10	

NDB No. 18213
Cookies, vanilla wafers, higher fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.26	0.164	6	A	1		0.08	0.03	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone)....µg	29.0	2.434	3	A	1		8.7	3.4	
Dihydrophylloquinone....µg	3.4	0.197	3	A	1		1.0	0.4	
Menaquinone-4....µg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.245		0	NC	4		1.273	0.492	
4:0....g	0.007	0.001	9	A	1		0.002	0.001	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.001	0.000	9	A	1		0.000	0.000	
10:0....g	0.004	0.001	9	A	1		0.001	0.000	
12:0....g	0.009	0.001	9	A	1		0.003	0.001	
13:0....g									
14:0....g	0.052	0.006	9	A	1		0.016	0.006	
15:0....g	0.006	0.000	9	A	1		0.002	0.001	
16:0....g	2.686	0.249	9	A	1		0.806	0.312	
17:0....g	0.016	0.001	9	A	1		0.005	0.002	
18:0....g	1.351	0.087	9	A	1		0.405	0.157	
20:0....g	0.051	0.001	9	A	1		0.015	0.006	
22:0....g	0.043	0.001	9	A	1		0.013	0.005	
24:0....g	0.019	0.001	9	A	1		0.006	0.002	
Fatty acids, total monounsaturated....g	4.451		0	NC	4		1.335	0.516	
14:1....g	0.000	0.000	9	A	1		0.000	0.000	
15:1....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated....g	0.017	0.001	9	AS	1		0.005	0.002	
16:1 c....g	0.017	0.001	9	A	1		0.005	0.002	
16:1 t....g	0.001	0.000	9	A	1		0.000	0.000	
17:1....g	0.006	0.001	9	A	1		0.002	0.001	
18:1 undifferentiated....g	4.389	0.177	9	AS	1		1.317	0.509	
18:1 c....g	3.852	0.181	9	A	1		1.155	0.447	
18:1 t....g	0.537	0.012	9	A	1		0.161	0.062	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038	0.001	9	A	1		0.011	0.004	
22:1 undifferentiated....g	0.002	0.001	9	AS	1		0.000	0.000	
22:1 c....g	0.001	0.001	9	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	6.738		0	NC	4		2.021	0.782	
18:2 undifferentiated....g	5.968	0.094	9	AS	1		1.790	0.692	
18:2 n-6 c,c....g	5.896	0.095	9	A	1		1.769	0.684	
18:2 CLAs....g	0.010	0.000	9	A	1		0.003	0.001	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.062	0.002	9	A	1		0.019	0.007	
18:3 undifferentiated....g	0.749	0.024	9	AS	1		0.225	0.087	
18:3 n-3 c,c,c (ALA)....g	0.714	0.025	9	A	1		0.214	0.083	
18:3 n-6 c,c,c....g	0.035	0.001	9	A	1		0.011	0.004	
18:3i....g	0.000	0.000	9	A	1		0.000	0.000	
18:4....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	9	A	1		0.002	0.001	
20:3 undifferentiated....g	0.001	0.000	9	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 n-6....g	0.001	0.000	9	A	1		0.000	0.000	
20:4 undifferentiated....g	0.010	0.001	9	A	1		0.003	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	9	A	1		0.001	0.000	
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	

NDB No. 18213
Cookies, vanilla wafers, higher fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans....g	0.600		0	NC	4		0.180	0.070	
Fatty acids, total trans-monoenoic....g	0.538		0	NC	4		0.161	0.062	
Fatty acids, total trans-polyenoic....g	0.062		0	NC	4		0.019	0.007	
Cholesterol....mg	9		2	A	1		3	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	A	1		0.012	0.005	
Threonine....g	0.153		0	A	1		0.046	0.018	
Isoleucine....g	0.184		0	A	1		0.055	0.021	
Leucine....g	0.378		0	A	1		0.113	0.044	
Lysine....g	0.122		0	A	1		0.037	0.014	
Methionine....g	0.102		0	A	1		0.031	0.012	
Cystine....g	0.153		0	A	1		0.046	0.018	
Phenylalanine....g	0.235		0	A	1		0.070	0.027	
Tyrosine....g	0.112		0	A	1		0.034	0.013	
Valine....g	0.204		0	A	1		0.061	0.024	
Arginine....g	0.204		0	A	1		0.061	0.024	
Histidine....g	0.102		0	A	1		0.031	0.012	
Alanine....g	0.174		0	A	1		0.052	0.020	
Aspartic acid....g	0.255		0	A	1		0.077	0.030	
Glutamic acid....g	1.572		0	A	1		0.472	0.182	
Glycine....g	0.194		0	A	1		0.058	0.022	
Proline....g	0.868		0	A	1		0.260	0.101	
Serine....g	0.276		0	A	1		0.083	0.032	
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine....mg	0		0	BFNN	4		0	0	
Theobromine....mg	0		0	BFNN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 wafers

Measure 2 = 11.6g: 8 wafers mini wafers

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18212
Cookies, vanilla wafers, lower fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.10	0.111	47		1		1.45	4.08	0.31
Energy	kcal	441		0	NC	4		125	353	26
Energy	kJ	1845		0		4		523	1476	111
Protein (N x 5.9)	g	5.00	0.055	48		1		1.42	4.00	0.30
Total lipid (fat)	g	15.20	0.219	46		1		4.31	12.16	0.91
Ash	g	1.10	0.023	45		1		0.31	0.88	0.07
Carbohydrate, by difference	g	73.60		0	NC	4		20.87	58.88	4.42
Fiber, total dietary	g	1.9		0		1		0.5	1.5	0.1
Sugars, total	g	37.50		0	FLC	4		10.63	30.00	2.25
Starch	g									
Minerals:										
Calcium, Ca	mg	48	1.163	51		1		14	38	3
Iron, Fe	mg	2.38	0.059	48		1		0.67	1.90	0.14
Magnesium, Mg	mg	14	0.624	47		1		4	11	1
Phosphorus, P	mg	104	1.755	47		1		29	83	6
Potassium, K	mg	97	1.863	46		1		27	78	6
Sodium, Na	mg	388		0	LC	8		110	310	23
Zinc, Zn	mg	0.36	0.012	49		1		0.10	0.29	0.02
Copper, Cu	mg	0.100	0.009	45		1		0.028	0.080	0.006
Manganese, Mn	mg	0.262	0.009	44		1		0.074	0.210	0.016
Selenium, Se	µg	11.3	1.259	3	A	1		3.2	9.0	0.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.275	0.011	45		1		0.078	0.220	0.017
Riboflavin	mg	0.320	0.017	45		1		0.091	0.256	0.019
Niacin	mg	3.106	0.083	46		1		0.881	2.485	0.186
Pantothenic acid	mg	0.410	0.083	4		1		0.116	0.328	0.025
Vitamin B-6	mg	0.073		2		1		0.021	0.058	0.004
Folate, total	µg	60		0	FLA	4		17	48	4
Folic acid	µg	51		0		4		14	41	3
Folate, food	µg	9		0		4		3	7	1
Folate, DFE	µg	96		0	NC	4		27	77	6
Choline, total	mg	27.6		0	FLC	4		7.8	22.1	1.7
Betaine	mg									
Vitamin B-12	µg	0.13		0	FLA	4		0.04	0.10	0.01
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	8		0	NC	4		2	7	0
Retinol	µg	8		0	FLA	4		2	6	0
Carotene, beta	µg	1		0	FLA	4		0	1	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	1		0	FLA	4		0	1	0
Vitamin A, IU	IU	30		0	NC	4		8	24	2
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	41		0	FLA	4		11	32	2
Vitamin E (alpha-tocopherol)	mg	0.23		0	FLA	4		0.07	0.19	0.01
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	6.0		0	FLA	4		1.7	4.8	0.4
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18212
Cookies, vanilla wafers, lower fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.838		0	FLA	4		1.088	3.070	0.230
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.060		0	FLA	4		0.017	0.048	0.004
15:0....g									
16:0....g	2.244		0	FLA	4		0.636	1.795	0.135
17:0....g									
18:0....g	1.543		0	FLA	4		0.437	1.234	0.093
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.544		0	FLA	4		1.855	5.235	0.393
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.009	0.025	0.002
17:1....g									
18:1 undifferentiated....g	6.508		0	FLA	4		1.845	5.206	0.390
20:1....g	0.003		0	FLA	4		0.001	0.002	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.887		0	FLA	4		1.102	3.110	0.233
18:2 undifferentiated....g	3.625		0	FLA	4		1.028	2.900	0.218
18:3 undifferentiated....g	0.231		0	FLA	4		0.065	0.185	0.014
18:4....g	0.002		0	FLA	4		0.001	0.002	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0	FLA	4		0.005	0.014	0.001
20:5 n-3 (EPA)....g	0.008		0	FLA	4		0.002	0.006	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.005		0	FLA	4		0.001	0.004	0.000
Fatty acids, total trans....g									
Cholesterol....mg	51		0	FLA	4		14	41	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		1		0.019	0.054	0.004
Threonine....g	0.169		0		1		0.048	0.135	0.010
Isoleucine....g	0.213		0		1		0.060	0.170	0.013
Leucine....g	0.365		0		1		0.103	0.292	0.022
Lysine....g	0.230		0		1		0.065	0.184	0.014
Methionine....g	0.105		0		1		0.030	0.084	0.006
Cystine....g	0.110		0		1		0.031	0.088	0.007
Phenylalanine....g	0.243		0		1		0.069	0.194	0.015
Tyrosine....g	0.160		0		1		0.045	0.128	0.010
Valine....g	0.244		0		1		0.069	0.195	0.015
Arginine....g	0.221		0		1		0.063	0.177	0.013
Histidine....g	0.106		0		1		0.030	0.085	0.006
Alanine....g	0.188		0		1		0.053	0.150	0.011
Aspartic acid....g	0.297		0		1		0.084	0.238	0.018
Glutamic acid....g	1.335		0		1		0.378	1.068	0.080
Glycine....g	0.167		0		1		0.047	0.134	0.010
Proline....g	0.444		0		1		0.126	0.355	0.027
Serine....g	0.293		0		1		0.083	0.234	0.018
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18212
Cookies, vanilla wafers, lower fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 80g: 1 cup, crumbs

Measure 3 = 6.0g: 1 large

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18236
Cracker meal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.60	0.456	13		1		2.15	8.74	
Energy....kcal	383		0	NC	4		109	441	
Energy....kJ	1603		0	NC	4		455	1844	
Protein (N x 5.7)....g	9.30	0.267	16		1		2.64	10.70	
Total lipid (fat)....g	1.70	0.156	15		1		0.48	1.96	
Ash....g	0.60	0.094	13		1		0.17	0.69	
Carbohydrate, by difference....g	80.90		0	NC	4		22.94	93.04	
Fiber, total dietary....g	2.6		0		4		0.7	2.9	
Sugars, total....g	0.33		0	FLC	4		0.09	0.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	1.096	15		1		7	26	
Iron, Fe....mg	4.64	0.143	16		1		1.32	5.34	
Magnesium, Mg....mg	24	0.894	15		1		7	28	
Phosphorus, P....mg	104	3.643	16		1		29	120	
Potassium, K....mg	115	4.413	14		1		33	132	
Sodium, Na....mg	16		0	LC	8		5	18	
Zinc, Zn....mg	0.69	0.042	15		1		0.20	0.79	
Copper, Cu....mg	0.225	0.031	15		1		0.064	0.259	
Manganese, Mn....mg	0.944	0.254	11		1		0.268	1.086	
Selenium, Se....µg	42.3		0	FLA	4		12.0	48.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.696	0.036	14		1		0.197	0.800	
Riboflavin....mg	0.468	0.024	14		1		0.133	0.538	
Niacin....mg	5.707	0.157	15		1		1.618	6.563	
Pantothenic acid....mg	0.467		0	FLA	4		0.132	0.537	
Vitamin B-6....mg	0.039		0	FLA	4		0.011	0.045	
Folate, total....µg	136		0	FLC	4		39	157	
Folic acid....µg	114		0		4		32	131	
Folate, food....µg	22		0		4		6	25	
Folate, DFE....µg	216		0	NC	4		61	248	
Choline, total....mg	19.6		0	BFZN	4		5.6	22.5	
Betaine....mg									
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	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	76		0	FLC	4		21	87	
Vitamin E (alpha-tocopherol)....mg	0.43		0	FLC	4		0.12	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	FLC	4		0.1	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18236
Cracker meal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.271		0		1		0.077	0.312	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.259		0		1		0.073	0.298	
17:0....g									
18:0....g	0.012		0		1		0.003	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.152		0		1		0.043	0.175	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.152		0		1		0.043	0.175	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.722		0		1		0.205	0.830	
18:2 undifferentiated....g	0.683		0		1		0.194	0.785	
18:3 undifferentiated....g	0.039		0		1		0.011	0.045	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0		1		0.030	0.123	
Threonine....g	0.247		0		1		0.070	0.284	
Isoleucine....g	0.342		0		1		0.097	0.393	
Leucine....g	0.639		0		1		0.181	0.735	
Lysine....g	0.179		0		1		0.051	0.206	
Methionine....g	0.162		0		1		0.046	0.186	
Cystine....g	0.208		0		1		0.059	0.239	
Phenylalanine....g	0.456		0		1		0.129	0.524	
Tyrosine....g	0.253		0		1		0.072	0.291	
Valine....g	0.388		0		1		0.110	0.446	
Arginine....g	0.321		0		1		0.091	0.369	
Histidine....g	0.196		0		1		0.056	0.225	
Alanine....g	0.282		0		1		0.080	0.324	
Aspartic acid....g	0.373		0		1		0.106	0.429	
Glutamic acid....g	3.241		0		1		0.919	3.727	
Glycine....g	0.316		0		1		0.090	0.363	
Proline....g	1.087		0		1		0.308	1.250	
Serine....g	0.448		0		1		0.127	0.515	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18236
Cracker meal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 115g: 1 cup

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18434
Crackers, cheese, 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
Proximates:									
Water....g	3.10	0.124	48		1		0.44	1.92	2.23
Energy....kcal	503		0	NC	4		71	312	362
Energy....kJ	2105		0		4		299	1305	1515
Protein....g	10.10	0.228	47		1		1.43	6.26	7.27
Total lipid (fat)....g	25.30	0.541	51		1		3.59	15.69	18.22
Ash....g	3.30	0.118	43		1		0.47	2.05	2.38
Carbohydrate, by difference....g	58.20		0	NC	4		8.26	36.08	41.90
Fiber, total dietary....g	2.4		0		4		0.3	1.5	1.7
Sugars, total....g	0.28		0	FLA	4		0.04	0.17	0.20
Starch....g									
Minerals:									
Calcium, Ca....mg	151	11.424	48		1		21	94	109
Iron, Fe....mg	4.77	0.206	45		1		0.68	2.96	3.43
Magnesium, Mg....mg	36	2.525	43		1		5	22	26
Phosphorus, P....mg	218	11.747	44		1		31	135	157
Potassium, K....mg	106		0		1		15	66	76
Sodium, Na....mg	458		0		1		65	284	330
Zinc, Zn....mg	1.13	0.035	42		1		0.16	0.70	0.81
Copper, Cu....mg	0.210	0.017	42		1		0.030	0.130	0.151
Manganese, Mn....mg	0.629	0.013	36		1		0.089	0.390	0.453
Selenium, Se....µg	8.6		1	A	1		1.2	5.3	6.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.570	0.018	42		1		0.081	0.353	0.410
Riboflavin....mg	0.428	0.015	42		1		0.061	0.265	0.308
Niacin....mg	4.671	0.104	41		1		0.663	2.896	3.363
Pantothenic acid....mg	0.526	0.107	4		1		0.075	0.326	0.379
Vitamin B-6....mg	0.553	0.424	3		1		0.079	0.343	0.398
Folate, total....µg	89		0	FLA	4		13	55	64
Folic acid....µg	64		0		4		9	40	46
Folate, food....µg	25		1		1		4	16	18
Folate, DFE....µg	134		0	NC	4		19	83	96
Choline, total....mg	8.7		0	BFZN	4		1.2	5.4	6.2
Betaine....mg									
Vitamin B-12....µg	0.46		1		1		0.07	0.29	0.33
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	17		0	NC	4		2	11	12
Retinol....µg	11		0	FLA	4		2	7	8
Carotene, beta....µg	63		0	FLA	4		9	39	45
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	17		0	FLA	4		2	11	12
Vitamin A, IU....IU	156		0	NC	4		22	96	112
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	34		0	FLA	4		5	21	24
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.04	0.19	0.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	11.2		0	FLA	4		1.6	6.9	8.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18434
Crackers, cheese, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.638		0	BFZN	4		1.369	5.976	6.939
4:0....g	0.268		0	BFZN	4		0.038	0.166	0.193
6:0....g	0.135		0	BFZN	4		0.019	0.084	0.097
8:0....g	0.071		0	BFZN	4		0.010	0.044	0.051
10:0....g	0.154		0	BFZN	4		0.022	0.095	0.111
12:0....g	0.139		0	BFZN	4		0.020	0.086	0.100
13:0....g									
14:0....g	0.935		0	BFZN	4		0.133	0.580	0.673
15:0....g									
16:0....g	4.700		0	BFZN	4		0.667	2.914	3.384
17:0....g									
18:0....g	2.989		0	BFZN	4		0.424	1.853	2.152
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.852		0	BFZN	4		1.683	7.348	8.533
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.262		0	BFZN	4		0.037	0.162	0.189
17:1....g									
18:1 undifferentiated....g	11.467		0	BFZN	4		1.628	7.110	8.256
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.457		0	BFZN	4		0.349	1.523	1.769
18:2 undifferentiated....g	2.250		0	BFZN	4		0.320	1.395	1.620
18:3 undifferentiated....g	0.207		0	BFZN	4		0.029	0.128	0.149
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	13		1		1		2	8	9
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.018	0.080	0.093
Threonine....g	0.295		0		1		0.042	0.183	0.212
Isoleucine....g	0.424		0		1		0.060	0.263	0.305
Leucine....g	0.744		0		1		0.106	0.461	0.536
Lysine....g	0.418		0		1		0.059	0.259	0.301
Methionine....g	0.194		0		1		0.028	0.120	0.140
Cystine....g	0.168		0		1		0.024	0.104	0.121
Phenylalanine....g	0.490		0		1		0.070	0.304	0.353
Tyrosine....g	0.340		0		1		0.048	0.211	0.245
Valine....g	0.478		0		1		0.068	0.296	0.344
Arginine....g	0.386		0		1		0.055	0.239	0.278
Histidine....g	0.245		0		1		0.035	0.152	0.176
Alanine....g	0.304		0		1		0.043	0.188	0.219
Aspartic acid....g	0.480		0		1		0.068	0.298	0.346
Glutamic acid....g	3.034		0		1		0.431	1.881	2.184
Glycine....g	0.302		0		1		0.043	0.187	0.217
Proline....g	1.110		0		1		0.158	0.688	0.799
Serine....g	0.521		0		1		0.074	0.323	0.375
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18434
Crackers, cheese, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 62g: 1 cup Cheez-its

Measure 3 = 72g: 1 cup, crushed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18965
Crackers, cheese, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.30		0	FLC	4		2.19		
Energy....kcal	418		0	NC	4		125		
Energy....kJ	1748		0	NC	4		524		
Protein (N x 6.25)....g	10.00		1	LC	8		3.00		
Total lipid (fat)....g	11.67		1	LC	8		3.50		
Ash....g	2.84		0	FLC	4		0.85		
Carbohydrate, by difference....g	68.19		0	NC	4		20.46		
Fiber, total dietary....g	3.3		1	LC	8		1.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	67		1	LC	8		20		
Iron, Fe....mg	4.80		1	LC	8		1.44		
Magnesium, Mg....mg	22		0	FLC	4		6		
Phosphorus, P....mg	162		0	FLC	4		49		
Potassium, K....mg	141		0	FLC	4		42		
Sodium, Na....mg	1167		1	LC	8		350		
Zinc, Zn....mg	0.90		0	FLC	4		0.27		
Copper, Cu....mg	0.118		0	FLC	4		0.035		
Manganese, Mn....mg	0.517		0	FLC	4		0.155		
Selenium, Se....µg	26.2		0	FLC	4		7.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	1.087		0	FLC	4		0.326		
Riboflavin....mg	0.750		0	FLC	4		0.225		
Niacin....mg	7.170		0	FLC	4		2.151		
Pantothenic acid....mg	0.528		0	FLC	4		0.158		
Vitamin B-6....mg	0.044		0	FLC	4		0.013		
Folate, total....µg	228		0	FLC	4		68		
Folic acid....µg	174		0	FLC	4		52		
Folate, food....µg	54		0	FLC	4		16		
Folate, DFE....µg	349		0	NC	4		105		
Choline, total....mg	2.5		0	FLC	4		0.7		
Betaine....mg									
Vitamin B-12....µg	0.03		0	FLC	4		0.01		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	9		0	FLC	4		3		
Retinol....µg	8		0	FLC	4		2		
Carotene, beta....µg	16		0	FLC	4		5		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	3		0	FLC	4		1		
Vitamin A, IU....IU	56		0	FLC	4		17		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	68		0	FLC	4		20		
Vitamin E (alpha-tocopherol)....mg	1.88		0	FLC	4		0.56		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	3.8		0	FLC	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18965
Crackers, cheese, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.333		1	LC	8		1.000		
4:0....g	0.033		0	FLC	4		0.010		
6:0....g	0.016		0	FLC	4		0.005		
8:0....g	0.009		0	FLC	4		0.003		
10:0....g	0.019		0	FLC	4		0.006		
12:0....g	0.017		0	FLC	4		0.005		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.146		0	FLC	4		0.044		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.408		0	FLC	4		0.723		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.656		0	FLC	4		0.197		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	2.121		0	FLC	4		0.636		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.033		0	FLC	4		0.010		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	2.081		0	FLC	4		0.624		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	5.273		0	FLC	4		1.582		
18:2 undifferentiated....g	4.960		0	FLC	4		1.488		
18:3 undifferentiated....g	0.313		0	FLC	4		0.094		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	FLC	4		0.032		
Threonine....g	0.243		0	FLC	4		0.073		
Isoleucine....g	0.320		0	FLC	4		0.096		
Leucine....g	0.610		0	FLC	4		0.183		
Lysine....g	0.245		0	FLC	4		0.073		
Methionine....g	0.158		0	FLC	4		0.047		
Cystine....g	0.168		0	FLC	4		0.050		
Phenylalanine....g	0.432		0	FLC	4		0.130		
Tyrosine....g	0.274		0	FLC	4		0.082		
Valine....g	0.367		0	FLC	4		0.110		
Arginine....g	0.346		0	FLC	4		0.104		
Histidine....g	0.201		0	FLC	4		0.060		
Alanine....g	0.278		0	FLC	4		0.083		
Aspartic acid....g	0.388		0	FLC	4		0.116		
Glutamic acid....g	2.781		0	FLC	4		0.834		
Glycine....g	0.296		0	FLC	4		0.089		
Proline....g	0.978		0	FLC	4		0.293		
Serine....g	0.434		0	FLC	4		0.130		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		

NDB No. 18965
Crackers, cheese, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 18 Baked Products

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NDB No. 18214
Crackers, cheese, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.55	0.201	12	A	1		0.50	2.20	2.56
Energy....kcal	489		0	NC	4		69	303	352
Energy....kJ	2044		0	NC	4		290	1267	1472
Protein (N x 5.9)....g	10.93	0.111	12	A	1		1.55	6.78	7.87
Total lipid (fat)....g	22.74	0.574	12	A	1		3.23	14.10	16.37
Ash....g	3.36	0.072	12	A	1		0.48	2.08	2.42
Carbohydrate, by difference....g	59.42		0	NC	4		8.44	36.84	42.78
Fiber, total dietary....g	2.3	0.089	12	A	1		0.3	1.4	1.7
Sugars, total....g	4.53	0.212	5	A	1		0.64	2.81	3.26
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.30	0.012	6	A	1		0.04	0.18	0.21
Fructose....g	0.37	0.020	6	A	1		0.05	0.23	0.26
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	3.84	0.190	5	A	1		0.55	2.38	2.76
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	52.56	0.497	12	A	1		7.46	32.59	37.84
Minerals:									
Calcium, Ca....mg	136	2.243	12	A	1		19	84	98
Iron, Fe....mg	4.88	0.153	12	A	1		0.69	3.03	3.52
Magnesium, Mg....mg	25	0.395	12	A	1		4	15	18
Phosphorus, P....mg	200	1.848	12	A	1		28	124	144
Potassium, K....mg	156	2.203	12	A	1		22	97	112
Sodium, Na....mg	973	28.651	12	A	1		138	603	700
Zinc, Zn....mg	1.19	0.022	12	A	1		0.17	0.74	0.86
Copper, Cu....mg	0.125	0.003	12	A	1		0.018	0.077	0.090
Manganese, Mn....mg	0.562	0.010	12	A	1		0.080	0.348	0.404
Selenium, Se....µg	13.5	0.258	6	A	1		1.9	8.4	9.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.562	0.017	6	A	1		0.080	0.348	0.404
Riboflavin....mg	0.338	0.011	6	A	1		0.048	0.210	0.244
Niacin....mg	6.113	0.221	6	A	1		0.868	3.790	4.402
Pantothenic acid....mg	0.472	0.004	6	A	1		0.067	0.292	0.340
Vitamin B-6....mg	0.170	0.001	6	A	1		0.024	0.106	0.123
Folate, total....µg	152		1	AI	13		22	94	109
Folic acid....µg	127		0	NR	4		18	79	91
Folate, food....µg	25		1		1		4	16	18
Folate, DFE....µg	241		0	NC	4		34	149	173
Choline, total....mg	8.7		0	FLA	4		1.2	5.4	6.2
Betaine....mg	39.7		0	FLA	4		5.6	24.6	28.6
Vitamin B-12....µg	0.34		2	A	1		0.05	0.21	0.24
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	17		0	FLA	4		2	11	12
Retinol....µg	11		0	FLA	4		2	7	8
Carotene, beta....µg	63		0	FLA	4		9	39	45
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	17		0	FLA	4		2	11	12
Vitamin A, IU....IU	156		0	NC	4		22	96	112
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	34		0	FLA	4		5	21	24
Vitamin E (alpha-tocopherol)....mg	2.19		2	A	1		0.31	1.36	1.58
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.40		2	A	1		0.06	0.25	0.29
Tocopherol, gamma....mg	10.46		2	A	1		1.48	6.48	7.53
Tocopherol, delta....mg	3.44		2	A	1		0.49	2.13	2.47
Tocotrienol, alpha....mg	0.39		2	A	1		0.06	0.24	0.28
Tocotrienol, beta....mg	1.07		2	A	1		0.15	0.66	0.77

NDB No. 18214
Crackers, cheese, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.42		2	A	1		0.06	0.26	0.30
Tocotrienol, delta....mg	0.13		2	A	1		0.02	0.08	0.09
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	1		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....µg	9.4		2	A	1		1.3	5.8	6.7
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	5.288		0	NC	4		0.751	3.278	3.807
4:0....g	0.020	0.002	12	A	1		0.003	0.012	0.014
6:0....g	0.013	0.002	12	A	1		0.002	0.008	0.009
8:0....g	0.010	0.001	12	A	1		0.001	0.007	0.008
10:0....g	0.023	0.002	12	A	1		0.003	0.014	0.017
12:0....g	0.031	0.003	12	A	1		0.004	0.019	0.022
13:0....g									
14:0....g	0.126	0.009	12	A	1		0.018	0.078	0.091
15:0....g	0.014	0.001	12	A	1		0.002	0.008	0.010
16:0....g	3.469	0.070	12	A	1		0.493	2.151	2.497
17:0....g	0.026	0.001	12	A	1		0.004	0.016	0.019
18:0....g	1.406	0.051	12	A	1		0.200	0.872	1.013
20:0....g	0.067	0.002	12	A	1		0.010	0.041	0.048
22:0....g	0.058	0.002	12	A	1		0.008	0.036	0.042
24:0....g	0.023	0.001	12	A	1		0.003	0.014	0.017
Fatty acids, total monounsaturated....g	5.744		0	NC	4		0.816	3.561	4.136
14:1....g	0.008	0.001	12	A	1		0.001	0.005	0.006
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.036	0.002	12	AS	1		0.005	0.022	0.026
16:1 c....g	0.033	0.002	12	A	1		0.005	0.020	0.024
16:1 t....g	0.003	0.000	12	A	1		0.000	0.002	0.002
17:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	5.688	0.137	12	AS	1		0.808	3.527	4.096
18:1 c....g	5.244	0.118	12	A	1		0.745	3.251	3.775
18:1 t....g	0.445	0.025	12	A	1		0.063	0.276	0.320
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.007	0.000	12	AS	1		0.001	0.004	0.005
22:1 c....g	0.004	0.000	12	A	1		0.001	0.003	0.003
22:1 t....g	0.003	0.000	12	A	1		0.000	0.002	0.002
24:1 c....g	0.005	0.000	12	A	1		0.001	0.003	0.003
Fatty acids, total polyunsaturated....g	10.090		0	NC	4		1.433	6.256	7.265
18:2 undifferentiated....g	9.358	0.214	12	AS	1		1.329	5.802	6.738
18:2 n-6 c,c....g	9.250	0.210	12	A	1		1.313	5.735	6.660
18:2 CLAs....g	0.017	0.001	12	A	1		0.002	0.011	0.013
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.091	0.004	12	A	1		0.013	0.057	0.066
18:3 undifferentiated....g	0.716	0.025	12	AS	1		0.102	0.444	0.515
18:3 n-3 c,c,c (ALA)....g	0.715	0.025	12	A	1		0.102	0.444	0.515
18:3 n-6 c,c,c....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.000	12	A	1		0.001	0.005	0.005
20:3 undifferentiated....g	0.001	0.000	12	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.000	12	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.003	0.000	12	A	1		0.000	0.002	0.002
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	12	A	1		0.000	0.000	0.001
21:5....g									
22:4....g	0.003	0.000	12	A	1		0.000	0.002	0.002
22:5 n-3 (DPA)....g	0.001	0.000	12	A	1		0.000	0.000	0.000

NDB No. 18214
Crackers, cheese, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.542		0	NC	4		0.077	0.336	0.390
Fatty acids, total trans-monoenoic....g	0.451		0	NC	4		0.064	0.279	0.325
Fatty acids, total trans-polyenoic....g	0.091		0	NC	4		0.013	0.057	0.066
Cholesterol....mg	3	0.047	6	A	1		0	2	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.018	0.080	0.093
Threonine....g	0.295		0		1		0.042	0.183	0.212
Isoleucine....g	0.424		0		1		0.060	0.263	0.305
Leucine....g	0.744		0		1		0.106	0.461	0.536
Lysine....g	0.418		0		1		0.059	0.259	0.301
Methionine....g	0.194		0		1		0.028	0.120	0.140
Cystine....g	0.168		0		1		0.024	0.104	0.121
Phenylalanine....g	0.490		0		1		0.070	0.304	0.353
Tyrosine....g	0.340		0		1		0.048	0.211	0.245
Valine....g	0.478		0		1		0.068	0.296	0.344
Arginine....g	0.386		0		1		0.055	0.239	0.278
Histidine....g	0.245		0		1		0.035	0.152	0.176
Alanine....g	0.304		0		1		0.043	0.188	0.219
Aspartic acid....g	0.480		0		1		0.068	0.298	0.346
Glutamic acid....g	3.034		0		1		0.431	1.881	2.184
Glycine....g	0.302		0		1		0.043	0.187	0.217
Proline....g	1.110		0		1		0.158	0.688	0.799
Serine....g	0.521		0		1		0.074	0.323	0.375
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 62g: 1 cup, bite size

Measure 3 = 72g: 1 cup, crushed

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18927
Crackers, cheese, sandwich-type with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.81	0.269	6	A	1		1.88	0.31	
Energy....kcal	490		0	NC	4		191	32	
Energy....kJ	2052		0	NC	4		800	133	
Protein....g	8.92	0.106	6	A	1		3.48	0.58	
Total lipid (fat)....g	24.41	0.127	6	A	1		9.52	1.59	
Ash....g	3.10	0.036	6	A	1		1.21	0.20	
Carbohydrate, by difference....g	58.76		0	NC	4		22.92	3.82	
Fiber, total dietary....g	1.9	0.125	3	A	1		0.7	0.1	
Sugars, total....g	12.33	0.289	3	A	1		4.81	0.80	
Sucrose....g	3.09	0.254	3	A	1		1.21	0.20	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	7.74	0.189	3	A	1		3.02	0.50	
Maltose....g	1.49	0.136	3	A	1		0.58	0.10	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	44.53	0.707	3	A	1		17.37	2.89	
Minerals:									
Calcium, Ca....mg	89	1.151	6	A	1		35	6	
Iron, Fe....mg	2.13	0.119	6	A	1		0.83	0.14	
Magnesium, Mg....mg	28	0.179	6	A	1		11	2	
Phosphorus, P....mg	288	8.318	6	A	1		112	19	
Potassium, K....mg	295	3.083	6	A	1		115	19	
Sodium, Na....mg	878	16.194	6	A	1		343	57	
Zinc, Zn....mg	0.57	0.007	6	A	1		0.22	0.04	
Copper, Cu....mg	0.242	0.020	6	A	1		0.094	0.016	
Manganese, Mn....mg	0.497	0.005	6	A	1		0.194	0.032	
Selenium, Se....µg	10.0	1.985	3	A	1		3.9	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.6	0.932	3	A	1		1.0	0.2	
Thiamin....mg	0.508	0.017	6	A	1		0.198	0.033	
Riboflavin....mg	0.457	0.005	6	A	1		0.178	0.030	
Niacin....mg	3.478	0.071	6	A	1		1.356	0.226	
Pantothenic acid....mg	0.855	0.020	3	A	1		0.333	0.056	
Vitamin B-6....mg	0.114	0.007	6	A	1		0.045	0.007	
Folate, total....µg	82	2.182	6	A	1		32	5	
Folic acid....µg	66		0	FLC	4		26	4	
Folate, food....µg	16		0	FLC	4		6	1	
Folate, DFE....µg	128		0	NC	4		50	8	
Choline, total....mg	27.5		0	AS	1		10.7	1.8	
Betaine....mg									
Vitamin B-12....µg	0.80	0.018	3	A	1		0.31	0.05	
Vitamin A, RAE....µg	11		0	FLC	4		4	1	
Retinol....µg	11		0	FLC	4		4	1	
Carotene, beta....µg	2		0	FLC	4		1	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	39		0	NC	4		15	3	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	9		0	FLC	4		3	1	
Vitamin E (alpha-tocopherol)....mg	1.99	0.117	3	A	1		0.78	0.13	
Tocopherol, beta....mg	0.14	0.019	3	A	1		0.06	0.01	
Tocopherol, gamma....mg	9.97	0.249	3	A	1		3.89	0.65	
Tocopherol, delta....mg	2.64	0.125	3	A	1		1.03	0.17	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 18927
Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	20.5		2	A	1		8.0	1.3	
Dihydrophylloquinone....µg	64.3		2	A	1		25.1	4.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.810		0	NC	4		1.876	0.313	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.200	0.010	3	A	1		0.078	0.013	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	2.703	0.047	3	A	1		1.054	0.176	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	1.790	0.017	3	A	1		0.698	0.116	
20:0....g	0.117	0.007	3	A	1		0.045	0.008	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	14.307		0	NC	4		5.580	0.930	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	14.177	0.345	3	A	1		5.529	0.921	
20:1....g	0.130	0.010	3	A	1		0.051	0.008	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.327		0	NC	4		0.907	0.151	
18:2 undifferentiated....g	2.293	0.037	3	A	1		0.894	0.149	
18:3 undifferentiated....g	0.033	0.033	3	A	1		0.013	0.002	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6	0.094	3	A	1		2	0	
Phytosterols....mg	44		0	FLC	4		17	3	
Amino Acids:									
Tryptophan....g	0.110		0	FLC	4		0.043	0.007	
Threonine....g	0.330		0	FLC	4		0.129	0.021	
Isoleucine....g	0.357		0	FLC	4		0.139	0.023	
Leucine....g	0.638		0	FLC	4		0.249	0.041	
Lysine....g	0.386		0	FLC	4		0.150	0.025	
Methionine....g	0.151		0	FLC	4		0.059	0.010	
Cystine....g	0.155		0	FLC	4		0.060	0.010	
Phenylalanine....g	0.350		0	FLC	4		0.136	0.023	
Tyrosine....g	0.249		0	FLC	4		0.097	0.016	
Valine....g	0.381		0	FLC	4		0.149	0.025	
Arginine....g	0.292		0	FLC	4		0.114	0.019	
Histidine....g	0.175		0	FLC	4		0.068	0.011	
Alanine....g	0.298		0	FLC	4		0.116	0.019	
Aspartic acid....g	0.518		0	FLC	4		0.202	0.034	
Glutamic acid....g	2.161		0	FLC	4		0.843	0.140	

NDB No. 18927
Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.236		0	FLC	4		0.092	0.015	
Proline....g	0.768		0	FLC	4		0.300	0.050	
Serine....g	0.401		0	FLC	4		0.156	0.026	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 6 cracker 1 cracker = 6.5g

Measure 2 = 6.5g: 1 sandwich

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18215
Crackers, cheese, sandwich-type with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.28	0.076	6	A	1		0.47	2.72	1.28
Energy....kcal	496		0	NC	4		70	411	193
Energy....kJ	2074		0	NC	4		295	1721	809
Protein (N x 5.6)....g	12.41	0.140	6	A	1		1.76	10.30	4.84
Total lipid (fat)....g	25.12	0.075	6	A	1		3.57	20.85	9.80
Ash....g	2.46	0.092	6	A	1		0.35	2.04	0.96
Carbohydrate, by difference....g	56.74		0	NC	4		8.06	47.09	22.13
Fiber, total dietary....g	3.4	0.193	3	A	1		0.5	2.8	1.3
Sugars, total....g	6.98	0.535	3	A	1		0.99	5.79	2.72
Sucrose....g	4.53	0.497	3	A	1		0.64	3.76	1.77
Glucose (dextrose)....g	1.68	0.083	3	A	1		0.24	1.39	0.66
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.77	0.092	3	A	1		0.11	0.64	0.30
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	44.98	1.537	3	A	1		6.39	37.34	17.54
Minerals:									
Calcium, Ca....mg	50	0.919	6	A	1		7	42	20
Iron, Fe....mg	2.72	0.126	6	A	1		0.39	2.26	1.06
Magnesium, Mg....mg	56	0.741	6	A	1		8	46	22
Phosphorus, P....mg	268	7.928	6	A	1		38	222	104
Potassium, K....mg	218	4.677	6	A	1		31	181	85
Sodium, Na....mg	829		0	LC	8		118	688	323
Zinc, Zn....mg	1.04	0.021	6	A	1		0.15	0.87	0.41
Copper, Cu....mg	0.302	0.009	6	A	1		0.043	0.250	0.118
Manganese, Mn....mg	0.822	0.011	6	A	1		0.117	0.682	0.320
Selenium, Se....µg	8.2		2	A	1		1.2	6.8	3.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin....mg	0.552	0.028	6	A	1		0.078	0.458	0.215
Riboflavin....mg	0.294	0.010	6	A	1		0.042	0.244	0.115
Niacin....mg	5.831	0.144	6	A	1		0.828	4.840	2.274
Pantothenic acid....mg	0.485	0.018	3	A	1		0.069	0.403	0.189
Vitamin B-6....mg	0.151	0.007	6	A	1		0.022	0.126	0.059
Folate, total....µg	94	2.330	5	A	1		13	78	37
Folic acid....µg	69		0	O	4		10	57	27
Folate, food....µg	25		0	NC	4		4	21	10
Folate, DFE....µg	142		0	NC	4		20	118	56
Choline, total....mg	24.7		3	AS	1		3.5	20.5	9.6
Betaine....mg									
Vitamin B-12....µg	0.28	0.007	3	A	1		0.04	0.23	0.11
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NR	4		0	1	0
Retinol....µg	1		0	NR	4		0	1	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	2		0	NC	4		0	1	1
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	7		0	FLA	4		1	6	3
Vitamin E (alpha-tocopherol)....mg	2.37	0.040	3	A	1		0.34	1.97	0.92
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.15	0.012	3	A	1		0.02	0.12	0.06
Tocopherol, gamma....mg	7.14	0.313	3	A	1		1.01	5.93	2.79
Tocopherol, delta....mg	1.92	0.120	3	A	1		0.27	1.59	0.75
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 18215
Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	12.0		2	A	1		1.7	9.9	4.7
Dihydrophylloquinone....µg	33.0		2	A	1		4.7	27.3	12.9
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.406		0	NC	4		0.626	3.657	1.719
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	3.307	0.370	3	A	1		0.470	2.744	1.290
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	0.550		2	A	1		0.078	0.456	0.214
20:0....g	0.170	0.006	3	A	1		0.024	0.141	0.066
22:0....g	0.380	0.012	3	A	1		0.054	0.315	0.148
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	13.003		0	NC	4		1.846	10.793	5.071
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	12.770	0.216	3	A	1		1.813	10.599	4.980
20:1....g	0.233	0.009	3	A	1		0.033	0.194	0.091
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.093		0	NC	4		0.723	4.227	1.986
18:2 undifferentiated....g	5.093	0.086	3	A	1		0.723	4.227	1.986
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3	A	1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0	FLA	4		0.019	0.111	0.052
Threonine....g	0.408		0	FLA	4		0.058	0.338	0.159
Isoleucine....g	0.446		0	FLA	4		0.063	0.370	0.174
Leucine....g	0.841		0	FLA	4		0.119	0.698	0.328
Lysine....g	0.403		0	FLA	4		0.057	0.335	0.157
Methionine....g	0.178		0	FLA	4		0.025	0.148	0.069
Cystine....g	0.196		0	FLA	4		0.028	0.163	0.076
Phenylalanine....g	0.652		0	FLA	4		0.093	0.541	0.254
Tyrosine....g	0.475		0	FLA	4		0.067	0.394	0.185
Valine....g	0.527		0	FLA	4		0.075	0.437	0.206
Arginine....g	1.197		0	FLA	4		0.170	0.993	0.467
Histidine....g	0.309		0	FLA	4		0.044	0.257	0.121
Alanine....g	0.474		0	FLA	4		0.067	0.393	0.185

NDB No. 18215
Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	1.227		0	FLA	4		0.174	1.018	0.478
Glutamic acid.....g	3.167		0	FLA	4		0.450	2.628	1.235
Glycine.....g	0.665		0	FLA	4		0.094	0.552	0.259
Proline.....g	0.851		0	FLA	4		0.121	0.707	0.332
Serine.....g	0.629		0	FLA	4		0.089	0.522	0.245
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 83g: 1 cup, crushed

Measure 3 = 39g: 6 cracker

Calories Factors: Protein 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28303
Crackers, cheese, whole grain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.26		0	FLC	4		4.42		
Energy	kcal	412		0	NC	4		128		
Energy	kJ	1724		0	NC	4		534		
Protein (N x 6.25)	g	9.62		0	LC	8		2.98		
Total lipid (fat)	g	16.03		0	LC	8		4.97		
Ash	g	2.79		0	FLC	4		0.87		
Carbohydrate, by difference	g	57.29		0	NC	4		17.76		
Fiber, total dietary	g	6.4		0	LC	8		2.0		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	128		0	LC	8		40		
Iron, Fe	mg	3.46		0	LC	8		1.07		
Magnesium, Mg	mg	68		0	FLC	4		21		
Phosphorus, P	mg	264		0	FLC	4		82		
Potassium, K	mg	212		0	FLC	4		66		
Sodium, Na	mg	802		0	LC	8		248		
Zinc, Zn	mg	1.84		0	FLC	4		0.57		
Copper, Cu	mg	0.231		0	FLC	4		0.071		
Manganese, Mn	mg									
Selenium, Se	µg	40.3		0	FLC	4		12.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.289		0	LC	8		0.089		
Riboflavin	mg	0.545		0	LC	8		0.169		
Niacin	mg	5.130		0	LC	8		1.590		
Pantothenic acid	mg									
Vitamin B-6	mg	0.203		0	FLC	4		0.063		
Folate, total	µg	103		0	LC	8		32		
Folic acid	µg	62		0	FLC	4		19		
Folate, food	µg	41		0	NC	4		13		
Folate, DFE	µg	146		0	NC	4		45		
Choline, total	mg	14.5		0	FLC	4		4.5		
Betaine	mg									
Vitamin B-12	µg	0.06		0	FLC	4		0.02		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	12		0	BFFN	4		4		
Retinol	µg	8		0	BFFN	4		2		
Carotene, beta	µg	44		0	BFFN	4		14		
Carotene, alpha	µg	0		0	BFFN	4		0		
Cryptoxanthin, beta	µg	12		0	BFFN	4		4		
Vitamin A, IU	IU	110		0	NC	4		34		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	24		0	BFFN	4		7		
Vitamin E (alpha-tocopherol)	mg	1.08		0	FLC	4		0.34		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	FLC	4		0.0		
Vitamin D	IU	3		0	FLC	4		1		
Vitamin K (phylloquinone)	µg	3.9		0	FLC	4		1.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28303
Crackers, cheese, whole grain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.206		0	LC	8		0.994		
4:0....g	0.133		0	FLC	4		0.041		
6:0....g	0.068		0	FLC	4		0.021		
8:0....g	0.036		0	FLC	4		0.011		
10:0....g	0.077		0	FLC	4		0.024		
12:0....g	0.069		0	FLC	4		0.022		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.426		0	FLC	4		0.132		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.634		0	FLC	4		0.507		
17:0....g	0.001		0	FLC	4		0.000		
18:0....g	0.615		0	FLC	4		0.191		
20:0....g	0.012		0	FLC	4		0.004		
22:0....g	0.014		0	FLC	4		0.004		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	8.015		0	LC	8		2.485		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.454		0	FLC	4		0.141		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	7.319		0	FLC	4		2.269		
20:1....g	0.059		0	FLC	4		0.018		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.206		0	LC	8		0.994		
18:2 undifferentiated....g	2.789		0	FLC	4		0.865		
18:3 undifferentiated....g	0.417		0	FLC	4		0.129		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	16		0	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving 55 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18961

Crackers, cream, GAMESA SABROSAS

Pepsico Mexico

Latino food

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.45		6	A	1		1.38	0.14	
Energy....kcal	484		0	LC	8		150	15	
Energy....kJ	2025		0	LC	8		628	63	
Protein....g	7.01		6	A	1		2.17	0.22	
Total lipid (fat)....g	20.37		6	A	1		6.31	0.63	
Ash....g	3.62		6	A	1		1.12	0.11	
Carbohydrate, by difference....g	64.55		0	NC	4		20.01	2.00	
Fiber, total dietary....g	2.4		6	A	1		0.7	0.1	
Sugars, total....g	9.37		6	A	1		2.91	0.29	
Sucrose....g	6.22		6	A	1		1.93	0.19	
Glucose (dextrose)....g	0.92		6	A	1		0.29	0.03	
Fructose....g	0.95		6	A	1		0.30	0.03	
Lactose....g	0.00		6	A	1		0.00	0.00	
Maltose....g	1.27		6	A	1		0.40	0.04	
Galactose....g	0.00		6	A	1		0.00	0.00	
Starch....g	51.87		6	A	1		16.08	1.61	
Minerals:									
Calcium, Ca....mg	26		6	A	1		8	1	
Iron, Fe....mg	7.38		6	A	1		2.29	0.23	
Magnesium, Mg....mg	25		6	A	1		8	1	
Phosphorus, P....mg	98		6	A	1		30	3	
Potassium, K....mg	129		6	A	1		40	4	
Sodium, Na....mg	1148		6	A	1		356	36	
Zinc, Zn....mg	0.66		6	A	1		0.21	0.02	
Copper, Cu....mg	0.111		6	A	1		0.034	0.003	
Manganese, Mn....mg	0.778		6	A	1		0.241	0.024	
Selenium, Se....µg	9.5		4	A	1		3.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.298		4	A	1		0.092	0.009	
Riboflavin....mg	0.240		4	A	1		0.074	0.007	
Niacin....mg	5.080		4	A	1		1.575	0.157	
Pantothenic acid....mg	0.462		4	A	1		0.143	0.014	
Vitamin B-6....mg	0.065		4	A	1		0.020	0.002	
Folate, total....µg	149		4		1		46	5	
Folic acid....µg	148		4	A	1		46	5	
Folate, food....µg	2		4	AS	1		1	0	
Folate, DFE....µg	253		0	NC	4		78	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.46		2	A	1		0.14	0.01	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.59		4	A	1		0.49	0.05	
Tocopherol, beta....mg	0.37		4	A	1		0.11	0.01	
Tocopherol, gamma....mg	5.38		4	A	1		1.67	0.17	
Tocopherol, delta....mg	2.01		4	A	1		0.62	0.06	
Tocotrienol, alpha....mg	0.04		4	A	1		0.01	0.00	
Tocotrienol, beta....mg	1.05		4	A	1		0.33	0.03	
Tocotrienol, gamma....mg	0.97		4	A	1		0.30	0.03	
Tocotrienol, delta....mg	0.32		4	A	1		0.10	0.01	
Vitamin D (D2 + D3)....µg									

NDB No. 18961
Crackers, cream, GAMESA SABROSAS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	17.9		4	A	1		5.5	0.6	
Dihydrophylloquinone....µg	21.0		4	A	1		6.5	0.7	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.362		0	NC	4		1.662	0.166	
4:0....g	0.006		6	A	1		0.002	0.000	
6:0....g	0.000		6	A	1		0.000	0.000	
8:0....g	0.014		6	A	1		0.004	0.000	
10:0....g	0.012		6	A	1		0.004	0.000	
12:0....g	0.032		6	A	1		0.010	0.001	
13:0....g									
14:0....g	0.082		6	A	1		0.026	0.003	
15:0....g	0.006		6	A	1		0.002	0.000	
16:0....g	4.134		6	A	1		1.282	0.128	
17:0....g	0.020		6	A	1		0.006	0.001	
18:0....g	0.929		6	A	1		0.288	0.029	
20:0....g	0.056		6	A	1		0.018	0.002	
22:0....g	0.049		6	A	1		0.015	0.002	
24:0....g	0.021		6	A	1		0.007	0.001	
Fatty acids, total monounsaturated....g	10.625		0	NC	4		3.294	0.329	
14:1....g	0.002		6	A	1		0.001	0.000	
15:1....g	0.000		6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.020		6	AS	1		0.006	0.001	
16:1 c....g	0.019		6	A	1		0.006	0.001	
16:1 t....g	0.001		6	A	1		0.000	0.000	
17:1....g	0.007		6	A	1		0.002	0.000	
18:1 undifferentiated....g	10.556		6	AS	1		3.272	0.327	
18:1 c....g	7.346		6	A	1		2.277	0.228	
18:1 t....g	3.210		6	A	1		0.995	0.099	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036		6	A	1		0.011	0.001	
22:1 undifferentiated....g	0.002		6	AS	1		0.000	0.000	
22:1 c....g	0.002		6	A	1		0.000	0.000	
22:1 t....g	0.000		6	A	1		0.000	0.000	
24:1 c....g	0.003		6	A	1		0.001	0.000	
Fatty acids, total polyunsaturated....g	2.450		0	NC	4		0.760	0.076	
18:2 undifferentiated....g	2.402		6	AS	1		0.745	0.074	
18:2 n-6 c,c....g	1.542		6	A	1		0.478	0.048	
18:2 CLAs....g	0.102		6	A	1		0.032	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.758		6	A	1		0.235	0.024	
18:3 undifferentiated....g	0.045		6	AS	1		0.014	0.001	
18:3 n-3 c,c,c (ALA)....g	0.045		6	A	1		0.014	0.001	
18:3 n-6 c,c,c....g	0.000		6	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		6	AS	1		0.000	0.000	
20:3 n-3....g	0.000		6	A	1		0.000	0.000	
20:3 n-6....g	0.000		6	A	1		0.000	0.000	
20:4 undifferentiated....g	0.001		6	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.003		6	A	1		0.001	0.000	
22:5 n-3 (DPA)....g	0.000		6	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		6	A	1		0.000	0.000	
Fatty acids, total trans....g	3.969		0	NC	4		1.230	0.123	
Fatty acids, total trans-monoenoic....g	3.210		0	NC	4		0.995	0.100	

NDB No. 18961
Crackers, cream, GAMESA SABROSAS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.758		0	NC	4		0.235	0.024	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 11 crackers (1 NLEA serving)

Measure 2 = 3.1g: 1 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18962

Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS

La Moderna

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.48		2	A	1		1.43	0.14	
Energy	kcal	464		0	NC	4		148	14	
Energy	kJ	1941		0	NC	4		621	60	
Protein	g	7.19		2	A	1		2.30	0.22	
Total lipid (fat)	g	19.50		2	A	1		6.24	0.60	
Ash	g	3.95		2	A	1		1.26	0.12	
Carbohydrate, by difference	g	64.88		0	NC	4		20.76	2.01	
Fiber, total dietary	g	2.4		2	A	1		0.8	0.1	
Sugars, total	g	10.41		2	A	1		3.33	0.32	
Sucrose	g	7.97		2	A	1		2.55	0.25	
Glucose (dextrose)	g	0.95		2	A	1		0.30	0.03	
Fructose	g	1.10		2	A	1		0.35	0.03	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.39		2	A	1		0.12	0.01	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	51.10		2	A	1		16.35	1.58	
Minerals:										
Calcium, Ca	mg	734		2	A	1		235	23	
Iron, Fe	mg	6.64		2	A	1		2.12	0.21	
Magnesium, Mg	mg	28		2	A	1		9	1	
Phosphorus, P	mg	100		2	A	1		32	3	
Potassium, K	mg	117		2	A	1		37	4	
Sodium, Na	mg	752		2	A	1		240	23	
Zinc, Zn	mg	4.11		2	A	1		1.32	0.13	
Copper, Cu	mg	0.113		2	A	1		0.036	0.004	
Manganese, Mn	mg	0.845		2	A	1		0.270	0.026	
Selenium, Se	µg									
Lipids:										
Fatty acids, total saturated	g	2.634		0	NC	4		0.843	0.082	
4:0	g	0.002		2	A	1		0.001	0.000	
6:0	g	0.016		2	A	1		0.005	0.001	
8:0	g	0.168		2	A	1		0.054	0.005	
10:0	g	0.133		2	A	1		0.042	0.004	
12:0	g	1.031		2	A	1		0.330	0.032	
13:0	g									
14:0	g	0.422		2	A	1		0.135	0.013	
15:0	g	0.001		2	A	1		0.000	0.000	
16:0	g	0.581		2	A	1		0.186	0.018	
17:0	g	0.003		2	A	1		0.001	0.000	
18:0	g	0.250		2	A	1		0.080	0.008	
20:0	g	0.012		2	A	1		0.004	0.000	
22:0	g	0.010		2	A	1		0.003	0.000	
24:0	g	0.005		2	A	1		0.002	0.000	
Fatty acids, total monounsaturated	g	14.468		0	NC	4		4.630	0.448	
14:1	g	0.006		2	A	1		0.002	0.000	
15:1	g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated	g	0.010		0	AS	1		0.003	0.000	
16:1 c	g	0.009		2	A	1		0.003	0.000	
16:1 t	g	0.001		2	A	1		0.000	0.000	
17:1	g	0.008		2	A	1		0.002	0.000	
18:1 undifferentiated	g	7.192		0	AS	1		2.301	0.223	
18:1 c	g	4.450		2	A	1		1.424	0.138	
18:1 t	g	2.742		2	A	1		0.878	0.085	
18:1-11 t (18:1t n-7)	g									
20:1	g	0.045		2	A	1		0.014	0.001	
22:1 undifferentiated	g	0.001		0	AS	1		0.000	0.000	
22:1 c	g	0.001		2	A	1		0.000	0.000	

NDB No. 18962
Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.004		2	A	1		0.001	0.000	
Fatty acids, total polyunsaturated....g	1.265		0	NC	4		0.405	0.039	
18:2 undifferentiated....g	0.612		0	AS	1		0.196	0.019	
18:2 n-6 c,c....g	0.434		2	A	1		0.139	0.013	
18:2 CLAs....g	0.016		2	A	1		0.005	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.161		2	A	1		0.052	0.005	
18:3 undifferentiated....g	0.020		0	AS	1		0.006	0.001	
18:3 n-3 c,c,c (ALA)....g	0.020		2	A	1		0.006	0.001	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g	0.002		2	A	1		0.001	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	2.905		0	NC	4		0.929	0.090	
Fatty acids, total trans-monoenoic....g	2.743		0	NC	4		0.878	0.085	
Fatty acids, total trans-polyenoic....g	0.161		0	NC	4		0.052	0.005	
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 10 crackers (1 NLEA serving)

Measure 2 = 3.1g: 1 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18216
Crackers, crispbread, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10	0.669	4		1		0.87	3.36	0.61
Energy....kcal	366		0		4		52	201	37
Energy....kJ	1531		0		4		217	842	153
Protein (N x 5.9)....g	7.90	0.129	4		1		1.12	4.35	0.79
Total lipid (fat)....g	1.30	0.328	6		1		0.18	0.72	0.13
Ash....g	2.40	0.112	6		1		0.34	1.32	0.24
Carbohydrate, by difference....g	82.20		0	NC	4		11.67	45.21	8.22
Fiber, total dietary....g	16.5		0		1		2.3	9.1	1.7
Sugars, total....g	1.07		0	FLM	4		0.15	0.59	0.11
Starch....g									
Minerals:									
Calcium, Ca....mg	31	3.837	4		1		4	17	3
Iron, Fe....mg	2.43	0.124	4		1		0.35	1.34	0.24
Magnesium, Mg....mg	78	3.814	4		1		11	43	8
Phosphorus, P....mg	269	19.040	4		1		38	148	27
Potassium, K....mg	319	34.499	4		1		45	175	32
Sodium, Na....mg	410		0	NR	4		58	226	41
Zinc, Zn....mg	2.39	0.225	4		1		0.34	1.31	0.24
Copper, Cu....mg	0.255	0.016	4		1		0.036	0.140	0.026
Manganese, Mn....mg	2.475	0.168	4		1		0.351	1.361	0.248
Selenium, Se....µg	36.6		0	FLA	4		5.2	20.1	3.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.243	0.010	16		1		0.035	0.134	0.024
Riboflavin....mg	0.145	0.016	16		1		0.021	0.080	0.015
Niacin....mg	1.040	0.096	16		1		0.148	0.572	0.104
Pantothenic acid....mg	0.676	0.015	16		1		0.096	0.372	0.068
Vitamin B-6....mg	0.210	0.002	16		1		0.030	0.116	0.021
Folate, total....µg	47		0	FLA	4		7	26	5
Folic acid....µg	25		0	NC	4		4	14	3
Folate, food....µg	22	1.048	16		1		3	12	2
Folate, DFE....µg	65		0	NC	4		9	35	6
Choline, total....mg	20.2		0	FLC	4		2.9	11.1	2.0
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLM	4		0	0	0
Carotene, beta....µg	0		0	FLM	4		0	0	0
Carotene, alpha....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....µg	194		0	FLM	4		27	106	19
Vitamin E (alpha-tocopherol)....mg	0.81		0	FLM	4		0.11	0.45	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.0		0	FLM	4		0.9	3.3	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18216
Crackers, crispbread, rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.145		0		1		0.021	0.080	0.015
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		0		1		0.000	0.001	0.000
15:0....g									
16:0....g	0.138		0		1		0.020	0.076	0.014
17:0....g									
18:0....g	0.005		0		1		0.001	0.003	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.165		0		1		0.023	0.091	0.017
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.002	0.007	0.001
17:1....g									
18:1 undifferentiated....g	0.146		0		1		0.021	0.080	0.015
20:1....g	0.006		0		1		0.001	0.003	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.557		0		1		0.079	0.306	0.056
18:2 undifferentiated....g	0.479		0		1		0.068	0.263	0.048
18:3 undifferentiated....g	0.079		0		1		0.011	0.043	0.008
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		1		0.013	0.051	0.009
Threonine....g	0.285		0		1		0.040	0.157	0.029
Isoleucine....g	0.318		0		1		0.045	0.175	0.032
Leucine....g	0.556		0		1		0.079	0.306	0.056
Lysine....g	0.300		0		1		0.043	0.165	0.030
Methionine....g	0.121		0		1		0.017	0.067	0.012
Cystine....g	0.155		0		1		0.022	0.085	0.016
Phenylalanine....g	0.403		0		1		0.057	0.222	0.040
Tyrosine....g	0.168		0		1		0.024	0.092	0.017
Valine....g	0.404		0		1		0.057	0.222	0.040
Arginine....g	0.366		0		1		0.052	0.201	0.037
Histidine....g	0.179		0		1		0.025	0.098	0.018
Alanine....g	0.342		0		1		0.049	0.188	0.034
Aspartic acid....g	0.564		0		1		0.080	0.310	0.056
Glutamic acid....g	2.160		0		1		0.307	1.188	0.216
Glycine....g	0.310		0		1		0.044	0.171	0.031
Proline....g	0.822		0		1		0.117	0.452	0.082
Serine....g	0.431		0		1		0.061	0.237	0.043
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLM	4		0	0	0

NDB No. 18216
Crackers, crispbread, rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLM	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 55g: 1 cup, crushed

Measure 3 = 10.0g: 1 crispbread

Calories Factors: Protein 3.2 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28331
Crackers, flavored, fish-shaped

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.42	0.069	19	A	1		0.18		
Energy....kcal	463		0	NC	4		24		
Energy....kJ	1936		0	NC	4		101		
Protein (N x 6.25)....g	10.16	0.139	19	A	1		0.53		
Total lipid (fat)....g	17.71	0.139	19	A	1		0.92		
Ash....g	3.04	0.028	19	A	1		0.16		
Carbohydrate, by difference....g	65.67		0	NC	4		3.41		
Fiber, total dietary....g	3.1	0.079	5	A	1		0.2		
Sugars, total....g	1.18	0.052	11	A	1		0.06		
Sucrose....g	0.00	0.000	11	A	1		0.00		
Glucose (dextrose)....g	0.30	0.019	11	A	1		0.02		
Fructose....g	0.09	0.000	11	A	1		0.00		
Lactose....g	0.00	0.000	11	A	1		0.00		
Maltose....g	0.79	0.041	11	A	1		0.04		
Galactose....g	0.00	0.000	11	A	1		0.00		
Starch....g	60.22	0.907	11	A	1		3.13		
Minerals:									
Calcium, Ca....mg	83	1.532	19	A	1		4		
Iron, Fe....mg	4.58	0.105	19	A	1		0.24		
Magnesium, Mg....mg	25	0.509	19	A	1		1		
Phosphorus, P....mg	167	2.015	19	A	1		9		
Potassium, K....mg	224	2.597	19	A	1		12		
Sodium, Na....mg	970	15.354	19	A	1		50		
Zinc, Zn....mg	1.09	0.027	19	A	1		0.06		
Copper, Cu....mg	0.134	0.003	19	A	1		0.007		
Manganese, Mn....mg	0.565	0.012	19	A	1		0.029		
Selenium, Se....µg	4.0	0.088	3	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.813	0.010	9	A	1		0.042		
Riboflavin....mg	0.514	0.012	9	A	1		0.027		
Niacin....mg	6.408	0.192	9	A	1		0.333		
Pantothenic acid....mg	0.662	0.016	6	A	1		0.034		
Vitamin B-6....mg	0.085	0.002	5	A	1		0.004		
Folate, total....µg	153	13.017	3	A	1		8		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	3.68		2	A	1		0.19		
Tocopherol, beta....mg	0.17		2	A	1		0.01		
Tocopherol, gamma....mg	5.85		2	A	1		0.30		
Tocopherol, delta....mg	0.10		2	A	1		0.01		
Tocotrienol, alpha....mg	0.10		2	A	1		0.01		
Tocotrienol, beta....mg	0.83		2	A	1		0.04		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	27.7		1	A	1		1.4		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		

NDB No. 28331
Crackers, flavored, fish-shaped

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.059		0	NC	4		0.107		
4:0....g	0.026	0.000	5	A	1		0.001		
6:0....g	0.021	0.000	5	A	1		0.001		
8:0....g	0.012	0.000	5	A	1		0.001		
10:0....g	0.034	0.000	5	A	1		0.002		
12:0....g	0.041	0.000	5	A	1		0.002		
13:0....g									
14:0....g	0.137	0.001	5	A	1		0.007		
15:0....g	0.017	0.000	5	A	1		0.001		
16:0....g	1.125	0.009	5	A	1		0.059		
17:0....g	0.015	0.000	5	A	1		0.001		
18:0....g	0.454	0.004	5	A	1		0.024		
20:0....g	0.099	0.001	5	A	1		0.005		
22:0....g	0.048	0.000	5	A	1		0.002		
24:0....g	0.029	0.000	5	A	1		0.002		
Fatty acids, total monounsaturated....g	10.342		0	NC	4		0.538		
14:1....g	0.013	0.000	5	A	1		0.001		
15:1....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated....g	0.076	0.000	5	AS	1		0.004		
16:1 c....g	0.072	0.000	5	A	1		0.004		
16:1 t....g	0.004	0.000	5	A	1		0.000		
17:1....g	0.011	0.000	5	A	1		0.001		
18:1 undifferentiated....g	10.030	0.086	5	AS	1		0.522		
18:1 c....g	9.995	0.085	5	A	1		0.520		
18:1 t....g	0.035	0.001	5	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.185	0.003	5	A	1		0.010		
22:1 undifferentiated....g	0.005	0.000	5	AS	1		0.000		
22:1 c....g	0.005	0.000	5	A	1		0.000		
22:1 t....g	0.000	0.000	5	A	1		0.000		
24:1 c....g	0.022	0.001	5	A	1		0.001		
Fatty acids, total polyunsaturated....g	3.917		0	NC	4		0.204		
18:2 undifferentiated....g	3.479	0.032	5	AS	1		0.181		
18:2 n-6 c,c....g	3.447	0.032	5	A	1		0.179		
18:2 CLAs....g	0.012	0.000	5	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.020	0.000	5	A	1		0.001		
18:3 undifferentiated....g	0.421	0.006	5	AS	1		0.022		
18:3 n-3 c,c,c (ALA)....g	0.403	0.005	5	A	1		0.021		
18:3 n-6 c,c,c....g	0.018	0.001	5	A	1		0.001		
18:3i....g	0.000	0.000	5	A	1		0.000		
18:4....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c....g	0.010	0.000	5	A	1		0.001		
20:3 undifferentiated....g	0.001	0.000	5	AS	1		0.000		
20:3 n-3....g	0.000	0.000	5	A	1		0.000		
20:3 n-6....g	0.001	0.000	5	A	1		0.000		
20:4 undifferentiated....g	0.002	0.000	5	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	5	A	1		0.000		
22:5 n-3 (DPA)....g	0.001	0.000	5	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans....g	0.059		0	NC	4		0.003		
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.020		0	NC	4		0.001		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 28331
Crackers, flavored, fish-shaped

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 5.2g: 10 goldfish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28345
Crackers, gluten-free, multi-seeded and multigrain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.59	0.071	5	A	1		0.22		
Energy....kcal	453		0	NC	4		28		
Energy....kJ	1894		0	NC	4		116		
Protein (N x 6.25)....g	11.25	0.025	5	A	1		0.69		
Total lipid (fat)....g	15.84	0.707	5	A	1		0.97		
Ash....g	3.02	0.017	5	A	1		0.18		
Carbohydrate, by difference....g	66.30		0	NC	4		4.04		
Fiber, total dietary....g	10.2		2	A	1		0.6		
Sugars, total....g	0.86		2	A	1		0.05		
Sucrose....g	0.86		2	A	1		0.05		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	54.64		2	A	1		3.33		
Minerals:									
Calcium, Ca....mg	238	5.467	5	A	1		14		
Iron, Fe....mg	2.83	0.119	5	A	1		0.17		
Magnesium, Mg....mg	164	1.716	5	A	1		10		
Phosphorus, P....mg	374	4.764	5	A	1		23		
Potassium, K....mg	381	5.105	5	A	1		23		
Sodium, Na....mg	438	4.909	5	A	1		27		
Zinc, Zn....mg	2.64	0.010	5	A	1		0.16		
Copper, Cu....mg	0.549	0.013	5	A	1		0.033		
Manganese, Mn....mg	2.451	0.048	5	A	1		0.150		
Selenium, Se....µg	17.4		2	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0		
Thiamin....mg	0.208		2	A	1		0.013		
Riboflavin....mg	0.173		3	A	1		0.011		
Niacin....mg	4.833		3	A	1		0.295		
Pantothenic acid....mg	0.839		2	A	1		0.051		
Vitamin B-6....mg	0.370		1	A	1		0.023		
Folate, total....µg	35		1	A	1		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	35		1	A	1		2		
Folate, DFE....µg	35		0	NC	4		2		
Choline, total....mg	27.1		0	BFNN	4		1.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFNN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE....µg	0		0	BFFN	4		0		
Retinol....µg	0		0	BFFN	4		0		
Carotene, beta....µg	4		0	BFFN	4		0		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	0		0	BFFN	4		0		
Vitamin A, IU....IU	7		0	NC	4		0		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	174		0	BFFN	4		11		
Vitamin E (alpha-tocopherol)....mg	1.50		0	BFFN	4		0.09		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 28345
Crackers, gluten-free, multi-seeded and multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	13.7		0	BFFN	4		0.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.069		0	NC	4		0.126		
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									
14:0....g	0.011		1	A	1		0.001		
15:0....g	0.003		1	A	1		0.000		
16:0....g	1.253		1	A	1		0.076		
17:0....g	0.008		1	A	1		0.000		
18:0....g	0.668		1	A	1		0.041		
20:0....g	0.077		1	A	1		0.005		
22:0....g	0.027		1	A	1		0.002		
24:0....g	0.022		1	A	1		0.001		
Fatty acids, total monounsaturated....g	7.004		0	NC	4		0.427		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.016		0	AS	1		0.001		
16:1 c....g	0.016		1	A	1		0.001		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.006		1	A	1		0.000		
18:1 undifferentiated....g	6.930		0	AS	1		0.423		
18:1 c....g	6.922		1	A	1		0.422		
18:1 t....g	0.008		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		1	A	1		0.003		
22:1 undifferentiated....g	0.005		0	AS	1		0.000		
22:1 c....g	0.005		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.006		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	5.981		0	NC	4		0.365		
18:2 undifferentiated....g	5.037		0	AS	1		0.307		
18:2 n-6 c,c....g	5.026		1	A	1		0.307		
18:2 CLAs....g	0.001		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		1	A	1		0.001		
18:3 undifferentiated....g	0.926		0	AS	1		0.056		
18:3 n-3 c,c,c (ALA)....g	0.922		1	A	1		0.056		
18:3 n-6 c,c,c....g	0.004		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.000		
20:3 n-3....g	0.002		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.018		0	NC	4		0.001		
Fatty acids, total trans-monoenoic....g	0.008		0	NC	4		0.000		

NDB No. 28345
Crackers, gluten-free, multi-seeded and multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.001		
Cholesterol.....mg	0		0	BFFN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0		
Caffeine.....mg	0		0	BFNN	4		0		
Theobromine.....mg	0		0	BFNN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.1g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28344

Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.48		1	A	1		0.27		
Energy	kcal	456		0	NC	4		49		
Energy	kJ	1910		0	NC	4		204		
Protein (N x 6.25)	g	2.50		1	A	1		0.27		
Total lipid (fat)	g	15.41		1	A	1		1.65		
Ash	g	2.67		1	A	1		0.29		
Carbohydrate, by difference	g	76.94		0	NC	4		8.23		
Fiber, total dietary	g	3.0		1	A	1		0.3		
Sugars, total	g	3.90		1	A	1		0.42		
Sucrose	g	3.20		1	A	1		0.34		
Glucose (dextrose)	g	0.40		1	A	1		0.04		
Fructose	g	0.30		1	A	1		0.03		
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	71.90		1	A	1		7.69		
Minerals:										
Calcium, Ca	mg	28		1	A	1		3		
Iron, Fe	mg	0.56		1	A	1		0.06		
Magnesium, Mg	mg	15		1	A	1		2		
Phosphorus, P	mg	57		1	A	1		6		
Potassium, K	mg	86		1	A	1		9		
Sodium, Na	mg	890		1	A	1		95		
Zinc, Zn	mg	0.44		1	A	1		0.05		
Copper, Cu	mg	0.087		1	A	1		0.009		
Manganese, Mn	mg	0.299		1	A	1		0.032		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.060		1	A	1		0.006		
Riboflavin	mg	0.100		1	A	1		0.011		
Niacin	mg	0.630		1	A	1		0.067		
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		1	A	1		0.007		
Folate, total	µg	7		1	A	1		1		
Folic acid	µg									
Folate, food	µg	7		1	A	1		1		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									

NDB No. 28344

Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.711		0	NC	4		0.611		
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	0.002		1	A	1		0.000		
12:0....g	0.025		1	A	1		0.003		
13:0....g									
14:0....g	0.109		1	A	1		0.012		
15:0....g	0.010		1	A	1		0.001		
16:0....g	4.934		1	A	1		0.528		
17:0....g	0.013		1	A	1		0.001		
18:0....g	0.554		1	A	1		0.059		
20:0....g	0.044		1	A	1		0.005		
22:0....g	0.010		1	A	1		0.001		
24:0....g	0.010		1	A	1		0.001		
Fatty acids, total monounsaturated....g	4.881		0	NC	4		0.522		
14:1....g	0.003		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.026		0	AS	1		0.003		
16:1 c....g	0.024		1	A	1		0.003		
16:1 t....g	0.002		1	A	1		0.000		
17:1....g	0.004		1	A	1		0.000		
18:1 undifferentiated....g	4.823		0	AS	1		0.516		
18:1 c....g	4.806		1	A	1		0.514		
18:1 t....g	0.017		1	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		1	A	1		0.003		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.374		0	NC	4		0.147		
18:2 undifferentiated....g	1.327		0	AS	1		0.142		
18:2 n-6 c,c....g	1.292		1	A	1		0.138		
18:2 CLAs....g	0.006		1	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029		1	A	1		0.003		
18:3 undifferentiated....g	0.034		0	AS	1		0.004		
18:3 n-3 c,c,c (ALA)....g	0.027		1	A	1		0.003		
18:3 n-6 c,c,c....g	0.007		1	A	1		0.001		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.000		
20:3 n-3....g	0.001		1	A	1		0.000		
20:3 n-6....g	0.001		1	A	1		0.000		
20:4 undifferentiated....g	0.007		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.048		0	NC	4		0.005		
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.029		0	NC	4		0.003		
Cholesterol....mg									

NDB No. 28344

Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.7g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18218
Crackers, matzo, egg

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.40		1		1		0.91	1.79	
Energy	kcal	391		0	NC	4		56	109	
Energy	kJ	1636				4		232	458	
Protein (N x 5.8)	g	12.30		1		1		1.75	3.44	
Total lipid (fat)	g	2.10		1		1		0.30	0.59	
Ash	g	0.60		1		1		0.09	0.17	
Carbohydrate, by difference	g	78.60		0	NC	4		11.16	22.01	
Fiber, total dietary	g	2.8		0		4		0.4	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		1		1		6	11	
Iron, Fe	mg	2.70		1		1		0.38	0.76	
Magnesium, Mg	mg	24		0	FLA	4		3	7	
Phosphorus, P	mg	148		0	FLA	4		21	41	
Potassium, K	mg	150		1		1		21	42	
Sodium, Na	mg	21		1		1		3	6	
Zinc, Zn	mg	0.73		1		1		0.10	0.20	
Copper, Cu	mg	0.155		0	FLA	4		0.022	0.043	
Manganese, Mn	mg	0.600		1		1		0.085	0.168	
Selenium, Se	µg	27.7		0	FLA	4		3.9	7.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.0	0.0	
Thiamin	mg	0.788		0	FLA	4		0.112	0.221	
Riboflavin	mg	0.618		1		1		0.088	0.173	
Niacin	mg	5.080		1		1		0.721	1.422	
Pantothenic acid	mg	0.435		1		1		0.062	0.122	
Vitamin B-6	mg	0.054		1		1		0.008	0.015	
Folate, total	µg	24			FLA	4		3	7	
Folic acid	µg	0			Z	7		0	0	
Folate, food	µg	24			FLA	4		3	7	
Folate, DFE	µg	24		0	NC	4		3	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.19		0	FLA	4		0.03	0.05	
Vitamin A, RAE	µg	13		0	NC	4		2	4	
Retinol	µg	13		0	NC	4		2	4	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	42		1		1		6	12	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18218
Crackers, matzo, egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.548		0		1		0.078	0.153	
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.005		0		1		0.001	0.001	
15:0....g									
16:0....g	0.423		0		1		0.060	0.118	
17:0....g									
18:0....g	0.119		0		1		0.017	0.033	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.612		0		1		0.087	0.171	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043		0		1		0.006	0.012	
17:1....g									
18:1 undifferentiated....g	0.564		0		1		0.080	0.158	
20:1....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.473		0		1		0.067	0.132	
18:2 undifferentiated....g	0.427		0		1		0.061	0.120	
18:3 undifferentiated....g	0.020		0		1		0.003	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0		1		0.003	0.006	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	83		0	FLA	4		12	23	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0		1		0.021	0.042	
Threonine....g	0.384		0		1		0.055	0.108	
Isoleucine....g	0.472		0		1		0.067	0.132	
Leucine....g	0.886		0		1		0.126	0.248	
Lysine....g	0.389		0		1		0.055	0.109	
Methionine....g	0.248		0		1		0.035	0.069	
Cystine....g	0.268		0		1		0.038	0.075	
Phenylalanine....g	0.624		0		1		0.089	0.175	
Tyrosine....g	0.397		0		1		0.056	0.111	
Valine....g	0.544		0		1		0.077	0.152	
Arginine....g	0.544		0		1		0.077	0.152	
Histidine....g	0.278		0		1		0.039	0.078	
Alanine....g	0.450		0		1		0.064	0.126	
Aspartic acid....g	0.656		0		1		0.093	0.184	
Glutamic acid....g	3.666		0		1		0.521	1.026	
Glycine....g	0.438		0		1		0.062	0.123	
Proline....g	1.251		0		1		0.178	0.350	
Serine....g	0.673		0		1		0.096	0.188	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18218
Crackers, matzo, egg

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18400
Crackers, matzo, egg and onion

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.20	1.578	3		1		1.02	2.02	
Energy....kcal	391		0	NC	4		56	109	
Energy....kJ	1636				4		232	458	
Protein (N x 5.8)....g	10.00	0.425	3		1		1.42	2.80	
Total lipid (fat)....g	3.90	0.203	4		1		0.55	1.09	
Ash....g	1.80	0.045	4		1		0.26	0.50	
Carbohydrate, by difference....g	77.10		0	NC	4		10.95	21.59	
Fiber, total dietary....g	5.0		0		1		0.7	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36		2		1		5	10	
Iron, Fe....mg	4.37	0.383	3		1		0.62	1.22	
Magnesium, Mg....mg	30		2		1		4	8	
Phosphorus, P....mg	89		2		1		13	25	
Potassium, K....mg	83		2		1		12	23	
Sodium, Na....mg	285		2		1		40	80	
Zinc, Zn....mg	0.73		2		1		0.10	0.20	
Copper, Cu....mg	0.080		2		1		0.011	0.022	
Manganese, Mn....mg	0.820		2		1		0.116	0.230	
Selenium, Se....µg	36.5		0	FLA	4		5.2	10.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.0	0.1	
Thiamin....mg	0.558	0.012	9		1		0.079	0.156	
Riboflavin....mg	0.437	0.012	9		1		0.062	0.122	
Niacin....mg	4.891	0.173	9		1		0.695	1.369	
Pantothenic acid....mg	0.577	0.013	8		1		0.082	0.162	
Vitamin B-6....mg	0.111	0.001	8		1		0.016	0.031	
Folate, total....µg	158		0	FLA	4		22	44	
Folic acid....µg	148		0	NC	4		21	41	
Folate, food....µg	10	0.148	8		1		1	3	
Folate, DFE....µg	262		0	NC	4		37	73	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.22	0.018	8		1		0.03	0.06	
Vitamin A, RAE....µg	7		0	NC	4		1	2	
Retinol....µg	7		0	NC	4		1	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	24		0	FLA	4		3	7	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18400
Crackers, matzo, egg and onion

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.936		0		1		0.133	0.262	
4:0....g									
6:0....g									
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.008		0		1		0.001	0.002	
15:0....g									
16:0....g	0.742		0		1		0.105	0.208	
17:0....g									
18:0....g	0.184		0		1		0.026	0.052	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.987		0		1		0.140	0.276	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		0		1		0.009	0.018	
17:1....g									
18:1 undifferentiated....g	0.914		0		1		0.130	0.256	
20:1....g	0.006		0		1		0.001	0.002	
22:1 undifferentiated....g	0.001		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.001		0		1		0.142	0.280	
18:2 undifferentiated....g	0.916		0		1		0.130	0.256	
18:3 undifferentiated....g	0.045		0		1		0.006	0.013	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0		1		0.004	0.009	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.008		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	45		0	FLA	4		6	13	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		1		0.017	0.034	
Threonine....g	0.297		0		1		0.042	0.083	
Isoleucine....g	0.370		0		1		0.053	0.104	
Leucine....g	0.702		0		1		0.100	0.197	
Lysine....g	0.282		0		1		0.040	0.079	
Methionine....g	0.190		0		1		0.027	0.053	
Cystine....g	0.213		0		1		0.030	0.060	
Phenylalanine....g	0.501		0		1		0.071	0.140	
Tyrosine....g	0.315		0		1		0.045	0.088	
Valine....g	0.425		0		1		0.060	0.119	
Arginine....g	0.434		0		1		0.062	0.122	
Histidine....g	0.223		0		1		0.032	0.062	
Alanine....g	0.348		0		1		0.049	0.097	
Aspartic acid....g	0.493		0		1		0.070	0.138	
Glutamic acid....g	3.087		0		1		0.438	0.864	
Glycine....g	0.358		0		1		0.051	0.100	
Proline....g	1.055		0		1		0.150	0.295	
Serine....g	0.526		0		1		0.075	0.147	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18400

Crackers, matzo, egg and onion

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 4.1 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18217
Crackers, matzo, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.30	0.615	9		1		0.61	1.20	
Energy....kcal	395		0	NC	4		56	111	
Energy....kJ	1653		0		4		235	463	
Protein (N x 5.7)....g	10.00	0.176	10		1		1.42	2.80	
Total lipid (fat)....g	1.40	0.127	10		1		0.20	0.39	
Ash....g	0.60	0.002	4		1		0.09	0.17	
Carbohydrate, by difference....g	83.70		0	NC	4		11.89	23.44	
Fiber, total dietary....g	3.0		0		1		0.4	0.8	
Sugars, total....g	0.29		0	FLM	4		0.04	0.08	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2		1		2	4	
Iron, Fe....mg	3.16	0.010	4		1		0.45	0.88	
Magnesium, Mg....mg	25		2		1		4	7	
Phosphorus, P....mg	89		2		1		13	25	
Potassium, K....mg	112	8.758	4		1		16	31	
Sodium, Na....mg	0		0	LC	8		0	0	
Zinc, Zn....mg	0.68		2		1		0.10	0.19	
Copper, Cu....mg	0.060		2		1		0.009	0.017	
Manganese, Mn....mg	0.650		2		1		0.092	0.182	
Selenium, Se....µg	36.9		0	FLA	4		5.2	10.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.387	0.021	12		1		0.055	0.108	
Riboflavin....mg	0.291	0.001	4		1		0.041	0.081	
Niacin....mg	3.892	0.014	4		1		0.553	1.090	
Pantothenic acid....mg	0.443	0.016	8		1		0.063	0.124	
Vitamin B-6....mg	0.115	0.001	8		1		0.016	0.032	
Folate, total....µg	17		0	FLA	4		2	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0	FLA	4		2	5	
Folate, DFE....µg	17		0	NC	4		2	5	
Choline, total....mg	10.8		0	FLC	4		1.5	3.0	
Betaine....mg									
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	FLM	4		0	0	
Carotene, beta....µg	0		0		4		0	0	
Carotene, alpha....µg	0		0		4		0	0	
Cryptoxanthin, beta....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....µg	18		0	FLM	4		3	5	
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLM	4		0.01	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	FLM	4		0.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18217
Crackers, matzo, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.226		0		1		0.032	0.063	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.216		0		1		0.031	0.060	
17:0....g									
18:0....g	0.010		0		1		0.001	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.127		0		1		0.018	0.036	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.127		0		1		0.018	0.036	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.603		0		1		0.086	0.169	
18:2 undifferentiated....g	0.570		0		1		0.081	0.160	
18:3 undifferentiated....g	0.032		0		1		0.005	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0		1		0.016	0.032	
Threonine....g	0.267		0		1		0.038	0.075	
Isoleucine....g	0.371		0		1		0.053	0.104	
Leucine....g	0.692		0		1		0.098	0.194	
Lysine....g	0.193		0		1		0.027	0.054	
Methionine....g	0.176		0		1		0.025	0.049	
Cystine....g	0.225		0		1		0.032	0.063	
Phenylalanine....g	0.494		0		1		0.070	0.138	
Tyrosine....g	0.274		0		1		0.039	0.077	
Valine....g	0.420		0		1		0.060	0.118	
Arginine....g	0.348		0		1		0.049	0.097	
Histidine....g	0.213		0		1		0.030	0.060	
Alanine....g	0.306		0		1		0.043	0.086	
Aspartic acid....g	0.404		0		1		0.057	0.113	
Glutamic acid....g	3.509		0		1		0.498	0.983	
Glycine....g	0.343		0		1		0.049	0.096	
Proline....g	1.177		0		1		0.167	0.330	
Serine....g	0.485		0		1		0.069	0.136	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	

NDB No. 18217
Crackers, matzo, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18219
Crackers, matzo, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.80	0.517	4		1		0.68	1.34	
Energy....kcal	351		0	NC	4		50	98	
Energy....kJ	1469				4		209	411	
Protein (N x 5.8)....g	13.10	0.600	6		1		1.86	3.67	
Total lipid (fat)....g	1.50	0.227	6		1		0.21	0.42	
Ash....g	1.60	0.005	4		1		0.23	0.45	
Carbohydrate, by difference....g	78.90		0	NC	4		11.20	22.09	
Fiber, total dietary....g	11.8		0		1		1.7	3.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23	2.063	3		1		3	6	
Iron, Fe....mg	4.65	0.388	4		1		0.66	1.30	
Magnesium, Mg....mg	134		2		1		19	38	
Phosphorus, P....mg	305		2		1		43	85	
Potassium, K....mg	316		2		1		45	88	
Sodium, Na....mg	2	0.368	5		1		0	1	
Zinc, Zn....mg	2.61		2		1		0.37	0.73	
Copper, Cu....mg	0.350		2		1		0.050	0.098	
Manganese, Mn....mg	3.500		2		1		0.497	0.980	
Selenium, Se....µg	75.1		0	FLA	4		10.7	21.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.365	0.016	10		1		0.052	0.102	
Riboflavin....mg	0.271		2		1		0.038	0.076	
Niacin....mg	5.410	0.596	3		1		0.768	1.515	
Pantothenic acid....mg	1.235	0.041	8		1		0.175	0.346	
Vitamin B-6....mg	0.159	0.010	9		1		0.023	0.045	
Folate, total....µg	35	1.045	9		1		5	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	35	1.045	9		1		5	10	
Folate, DFE....µg	35		0	NC	4		5	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18219
Crackers, matzo, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.243		0		1		0.035	0.068	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.000	0.001	
15:0....g									
16:0....g	0.222		0		1		0.032	0.062	
17:0....g									
18:0....g	0.012		0		1		0.002	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.194		0		1		0.028	0.054	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.184		0		1		0.026	0.052	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.653		0		1		0.093	0.183	
18:2 undifferentiated....g	0.618		0		1		0.088	0.173	
18:3 undifferentiated....g	0.033		0		1		0.005	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.000	0.001	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0		1		0.029	0.058	
Threonine....g	0.382		0		1		0.054	0.107	
Isoleucine....g	0.489		0		1		0.069	0.137	
Leucine....g	0.889		0		1		0.126	0.249	
Lysine....g	0.371		0		1		0.053	0.104	
Methionine....g	0.204		0		1		0.029	0.057	
Cystine....g	0.308		0		1		0.044	0.086	
Phenylalanine....g	0.620		0		1		0.088	0.174	
Tyrosine....g	0.385		0		1		0.055	0.108	
Valine....g	0.597		0		1		0.085	0.167	
Arginine....g	0.631		0		1		0.090	0.177	
Histidine....g	0.310		0		1		0.044	0.087	
Alanine....g	0.475		0		1		0.067	0.133	
Aspartic acid....g	0.688		0		1		0.098	0.193	
Glutamic acid....g	4.112		0		1		0.584	1.151	
Glycine....g	0.541		0		1		0.077	0.151	
Proline....g	1.351		0		1		0.192	0.378	
Serine....g	0.622		0		1		0.088	0.174	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18219
Crackers, matzo, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18220
Crackers, melba toast, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.10	0.196	16		1		0.72	1.53	1.68
Energy	kcal	390		0	NC	4		55	117	129
Energy	kJ	1632		0		4		232	490	538
Protein (N x 5.7)	g	12.10	0.387	15		1		1.72	3.63	3.99
Total lipid (fat)	g	3.20	0.429	11		1		0.45	0.96	1.06
Ash	g	3.00	0.154	13		1		0.43	0.90	0.99
Carbohydrate, by difference	g	76.60		0	NC	4		10.88	22.98	25.28
Fiber, total dietary	g	6.3		0		1		0.9	1.9	2.1
Sugars, total	g	0.94		0	FLA	4		0.13	0.28	0.31
Starch	g									
Minerals:										
Calcium, Ca	mg	93	14.161	15		1		13	28	31
Iron, Fe	mg	3.70	0.408	10		1		0.53	1.11	1.22
Magnesium, Mg	mg	59	6.585	8		1		8	18	19
Phosphorus, P	mg	196	7.975	12		1		28	59	65
Potassium, K	mg	202	10.786	13		1		29	61	67
Sodium, Na	mg	598		0	LC	8		85	179	197
Zinc, Zn	mg	2.01	0.295	7		1		0.29	0.60	0.66
Copper, Cu	mg	0.289	0.054	7		1		0.041	0.087	0.095
Manganese, Mn	mg	1.130	0.154	4		1		0.160	0.339	0.373
Selenium, Se	µg	34.8		1	A	1		4.9	10.4	11.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.413	0.045	16		1		0.059	0.124	0.136
Riboflavin	mg	0.273	0.018	16		1		0.039	0.082	0.090
Niacin	mg	4.113	0.414	16		1		0.584	1.234	1.357
Pantothenic acid	mg	0.693	0.036	12		1		0.098	0.208	0.229
Vitamin B-6	mg	0.098	0.007	10		1		0.014	0.029	0.032
Folate, total	µg	124		0	FLA	4		18	37	41
Folic acid	µg	98		0	NC	4		14	29	32
Folate, food	µg	26	1.382	8		1		4	8	9
Folate, DFE	µg	193		0	NC	4		27	58	64
Choline, total	mg	19.8		0	FLC	4		2.8	5.9	6.5
Betaine	mg									
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	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	0		0		4		0	0	0
Carotene, alpha	µg	0		0		4		0	0	0
Cryptoxanthin, beta	µg	0		0		4		0	0	0
Vitamin A, IU	IU	0		0		1		0	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	74		0	FLA	4		10	22	24
Vitamin E (alpha-tocopherol)	mg	0.43		0	FLA	4		0.06	0.13	0.14
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.9		0	FLA	4		0.1	0.3	0.3
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18220
Crackers, melba toast, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.445		0		1		0.063	0.134	0.147
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		0		1		0.000	0.001	0.001
15:0....g									
16:0....g	0.355		0		1		0.050	0.107	0.117
17:0....g									
18:0....g	0.088		0		1		0.012	0.026	0.029
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.782		0		1		0.111	0.235	0.258
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.003	0.006	0.007
17:1....g									
18:1 undifferentiated....g	0.762		0		1		0.108	0.229	0.251
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.282		0		1		0.182	0.385	0.423
18:2 undifferentiated....g	1.210		0		1		0.172	0.363	0.399
18:3 undifferentiated....g	0.071		0		1		0.010	0.021	0.023
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0		1		0.020	0.042	0.046
Threonine....g	0.342		0		1		0.049	0.103	0.113
Isoleucine....g	0.462		0		1		0.066	0.139	0.152
Leucine....g	0.844		0		1		0.120	0.253	0.279
Lysine....g	0.280		0		1		0.040	0.084	0.092
Methionine....g	0.214		0		1		0.030	0.064	0.071
Cystine....g	0.265		0		1		0.038	0.080	0.087
Phenylalanine....g	0.596		0		1		0.085	0.179	0.197
Tyrosine....g	0.339		0		1		0.048	0.102	0.112
Valine....g	0.520		0		1		0.074	0.156	0.172
Arginine....g	0.435		0		1		0.062	0.131	0.144
Histidine....g	0.261		0		1		0.037	0.078	0.086
Alanine....g	0.395		0		1		0.056	0.119	0.130
Aspartic acid....g	0.532		0		1		0.076	0.160	0.176
Glutamic acid....g	4.086		0		1		0.580	1.226	1.348
Glycine....g	0.424		0		1		0.060	0.127	0.140
Proline....g	1.366		0		1		0.194	0.410	0.451
Serine....g	0.586		0		1		0.083	0.176	0.193
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18220
Crackers, melba toast, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 30g: 1 cup pieces

Measure 3 = 33g: 1 cup, rounds

Calories Factors: Protein 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18424
Crackers, melba toast, plain, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.10	0.196	16		1		0.72	3.57	1.53
Energy	kcal	390		0	NC	4		55	273	117
Energy	kJ	1632				4		232	1142	490
Protein (N x 5.7)	g	12.10	0.387	15		1		1.72	8.47	3.63
Total lipid (fat)	g	3.20	0.429	11		1		0.45	2.24	0.96
Ash	g	3.00	0.154	13		1		0.43	2.10	0.90
Carbohydrate, by difference	g	76.60		0		4		10.88	53.62	22.98
Fiber, total dietary	g	6.3		0		4		0.9	4.4	1.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	93	14.161	15		1		13	65	28
Iron, Fe	mg	3.70	0.408	10		1		0.53	2.59	1.11
Magnesium, Mg	mg	59	6.585	8		1		8	41	18
Phosphorus, P	mg	196	7.975	12		1		28	137	59
Potassium, K	mg	202	10.786	13		1		29	141	61
Sodium, Na	mg	19		0		4		3	13	6
Zinc, Zn	mg	2.01	0.295	7		1		0.29	1.41	0.60
Copper, Cu	mg	0.289	0.054	7		1		0.041	0.202	0.087
Manganese, Mn	mg	1.130	0.154	4		1		0.160	0.791	0.339
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.413	0.045	16		1		0.059	0.289	0.124
Riboflavin	mg	0.273	0.018	16		1		0.039	0.191	0.082
Niacin	mg	4.113	0.414	16		1		0.584	2.879	1.234
Pantothenic acid	mg	0.693	0.036	12		1		0.098	0.485	0.208
Vitamin B-6	mg	0.098	0.007	10		1		0.014	0.069	0.029
Folate, total	µg	124		0	BFZN	4		18	87	37
Folic acid	µg	98		0	NC	4		14	69	29
Folate, food	µg	26	1.382	8		1		4	18	8
Folate, DFE	µg	193		0	NC	4		27	135	58
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18424
Crackers, melba toast, plain, 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	0.445		0		4		0.063	0.312	0.134
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		0		4		0.000	0.001	0.001
15:0....g									
16:0....g	0.355		0		4		0.050	0.249	0.107
17:0....g									
18:0....g	0.088		0		4		0.012	0.062	0.026
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.782		0		4		0.111	0.547	0.235
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		4		0.003	0.014	0.006
17:1....g									
18:1 undifferentiated....g	0.762		0		4		0.108	0.533	0.229
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.282		0		4		0.182	0.897	0.385
18:2 undifferentiated....g	1.210		0		4		0.172	0.847	0.363
18:3 undifferentiated....g	0.071		0		4		0.010	0.050	0.021
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0		4		0.020	0.098	0.042
Threonine....g	0.342		0		4		0.049	0.239	0.103
Isoleucine....g	0.462		0		4		0.066	0.323	0.139
Leucine....g	0.844		0		4		0.120	0.591	0.253
Lysine....g	0.280		0		4		0.040	0.196	0.084
Methionine....g	0.214		0		4		0.030	0.150	0.064
Cystine....g	0.265		0		4		0.038	0.186	0.080
Phenylalanine....g	0.596		0		4		0.085	0.417	0.179
Tyrosine....g	0.339		0		4		0.048	0.237	0.102
Valine....g	0.520		0		4		0.074	0.364	0.156
Arginine....g	0.435		0		4		0.062	0.305	0.131
Histidine....g	0.261		0		4		0.037	0.183	0.078
Alanine....g	0.395		0		4		0.056	0.277	0.119
Aspartic acid....g	0.532		0		4		0.076	0.372	0.160
Glutamic acid....g	4.086		0		4		0.580	2.860	1.226
Glycine....g	0.424		0		4		0.060	0.297	0.127
Proline....g	1.366		0		4		0.194	0.956	0.410
Serine....g	0.586		0		4		0.083	0.410	0.176
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18424
Crackers, melba toast, plain, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 70g: 1 cup, crushed

Measure 3 = 30g: 1 cup pieces

Calories Factors: Protein 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18221
Crackers, melba toast, rye (includes pumpernickel)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.90	0.473	7		1		0.70	0.25	
Energy....kcal	389		0	NC	4		55	19	
Energy....kJ	1628				4		231	81	
Protein (N x 5.8)....g	11.60	0.298	8		1		1.65	0.58	
Total lipid (fat)....g	3.40	0.536	8		1		0.48	0.17	
Ash....g	2.90	0.140	8		1		0.41	0.15	
Carbohydrate, by difference....g	77.30		0		4		10.98	3.87	
Fiber, total dietary....g	8.0		0	RA	4		1.1	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	78	15.069	8		1		11	4	
Iron, Fe....mg	3.68	0.384	5		1		0.52	0.18	
Magnesium, Mg....mg	39	4.465	3		1		6	2	
Phosphorus, P....mg	183	18.481	6		1		26	9	
Potassium, K....mg	193	21.727	6		1		27	10	
Sodium, Na....mg	899	58.679	5		1		128	45	
Zinc, Zn....mg	1.36	0.323	3		1		0.19	0.07	
Copper, Cu....mg	0.401	0.161	3		1		0.057	0.020	
Manganese, Mn....mg	0.738		2		1		0.105	0.037	
Selenium, Se....µg	38.7		0	FLA	4		5.5	1.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.473	0.042	11		1		0.067	0.024	
Riboflavin....mg	0.284	0.010	11		1		0.040	0.014	
Niacin....mg	4.718	0.429	11		1		0.670	0.236	
Pantothenic acid....mg	0.484	0.012	8		1		0.069	0.024	
Vitamin B-6....mg	0.086	0.001	8		1		0.012	0.004	
Folate, total....µg	85		0	FLA	4		12	4	
Folic acid....µg	63		0	NC	4		9	3	
Folate, food....µg	22	1.032	8		1		3	1	
Folate, DFE....µg	129		0	NC	4		18	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18221
Crackers, melba toast, rye (includes pumpernickel)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.453		0		4		0.064	0.023	
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		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.003		0		4		0.000	0.000	
15:0....g									
16:0....g	0.357		0		4		0.051	0.018	
17:0....g									
18:0....g	0.092		0		4		0.013	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.907		0		4		0.129	0.045	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		4		0.004	0.001	
17:1....g									
18:1 undifferentiated....g	0.879		0		4		0.125	0.044	
20:1....g	0.004		0		4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.347		0		4		0.191	0.067	
18:2 undifferentiated....g	1.241		0		4		0.176	0.062	
18:3 undifferentiated....g	0.106		0		4		0.015	0.005	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		0		4		0.019	0.007	
Threonine....g	0.361		0		4		0.051	0.018	
Isoleucine....g	0.445		0		4		0.063	0.022	
Leucine....g	0.796		0		4		0.113	0.040	
Lysine....g	0.337		0		4		0.048	0.017	
Methionine....g	0.190		0		4		0.027	0.010	
Cystine....g	0.237		0		4		0.034	0.012	
Phenylalanine....g	0.569		0		4		0.081	0.028	
Tyrosine....g	0.289		0		4		0.041	0.014	
Valine....g	0.529		0		4		0.075	0.026	
Arginine....g	0.459		0		4		0.065	0.023	
Histidine....g	0.251		0		4		0.036	0.013	
Alanine....g	0.425		0		4		0.060	0.021	
Aspartic acid....g	0.634		0		4		0.090	0.032	
Glutamic acid....g	3.525		0		4		0.501	0.176	
Glycine....g	0.419		0		4		0.059	0.021	
Proline....g	1.237		0		4		0.176	0.062	
Serine....g	0.581		0		4		0.083	0.029	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18221
Crackers, melba toast, rye (includes pumpernickel)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 5.0g: 1 toast

Calories Factors: Protein 3.7 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18222
Crackers, melba toast, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.50	0.591	3		1		0.78	0.28	
Energy....kcal	374		0	NC	4		53	19	
Energy....kJ	1565				4		222	78	
Protein (N x 5.8)....g	12.90	0.382	3		1		1.83	0.65	
Total lipid (fat)....g	2.30	0.810	4		1		0.33	0.12	
Ash....g	2.90	0.088	5		1		0.41	0.15	
Carbohydrate, by difference....g	76.40		0	NC	4		10.85	3.82	
Fiber, total dietary....g	7.4		0		1		1.1	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	3.521	3		1		6	2	
Iron, Fe....mg	4.50	0.557	3		1		0.64	0.23	
Magnesium, Mg....mg	56		2		1		8	3	
Phosphorus, P....mg	165		2		1		23	8	
Potassium, K....mg	148		2		1		21	7	
Sodium, Na....mg	837	50.441	3		1		119	42	
Zinc, Zn....mg	1.50		2		1		0.21	0.08	
Copper, Cu....mg	0.265		2		1		0.038	0.013	
Manganese, Mn....mg	1.064		2		1		0.151	0.053	
Selenium, Se....µg	55.0		0	FLA	4		7.8	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.422	0.018	9		1		0.060	0.021	
Riboflavin....mg	0.299	0.004	9		1		0.042	0.015	
Niacin....mg	5.083	0.340	9		1		0.722	0.254	
Pantothenic acid....mg	0.517	0.015	8		1		0.073	0.026	
Vitamin B-6....mg	0.103	0.001	8		1		0.015	0.005	
Folate, total....µg	132		0	FLA	4		19	7	
Folic acid....µg	108		0	NC	4		15	5	
Folate, food....µg	24	0.827	8		1		3	1	
Folate, DFE....µg	208		0	NC	4		29	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18222
Crackers, melba toast, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.337		0		1		0.048	0.017	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.000	0.000	
15:0....g									
16:0....g	0.275		0		1		0.039	0.014	
17:0....g									
18:0....g	0.056		0		1		0.008	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.544		0		1		0.077	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.526		0		1		0.075	0.026	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0		1		0.129	0.046	
18:2 undifferentiated....g	0.858		0		1		0.122	0.043	
18:3 undifferentiated....g	0.050		0		1		0.007	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0		1		0.024	0.009	
Threonine....g	0.371		0		1		0.053	0.019	
Isoleucine....g	0.489		0		1		0.069	0.024	
Leucine....g	0.884		0		1		0.126	0.044	
Lysine....g	0.344		0		1		0.049	0.017	
Methionine....g	0.213		0		1		0.030	0.011	
Cystine....g	0.284		0		1		0.040	0.014	
Phenylalanine....g	0.615		0		1		0.087	0.031	
Tyrosine....g	0.371		0		1		0.053	0.019	
Valine....g	0.571		0		1		0.081	0.029	
Arginine....g	0.533		0		1		0.076	0.027	
Histidine....g	0.286		0		1		0.041	0.014	
Alanine....g	0.446		0		1		0.063	0.022	
Aspartic acid....g	0.628		0		1		0.089	0.031	
Glutamic acid....g	4.122		0		1		0.585	0.206	
Glycine....g	0.484		0		1		0.069	0.024	
Proline....g	1.366		0		1		0.194	0.068	
Serine....g	0.613		0		1		0.087	0.031	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18222
Crackers, melba toast, wheat

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 5.0g: 1 toast

Calories Factors: Protein 3.8 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18223
Crackers, milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.70	0.442	10		1		0.67	0.52	
Energy....kcal	446		0	NC	4		63	49	
Energy....kJ	1865		0	NC	4		265	205	
Protein (N x 5.7)....g	7.60	0.127	10		1		1.08	0.84	
Total lipid (fat)....g	13.77		0	NR	4		1.96	1.51	
Ash....g	2.20	0.030	10		1		0.31	0.24	
Carbohydrate, by difference....g	71.73		0	NC	4		10.19	7.89	
Fiber, total dietary....g	3.4		0	NR	4		0.5	0.4	
Sugars, total....g	10.32		0	NR	4		1.47	1.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	172	2.652	9		1		24	19	
Iron, Fe....mg	3.58	0.076	9		1		0.51	0.39	
Magnesium, Mg....mg	22	0.656	9		1		3	2	
Phosphorus, P....mg	303	4.473	9		1		43	33	
Potassium, K....mg	114	5.834	9		1		16	13	
Sodium, Na....mg	687		0	NR	4		98	76	
Zinc, Zn....mg	0.67	0.025	9		1		0.10	0.07	
Copper, Cu....mg	0.227	0.009	9		1		0.032	0.025	
Manganese, Mn....mg	0.552	0.033	7		1		0.078	0.061	
Selenium, Se....µg	15.9		0	FLA	4		2.3	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.0	0.0	
Thiamin....mg	0.538	0.031	9		1		0.076	0.059	
Riboflavin....mg	0.418	0.018	9		1		0.059	0.046	
Niacin....mg	4.430	0.119	9		1		0.629	0.487	
Pantothenic acid....mg	0.407		0	FLA	4		0.058	0.045	
Vitamin B-6....mg	0.037		0	FLA	4		0.005	0.004	
Folate, total....µg	90		0	FLA	4		13	10	
Folic acid....µg	70		0	FLA	4		10	8	
Folate, food....µg	20		0	NC	4		3	2	
Folate, DFE....µg	139		0	NC	4		20	15	
Choline, total....mg	10.8		0	BFNN	4		1.5	1.2	
Betaine....mg									
Vitamin B-12....µg	0.08		0	FLA	4		0.01	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	16		0	NC	4		2	2	
Retinol....µg	16		0	FLA	4		2	2	
Carotene, beta....µg	3		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	58		0	FLA	4		8	6	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	16		0	FLA	4		2	2	
Vitamin E (alpha-tocopherol)....mg	1.22		0	FLA	4		0.17	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.8		0	FLA	4		0.5	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18223
Crackers, milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.912		0	NR	4		0.414	0.320	
4:0....g	0.014		0	FLA	4		0.002	0.001	
6:0....g	0.004		0	FLA	4		0.001	0.000	
8:0....g	0.004		0	FLA	4		0.001	0.000	
10:0....g	0.009		0	FLA	4		0.001	0.001	
12:0....g	0.010		0	FLA	4		0.001	0.001	
13:0....g									
14:0....g	0.058		0	FLA	4		0.008	0.006	
15:0....g									
16:0....g	1.439		0	FLA	4		0.204	0.158	
17:0....g									
18:0....g	0.673		0	FLA	4		0.096	0.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.485		0	FLA	4		0.779	0.603	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.074		0	FLA	4		0.010	0.008	
17:1....g									
18:1 undifferentiated....g	5.390		0	FLA	4		0.765	0.593	
20:1....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.867		0	FLA	4		0.691	0.535	
18:2 undifferentiated....g	4.516		0	FLA	4		0.641	0.497	
18:3 undifferentiated....g	0.334		0	FLA	4		0.047	0.037	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		0	FLA	4		2	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0		4		0.014	0.011	
Threonine....g	0.221		0		4		0.031	0.024	
Isoleucine....g	0.289		0		4		0.041	0.032	
Leucine....g	0.541		0		4		0.077	0.060	
Lysine....g	0.241		0		4		0.034	0.027	
Methionine....g	0.138		0		4		0.020	0.015	
Cystine....g	0.159		0		4		0.023	0.017	
Phenylalanine....g	0.376		0		4		0.053	0.041	
Tyrosine....g	0.237		0		4		0.034	0.026	
Valine....g	0.333		0		4		0.047	0.037	
Arginine....g	0.307		0		4		0.044	0.034	
Histidine....g	0.167		0		4		0.024	0.018	
Alanine....g	0.246		0		4		0.035	0.027	
Aspartic acid....g	0.345		0		4		0.049	0.038	
Glutamic acid....g	2.482		0		4		0.352	0.273	
Glycine....g	0.264		0		4		0.037	0.029	
Proline....g	0.858		0		4		0.122	0.094	
Serine....g	0.399		0		4		0.057	0.044	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18223
Crackers, milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 11.0g: 1 cracker

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28292
Crackers, multigrain
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.35		
Energy....kcal	482		0	NC	4		68		
Energy....kJ	2018		0	NC	4		283		
Protein (N x 6.25)....g	7.10		0	MC	9		0.99		
Total lipid (fat)....g	20.40		0	MC	9		2.86		
Ash....g	2.40		0	FLC	4		0.34		
Carbohydrate, by difference....g	67.60		0	NC	4		9.46		
Fiber, total dietary....g	3.5		0	MC	9		0.5		
Sugars, total....g	12.00		0	MC	9		1.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	FLC	4		2		
Iron, Fe....mg	2.59		0	FLC	4		0.36		
Magnesium, Mg....mg	29		0	MC	9		4		
Phosphorus, P....mg	292		0	MC	9		41		
Potassium, K....mg	171		0	MC	9		24		
Sodium, Na....mg	883		0	MC	9		124		
Zinc, Zn....mg	0.98		0	FLC	4		0.14		
Copper, Cu....mg	0.151		0	FLC	4		0.021		
Manganese, Mn....mg									
Selenium, Se....µg	26.1		0	FLC	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.520		0	MC	9		0.073		
Riboflavin....mg	0.280		0	MC	9		0.039		
Niacin....mg	3.400		0	MC	9		0.476		
Pantothenic acid....mg									
Vitamin B-6....mg	0.117		0	FLC	4		0.016		
Folate, total....µg	103		0	MC	9		14		
Folic acid....µg	57		0	FLC	4		8		
Folate, food....µg	46		0	NC	4		6		
Folate, DFE....µg	143		0	NC	4		20		
Choline, total....mg	10.4		0	FLC	4		1.5		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	2		0	FLC	4		0		
Carotene, alpha....µg	1		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	5		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	73		0	FLC	4		10		
Vitamin E (alpha-tocopherol)....mg	1.75		0	FLC	4		0.25		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	36.0		0	FLC	4		5.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28292
Crackers, multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.300		0	MC	9		0.462		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.256		0	FLC	4		0.316		
17:0....g	0.007		0	FLC	4		0.001		
18:0....g	0.891		0	FLC	4		0.125		
20:0....g	0.072		0	FLC	4		0.010		
22:0....g	0.073		0	FLC	4		0.010		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	5.000		0	MC	9		0.700		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.001		0	FLC	4		0.000		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	4.948		0	FLC	4		0.693		
20:1....g	0.052		0	FLC	4		0.007		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	11.800		0	MC	9		1.652		
18:2 undifferentiated....g	10.438		0	FLC	4		1.461		
18:3 undifferentiated....g	1.362		0	FLC	4		0.191		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.190		0	MC	9		0.027		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0	FLC	4		0.012		
Threonine....g	0.193		0	FLC	4		0.027		
Isoleucine....g	0.237		0	FLC	4		0.033		
Leucine....g	0.481		0	FLC	4		0.067		
Lysine....g	0.182		0	FLC	4		0.026		
Methionine....g	0.122		0	FLC	4		0.017		
Cystine....g	0.147		0	FLC	4		0.021		
Phenylalanine....g	0.347		0	FLC	4		0.049		
Tyrosine....g	0.185		0	FLC	4		0.026		
Valine....g	0.291		0	FLC	4		0.041		
Arginine....g	0.320		0	FLC	4		0.045		
Histidine....g	0.168		0	FLC	4		0.023		
Alanine....g	0.252		0	FLC	4		0.035		
Aspartic acid....g	0.350		0	FLC	4		0.049		
Glutamic acid....g	2.204		0	FLC	4		0.308		
Glycine....g	0.277		0	FLC	4		0.039		
Proline....g	0.870		0	FLC	4		0.122		
Serine....g	0.336		0	FLC	4		0.047		
Hydroxyproline....g	0.000		0	FLC	4		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		

NDB No. 28292
Crackers, multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 4 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18224
Crackers, rusk toast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.50	0.222	15		1		0.78	0.55	
Energy....kcal	407		0		4		58	41	
Energy....kJ	1703				4		242	170	
Protein (N x 6)....g	13.50	0.250	15		1		1.92	1.35	
Total lipid (fat)....g	7.20	0.181	15		1		1.02	0.72	
Ash....g	1.20	0.029	15		1		0.17	0.12	
Carbohydrate, by difference....g	72.30		0	NC	4		10.27	7.23	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	0.978	15		1		4	3	
Iron, Fe....mg	2.72	0.313	13		1		0.39	0.27	
Magnesium, Mg....mg	36	0.538	12		1		5	4	
Phosphorus, P....mg	153	1.922	15		1		22	15	
Potassium, K....mg	245	8.107	14		1		35	25	
Sodium, Na....mg	253	6.440	15		1		36	25	
Zinc, Zn....mg	1.10	0.021	12		1		0.16	0.11	
Copper, Cu....mg	0.245	0.025	12		1		0.035	0.025	
Manganese, Mn....mg	0.439	0.022	8		1		0.062	0.044	
Selenium, Se....µg	20.1		0	FLA	4		2.9	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.404	0.032	15		1		0.057	0.040	
Riboflavin....mg	0.399	0.039	15		1		0.057	0.040	
Niacin....mg	4.625	0.426	15		1		0.657	0.463	
Pantothenic acid....mg	0.605		0	FLA	4		0.086	0.061	
Vitamin B-6....mg	0.047		0	FLA	4		0.007	0.005	
Folate, total....µg	87		0	FLA	4		12	9	
Folic acid....µg	23		0	NC	4		3	2	
Folate, food....µg	64		0		4		9	6	
Folate, DFE....µg	103		0	NC	4		15	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.18		0	FLA	4		0.03	0.02	
Vitamin A, RAE....µg	12		0	NC	4		2	1	
Retinol....µg	12		0	NC	4		2	1	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	41		0	FLA	4		6	4	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18224
Crackers, rusk toast

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.376		0	FLA	4		0.195	0.138	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.011		0	FLA	4		0.002	0.001	
15:0....g									
16:0....g	0.973		0	FLA	4		0.138	0.097	
17:0....g									
18:0....g	0.386		0	FLA	4		0.055	0.039	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.755		0	FLA	4		0.391	0.276	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.065		0	FLA	4		0.009	0.007	
17:1....g									
18:1 undifferentiated....g	2.678		0	FLA	4		0.380	0.268	
20:1....g	0.005		0	FLA	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.310		0	FLA	4		0.328	0.231	
18:2 undifferentiated....g	2.114		0	FLA	4		0.300	0.211	
18:3 undifferentiated....g	0.143		0	FLA	4		0.020	0.014	
18:4....g	0.003		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	FLA	4		0.004	0.003	
20:5 n-3 (EPA)....g	0.013		0	FLA	4		0.002	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.008		0	FLA	4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	FLA	4		11	8	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0		1		0.024	0.017	
Threonine....g	0.512		0		1		0.073	0.051	
Isoleucine....g	0.610		0		1		0.087	0.061	
Leucine....g	1.010		0		1		0.143	0.101	
Lysine....g	0.684		0		1		0.097	0.068	
Methionine....g	0.290		0		1		0.041	0.029	
Cystine....g	0.272		0		1		0.039	0.027	
Phenylalanine....g	0.668		0		1		0.095	0.067	
Tyrosine....g	0.471		0		1		0.067	0.047	
Valine....g	0.684		0		1		0.097	0.068	
Arginine....g	0.649		0		1		0.092	0.065	
Histidine....g	0.309		0		1		0.044	0.031	
Alanine....g	0.606		0		1		0.086	0.061	
Aspartic acid....g	0.944		0		1		0.134	0.094	
Glutamic acid....g	3.192		0		1		0.453	0.319	
Glycine....g	0.498		0		1		0.071	0.050	
Proline....g	1.052		0		1		0.149	0.105	
Serine....g	0.768		0		1		0.109	0.077	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18224
Crackers, rusk toast

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 10.0g: 1 rusk

Calories Factors: Protein 3.9 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18225
Crackers, rye, sandwich-type with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.80	0.167	5		1		0.54	0.27	
Energy....kcal	481		0	NC	4		68	34	
Energy....kJ	2013				4		286	141	
Protein (N x 5.8)....g	9.20	0.486	5		1		1.31	0.64	
Total lipid (fat)....g	22.30	0.317	5		1		3.17	1.56	
Ash....g	3.90	0.082	5		1		0.55	0.27	
Carbohydrate, by difference....g	60.80		0	NC	4		8.63	4.26	
Fiber, total dietary....g	3.6		0		4		0.5	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	222	18.575	5		1		32	16	
Iron, Fe....mg	2.45	0.121	5		1		0.35	0.17	
Magnesium, Mg....mg	37	0.744	4		1		5	3	
Phosphorus, P....mg	339	4.557	4		1		48	24	
Potassium, K....mg	342	61.985	5		1		49	24	
Sodium, Na....mg	1044	73.130	5		1		148	73	
Zinc, Zn....mg	0.70	0.055	4		1		0.10	0.05	
Copper, Cu....mg	0.096	0.016	4		1		0.014	0.007	
Manganese, Mn....mg	0.635	0.029	4		1		0.090	0.044	
Selenium, Se....µg	20.8		0	FLA	4		3.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLA	4		0.1	0.0	
Thiamin....mg	0.612	0.172	5		1		0.087	0.043	
Riboflavin....mg	0.494	0.060	5		1		0.070	0.035	
Niacin....mg	3.570	0.205	5		1		0.507	0.250	
Pantothenic acid....mg	0.585		0	FLA	4		0.083	0.041	
Vitamin B-6....mg	0.076		0	FLA	4		0.011	0.005	
Folate, total....µg	81		0	FLA	4		12	6	
Folic acid....µg	65		0	NC	4		9	5	
Folate, food....µg	16		0		4		2	1	
Folate, DFE....µg	127		0	NC	4		18	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE....µg	24		0	NC	4		3	2	
Retinol....µg	8		0	NC	4		1	1	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	334		0	FLA	4		47	23	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18225
Crackers, rye, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.987		0	FLA	4		0.850	0.419	
4:0....g	0.031		0	FLA	4		0.004	0.002	
6:0....g	0.015		0	FLA	4		0.002	0.001	
8:0....g	0.008		0	FLA	4		0.001	0.001	
10:0....g	0.018		0	FLA	4		0.003	0.001	
12:0....g	0.017		0	FLA	4		0.002	0.001	
13:0....g									
14:0....g	0.202		0	FLA	4		0.029	0.014	
15:0....g									
16:0....g	3.063		0	FLA	4		0.435	0.214	
17:0....g									
18:0....g	2.602		0	FLA	4		0.369	0.182	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.236		0	FLA	4		1.738	0.857	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.004	0.002	
17:1....g									
18:1 undifferentiated....g	12.191		0	FLA	4		1.731	0.853	
20:1....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.863		0	FLA	4		0.407	0.200	
18:2 undifferentiated....g	2.702		0	FLA	4		0.384	0.189	
18:3 undifferentiated....g	0.161		0	FLA	4		0.023	0.011	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		1		1		1	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.016	0.008	
Threonine....g	0.286		0		1		0.041	0.020	
Isoleucine....g	0.354		0		1		0.050	0.025	
Leucine....g	0.649		0		1		0.092	0.045	
Lysine....g	0.333		0		1		0.047	0.023	
Methionine....g	0.161		0		1		0.023	0.011	
Cystine....g	0.185		0		1		0.026	0.013	
Phenylalanine....g	0.442		0		1		0.063	0.031	
Tyrosine....g	0.273		0		1		0.039	0.019	
Valine....g	0.417		0		1		0.059	0.029	
Arginine....g	0.396		0		1		0.056	0.028	
Histidine....g	0.208		0		1		0.030	0.015	
Alanine....g	0.319		0		1		0.045	0.022	
Aspartic acid....g	0.510		0		1		0.072	0.036	
Glutamic acid....g	2.729		0		1		0.388	0.191	
Glycine....g	0.330		0		1		0.047	0.023	
Proline....g	0.972		0		1		0.138	0.068	
Serine....g	0.459		0		1		0.065	0.032	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18225

Crackers, rye, sandwich-type with cheese filling

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18226
Crackers, rye, wafers, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.00		1		1		0.71	3.05	0.55
Energy....kcal	334		0	NC	4		47	204	37
Energy....kJ	1397		0		4		198	852	154
Protein (N x 5.9)....g	9.60	0.101	21		1		1.36	5.86	1.06
Total lipid (fat)....g	0.90	0.054	21		1		0.13	0.55	0.10
Ash....g	4.10	0.180	21		1		0.58	2.50	0.45
Carbohydrate, by difference....g	80.40		0	NC	4		11.42	49.04	8.84
Fiber, total dietary....g	22.9		0		4		3.3	14.0	2.5
Sugars, total....g	1.01		0	FLA	4		0.14	0.62	0.11
Starch....g									
Minerals:									
Calcium, Ca....mg	40	1.353	21		1		6	24	4
Iron, Fe....mg	5.94	0.536	21		1		0.84	3.62	0.65
Magnesium, Mg....mg	121	1.361	21		1		17	74	13
Phosphorus, P....mg	334	9.126	21		1		47	204	37
Potassium, K....mg	495		2		1		70	302	54
Sodium, Na....mg	557		0	LC	8		79	340	61
Zinc, Zn....mg	2.80	0.096	21		1		0.40	1.71	0.31
Copper, Cu....mg	0.461	0.028	21		1		0.065	0.281	0.051
Manganese, Mn....mg	5.366		0	FLA	4		0.762	3.273	0.590
Selenium, Se....µg	23.8	21.934	3	A	1		3.4	14.5	2.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin....mg	0.427	0.056	14		1		0.061	0.260	0.047
Riboflavin....mg	0.289	0.029	14		1		0.041	0.176	0.032
Niacin....mg	1.581	0.103	21		1		0.225	0.964	0.174
Pantothenic acid....mg	0.569	0.032	17		1		0.081	0.347	0.063
Vitamin B-6....mg	0.271	0.017	21		1		0.038	0.165	0.030
Folate, total....µg	45	5.680	17		1		6	27	5
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	45	5.680	17		1		6	27	5
Folate, DFE....µg	45		0	NC	4		6	27	5
Choline, total....mg	20.0		0	FLC	4		2.8	12.2	2.2
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	2		0	FLA	4		0	1	0
Carotene, alpha....µg	1		0	FLA	4		0	1	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	5		0	FLA	4		1	3	1
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	245		0	FLA	4		35	150	27
Vitamin E (alpha-tocopherol)....mg	0.80		0	FLA	4		0.11	0.49	0.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	5.7		0	FLA	4		0.8	3.5	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18226
Crackers, rye, wafers, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.108		0		1		0.015	0.066	0.012
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.000	0.001	0.000
15:0....g									
16:0....g	0.101		0		1		0.014	0.062	0.011
17:0....g									
18:0....g	0.006		0		1		0.001	0.004	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.152		0		1		0.022	0.093	0.017
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.000	0.002	0.000
17:1....g									
18:1 undifferentiated....g	0.145		0		1		0.021	0.088	0.016
20:1....g	0.004		0		1		0.001	0.002	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.397		0		1		0.056	0.242	0.044
18:2 undifferentiated....g	0.349		0		1		0.050	0.213	0.038
18:3 undifferentiated....g	0.048		0		1		0.007	0.029	0.005
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 61g: 1 cup, crushed

Measure 3 = 11.0g: 1 cracker (4-1/2" x 2-1/2" x 1/8")

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18227
Crackers, rye, wafers, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.00		2		1		0.57	0.88	
Energy ... kcal	381		0	NC	4		54	84	
Energy ... kJ	1594				4		226	351	
Protein (N x 5.9) ... g	9.00	0.147	7		1		1.28	1.98	
Total lipid (fat) ... g	9.20	1.005	6		1		1.31	2.02	
Ash ... g	4.00	0.359	3		1		0.57	0.88	
Carbohydrate, by difference ... g	73.80		0		4		10.48	16.24	
Fiber, total dietary ... g	20.9		0		4		3.0	4.6	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	44	4.717	5		1		6	10	
Iron, Fe ... mg	3.04	0.199	6		1		0.43	0.67	
Magnesium, Mg ... mg	106	5.237	5		1		15	23	
Phosphorus, P ... mg	307	11.601	5		1		44	68	
Potassium, K ... mg	454	9.327	5		1		64	100	
Sodium, Na ... mg	887	51.905	6		1		126	195	
Zinc, Zn ... mg	2.55	0.093	5		1		0.36	0.56	
Copper, Cu ... mg	0.495	0.026	5		1		0.070	0.109	
Manganese, Mn ... mg	2.371		0	FLA	4		0.337	0.522	
Selenium, Se ... µg	32.5		0	FLA	4		4.6	7.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	FLA	4		0.0	0.0	
Thiamin ... mg	0.316	0.035	6		1		0.045	0.070	
Riboflavin ... mg	0.223	0.031	6		1		0.032	0.049	
Niacin ... mg	2.474	0.528	6		1		0.351	0.544	
Pantothenic acid ... mg	0.558		2		1		0.079	0.123	
Vitamin B-6 ... mg	0.190		2		1		0.027	0.042	
Folate, total ... µg	52		2		1		7	11	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	52		2		1		7	11	
Folate, DFE ... µg	52		0	NC	4		7	11	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE ... µg	0		0	NC	4		0	0	
Retinol ... µg	0		0	Z	7		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	8		0	FLA	4		1	2	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 18227
Crackers, rye, wafers, seasoned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.287		0	FLA	4		0.183	0.283	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.921		0	FLA	4		0.131	0.203	
17:0....g									
18:0....g	0.352		0	FLA	4		0.050	0.077	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.270		0	FLA	4		0.464	0.719	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	FLA	4		0.005	0.008	
17:1....g									
18:1 undifferentiated....g	3.215		0	FLA	4		0.457	0.707	
20:1....g	0.011		0	FLA	4		0.002	0.002	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.608		0	FLA	4		0.512	0.794	
18:2 undifferentiated....g	3.283		0	FLA	4		0.466	0.722	
18:3 undifferentiated....g	0.318		0	FLA	4		0.045	0.070	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 22g: 1 cracker, triple

Calories Factors: Protein 3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18228
Crackers, saltines (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.05	0.226	12	A	1		0.75	0.72	3.53
Energy....kcal	418		0	NC	4		62	59	292
Energy....kJ	1747		0	NC	4		260	248	1223
Protein (N x 5.7)....g	9.46	0.041	12	A	1		1.41	1.34	6.63
Total lipid (fat)....g	8.64	0.103	12	A	1		1.29	1.23	6.05
Ash....g	2.79	0.037	12	A	1		0.42	0.40	1.95
Carbohydrate, by difference....g	74.05		0	NC	4		11.03	10.52	51.84
Fiber, total dietary....g	2.8	0.087	6	A	1		0.4	0.4	2.0
Sugars, total....g	1.29	0.189	6	A	1		0.19	0.18	0.90
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.12	0.031	6	A	1		0.02	0.02	0.09
Fructose....g	0.19	0.054	6	A	1		0.03	0.03	0.13
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	0.98	0.112	6	A	1		0.15	0.14	0.68
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	67.83	0.546	6	A	1		10.11	9.63	47.48
Minerals:									
Calcium, Ca....mg	19	0.264	12	A	1		3	3	14
Iron, Fe....mg	5.57	0.076	12	A	1		0.83	0.79	3.90
Magnesium, Mg....mg	23	0.465	12	A	1		3	3	16
Phosphorus, P....mg	102	0.579	12	A	1		15	15	72
Potassium, K....mg	152	3.509	12	A	1		23	22	107
Sodium, Na....mg	941	17.802	12	A	1		140	134	659
Zinc, Zn....mg	0.69	0.013	12	A	1		0.10	0.10	0.48
Copper, Cu....mg	0.139	0.003	12	A	1		0.021	0.020	0.097
Manganese, Mn....mg	0.686	0.023	12	A	1		0.102	0.097	0.480
Selenium, Se....µg	10.3	0.839	6	A	1		1.5	1.5	7.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.702	0.035	6	A	1		0.105	0.100	0.492
Riboflavin....mg	0.487	0.014	6	A	1		0.073	0.069	0.341
Niacin....mg	6.442	0.213	6	A	1		0.960	0.915	4.509
Pantothenic acid....mg	0.536	0.042	4	A	1		0.080	0.076	0.375
Vitamin B-6....mg	0.086	0.003	6	A	1		0.013	0.012	0.060
Folate, total....µg	134	2.430	6	A	1		20	19	94
Folic acid....µg	117		2	A	1		17	17	82
Folate, food....µg	17		0	NC	4		3	2	12
Folate, DFE....µg	216		0	NC	4		32	31	151
Choline, total....mg	16.7		0	AS	1		2.5	2.4	11.7
Betaine....mg	62.7		1	A	1		9.3	8.9	43.9
Vitamin B-12....µg	0.09		2	A	1		0.01	0.01	0.06
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	AS	1		0	0	0
Retinol....µg	1		2	A	1		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	2		0	AS	1		0	0	1
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	17		0	FLA	4		3	2	12
Vitamin E (alpha-tocopherol)....mg	1.15	0.095	6	A	1		0.17	0.16	0.81
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.31	0.003	6	A	1		0.05	0.04	0.22
Tocopherol, gamma....mg	4.90	0.308	6	A	1		0.73	0.70	3.43
Tocopherol, delta....mg	1.55	0.031	6	A	1		0.23	0.22	1.09
Tocotrienol, alpha....mg	0.10	0.003	6	A	1		0.02	0.01	0.07
Tocotrienol, beta....mg	1.45	0.040	6	A	1		0.22	0.21	1.01

NDB No. 18228
Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common 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	25.4	0.346	4	A	1		3.8	3.6	17.8
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.653		0	NC	4		0.246	0.235	1.157
4:0....g	0.005	0.002	6	A	1		0.001	0.001	0.004
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.004	0.000	6	A	1		0.001	0.001	0.003
10:0....g	0.008	0.001	6	A	1		0.001	0.001	0.006
12:0....g	0.004	0.000	6	A	1		0.001	0.001	0.003
13:0....g									
14:0....g	0.013	0.002	6	A	1		0.002	0.002	0.009
15:0....g	0.005	0.001	6	A	1		0.001	0.001	0.003
16:0....g	1.050	0.033	6	A	1		0.156	0.149	0.735
17:0....g	0.009	0.000	6	A	1		0.001	0.001	0.007
18:0....g	0.490	0.081	6	A	1		0.073	0.070	0.343
20:0....g	0.026	0.000	6	A	1		0.004	0.004	0.018
22:0....g	0.026	0.001	6	A	1		0.004	0.004	0.018
24:0....g	0.012	0.000	6	A	1		0.002	0.002	0.008
Fatty acids, total monounsaturated....g	1.986		0	NC	4		0.296	0.282	1.390
14:1....g									
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.010	0.001	6	AS	1		0.001	0.001	0.007
16:1 c....g	0.010	0.001	6	A	1		0.001	0.001	0.007
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.004	0.000	6	A	1		0.001	0.001	0.003
18:1 undifferentiated....g	1.926	0.081	6	AS	1		0.287	0.273	1.348
18:1 c....g	1.776	0.019	6	A	1		0.265	0.252	1.243
18:1 t....g	0.150	0.078	6	A	1		0.022	0.021	0.105
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038	0.004	6	A	1		0.006	0.005	0.027
22:1 undifferentiated....g	0.006	0.001	6	AS	1		0.001	0.001	0.004
22:1 c....g	0.003	0.000	6	A	1		0.001	0.000	0.002
22:1 t....g	0.002	0.001	6	A	1		0.000	0.000	0.002
24:1 c....g	0.002	0.001	6	A	1		0.000	0.000	0.001
Fatty acids, total polyunsaturated....g	4.835		0	NC	4		0.720	0.687	3.385
18:2 undifferentiated....g	4.272	0.182	6	AS	1		0.637	0.607	2.990
18:2 n-6 c,c....g	4.250	0.182	6	A	1		0.633	0.604	2.975
18:2 CLAs....g	0.007	0.001	6	A	1		0.001	0.001	0.005
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.002	0.002	0.011
18:3 undifferentiated....g	0.553	0.027	6	AS	1		0.082	0.079	0.387
18:3 n-3 c,c,c (ALA)....g	0.535	0.026	6	A	1		0.080	0.076	0.374
18:3 n-6 c,c,c....g	0.018	0.002	6	A	1		0.003	0.003	0.013
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.001	0.000	0.002
20:3 undifferentiated....g	0.001	0.001	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.001	0.001	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.006	0.003	6	A	1		0.001	0.001	0.004
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 18228
Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.167		0	NC	4		0.025	0.024	0.117
Fatty acids, total trans-monoenoic....g	0.152		0	NC	4		0.023	0.022	0.106
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.002	0.002	0.011
Cholesterol....mg	0	0.137	3	A	1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0	A	1		0.017	0.016	0.081
Threonine....g	0.268		0	A	1		0.040	0.038	0.187
Isoleucine....g	0.333		0	A	1		0.050	0.047	0.233
Leucine....g	0.652		0	A	1		0.097	0.093	0.456
Lysine....g	0.172		0	A	1		0.026	0.024	0.120
Methionine....g	0.147		0	A	1		0.022	0.021	0.103
Cystine....g	0.232		0	A	1		0.035	0.033	0.163
Phenylalanine....g	0.450		0	A	1		0.067	0.064	0.315
Tyrosine....g	0.182		0	A	1		0.027	0.026	0.128
Valine....g	0.399		0	A	1		0.060	0.057	0.280
Arginine....g	0.349		0	A	1		0.052	0.050	0.244
Histidine....g	0.197		0	A	1		0.029	0.028	0.138
Alanine....g	0.318		0	A	1		0.047	0.045	0.223
Aspartic acid....g	0.415		0	A	1		0.062	0.059	0.290
Glutamic acid....g	3.158		0	A	1		0.471	0.448	2.211
Glycine....g	0.344		0	A	1		0.051	0.049	0.241
Proline....g	1.046		0	A	1		0.156	0.149	0.732
Serine....g	0.445		0	A	1		0.066	0.063	0.311
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.9g: 5 crackers

Measure 2 = 14.2g: .5 oz

Measure 3 = 70g: 1 cup, crushed

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18457
Crackers, saltines, fat-free, low-sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40		1		1		0.51	1.02	
Energy	kcal	393		0	NC	4		59	118	
Energy	kJ	1644		0		4		247	493	
Protein (N x 5.7)	g	10.50		1		1		1.58	3.15	
Total lipid (fat)	g	1.60		1		1		0.24	0.48	
Ash	g	2.20		1		1		0.33	0.66	
Carbohydrate, by difference	g	82.30		0	NC	4		12.35	24.69	
Fiber, total dietary	g	2.7		1		1		0.4	0.8	
Sugars, total	g	0.38		0	FLA	4		0.06	0.11	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		3	7	
Iron, Fe	mg	7.72		1		1		1.16	2.32	
Magnesium, Mg	mg	26		1		1		4	8	
Phosphorus, P	mg	113		1		1		17	34	
Potassium, K	mg	115		1		1		17	35	
Sodium, Na	mg	849		0	LC	8		127	255	
Zinc, Zn	mg	0.94		1		1		0.14	0.28	
Copper, Cu	mg	0.145		1		1		0.022	0.044	
Manganese, Mn	mg	0.637		1		1		0.096	0.191	
Selenium, Se	µg	21.4		0	FLA	4		3.2	6.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.518		1		1		0.078	0.155	
Riboflavin	mg	0.590		1		1		0.089	0.177	
Niacin	mg	5.714		1		1		0.857	1.714	
Pantothenic acid	mg	0.390		1		1		0.059	0.117	
Vitamin B-6	mg	0.085		1		1		0.013	0.026	
Folate, total	µg	124		0	BFZN	4		19	37	
Folic acid	µg	111		0	NC	4		17	33	
Folate, food	µg	13		1		1		2	4	
Folate, DFE	µg	202		0	NC	4		30	61	
Choline, total	mg	19.6		0	BFZN	4		2.9	5.9	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	9		0	FLA	4		1	3	
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.02	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	4.9		0	FLA	4		0.7	1.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18457
Crackers, saltines, fat-free, 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
Lipids:									
Fatty acids, total saturated....g	0.244		0		1		0.037	0.073	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.000	0.000	
15:0....g									
16:0....g	0.228		0		1		0.034	0.068	
17:0....g									
18:0....g	0.010		0		1		0.002	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.142		0		1		0.021	0.043	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.138		0		1		0.021	0.041	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.685		0		1		0.103	0.206	
18:2 undifferentiated....g	0.647		0		1		0.097	0.194	
18:3 undifferentiated....g	0.038		0		1		0.006	0.011	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0		1		0.021	0.041	
Threonine....g	0.287		0		1		0.043	0.086	
Isoleucine....g	0.378		0		1		0.057	0.113	
Leucine....g	0.716		0		1		0.107	0.215	
Lysine....g	0.290		0		1		0.044	0.087	
Methionine....g	0.180		0		1		0.027	0.054	
Cystine....g	0.224		0		1		0.034	0.067	
Phenylalanine....g	0.514		0		1		0.077	0.154	
Tyrosine....g	0.309		0		1		0.046	0.093	
Valine....g	0.439		0		1		0.066	0.132	
Arginine....g	0.413		0		1		0.062	0.124	
Histidine....g	0.224		0		1		0.034	0.067	
Alanine....g	0.327		0		1		0.049	0.098	
Aspartic acid....g	0.443		0		1		0.066	0.133	
Glutamic acid....g	3.494		0		1		0.524	1.048	
Glycine....g	0.367		0		1		0.055	0.110	
Proline....g	1.190		0		1		0.179	0.357	
Serine....g	0.536		0		1		0.080	0.161	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18457
Crackers, saltines, fat-free, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 3 saltines

Measure 2 = 30g: 6 saltines

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.03	0.095	8	A	1		0.57	1.81	0.12
Energy....kcal	421		0	NC	4		60	189	13
Energy....kJ	1760		0	NC	4		250	792	53
Protein (N x 5.7)....g	9.50	0.111	8	A	1		1.35	4.27	0.28
Total lipid (fat)....g	8.85	0.285	8	A	1		1.26	3.98	0.27
Ash....g	3.28	0.103	8	A	1		0.47	1.48	0.10
Carbohydrate, by difference....g	74.34		0	NC	4		10.56	33.45	2.23
Fiber, total dietary....g	2.9	0.065	8	A	1		0.4	1.3	0.1
Sugars, total....g	2.22	0.324	8	A	1		0.31	1.00	0.07
Sucrose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.23	0.048	8	A	1		0.03	0.10	0.01
Fructose....g	0.23	0.091	8	A	1		0.03	0.10	0.01
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	1.69	0.230	8	A	1		0.24	0.76	0.05
Galactose....g	0.07	0.028	8	A	1		0.01	0.03	0.00
Starch....g	67.30	0.476	8	A	1		9.56	30.28	2.02
Minerals:									
Calcium, Ca....mg	119		0	A	1		17	54	4
Iron, Fe....mg	5.13	0.313	8	A	1		0.73	2.31	0.15
Magnesium, Mg....mg	25	0.705	8	A	1		4	11	1
Phosphorus, P....mg	111	3.354	8	A	1		16	50	3
Potassium, K....mg	724		0	A	1		103	326	22
Sodium, Na....mg	198		0	LC	8		28	89	6
Zinc, Zn....mg	0.82	0.029	8	A	1		0.12	0.37	0.02
Copper, Cu....mg	0.156	0.005	8	A	1		0.022	0.070	0.005
Manganese, Mn....mg	0.838	0.023	8	A	1		0.119	0.377	0.025
Selenium, Se....µg	6.4	0.552	8	A	1		0.9	2.9	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.611	0.032	8	A	1		0.087	0.275	0.018
Riboflavin....mg	0.331	0.030	8	A	1		0.047	0.149	0.010
Niacin....mg	5.235	0.390	8	A	1		0.743	2.356	0.157
Pantothenic acid....mg	0.475		2	A	1		0.067	0.214	0.014
Vitamin B-6....mg	0.060		2	A	1		0.009	0.027	0.002
Folate, total....µg	140		2	A	1		20	63	4
Folic acid....µg	117		2	A	1		17	53	4
Folate, food....µg	23		0	AS	1		3	10	1
Folate, DFE....µg	221		0	NC	4		31	100	7
Choline, total....mg	19.6		0	AS	1		2.8	8.8	0.6
Betaine....mg	55.3		1	A	1		7.9	24.9	1.7
Vitamin B-12....µg	0.09		2	A	1		0.01	0.04	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	17		0	FLA	4		2	8	1
Vitamin E (alpha-tocopherol)....mg	1.12	0.105	5	A	1		0.16	0.50	0.03
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.23	0.036	5	A	1		0.03	0.10	0.01
Tocopherol, gamma....mg	5.05	0.146	5	A	1		0.72	2.27	0.15
Tocopherol, delta....mg	1.27	0.089	5	A	1		0.18	0.57	0.04
Tocotrienol, alpha....mg	0.13	0.006	5	A	1		0.02	0.06	0.00
Tocotrienol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

NDB No. 18425
Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.002	5	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	15.4		2	A	1		2.2	6.9	0.5
Dihydrophylloquinone....µg	14.6	8.690	4	A	1		2.1	6.6	0.4
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	2.001		0	NC	4		0.284	0.900	0.060
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.005	0.005	4	A	1		0.001	0.002	0.000
12:0....g	0.001	0.001	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.016	0.001	4	A	1		0.002	0.007	0.000
15:0....g	0.003	0.000	4	A	1		0.000	0.001	0.000
16:0....g	1.165	0.005	4	A	1		0.165	0.524	0.035
17:0....g	0.008	0.000	4	A	1		0.001	0.004	0.000
18:0....g	0.743	0.008	4	A	1		0.106	0.335	0.022
20:0....g	0.025	0.001	4	A	1		0.004	0.011	0.001
22:0....g	0.023	0.001	4	A	1		0.003	0.010	0.001
24:0....g	0.011	0.002	4	A	1		0.002	0.005	0.000
Fatty acids, total monounsaturated....g	2.247		0	NC	4		0.319	1.011	0.067
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.008	0.001	4	AS	1		0.001	0.004	0.000
16:1 c....g	0.008	0.001	4	A	1		0.001	0.004	0.000
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.003	0.000	4	A	1		0.000	0.001	0.000
18:1 undifferentiated....g	2.213	0.013	4	AS	1		0.314	0.996	0.066
18:1 c....g	1.798	0.023	4	A	1		0.255	0.809	0.054
18:1 t....g	0.415	0.026	4	A	1		0.059	0.187	0.012
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.006	4	A	1		0.003	0.009	0.001
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.002	0.001	4	A	1		0.000	0.001	0.000
Fatty acids, total polyunsaturated....g	4.068		0	NC	4		0.578	1.831	0.122
18:2 undifferentiated....g	3.624	0.023	4	AS	1		0.515	1.631	0.109
18:2 n-6 c,c....g	3.592	0.020	4	A	1		0.510	1.616	0.108
18:2 CLAs....g	0.005	0.001	4	A	1		0.001	0.002	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027	0.004	4	A	1		0.004	0.012	0.001
18:3 undifferentiated....g	0.437	0.007	4	AS	1		0.062	0.197	0.013
18:3 n-3 c,c,c (ALA)....g	0.423	0.008	4	A	1		0.060	0.190	0.013
18:3 n-6 c,c,c....g	0.014	0.002	4	A	1		0.002	0.006	0.000
18:3i....g									
18:4....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.000	0.001	0.000
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.003	0.000	4	A	1		0.000	0.001	0.000

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.443		0	NC	4		0.063	0.199	0.013
Fatty acids, total trans-monoenoic....g	0.415		0	NC	4		0.059	0.187	0.012
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.004	0.012	0.001
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0	FLA	4		0.017	0.055	0.004
Threonine....g	0.274		0	FLA	4		0.039	0.123	0.008
Isoleucine....g	0.344		0	FLA	4		0.049	0.155	0.010
Leucine....g	0.681		0	FLA	4		0.097	0.307	0.020
Lysine....g	0.230		0	FLA	4		0.033	0.103	0.007
Methionine....g	0.177		0	FLA	4		0.025	0.080	0.005
Cystine....g	0.208		0	FLA	4		0.030	0.093	0.006
Phenylalanine....g	0.493		0	FLA	4		0.070	0.222	0.015
Tyrosine....g	0.300		0	FLA	4		0.043	0.135	0.009
Valine....g	0.401		0	FLA	4		0.057	0.180	0.012
Arginine....g	0.407		0	FLA	4		0.058	0.183	0.012
Histidine....g	0.221		0	FLA	4		0.031	0.100	0.007
Alanine....g	0.324		0	FLA	4		0.046	0.146	0.010
Aspartic acid....g	0.428		0	FLA	4		0.061	0.193	0.013
Glutamic acid....g	3.283		0	FLA	4		0.466	1.477	0.098
Glycine....g	0.358		0	FLA	4		0.051	0.161	0.011
Proline....g	1.137		0	FLA	4		0.161	0.512	0.034
Serine....g	0.493		0	FLA	4		0.070	0.222	0.015
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 45g: 1 cup oyster crackers

Measure 3 = 3.0g: 1 cracker

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.10	0.082	176		1		0.58	0.12	
Energy....kcal	434		0	NC	4		62	13	
Energy....kJ	1816				4		258	54	
Protein (N x 5.7)....g	9.20	0.056	155		1		1.31	0.28	
Total lipid (fat)....g	11.80	0.142	161		1		1.68	0.35	
Ash....g	3.30	0.080	153		1		0.47	0.10	
Carbohydrate, by difference....g	71.50		0		4		10.15	2.15	
Fiber, total dietary....g	3.0		0	BFZN	4		0.4	0.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	119	5.322	162		1		17	4	
Iron, Fe....mg	5.40	0.080	171		1		0.77	0.16	
Magnesium, Mg....mg	27	0.355	162		1		4	1	
Phosphorus, P....mg	105	1.525	165		1		15	3	
Potassium, K....mg	128	1.697	166		1		18	4	
Sodium, Na....mg	766		0		4		109	23	
Zinc, Zn....mg	0.77	0.011	161		1		0.11	0.02	
Copper, Cu....mg	0.199	0.007	163		1		0.028	0.006	
Manganese, Mn....mg	0.695	0.009	142		1		0.099	0.021	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.565	0.016	128		1		0.080	0.017	
Riboflavin....mg	0.462	0.006	129		1		0.066	0.014	
Niacin....mg	5.249	0.072	131		1		0.745	0.157	
Pantothenic acid....mg	0.456	0.101	7		1		0.065	0.014	
Vitamin B-6....mg	0.038	0.004	5		1		0.005	0.001	
Folate, total....µg	124		0	BFZN	4		18	4	
Folic acid....µg	93		0	NC	4		13	3	
Folate, food....µg	31		2		1		4	1	
Folate, DFE....µg	189		0	NC	4		27	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.932		0	BFZN	4		0.416	0.088	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.055		0	BFZN	4		0.008	0.002	
15:0....g									
16:0....g	1.545		0	BFZN	4		0.219	0.046	
17:0....g									
18:0....g	1.329		0	BFZN	4		0.189	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.422		0	BFZN	4		0.912	0.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	BFZN	4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	6.417		0	BFZN	4		0.911	0.193	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.679		0	BFZN	4		0.238	0.050	
18:2 undifferentiated....g	1.593		0	BFZN	4		0.226	0.048	
18:3 undifferentiated....g	0.086		0	BFZN	4		0.012	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	9		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0		4		0.017	0.004	
Threonine....g	0.256		0		4		0.036	0.008	
Isoleucine....g	0.334		0		4		0.047	0.010	
Leucine....g	0.632		0		4		0.090	0.019	
Lysine....g	0.258		0		4		0.037	0.008	
Methionine....g	0.159		0		4		0.023	0.005	
Cystine....g	0.198		0		4		0.028	0.006	
Phenylalanine....g	0.452		0		4		0.064	0.014	
Tyrosine....g	0.274		0		4		0.039	0.008	
Valine....g	0.387		0		4		0.055	0.012	
Arginine....g	0.366		0		4		0.052	0.011	
Histidine....g	0.198		0		4		0.028	0.006	
Alanine....g	0.292		0		4		0.041	0.009	
Aspartic acid....g	0.394		0		4		0.056	0.012	
Glutamic acid....g	3.066		0		4		0.435	0.092	
Glycine....g	0.324		0		4		0.046	0.010	
Proline....g	1.046		0		4		0.149	0.031	
Serine....g	0.472		0		4		0.067	0.014	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 3.0g: 1 cracker

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18966
Crackers, saltines, whole wheat (includes multi-grain)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.85		0	FLC	4		1.38		
Energy ... kcal	398		0	NC	4		56		
Energy ... kJ	1665		0	NC	4		233		
Protein ... g	7.14		1	LC	8		1.00		
Total lipid (fat) ... g	10.71		1	LC	8		1.50		
Ash ... g	4.04		0	FLC	4		0.57		
Carbohydrate, by difference ... g	68.25		0	NC	4		9.55		
Fiber, total dietary ... g	6.7		0	NR	4		0.9		
Sugars, total ... g	0.00		1	LC	8		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	LC	8		0		
Iron, Fe ... mg	5.14		1	LC	8		0.72		
Magnesium, Mg ... mg	70		0	FLC	4		10		
Phosphorus, P ... mg	196		0	FLC	4		27		
Potassium, K ... mg	221		0	FLC	4		31		
Sodium, Na ... mg	1214		1	LC	8		170		
Zinc, Zn ... mg	1.46		0	FLC	4		0.20		
Copper, Cu ... mg	0.266		0	FLC	4		0.037		
Manganese, Mn ... mg	1.494		0	FLC	4		0.209		
Selenium, Se ... µg	25.8		0	FLC	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg	0.465		0	FLC	4		0.065		
Riboflavin ... mg	0.225		0	FLC	4		0.032		
Niacin ... mg	4.427		0	FLC	4		0.620		
Pantothenic acid ... mg	0.654		0	FLC	4		0.091		
Vitamin B-6 ... mg	0.213		0	FLC	4		0.030		
Folate, total ... µg	82		0	FLC	4		12		
Folic acid ... µg	52		0	FLC	4		7		
Folate, food ... µg	30		0	FLC	4		4		
Folate, DFE ... µg	119		0	NC	4		17		
Choline, total ... mg	8.1		0	FLC	4		1.1		
Betaine ... mg	12.5		0	FLC	4		1.7		
Vitamin B-12 ... µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	NC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	1		0	FLC	4		0		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	1		0	NC	4		0		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	80		0	FLC	4		11		
Vitamin E (alpha-tocopherol) ... mg	1.19		0	FLC	4		0.17		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	FLC	4		0.0		
Vitamin D ... IU	0		0	FLC	4		0		
Vitamin K (phylloquinone) ... µg	18.3		0	FLC	4		2.6		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 18966

Crackers, saltines, whole wheat (includes multi-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	2.793		0	FLC	4		0.391		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.005		0	FLC	4		0.001		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	2.752		0	FLC	4		0.385		
20:1....g	0.032		0	FLC	4		0.004		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	7.229		0	FLC	4		1.012		
18:2 undifferentiated....g	6.437		0	FLC	4		0.901		
18:3 undifferentiated....g	0.789		0	FLC	4		0.110		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.002		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28314
Crackers, sandwich-type, peanut butter filled, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.33		0	FLC	4		3.36		
Energy	kcal	437		0	NC	4		157		
Energy	kJ	1830		0	NC	4		659		
Protein (N x 6.25)	g	8.33		0	LC	8		3.00		
Total lipid (fat)	g	16.67		0	LC	8		6.00		
Ash	g	2.18		0	FLC	4		0.79		
Carbohydrate, by difference	g	63.49		0	NC	4		22.86		
Fiber, total dietary	g	2.8		0	LC	8		1.0		
Sugars, total	g	11.11		0	LC	8		4.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	3.00		0	LC	8		1.08		
Magnesium, Mg	mg	30		0	FLC	4		11		
Phosphorus, P	mg	97		0	FLC	4		35		
Potassium, K	mg	122		0	FLC	4		44		
Sodium, Na	mg	639		0	LC	8		230		
Zinc, Zn	mg	0.67		0	FLC	4		0.24		
Copper, Cu	mg	0.130		0	FLC	4		0.047		
Manganese, Mn	mg									
Selenium, Se	µg	19.5		0	FLC	4		7.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.454		0	FLC	4		0.163		
Riboflavin	mg	0.302		0	FLC	4		0.109		
Niacin	mg	4.683		0	FLC	4		1.686		
Pantothenic acid	mg	0.372		0	FLC	4		0.134		
Vitamin B-6	mg	0.073		0	FLC	4		0.026		
Folate, total	µg	111		0	FLC	4		40		
Folic acid	µg	86		0	FLC	4		31		
Folate, food	µg	26		0	FLC	4		9		
Folate, DFE	µg	171		0	NC	4		62		
Choline, total	mg	13.1		0	FLC	4		4.7		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	0		0	LC	8		0		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	10		0	FLC	4		4		
Vitamin E (alpha-tocopherol)	mg	1.86		0	FLC	4		0.67		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	3.0		0	FLC	4		1.1		
Dihydrophylloquinone	µg									

NDB No. 28314
Crackers, sandwich-type, peanut butter filled, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.778		0	LC	8		1.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.004		0	FLC	4		0.001		
13:0....g									
14:0....g	0.019		0	FLC	4		0.007		
15:0....g	0.003		0	FLC	4		0.001		
16:0....g	1.502		0	FLC	4		0.541		
17:0....g	0.011		0	FLC	4		0.004		
18:0....g	0.962		0	FLC	4		0.346		
20:0....g	0.075		0	FLC	4		0.027		
22:0....g	0.139		0	FLC	4		0.050		
24:0....g	0.051		0	FLC	4		0.018		
Fatty acids, total monounsaturated....g	5.556		0	LC	8		2.000		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.009		0	FLC	4		0.003		
17:1....g	0.002		0	FLC	4		0.001		
18:1 undifferentiated....g	5.467		0	FLC	4		1.968		
20:1....g	0.046		0	FLC	4		0.017		
22:1 undifferentiated....g	0.003		0	FLC	4		0.001		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	6.944		0	LC	8		2.500		
18:2 undifferentiated....g	6.656		0	FLC	4		2.396		
18:3 undifferentiated....g	0.060		0	FLC	4		0.022		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.003		0	FLC	4		0.001		
20:3 undifferentiated....g	0.003		0	FLC	4		0.001		
20:4 undifferentiated....g	0.006		0	FLC	4		0.002		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18960
Crackers, snack, GOYA CRACKERS

Latino food
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.93		1	A	1		1.78	0.75	
Energy....kcal	433		0	LC	8		130	55	
Energy....kJ	1812		0	LC	8		544	230	
Protein (N x 6.25)....g	14.25		1	A	1		4.27	1.81	
Total lipid (fat)....g	13.35		1	A	1		4.01	1.70	
Ash....g	2.12		1	A	1		0.64	0.27	
Carbohydrate, by difference....g	64.35		0	NC	4		19.31	8.17	
Fiber, total dietary....g	3.8		1	A	1		1.1	0.5	
Sugars, total....g	2.35		1	A	1		0.70	0.30	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.47		1	A	1		0.14	0.06	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	1.88		1	A	1		0.56	0.24	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	57.80		1	A	1		17.34	7.34	
Minerals:									
Calcium, Ca....mg	16		1	A	1		5	2	
Iron, Fe....mg	5.66		1	A	1		1.70	0.72	
Magnesium, Mg....mg	39		1	A	1		12	5	
Phosphorus, P....mg	145		1	A	1		44	18	
Potassium, K....mg	124		1	A	1		37	16	
Sodium, Na....mg	665		1	A	1		200	84	
Zinc, Zn....mg	1.17		1	A	1		0.35	0.15	
Copper, Cu....mg	0.155		1	A	1		0.047	0.020	
Manganese, Mn....mg	0.625		1	A	1		0.188	0.079	
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	6.323		0	NC	4		1.897	0.803	
4:0....g	0.004		1	A	1		0.001	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.005		1	A	1		0.001	0.001	
10:0....g	0.005		1	A	1		0.001	0.001	
12:0....g	0.038		1	A	1		0.011	0.005	
13:0....g									
14:0....g	0.132		1	A	1		0.039	0.017	
15:0....g	0.007		1	A	1		0.002	0.001	
16:0....g	5.490		1	A	1		1.647	0.697	
17:0....g	0.014		1	A	1		0.004	0.002	
18:0....g	0.563		1	A	1		0.169	0.071	
20:0....g	0.045		1	A	1		0.013	0.006	
22:0....g	0.009		1	A	1		0.003	0.001	
24:0....g	0.012		1	A	1		0.004	0.002	
Fatty acids, total monounsaturated....g	4.697		0	NC	4		1.409	0.596	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.022		0	AS	1		0.007	0.003	
16:1 c....g	0.022		1	A	1		0.007	0.003	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.003		1	A	1		0.001	0.000	
18:1 undifferentiated....g	4.639		0	AS	1		1.392	0.589	
18:1 c....g	4.629		1	A	1		1.389	0.588	
18:1 t....g	0.010		1	A	1		0.003	0.001	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		1	A	1		0.008	0.003	
22:1 undifferentiated....g	0.002		0	AS	1		0.001	0.000	
22:1 c....g	0.002		1	A	1		0.001	0.000	

NDB No. 18960
Crackers, snack, GOYA CRACKERS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.006		1	A	1		0.002	0.001	
Fatty acids, total polyunsaturated....g	1.536		0	NC	4		0.461	0.195	
18:2 undifferentiated....g	1.492		0	AS	1		0.448	0.189	
18:2 n-6 c,c....g	1.435		1	A	1		0.430	0.182	
18:2 CLAs....g	0.004		1	A	1		0.001	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053		1	A	1		0.016	0.007	
18:3 undifferentiated....g	0.038		0	AS	1		0.011	0.005	
18:3 n-3 c,c,c (ALA)....g	0.038		1	A	1		0.011	0.005	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002		1	A	1		0.001	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001	0.000	
21:5....g									
22:4....g	0.001		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.063		0	NC	4		0.019	0.008	
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.003	0.001	
Fatty acids, total trans-polyenoic....g	0.053		0	NC	4		0.016	0.007	
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving (1 NLEA serving - about 4 crackers)

Measure 2 = 12.7g: 1 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18229
Crackers, standard snack-type, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.14	0.092	11	A	1		0.50	0.50	0.10
Energy....kcal	510		0	NC	4		82	82	16
Energy....kJ	2132		0	NC	4		341	341	68
Protein....g	6.64	0.035	12	A	1		1.06	1.06	0.21
Total lipid (fat)....g	26.43	0.287	12	A	1		4.23	4.23	0.85
Ash....g	2.49	0.043	12	A	1		0.40	0.40	0.08
Carbohydrate, by difference....g	61.30		0	NC	4		9.81	9.81	1.96
Fiber, total dietary....g	2.3	0.090	6	A	1		0.4	0.4	0.1
Sugars, total....g	8.18	0.068	6	A	1		1.31	1.31	0.26
Sucrose....g	6.95	0.125	6	A	1		1.11	1.11	0.22
Glucose (dextrose)....g	0.47	0.037	6	A	1		0.07	0.07	0.01
Fructose....g	0.29	0.042	6	A	1		0.05	0.05	0.01
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	0.48	0.049	6	A	1		0.08	0.08	0.02
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	49.69	0.677	6	A	1		7.95	7.95	1.59
Minerals:									
Calcium, Ca....mg	120	2.020	12	A	1		19	19	4
Iron, Fe....mg	4.03	0.104	12	A	1		0.64	0.64	0.13
Magnesium, Mg....mg	18	0.260	12	A	1		3	3	1
Phosphorus, P....mg	248	1.604	12	A	1		40	40	8
Potassium, K....mg	118	5.050	12	A	1		19	19	4
Sodium, Na....mg	726	18.890	12	A	1		116	116	23
Zinc, Zn....mg	0.49	0.024	12	A	1		0.08	0.08	0.02
Copper, Cu....mg	0.104	0.003	12	A	1		0.017	0.017	0.003
Manganese, Mn....mg	0.491	0.015	12	A	1		0.079	0.079	0.016
Selenium, Se....µg	6.7	0.147	6	A	1		1.1	1.1	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.416	0.018	6	A	1		0.067	0.067	0.013
Riboflavin....mg	0.456	0.045	6	A	1		0.073	0.073	0.015
Niacin....mg	4.352	0.133	6	A	1		0.696	0.696	0.139
Pantothenic acid....mg	0.417	0.008	4	A	1		0.067	0.067	0.013
Vitamin B-6....mg	0.063	0.003	6	A	1		0.010	0.010	0.002
Folate, total....µg	92	3.304	6	A	1		15	15	3
Folic acid....µg	84		2	A	1		13	13	3
Folate, food....µg	8		0	NC	4		1	1	0
Folate, DFE....µg	150		0	NC	4		24	24	5
Choline, total....mg	9.6		0	AS	1		1.5	1.5	0.3
Betaine....mg	48.0		1	A	1		7.7	7.7	1.5
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		2	A	1		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	12		0	FLA	4		2	2	0
Vitamin E (alpha-tocopherol)....mg	3.03	0.159	6	A	1		0.48	0.48	0.10
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.43	0.012	6	A	1		0.07	0.07	0.01
Tocopherol, gamma....mg	14.40	0.665	6	A	1		2.30	2.30	0.46
Tocopherol, delta....mg	5.20	0.292	6	A	1		0.83	0.83	0.17
Tocotrienol, alpha....mg	0.08	0.005	6	A	1		0.01	0.01	0.00

NDB No. 18229
Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta....mg	1.11	0.042	6	A	1		0.18	0.18	0.04
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	69.3	1.872	5	A	1		11.1	11.1	2.2
Dihydrophylloquinone....µg	4.5	0.587	5	A	1		0.7	0.7	0.1
Menaquinone-4....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	5.562		0	NC	4		0.890	0.890	0.178
4:0....g	0.008	0.001	6	A	1		0.001	0.001	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.004	0.000	6	A	1		0.001	0.001	0.000
10:0....g	0.009	0.001	6	A	1		0.001	0.001	0.000
12:0....g	0.005	0.001	6	A	1		0.001	0.001	0.000
13:0....g									
14:0....g	0.047	0.001	6	A	1		0.007	0.007	0.001
15:0....g	0.006	0.000	6	A	1		0.001	0.001	0.000
16:0....g	3.170	0.059	6	A	1		0.507	0.507	0.101
17:0....g	0.029	0.001	6	A	1		0.005	0.005	0.001
18:0....g	2.099	0.090	6	A	1		0.336	0.336	0.067
20:0....g	0.081	0.001	6	A	1		0.013	0.013	0.003
22:0....g	0.076	0.001	6	A	1		0.012	0.012	0.002
24:0....g	0.029	0.000	6	A	1		0.005	0.005	0.001
Fatty acids, total monounsaturated....g	6.553		0	NC	4		1.049	1.049	0.210
14:1....g									
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.024	0.001	6	AS	1		0.004	0.004	0.001
16:1 c....g	0.020	0.001	6	A	1		0.003	0.003	0.001
16:1 t....g	0.004	0.000	6	A	1		0.001	0.001	0.000
17:1....g	0.012	0.000	6	A	1		0.002	0.002	0.000
18:1 undifferentiated....g	6.399	0.122	6	AS	1		1.024	1.024	0.205
18:1 c....g	5.406	0.087	6	A	1		0.865	0.865	0.173
18:1 t....g	0.993	0.041	6	A	1		0.159	0.159	0.032
18:1-11 t (18:1t n-7)....g									
20:1....g	0.106	0.005	6	A	1		0.017	0.017	0.003
22:1 undifferentiated....g	0.010	0.001	6	AS	1		0.002	0.002	0.000
22:1 c....g	0.005	0.000	6	A	1		0.001	0.001	0.000
22:1 t....g	0.005	0.001	6	A	1		0.001	0.001	0.000
24:1 c....g	0.002	0.001	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	13.137		0	NC	4		2.102	2.102	0.420
18:2 undifferentiated....g	11.571	0.142	6	AS	1		1.851	1.851	0.370
18:2 n-6 c,c....g	11.480	0.140	6	A	1		1.837	1.837	0.367
18:2 CLAs....g	0.017	0.001	6	A	1		0.003	0.003	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.074	0.005	6	A	1		0.012	0.012	0.002
18:3 undifferentiated....g	1.546	0.071	6	AS	1		0.247	0.247	0.049
18:3 n-3 c,c,c (ALA)....g	1.485	0.070	6	A	1		0.238	0.238	0.048
18:3 n-6 c,c,c....g	0.062	0.005	6	A	1		0.010	0.010	0.002
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.009	0.000	6	A	1		0.002	0.002	0.000
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.010	0.000	6	A	1		0.002	0.002	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									

NDB No. 18229
Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:4 ....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) ....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) ....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans ....g	1.076		0	NC	4		0.172	0.172	0.034
Fatty acids, total trans-monoenoic ....g	1.002		0	NC	4		0.160	0.160	0.032
Fatty acids, total trans-polyenoic ....g	0.074		0	NC	4		0.012	0.012	0.002
Cholesterol ....mg	0		0	FLA	4		0	0	0
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.084		0	A	1		0.013	0.013	0.003
Threonine ....g	0.193		0	A	1		0.031	0.031	0.006
Isoleucine ....g	0.246		0	A	1		0.039	0.039	0.008
Leucine ....g	0.471		0	A	1		0.075	0.075	0.015
Lysine ....g	0.103		0	A	1		0.016	0.016	0.003
Methionine ....g	0.112		0	A	1		0.018	0.018	0.004
Cystine ....g	0.172		0	A	1		0.028	0.028	0.006
Phenylalanine ....g	0.331		0	A	1		0.053	0.053	0.011
Tyrosine ....g	0.157		0	A	1		0.025	0.025	0.005
Valine ....g	0.294		0	A	1		0.047	0.047	0.009
Arginine ....g	0.252		0	A	1		0.040	0.040	0.008
Histidine ....g	0.145		0	A	1		0.023	0.023	0.005
Alanine ....g	0.225		0	A	1		0.036	0.036	0.007
Aspartic acid ....g	0.306		0	A	1		0.049	0.049	0.010
Glutamic acid ....g	2.298		0	A	1		0.368	0.368	0.074
Glycine ....g	0.252		0	A	1		0.040	0.040	0.008
Proline ....g	0.748		0	A	1		0.120	0.120	0.024
Serine ....g	0.316		0	A	1		0.050	0.050	0.010
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine ....mg	0		0	FLA	4		0	0	0
Theobromine ....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Measure 2 = 16g: 5 crackers, regular size, round (1 serving)

Measure 3 = 3.2g: 1 cracker, round

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18427
Crackers, standard snack-type, regular, low salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50	0.078	157		1		0.50	2.17	2.52
Energy	kcal	502		0	NC	4		71	311	361
Energy	kJ	2100		0		4		298	1302	1512
Protein (N x 5.7)	g	7.40	0.093	159		1		1.05	4.59	5.33
Total lipid (fat)	g	25.30	0.329	169		1		3.59	15.69	18.22
Ash	g	2.80	0.056	149		1		0.40	1.74	2.02
Carbohydrate, by difference	g	61.00		0		4		8.66	37.82	43.92
Fiber, total dietary	g	1.6		0		4		0.2	1.0	1.2
Sugars, total	g	1.79		0	FLA	4		0.25	1.11	1.29
Starch	g									
Minerals:										
Calcium, Ca	mg	120	3.998	145		1		17	74	86
Iron, Fe	mg	3.60	0.056	147		1		0.51	2.23	2.59
Magnesium, Mg	mg	27	1.161	137		1		4	17	19
Phosphorus, P	mg	228	6.627	139		1		32	141	164
Potassium, K	mg	355		0		4		50	220	256
Sodium, Na	mg	216		0	LC	8		31	134	156
Zinc, Zn	mg	0.68	0.021	143		1		0.10	0.42	0.49
Copper, Cu	mg	0.213	0.011	138		1		0.030	0.132	0.153
Manganese, Mn	mg	0.556	0.014	123		1		0.079	0.345	0.400
Selenium, Se	µg	6.6	0.653	6	A	1		0.9	4.1	4.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.408	0.009	129		1		0.058	0.253	0.294
Riboflavin	mg	0.342	0.006	131		1		0.049	0.212	0.246
Niacin	mg	4.048	0.048	133		1		0.575	2.510	2.915
Pantothenic acid	mg	0.271	0.028	5		1		0.038	0.168	0.195
Vitamin B-6	mg	0.053	0.003	3		1		0.008	0.033	0.038
Folate, total	µg	90		0	FLA	4		13	56	65
Folic acid	µg	75		0	FLA	4		11	47	54
Folate, food	µg	14		0	FLA	4		2	9	10
Folate, DFE	µg	142		0	NC	4		20	88	102
Choline, total	mg	13.8		0	BFZN	4		2.0	8.6	9.9
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	11		0	FLA	4		2	7	8
Vitamin E (alpha-tocopherol)	mg	2.03		0	FLA	4		0.29	1.26	1.46
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	6.3		0	FLA	4		0.9	3.9	4.5
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18427
Crackers, standard snack-type, regular, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.776		0	BFZN	4		0.536	2.341	2.719
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.025		0	BFZN	4		0.004	0.016	0.018
15:0....g									
16:0....g	2.516		0	BFZN	4		0.357	1.560	1.812
17:0....g									
18:0....g	1.235		0	BFZN	4		0.175	0.766	0.889
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.640		0	BFZN	4		1.511	6.597	7.661
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.098		0	BFZN	4		0.014	0.061	0.071
17:1....g									
18:1 undifferentiated....g	10.517		0	BFZN	4		1.493	6.521	7.572
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.545		0	BFZN	4		1.355	5.918	6.872
18:2 undifferentiated....g	8.865		0	BFZN	4		1.259	5.496	6.383
18:3 undifferentiated....g	0.655		0	BFZN	4		0.093	0.406	0.472
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	7		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.091		0		4		0.013	0.056	0.066
Threonine....g	0.202		0		4		0.029	0.125	0.145
Isoleucine....g	0.255		0		4		0.036	0.158	0.184
Leucine....g	0.507		0		4		0.072	0.314	0.365
Lysine....g	0.164		0		4		0.023	0.102	0.118
Methionine....g	0.131		0		4		0.019	0.081	0.094
Cystine....g	0.157		0		4		0.022	0.097	0.113
Phenylalanine....g	0.371		0		4		0.053	0.230	0.267
Tyrosine....g	0.223		0		4		0.032	0.138	0.161
Valine....g	0.296		0		4		0.042	0.184	0.213
Arginine....g	0.298		0		4		0.042	0.185	0.215
Histidine....g	0.164		0		4		0.023	0.102	0.118
Alanine....g	0.238		0		4		0.034	0.148	0.171
Aspartic acid....g	0.313		0		4		0.044	0.194	0.225
Glutamic acid....g	2.475		0		4		0.351	1.535	1.782
Glycine....g	0.265		0		4		0.038	0.164	0.191
Proline....g	0.854		0		4		0.121	0.529	0.615
Serine....g	0.367		0		4		0.052	0.228	0.264
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18427
Crackers, standard snack-type, regular, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 62g: 1 cup, bite size

Measure 3 = 72g: 1 cup, crushed

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18230
Crackers, standard snack-type, sandwich, with cheese filling

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.90	0.278	7		1		0.55	0.27	
Energy	kcal	477		0	NC	4		68	33	
Energy	kJ	1996		0		4		283	140	
Protein (N x 5.8)	g	9.30	0.314	7		1		1.32	0.65	
Total lipid (fat)	g	21.10	0.579	7		1		3.00	1.48	
Ash	g	4.00	0.685	3		1		0.57	0.28	
Carbohydrate, by difference	g	61.70		0	NC	4		8.76	4.32	
Fiber, total dietary	g	1.9		0		4		0.3	0.1	
Sugars, total	g	3.18		0	FLA	4		0.45	0.22	
Starch	g									
Minerals:										
Calcium, Ca	mg	257	17.634	6		1		36	18	
Iron, Fe	mg	2.39	0.130	5		1		0.34	0.17	
Magnesium, Mg	mg	36	0.872	5		1		5	3	
Phosphorus, P	mg	406	9.721	5		1		58	28	
Potassium, K	mg	429	53.599	6		1		61	30	
Sodium, Na	mg	978		0	MC	9		139	68	
Zinc, Zn	mg	0.62	0.036	5		1		0.09	0.04	
Copper, Cu	mg	0.082	0.002	5		1		0.012	0.006	
Manganese, Mn	mg	0.290	0.066	5		1		0.041	0.020	
Selenium, Se	µg	21.5		0	FLA	4		3.1	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.0	0.0	
Thiamin	mg	0.446	0.015	7		1		0.063	0.031	
Riboflavin	mg	0.684	0.069	7		1		0.097	0.048	
Niacin	mg	3.766	0.101	7		1		0.535	0.264	
Pantothenic acid	mg	0.509		0	FLA	4		0.072	0.036	
Vitamin B-6	mg	0.049		0	FLA	4		0.007	0.003	
Folate, total	µg	100		0	FLA	4		14	7	
Folic acid	µg	86		0	NR	4		12	6	
Folate, food	µg	14		0		4		2	1	
Folate, DFE	µg	160		0	NC	4		23	11	
Choline, total	mg	27.5		0	NR	4		3.9	1.9	
Betaine	mg									
Vitamin B-12	µg	0.10		0	FLA	4		0.01	0.01	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	17		0	NC	4		2	1	
Retinol	µg	16		0	FLA	4		2	1	
Carotene, beta	µg	5		0	FLA	4		1	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	62		0	FLA	4		9	4	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	10		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLA	4		0.03	0.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	8.3		0	FLA	4		1.2	0.6	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18230
Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.125		0	FLA	4		0.870	0.429	
4:0....g	0.031		0		1		0.004	0.002	
6:0....g	0.017		0		1		0.002	0.001	
8:0....g	0.009		0		1		0.001	0.001	
10:0....g	0.020		0		1		0.003	0.001	
12:0....g	0.020		0		1		0.003	0.001	
13:0....g									
14:0....g	0.196		0		1		0.028	0.014	
15:0....g									
16:0....g	2.911		0		1		0.413	0.204	
17:0....g									
18:0....g	2.446		0		1		0.347	0.171	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.254		0	FLA	4		1.598	0.788	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.058		0	FLA	4		0.008	0.004	
17:1....g									
18:1 undifferentiated....g	11.165		0	FLA	4		1.585	0.782	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.567		0	FLA	4		0.365	0.180	
18:2 undifferentiated....g	2.415		0	FLA	4		0.343	0.169	
18:3 undifferentiated....g	0.153		0	FLA	4		0.022	0.011	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.120		0		1		0.017	0.008	
Threonine....g	0.266		0		1		0.038	0.019	
Isoleucine....g	0.348		0		1		0.049	0.024	
Leucine....g	0.649		0		1		0.092	0.045	
Lysine....g	0.293		0		1		0.042	0.021	
Methionine....g	0.165		0		1		0.023	0.012	
Cystine....g	0.189		0		1		0.027	0.013	
Phenylalanine....g	0.447		0		1		0.063	0.031	
Tyrosine....g	0.279		0		1		0.040	0.020	
Valine....g	0.398		0		1		0.057	0.028	
Arginine....g	0.361		0		1		0.051	0.025	
Histidine....g	0.204		0		1		0.029	0.014	
Alanine....g	0.290		0		1		0.041	0.020	
Aspartic acid....g	0.414		0		1		0.059	0.029	
Glutamic acid....g	2.977		0		1		0.423	0.208	
Glycine....g	0.309		0		1		0.044	0.022	
Proline....g	1.031		0		1		0.146	0.072	
Serine....g	0.470		0		1		0.067	0.033	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.93	0.148	6	A	1		0.42	0.21	
Energy....kcal	494		0	NC	4		70	35	
Energy....kJ	2067		0	NC	4		294	145	
Protein (N x 5.6)....g	11.47	0.185	6	A	1		1.63	0.80	
Total lipid (fat)....g	24.54	0.343	6	A	1		3.48	1.72	
Ash....g	2.68	0.077	6	A	1		0.38	0.19	
Carbohydrate, by difference....g	58.38		0	NC	4		8.29	4.09	
Fiber, total dietary....g	2.3	0.177	3	A	1		0.3	0.2	
Sugars, total....g	10.50	1.040	3	A	1		1.49	0.74	
Sucrose....g	6.57	0.259	3	A	1		0.93	0.46	
Glucose (dextrose)....g	2.76	0.722	3	A	1		0.39	0.19	
Fructose....g	0.51	0.201	3	A	1		0.07	0.04	
Lactose....g	0.07	0.071	3	A	1		0.01	0.00	
Maltose....g	0.59	0.055	3	A	1		0.08	0.04	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	40.78	0.703	3	A	1		5.79	2.85	
Minerals:									
Calcium, Ca....mg	81	16.041	6	A	1		11	6	
Iron, Fe....mg	2.77	0.244	6	A	1		0.39	0.19	
Magnesium, Mg....mg	55	1.048	6	A	1		8	4	
Phosphorus, P....mg	274	2.545	6	A	1		39	19	
Potassium, K....mg	215	5.131	6	A	1		31	15	
Sodium, Na....mg	801		0	LC	8		114	56	
Zinc, Zn....mg	1.13	0.019	6	A	1		0.16	0.08	
Copper, Cu....mg	0.324	0.047	6	A	1		0.046	0.023	
Manganese, Mn....mg	0.784	0.020	6	A	1		0.111	0.055	
Selenium, Se....µg	10.8	1.519	3	A	1		1.5	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.489	0.011	6	A	1		0.069	0.034	
Riboflavin....mg	0.271	0.008	6	A	1		0.038	0.019	
Niacin....mg	6.114	0.073	6	A	1		0.868	0.428	
Pantothenic acid....mg	0.476	0.022	3	A	1		0.068	0.033	
Vitamin B-6....mg	0.148	0.004	6	A	1		0.021	0.010	
Folate, total....µg	86	2.241	6	A	1		12	6	
Folic acid....µg	52		0	O	4		7	4	
Folate, food....µg	34		0		4		5	2	
Folate, DFE....µg	122		0	NC	4		17	9	
Choline, total....mg	24.7		0	BFZN	4		3.5	1.7	
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	1		0	FLC	4		0	0	
Retinol....µg	1		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	4		0	NC	4		1	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	10		0	FLC	4		1	1	
Vitamin E (alpha-tocopherol)....mg	2.06	0.250	3	A	1		0.29	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.16	0.003	3	A	1		0.02	0.01	
Tocopherol, gamma....mg	7.49	0.025	3	A	1		1.06	0.52	
Tocopherol, delta....mg	2.11	0.187	3	A	1		0.30	0.15	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	9.5		2	A	1		1.4	0.7	
Dihydrophylloquinone....µg	42.8		2	A	1		6.1	3.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.803		0	NC	4		0.682	0.336	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000		1	A	1		0.000	0.000	
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	3.008	0.408	3	A	1		0.427	0.211	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	1.222	0.360	3	A	1		0.173	0.086	
20:0....g	0.186	0.005	3	A	1		0.026	0.013	
22:0....g	0.388	0.021	3	A	1		0.055	0.027	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	13.468		0	NC	4		1.912	0.943	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	13.256	0.433	3	A	1		1.882	0.928	
20:1....g	0.212	0.002	3	A	1		0.030	0.015	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.551		0	NC	4		0.646	0.319	
18:2 undifferentiated....g	4.551	0.076	3	A	1		0.646	0.319	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	49		0	FLC	4		7	3	
Stigmasterol....mg	0		0	FLC	4		0	0	
Campesterol....mg	0		0	FLC	4		0	0	
Beta-sitosterol....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan....g	0.125		0	FLC	4		0.018	0.009	
Threonine....g	0.354		0	FLC	4		0.050	0.025	
Isoleucine....g	0.400		0	FLC	4		0.057	0.028	
Leucine....g	0.762		0	FLC	4		0.108	0.053	
Lysine....g	0.339		0	FLC	4		0.048	0.024	
Methionine....g	0.170		0	FLC	4		0.024	0.012	
Cystine....g	0.191		0	FLC	4		0.027	0.013	
Phenylalanine....g	0.582		0	FLC	4		0.083	0.041	
Tyrosine....g	0.408		0	FLC	4		0.058	0.029	
Valine....g	0.471		0	FLC	4		0.067	0.033	

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.933		0	FLC	4		0.132	0.065	
Histidine....g	0.272		0	FLC	4		0.039	0.019	
Alanine....g	0.412		0	FLC	4		0.059	0.029	
Aspartic acid....g	0.959		0	FLC	4		0.136	0.067	
Glutamic acid....g	3.066		0	FLC	4		0.435	0.215	
Glycine....g	0.553		0	FLC	4		0.079	0.039	
Proline....g	0.892		0	FLC	4		0.127	0.062	
Serine....g	0.566		0	FLC	4		0.080	0.040	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.8 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28308
Crackers, standard snack-type, with whole wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.73	0.139	5	A	1		0.41		
Energy....kcal	463		0	NC	4		69		
Energy....kJ	1938		0	NC	4		291		
Protein (N x 6.25)....g	7.29	0.054	5	A	1		1.09		
Total lipid (fat)....g	17.84	0.361	5	A	1		2.68		
Ash....g	3.77	0.517	5	A	1		0.57		
Carbohydrate, by difference....g	68.37		0	NC	4		10.25		
Fiber, total dietary....g	4.9	0.254	3	A	1		0.7		
Sugars, total....g	10.43	0.248	3	A	1		1.56		
Sucrose....g	9.70	0.114	3	A	1		1.46		
Glucose (dextrose)....g	0.24	0.029	3	A	1		0.04		
Fructose....g	0.18	0.000	3	A	1		0.03		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.30	0.115	3	A	1		0.04		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	52.60		1	A	1		7.89		
Minerals:									
Calcium, Ca....mg	167	0.800	5	A	1		25		
Iron, Fe....mg	3.65	0.087	5	A	1		0.55		
Magnesium, Mg....mg	47	0.455	5	A	1		7		
Phosphorus, P....mg	356	2.518	5	A	1		53		
Potassium, K....mg	209	6.645	5	A	1		31		
Sodium, Na....mg	748	55.541	5	A	1		112		
Zinc, Zn....mg	1.11	0.009	5	A	1		0.17		
Copper, Cu....mg	0.197	0.002	5	A	1		0.030		
Manganese, Mn....mg	0.916	0.009	5	A	1		0.137		
Selenium, Se....µg	8.7	0.498	3	A	1		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFPN	4		0.0		
Thiamin....mg	0.320	0.065	3	A	1		0.048		
Riboflavin....mg	0.243	0.013	3	A	1		0.036		
Niacin....mg	4.453	0.105	3	A	1		0.668		
Pantothenic acid....mg	0.475		2	A	1		0.071		
Vitamin B-6....mg	0.180	0.015	3	A	1		0.027		
Folate, total....µg	58	5.408	3	A	1		9		
Folic acid....µg	22		0	NR	4		3		
Folate, food....µg	36		0	BFPN	4		5		
Folate, DFE....µg	73		0	NC	4		11		
Choline, total....mg	27.2		0	BFPN	4		4.1		
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFPN	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE....µg	0		0	BFSN	4		0		
Retinol....µg	0		0	BFSN	4		0		
Carotene, beta....µg	4		0	BFSN	4		1		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	7		0	NC	4		1		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	180		0	BFSN	4		27		
Vitamin E (alpha-tocopherol)....mg	2.90	0.138	3	A	1		0.44		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg	0.42	0.058	3	A	1		0.06		
Tocopherol, gamma....mg	9.98	0.830	3	A	1		1.50		
Tocopherol, delta....mg	2.72	0.126	3	A	1		0.41		
Tocotrienol, alpha....mg	0.23	0.007	3	A	1		0.03		
Tocotrienol, beta....mg	1.48	0.096	3	A	1		0.22		

NDB No. 28308
Crackers, standard snack-type, with whole wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	BFSN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFSN	4		0		
Vitamin K (phylloquinone)....µg	14.2		0	BFSN	4		2.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.345		0	NC	4		0.652		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.039	0.001	3	A	1		0.006		
15:0....g	0.005	0.000	3	A	1		0.001		
16:0....g	2.187	0.043	3	A	1		0.328		
17:0....g	0.019	0.001	3	A	1		0.003		
18:0....g	1.958	0.129	3	A	1		0.294		
20:0....g	0.062	0.002	3	A	1		0.009		
22:0....g	0.052	0.002	3	A	1		0.008		
24:0....g	0.023	0.001	3	A	1		0.003		
Fatty acids, total monounsaturated....g	4.540		0	NC	4		0.681		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.016	0.001	3	AS	1		0.002		
16:1 c....g	0.014	0.000	3	A	1		0.002		
16:1 t....g	0.002	0.001	3	A	1		0.000		
17:1....g	0.008	0.000	3	A	1		0.001		
18:1 undifferentiated....g	4.474	0.057	3	AS	1		0.671		
18:1 c....g	3.903	0.082	3	A	1		0.585		
18:1 t....g	0.571	0.026	3	A	1		0.086		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039	0.002	3	A	1		0.006		
22:1 undifferentiated....g	0.003	0.001	3	AS	1		0.000		
22:1 c....g	0.003	0.001	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	7.942		0	NC	4		1.191		
18:2 undifferentiated....g	7.037	0.203	3	AS	1		1.055		
18:2 n-6 c,c....g	6.991	0.203	3	A	1		1.049		
18:2 CLAs....g	0.011	0.001	3	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.035	0.001	3	A	1		0.005		
18:3 undifferentiated....g	0.892	0.027	3	AS	1		0.134		
18:3 n-3 c,c,c (ALA)....g	0.861	0.026	3	A	1		0.129		
18:3 n-6 c,c,c....g	0.032	0.001	3	A	1		0.005		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.001		
20:3 undifferentiated....g	0.001	0.001	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.006	0.000	3	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	3	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		

NDB No. 28308
Crackers, standard snack-type, with whole wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.607		0	NC	4		0.091		
Fatty acids, total trans-monoenoic....g	0.572		0	NC	4		0.086		
Fatty acids, total trans-polyenoic....g	0.035		0	NC	4		0.005		
Cholesterol....mg	0		0	BFSN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0		
Caffeine....mg	0		0	BFNN	4		0		
Theobromine....mg	0		0	BFNN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15g: 5 crackers 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28325
Crackers, toast thins, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.12		0	FLC	4		2.52		
Energy	kcal	442		0	NC	4		137		
Energy	kJ	1848		0	NC	4		573		
Protein (N x 6.25)	g	6.45		0	LC	8		2.00		
Total lipid (fat)	g	16.13		0	LC	8		5.00		
Ash	g	1.63		0	FLC	4		0.51		
Carbohydrate, by difference	g	67.66		0	NC	4		20.98		
Fiber, total dietary	g	9.7		0	LC	8		3.0		
Sugars, total	g	12.90		0	LC	8		4.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	LC	8		0		
Iron, Fe	mg	3.48		0	LC	8		1.08		
Magnesium, Mg	mg	102		0	FLC	4		32		
Phosphorus, P	mg	266		0	FLC	4		83		
Potassium, K	mg	306		0	LC	8		95		
Sodium, Na	mg	177		0	LC	8		55		
Zinc, Zn	mg	1.94		0	FLC	4		0.60		
Copper, Cu	mg	0.307		0	FLC	4		0.095		
Manganese, Mn	mg									
Selenium, Se	µg	46.1		0	FLC	4		14.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.373		0	FLC	4		0.116		
Riboflavin	mg	0.127		0	FLC	4		0.039		
Niacin	mg	3.723		0	FLC	4		1.154		
Pantothenic acid	mg									
Vitamin B-6	mg	0.305		0	FLC	4		0.094		
Folate, total	µg	33		0	FLC	4		10		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	33		0	FLC	4		10		
Folate, DFE	µg	33		0	NC	4		10		
Choline, total	mg	23.2		0	FLC	4		7.2		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	4		0	FLC	4		1		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	7		0	NC	4		2		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	164		0	FLC	4		51		
Vitamin E (alpha-tocopherol)	mg	1.69		0	FLC	4		0.53		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	27.6		0	FLC	4		8.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28325
Crackers, toast thins, 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
Lipids:									
Fatty acids, total saturated....g	3.226		0	NC	4		1.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.270		0	FLC	4		0.704		
17:0....g	0.006		0	FLC	4		0.002		
18:0....g	0.818		0	FLC	4		0.254		
20:0....g	0.065		0	FLC	4		0.020		
22:0....g	0.066		0	FLC	4		0.020		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.276		0	NC	4		1.016		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.238		0	FLC	4		1.004		
20:1....g	0.038		0	FLC	4		0.012		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	8.619		0	NC	4		2.672		
18:2 undifferentiated....g	7.651		0	FLC	4		2.372		
18:3 undifferentiated....g	0.969		0	FLC	4		0.300		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28327
Crackers, water biscuits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.00		0	FLC	4		1.54		
Energy....kcal	384		0	NC	4		54		
Energy....kJ	1607		0	NC	4		225		
Protein (N x 6.25)....g	7.14		0	LC	8		1.00		
Total lipid (fat)....g	7.14		0	LC	8		1.00		
Ash....g	1.90		0	FLC	4		0.27		
Carbohydrate, by difference....g	72.81		0	NC	4		10.19		
Fiber, total dietary....g	7.1		0	LC	8		1.0		
Sugars, total....g	0.00		0	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	LC	8		0		
Iron, Fe....mg	0.00		0	LC	8		0.00		
Magnesium, Mg....mg	20		0	FLC	4		3		
Phosphorus, P....mg	100		0	FLC	4		14		
Potassium, K....mg	99		0	FLC	4		14		
Sodium, Na....mg	571		0	LC	8		80		
Zinc, Zn....mg	0.65		0	FLC	4		0.09		
Copper, Cu....mg	0.133		0	FLC	4		0.019		
Manganese, Mn....mg									
Selenium, Se....µg	31.3		0	FLC	4		4.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.111		0	FLC	4		0.016		
Riboflavin....mg	0.037		0	FLC	4		0.005		
Niacin....mg	1.154		0	FLC	4		0.162		
Pantothenic acid....mg									
Vitamin B-6....mg	0.041		0	FLC	4		0.006		
Folate, total....µg	24		0	FLC	4		3		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	24		0	FLC	4		3		
Folate, DFE....µg	24		0	NC	4		3		
Choline, total....mg	9.7		0	FLC	4		1.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	0		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	LC	8		0		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	17		0	FLC	4		2		
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLC	4		0.04		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	1.8		0	FLC	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28327
Crackers, water biscuits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.043		0	NC	4		0.566		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	4.043		0	FLC	4		0.566		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.457		0	NC	4		0.344		
18:2 undifferentiated....g	2.353		0	FLC	4		0.329		
18:3 undifferentiated....g	0.104		0	FLC	4		0.015		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 4 cracker 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18428
Crackers, wheat, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10	0.095	57		1		0.44	2.57	0.06
Energy....kcal	473		0	NC	4		67	393	9
Energy....kJ	1979		0		4		281	1643	40
Protein (N x 5.8)....g	8.60	0.190	58		1		1.22	7.14	0.17
Total lipid (fat)....g	20.60	0.403	56		1		2.93	17.10	0.41
Ash....g	2.80	0.091	55		1		0.40	2.32	0.06
Carbohydrate, by difference....g	64.90		0		4		9.22	53.87	1.30
Fiber, total dietary....g	4.5		0		4		0.6	3.7	0.1
Sugars, total....g	13.04		0	FLA	4		1.85	10.82	0.26
Starch....g									
Minerals:									
Calcium, Ca....mg	49	4.931	55		1		7	41	1
Iron, Fe....mg	4.40	0.106	56		1		0.62	3.65	0.09
Magnesium, Mg....mg	62	1.667	52		1		9	51	1
Phosphorus, P....mg	220	9.705	53		1		31	183	4
Potassium, K....mg	203		0		4		29	168	4
Sodium, Na....mg	190		0	LC	8		27	158	4
Zinc, Zn....mg	1.60	0.067	52		1		0.23	1.33	0.03
Copper, Cu....mg	0.318	0.027	52		1		0.045	0.264	0.006
Manganese, Mn....mg	1.781	0.070	46		1		0.253	1.478	0.036
Selenium, Se....µg	33.7		0	FLA	4		4.8	28.0	0.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.505	0.015	54		1		0.072	0.419	0.010
Riboflavin....mg	0.327	0.014	55		1		0.046	0.271	0.007
Niacin....mg	4.961	0.140	55		1		0.704	4.118	0.099
Pantothenic acid....mg	0.522	0.151	3		1		0.074	0.433	0.010
Vitamin B-6....mg	0.136		2		1		0.019	0.113	0.003
Folate, total....µg	50		0	FLA	4		7	41	1
Folic acid....µg	32		0		4		5	27	1
Folate, food....µg	18		1		1		3	15	0
Folate, DFE....µg	72		0	NC	4		10	60	1
Choline, total....mg	27.2		0	BFZN	4		3.9	22.6	0.5
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	81		0	FLA	4		12	67	2
Vitamin E (alpha-tocopherol)....mg	0.50		0	FLA	4		0.07	0.42	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.6		0	FLA	4		1.4	8.0	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18428
Crackers, wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.178		0	BFZN	4		0.735	4.298	0.104
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.008		0	BFZN	4		0.001	0.007	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.099		0	BFZN	4		0.014	0.082	0.002
15:0....g									
16:0....g	2.693		0	BFZN	4		0.382	2.235	0.054
17:0....g									
18:0....g	2.371		0	BFZN	4		0.337	1.968	0.047
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.448		0	BFZN	4		1.626	9.502	0.229
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	BFZN	4		0.001	0.005	0.000
17:1....g									
18:1 undifferentiated....g	11.442		0	BFZN	4		1.625	9.497	0.229
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.796		0	BFZN	4		0.397	2.321	0.056
18:2 undifferentiated....g	2.653		0	BFZN	4		0.377	2.202	0.053
18:3 undifferentiated....g	0.140		0	BFZN	4		0.020	0.116	0.003
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.000	0.001	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		2		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		0		4		0.018	0.103	0.002
Threonine....g	0.242		0		4		0.034	0.201	0.005
Isoleucine....g	0.314		0		4		0.045	0.261	0.006
Leucine....g	0.582		0		4		0.083	0.483	0.012
Lysine....g	0.236		0		4		0.034	0.196	0.005
Methionine....g	0.138		0		4		0.020	0.115	0.003
Cystine....g	0.193		0		4		0.027	0.160	0.004
Phenylalanine....g	0.412		0		4		0.059	0.342	0.008
Tyrosine....g	0.250		0		4		0.036	0.208	0.005
Valine....g	0.375		0		4		0.053	0.311	0.008
Arginine....g	0.375		0		4		0.053	0.311	0.008
Histidine....g	0.193		0		4		0.027	0.160	0.004
Alanine....g	0.289		0		4		0.041	0.240	0.006
Aspartic acid....g	0.406		0		4		0.058	0.337	0.008
Glutamic acid....g	2.765		0		4		0.393	2.295	0.055
Glycine....g	0.328		0		4		0.047	0.272	0.007
Proline....g	0.925		0		4		0.131	0.768	0.019
Serine....g	0.418		0		4		0.059	0.347	0.008
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18428
Crackers, wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 83g: 1 cup, crushed

Measure 3 = 2.0g: 1 cracker

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18950
Crackers, wheat, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.73	0.097	4	A	1		0.79	0.05	0.79
Energy....kcal	444		0	NC	4		129	8	129
Energy....kJ	1857		0	NC	4		539	33	539
Protein....g	9.34	0.104	4	A	1		2.71	0.17	2.71
Total lipid (fat)....g	13.37	0.201	4	A	1		3.88	0.24	3.88
Ash....g	3.04	0.077	4	A	1		0.88	0.05	0.88
Carbohydrate, by difference....g	71.52		0	NC	4		20.74	1.29	20.74
Fiber, total dietary....g	3.4	0.122	4	A	1		1.0	0.1	1.0
Sugars, total....g	15.01	0.303	4	A	1		4.35	0.27	4.35
Sucrose....g	9.24	0.419	4	A	1		2.68	0.17	2.68
Glucose (dextrose)....g	1.55	0.022	4	A	1		0.45	0.03	0.45
Fructose....g	0.88	0.018	4	A	1		0.25	0.02	0.25
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose....g	3.34	0.141	4	A	1		0.97	0.06	0.97
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g	50.92	0.272	4	A	1		14.77	0.92	14.77
Minerals:									
Calcium, Ca....mg	80	5.602	4	A	1		23	1	23
Iron, Fe....mg	5.02	0.082	4	A	1		1.46	0.09	1.46
Magnesium, Mg....mg	47	0.763	4	A	1		14	1	14
Phosphorus, P....mg	258	6.671	4	A	1		75	5	75
Potassium, K....mg	210	1.377	4	A	1		61	4	61
Sodium, Na....mg	776		0	LC	8		225	14	225
Zinc, Zn....mg	1.74	0.067	4	A	1		0.50	0.03	0.50
Copper, Cu....mg	0.223	0.017	4	A	1		0.065	0.004	0.065
Manganese, Mn....mg	2.127	0.037	4	A	1		0.617	0.038	0.617
Selenium, Se....µg	10.4	0.893	4	A	1		3.0	0.2	3.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	0.0
Thiamin....mg	0.625	0.024	4	A	1		0.181	0.011	0.181
Riboflavin....mg	0.270	0.042	4	A	1		0.078	0.005	0.078
Niacin....mg	5.123	0.090	4	A	1		1.486	0.092	1.486
Pantothenic acid....mg	0.510	0.013	4	A	1		0.148	0.009	0.148
Vitamin B-6....mg	0.150	0.000	4	A	1		0.044	0.003	0.044
Folate, total....µg	127		0	BFNN	4		37	2	37
Folic acid....µg	100		0	BFNN	4		29	2	29
Folate, food....µg	26		0	BFNN	4		8	0	8
Folate, DFE....µg	197		0	NC	4		57	4	57
Choline, total....mg	29.5		0	BFNN	4		8.6	0.5	8.6
Betaine....mg									
Vitamin B-12....µg	0.14		1	A	1		0.04	0.00	0.04
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	BFNN	4		0	0	0
Retinol....µg	0		0	BFNN	4		0	0	0
Carotene, beta....µg	0		0	BFNN	4		0	0	0
Carotene, alpha....µg	0		0	BFNN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFNN	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	BFNN	4		0	0	0
Lutein + zeaxanthin....µg	86		0	BFNN	4		25	2	25
Vitamin E (alpha-tocopherol)....mg	1.18		0	BFNN	4		0.34	0.02	0.34
Vitamin E, added....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 18950
Crackers, wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFNN	4		0.0	0.0	0.0
Vitamin D....IU	0		0	BFNN	4		0	0	0
Vitamin K (phylloquinone)....µg	24.7		2	A	1		7.2	0.4	7.2
Dihydrophylloquinone....µg	0.5		2	A	1		0.1	0.0	0.1
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	2.112		0	NC	4		0.612	0.038	0.612
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.009	0.001	4	A	1		0.003	0.000	0.003
15:0....g	0.004	0.000	4	A	1		0.001	0.000	0.001
16:0....g	1.383	0.026	4	A	1		0.401	0.025	0.401
17:0....g	0.011	0.001	4	A	1		0.003	0.000	0.003
18:0....g	0.607	0.013	4	A	1		0.176	0.011	0.176
20:0....g	0.041	0.002	4	A	1		0.012	0.001	0.012
22:0....g	0.040	0.002	4	A	1		0.011	0.001	0.011
24:0....g	0.016	0.002	4	A	1		0.005	0.000	0.005
Fatty acids, total monounsaturated....g	3.295		0	NC	4		0.955	0.059	0.955
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.011	0.000	4	AS	1		0.003	0.000	0.003
16:1 c....g	0.011	0.000	4	A	1		0.003	0.000	0.003
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.006	0.001	4	A	1		0.002	0.000	0.002
18:1 undifferentiated....g	3.252	0.070	4	AS	1		0.943	0.059	0.943
18:1 c....g	3.079	0.067	4	A	1		0.893	0.055	0.893
18:1 t....g	0.173	0.007	4	A	1		0.050	0.003	0.050
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.008	4	A	1		0.007	0.000	0.007
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	7.055		0	NC	4		2.046	0.127	2.046
18:2 undifferentiated....g	6.180	0.120	4	AS	1		1.792	0.111	1.792
18:2 n-6 c,c....g	6.146	0.118	4	A	1		1.782	0.111	1.782
18:2 CLAs....g	0.006	0.001	4	A	1		0.002	0.000	0.002
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.028	0.002	4	A	1		0.008	0.000	0.008
18:3 undifferentiated....g	0.867	0.017	4	AS	1		0.251	0.016	0.251
18:3 n-3 c,c,c (ALA)....g	0.853	0.017	4	A	1		0.247	0.015	0.247
18:3 n-6 c,c,c....g	0.013	0.001	4	A	1		0.004	0.000	0.004
18:3i....g									
18:4....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.000	4	A	1		0.001	0.000	0.001
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.002	0.001	4	A	1		0.001	0.000	0.001
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.201		0	NC	4		0.058	0.004	0.058
Fatty acids, total trans-monoenoic....g	0.173		0	NC	4		0.050	0.003	0.050

NDB No. 18950
Crackers, wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.028		0	NC	4		0.008	0.000	0.008
Cholesterol.....mg	0		0	BFNN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0	A	1		0.032	0.002	0.032
Threonine.....g	0.280		0	A	1		0.081	0.005	0.081
Isoleucine.....g	0.330		0	A	1		0.096	0.006	0.096
Leucine.....g	0.620		0	A	1		0.180	0.011	0.180
Lysine.....g	0.188		0	A	1		0.055	0.003	0.055
Methionine.....g	0.142		0	A	1		0.041	0.003	0.041
Cystine.....g	0.193		0	A	1		0.056	0.003	0.056
Phenylalanine.....g	0.427		0	A	1		0.124	0.008	0.124
Tyrosine.....g	0.168		0	A	1		0.049	0.003	0.049
Valine.....g	0.417		0	A	1		0.121	0.008	0.121
Arginine.....g	0.427		0	A	1		0.124	0.008	0.124
Histidine.....g	0.203		0	A	1		0.059	0.004	0.059
Alanine.....g	0.366		0	A	1		0.106	0.007	0.106
Aspartic acid.....g	0.508		0	A	1		0.147	0.009	0.147
Glutamic acid.....g	2.726		0	A	1		0.790	0.049	0.790
Glycine.....g	0.386		0	A	1		0.112	0.007	0.112
Proline.....g	0.900		0	A	1		0.261	0.016	0.261
Serine.....g	0.407		0	A	1		0.118	0.007	0.118
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFNN	4		0	0	0
Theobromine.....mg	0		0	BFNN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving

Measure 2 = 1.8g: 1 cracker

Measure 3 = 29g: 16 crackers, Wheat Thins

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18232
Crackers, wheat, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.75	0.122	12	A	1		0.93	0.40	
Energy....kcal	455		0	NC	4		155	66	
Energy....kJ	1903		0	NC	4		647	276	
Protein (N x 5.8)....g	7.30	0.080	12	A	1		2.48	1.06	
Total lipid (fat)....g	16.40	0.220	12	A	1		5.58	2.38	
Ash....g	2.83	0.112	12	A	1		0.96	0.41	
Carbohydrate, by difference....g	70.73		0	NC	4		24.05	10.26	
Fiber, total dietary....g	6.9	0.071	6	A	1		2.3	1.0	
Sugars, total....g	15.48	0.278	6	A	1		5.26	2.24	
Sucrose....g	11.85	0.294	6	A	1		4.03	1.72	
Glucose (dextrose)....g	0.79	0.055	6	A	1		0.27	0.11	
Fructose....g	0.42	0.042	6	A	1		0.14	0.06	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	2.42	0.152	6	A	1		0.82	0.35	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	47.38	0.460	5	A	1		16.11	6.87	
Minerals:									
Calcium, Ca....mg	92	2.835	12	A	1		31	13	
Iron, Fe....mg	2.64	0.080	12	A	1		0.90	0.38	
Magnesium, Mg....mg	72	1.167	12	A	1		24	10	
Phosphorus, P....mg	302	5.230	12	A	1		103	44	
Potassium, K....mg	283	4.253	12	A	1		96	41	
Sodium, Na....mg	699	35.695	12	A	1		238	101	
Zinc, Zn....mg	1.64	0.039	12	A	1		0.56	0.24	
Copper, Cu....mg	0.274	0.004	12	A	1		0.093	0.040	
Manganese, Mn....mg	1.549	0.051	12	A	1		0.527	0.225	
Selenium, Se....µg	9.9	0.770	6	A	1		3.4	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.284	0.012	6	A	1		0.096	0.041	
Riboflavin....mg	0.146	0.014	6	A	1		0.050	0.021	
Niacin....mg	4.022	0.174	6	A	1		1.368	0.583	
Pantothenic acid....mg	0.577	0.021	4	A	1		0.196	0.084	
Vitamin B-6....mg	0.244	0.013	6	A	1		0.083	0.035	
Folate, total....µg	38	6.291	6	A	1		13	6	
Folic acid....µg	2		0	NR	4		1	0	
Folate, food....µg	36		0	FLA	4		12	5	
Folate, DFE....µg	40		0	NC	4		13	6	
Choline, total....mg	27.2	2.654	6	AS	1		9.3	4.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	4		0	FLA	4		1	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	7		0	NC	4		2	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	180		0	FLA	4		61	26	
Vitamin E (alpha-tocopherol)....mg	1.55	0.122	6	A	1		0.53	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.46	0.036	6	A	1		0.16	0.07	
Tocopherol, gamma....mg	9.23	0.757	6	A	1		3.14	1.34	
Tocopherol, delta....mg	3.29	0.267	6	A	1		1.12	0.48	
Tocotrienol, alpha....mg	0.29	0.046	6	A	1		0.10	0.04	
Tocotrienol, beta....mg	1.63	0.184	6	A	1		0.55	0.24	

NDB No. 18232
Crackers, wheat, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.05	0.049	6	A	1		0.02	0.01	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	14.2		0	FLA	4		4.8	2.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.210		0	NC	4		1.091	0.465	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.005	0.005	6	A	1		0.002	0.001	
8:0....g	0.058	0.058	6	A	1		0.020	0.008	
10:0....g	0.047	0.046	6	A	1		0.016	0.007	
12:0....g	0.347	0.343	6	A	1		0.118	0.050	
13:0....g									
14:0....g	0.150	0.132	6	A	1		0.051	0.022	
15:0....g	0.005	0.000	6	A	1		0.002	0.001	
16:0....g	1.812	0.049	6	A	1		0.616	0.263	
17:0....g	0.015	0.001	6	A	1		0.005	0.002	
18:0....g	0.657	0.025	6	A	1		0.223	0.095	
20:0....g	0.049	0.003	6	A	1		0.017	0.007	
22:0....g	0.047	0.003	6	A	1		0.016	0.007	
24:0....g	0.020	0.001	6	A	1		0.007	0.003	
Fatty acids, total monounsaturated....g	3.470		0	NC	4		1.180	0.503	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.014	0.001	6	AS	1		0.005	0.002	
16:1 c....g	0.014	0.001	6	A	1		0.005	0.002	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.008	0.000	6	A	1		0.003	0.001	
18:1 undifferentiated....g	3.403	0.151	6	AS	1		1.157	0.493	
18:1 c....g	3.392	0.150	6	A	1		1.153	0.492	
18:1 t....g	0.011	0.001	6	A	1		0.004	0.002	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042	0.002	6	A	1		0.014	0.006	
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.001	0.000	
22:1 c....g	0.003	0.000	6	A	1		0.001	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	8.474		0	NC	4		2.881	1.229	
18:2 undifferentiated....g	7.474	0.521	6	AS	1		2.541	1.084	
18:2 n-6 c,c....g	7.442	0.519	6	A	1		2.530	1.079	
18:2 CLAs....g	0.009	0.001	6	A	1		0.003	0.001	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023	0.002	6	A	1		0.008	0.003	
18:3 undifferentiated....g	0.987	0.075	6	AS	1		0.336	0.143	
18:3 n-3 c,c,c (ALA)....g	0.956	0.072	6	A	1		0.325	0.139	
18:3 n-6 c,c,c....g	0.031	0.004	6	A	1		0.011	0.005	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	6	A	1		0.002	0.001	
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated....g	0.006	0.001	6	A	1		0.002	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 18232
Crackers, wheat, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.034		0	NC	4		0.011	0.005	
Fatty acids, total trans-monoenoic....g	0.011		0	NC	4		0.004	0.002	
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.008	0.003	
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0	A	1		0.036	0.015	
Threonine....g	0.265		0	A	1		0.090	0.038	
Isoleucine....g	0.306		0	A	1		0.104	0.044	
Leucine....g	0.586		0	A	1		0.199	0.085	
Lysine....g	0.190		0	A	1		0.065	0.028	
Methionine....g	0.145		0	A	1		0.049	0.021	
Cystine....g	0.185		0	A	1		0.063	0.027	
Phenylalanine....g	0.396		0	A	1		0.135	0.057	
Tyrosine....g	0.175		0	A	1		0.060	0.025	
Valine....g	0.386		0	A	1		0.131	0.056	
Arginine....g	0.411		0	A	1		0.140	0.060	
Histidine....g	0.190		0	A	1		0.065	0.028	
Alanine....g	0.351		0	A	1		0.119	0.051	
Aspartic acid....g	0.486		0	A	1		0.165	0.070	
Glutamic acid....g	2.550		0	A	1		0.867	0.370	
Glycine....g	0.361		0	A	1		0.123	0.052	
Proline....g	0.832		0	A	1		0.283	0.121	
Serine....g	0.391		0	A	1		0.133	0.057	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 16 crackers 1 serving

Measure 2 = 14.5g: 2 crackers 1 serving

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18233
Crackers, wheat, sandwich, with cheese filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20		1		1		0.45	0.22	
Energy....kcal	497		0	NC	4		71	35	
Energy....kJ	2079		0		4		295	146	
Protein (N x 5.8)....g	9.80		2		1		1.39	0.69	
Total lipid (fat)....g	25.00		2		1		3.55	1.75	
Ash....g	3.80		2		1		0.54	0.27	
Carbohydrate, by difference....g	58.20		0	NC	4		8.26	4.07	
Fiber, total dietary....g	3.1		0		4		0.4	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	204		2		1		29	14	
Iron, Fe....mg	2.62		2		1		0.37	0.18	
Magnesium, Mg....mg	54		1		1		8	4	
Phosphorus, P....mg	382		1		1		54	27	
Potassium, K....mg	306		2		1		43	21	
Sodium, Na....mg	839		0	MC	9		119	59	
Zinc, Zn....mg	0.87		1		1		0.12	0.06	
Copper, Cu....mg	0.160		1		1		0.023	0.011	
Manganese, Mn....mg	1.083		0	FLA	4		0.154	0.076	
Selenium, Se....µg	24.3		0	FLA	4		3.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1		1		0.2	0.1	
Thiamin....mg	0.358		2		1		0.051	0.025	
Riboflavin....mg	0.427		2		1		0.061	0.030	
Niacin....mg	3.185		2		1		0.452	0.223	
Pantothenic acid....mg	0.622		0	FLA	4		0.088	0.044	
Vitamin B-6....mg	0.261		1		1		0.037	0.018	
Folate, total....µg	64		0	FLA	4		9	4	
Folic acid....µg	45		0	NC	4		6	3	
Folate, food....µg	19		0		4		3	1	
Folate, DFE....µg	96		0	NC	4		14	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE....µg	21		0	NR	4		3	1	
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	71		1		1		10	5	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18233
Crackers, wheat, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.129		0	FLA	4		0.586	0.289	
4:0....g	0.027		0	FLA	4		0.004	0.002	
6:0....g	0.014		0	FLA	4		0.002	0.001	
8:0....g	0.011		0	FLA	4		0.002	0.001	
10:0....g	0.017		0	FLA	4		0.002	0.001	
12:0....g	0.017		0	FLA	4		0.002	0.001	
13:0....g									
14:0....g	0.107		0	FLA	4		0.015	0.007	
15:0....g									
16:0....g	2.639		0	FLA	4		0.375	0.185	
17:0....g									
18:0....g	1.271		0	FLA	4		0.180	0.089	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.351		0	FLA	4		1.470	0.725	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.119		0	FLA	4		0.017	0.008	
17:1....g									
18:1 undifferentiated....g	10.196		0	FLA	4		1.448	0.714	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.166		0	FLA	4		1.302	0.642	
18:2 undifferentiated....g	8.505		0	FLA	4		1.208	0.595	
18:3 undifferentiated....g	0.637		0	FLA	4		0.090	0.045	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	7		2		1		1	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0		1		0.018	0.009	
Threonine....g	0.298		0		1		0.042	0.021	
Isoleucine....g	0.383		0		1		0.054	0.027	
Leucine....g	0.698		0		1		0.099	0.049	
Lysine....g	0.344		0		1		0.049	0.024	
Methionine....g	0.167		0		1		0.024	0.012	
Cystine....g	0.194		0		1		0.028	0.014	
Phenylalanine....g	0.472		0		1		0.067	0.033	
Tyrosine....g	0.300		0		1		0.043	0.021	
Valine....g	0.438		0		1		0.062	0.031	
Arginine....g	0.408		0		1		0.058	0.029	
Histidine....g	0.219		0		1		0.031	0.015	
Alanine....g	0.322		0		1		0.046	0.023	
Aspartic acid....g	0.506		0		1		0.072	0.035	
Glutamic acid....g	2.996		0		1		0.425	0.210	
Glycine....g	0.339		0		1		0.048	0.024	
Proline....g	1.036		0		1		0.147	0.073	
Serine....g	0.494		0		1		0.070	0.035	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18233

Crackers, wheat, sandwich, with cheese filling

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18234
Crackers, wheat, sandwich, with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.40	0.732	3		1		0.48	0.24	
Energy....kcal	495		0	NC	4		70	35	
Energy....kJ	2071				4		294	145	
Protein (N x 5.6)....g	13.50	0.545	4		1		1.92	0.95	
Total lipid (fat)....g	26.70	0.984	4		1		3.79	1.87	
Ash....g	2.60	0.224	4		1		0.37	0.18	
Carbohydrate, by difference....g	53.80		0	NC	4		7.64	3.77	
Fiber, total dietary....g	4.4		0		4		0.6	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	170		2		1		24	12	
Iron, Fe....mg	2.67		2		1		0.38	0.19	
Magnesium, Mg....mg	38		1		1		5	3	
Phosphorus, P....mg	347		1		1		49	24	
Potassium, K....mg	297		2		1		42	21	
Sodium, Na....mg	807		2		1		115	56	
Zinc, Zn....mg	0.82		1		1		0.12	0.06	
Copper, Cu....mg	0.055		1		1		0.008	0.004	
Manganese, Mn....mg	0.701		1		1		0.100	0.049	
Selenium, Se....µg	21.8		0	FLA	4		3.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.389	0.031	4		1		0.055	0.027	
Riboflavin....mg	0.293	0.013	4		1		0.042	0.021	
Niacin....mg	5.877	0.272	3		1		0.835	0.411	
Pantothenic acid....mg	0.564		0	FLA	4		0.080	0.039	
Vitamin B-6....mg	0.137		1		1		0.019	0.010	
Folate, total....µg	70		0	FLA	4		10	5	
Folic acid....µg	33		0	NC	4		5	2	
Folate, food....µg	37		0		4		5	3	
Folate, DFE....µg	93		0	NC	4		13	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18234
Crackers, wheat, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.602		0	FLA	4		0.653	0.322	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.003		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.005		0	FLA	4		0.001	0.000	
13:0....g									
14:0....g	0.064		0	FLA	4		0.009	0.004	
15:0....g									
16:0....g	2.809		0	FLA	4		0.399	0.197	
17:0....g									
18:0....g	1.335		0	FLA	4		0.190	0.093	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.766		0	FLA	4		1.671	0.824	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.061		0	FLA	4		0.009	0.004	
17:1....g									
18:1 undifferentiated....g	11.594		0	FLA	4		1.646	0.812	
20:1....g	0.097		0	FLA	4		0.014	0.007	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.862		0	FLA	4		1.258	0.620	
18:2 undifferentiated....g	8.436		0	FLA	4		1.198	0.591	
18:3 undifferentiated....g	0.411		0	FLA	4		0.058	0.029	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.164		0		1		0.023	0.011	
Threonine....g	0.418		0		1		0.059	0.029	
Isoleucine....g	0.488		0		1		0.069	0.034	
Leucine....g	0.908		0		1		0.129	0.064	
Lysine....g	0.437		0		1		0.062	0.031	
Methionine....g	0.198		0		1		0.028	0.014	
Cystine....g	0.239		0		1		0.034	0.017	
Phenylalanine....g	0.674		0		1		0.096	0.047	
Tyrosine....g	0.464		0		1		0.066	0.032	
Valine....g	0.575		0		1		0.082	0.040	
Arginine....g	1.034		0		1		0.147	0.072	
Histidine....g	0.319		0		1		0.045	0.022	
Alanine....g	0.490		0		1		0.070	0.034	
Aspartic acid....g	1.092		0		1		0.155	0.076	
Glutamic acid....g	3.667		0		1		0.521	0.257	
Glycine....g	0.633		0		1		0.090	0.044	
Proline....g	1.082		0		1		0.154	0.076	
Serine....g	0.674		0		1		0.096	0.047	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.7 **Fat** 8.6 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28326

Crackers, whole grain, sandwich-type, with peanut butter filling

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.32		0	FLC	4		3.15		
Energy	kcal	465		0	NC	4		200		
Energy	kJ	1947		0	NC	4		837		
Protein (N x 6.25)	g	14.12		0	LC	8		6.07		
Total lipid (fat)	g	21.18		0	LC	8		9.11		
Ash	g	2.79		0	FLC	4		1.20		
Carbohydrate, by difference	g	54.59		0	NC	4		23.47		
Fiber, total dietary	g	9.4		0	LC	8		4.0		
Sugars, total	g	9.41		0	LC	8		4.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0	FLC	4		14		
Iron, Fe	mg	3.07		0	FLC	4		1.32		
Magnesium, Mg	mg	107		0	FLC	4		46		
Phosphorus, P	mg	256		0	FLC	4		110		
Potassium, K	mg	330		0	FLC	4		142		
Sodium, Na	mg	635		0	LC	8		273		
Zinc, Zn	mg	2.05		0	FLC	4		0.88		
Copper, Cu	mg	0.309		0	FLC	4		0.133		
Manganese, Mn	mg									
Selenium, Se	µg	18.7		0	FLC	4		8.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.334		0	FLC	4		0.144		
Riboflavin	mg	0.232		0	FLC	4		0.100		
Niacin	mg	6.277		0	FLC	4		2.699		
Pantothenic acid	mg									
Vitamin B-6	mg	0.220		0	FLC	4		0.095		
Folate, total	µg	74		0	FLC	4		32		
Folic acid	µg	34		0	FLC	4		14		
Folate, food	µg	40		0	FLC	4		17		
Folate, DFE	µg	97		0	NC	4		42		
Choline, total	mg	29.7		0	FLC	4		12.8		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	2		0	FLC	4		1		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	3		0	FLC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	79		0	FLC	4		34		
Vitamin E (alpha-tocopherol)	mg	2.63		0	FLC	4		1.13		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	4.5		0	FLC	4		1.9		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28326

Crackers, whole grain, sandwich-type, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.525		0	NC	4		1.946		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.003		0	FLC	4		0.001		
13:0....g									
14:0....g	0.009		0	FLC	4		0.004		
15:0....g	0.002		0	FLC	4		0.001		
16:0....g	2.594		0	FLC	4		1.116		
17:0....g	0.016		0	FLC	4		0.007		
18:0....g	0.799		0	FLC	4		0.343		
20:0....g	0.319		0	FLC	4		0.137		
22:0....g	0.518		0	FLC	4		0.223		
24:0....g	0.266		0	FLC	4		0.114		
Fatty acids, total monounsaturated....g	9.779		0	NC	4		4.205		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.022		0	FLC	4		0.010		
17:1....g	0.006		0	FLC	4		0.003		
18:1 undifferentiated....g	9.526		0	FLC	4		4.096		
20:1....g	0.214		0	FLC	4		0.092		
22:1 undifferentiated....g	0.011		0	FLC	4		0.005		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	4.497		0	NC	4		1.934		
18:2 undifferentiated....g	4.013		0	FLC	4		1.725		
18:3 undifferentiated....g	0.478		0	FLC	4		0.205		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.001		0	FLC	4		0.000		
20:3 undifferentiated....g	0.002		0	FLC	4		0.001		
20:4 undifferentiated....g	0.003		0	FLC	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 6 cracker 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18235
Crackers, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.94	0.236	4	A	1	C	0.82	0.82	0.14
Energy....kcal	427		0	NC	4		119	119	20
Energy....kJ	1786		0	NC	4		500	500	82
Protein (N x 5.8)....g	10.58	0.200	4	A	1	C	2.96	2.96	0.49
Total lipid (fat)....g	14.13	0.633	4	A	1	C	3.96	3.96	0.65
Ash....g	2.80	0.059	4	A	1	C	0.78	0.78	0.13
Carbohydrate, by difference....g	69.55		0	NC	4		19.47	19.47	3.20
Fiber, total dietary....g	10.3	0.170	4	A	1	C	2.9	2.9	0.5
Sugars, total....g	1.19	0.029	4	A	1	C	0.33	0.33	0.05
Sucrose....g	0.86	0.021	4	A	1	C	0.24	0.24	0.04
Glucose (dextrose)....g	0.32	0.018	4	A	1	C	0.09	0.09	0.01
Fructose....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Maltose....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Galactose....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Starch....g	57.00	0.294	4	A	1	C	15.96	15.96	2.62
Minerals:									
Calcium, Ca....mg	36	0.320	4	A	1	C	10	10	2
Iron, Fe....mg	3.34	0.048	4	A	1	C	0.94	0.94	0.15
Magnesium, Mg....mg	110	1.315	4	A	1	C	31	31	5
Phosphorus, P....mg	331	3.146	4	A	1	C	93	93	15
Potassium, K....mg	345	3.065	4	A	1	C	97	97	16
Sodium, Na....mg	704		0	LC	8	C	197	197	32
Zinc, Zn....mg	2.63	0.039	4	A	1	C	0.74	0.74	0.12
Copper, Cu....mg	0.420	0.006	4	A	1	C	0.118	0.118	0.019
Manganese, Mn....mg	2.152	0.018	4	A	1	C	0.603	0.603	0.099
Selenium, Se....µg	10.1	0.706	4	A	1	C	2.8	2.8	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.182	0.014	4	A	1	C	0.051	0.051	0.008
Riboflavin....mg	0.021	0.003	4	A	1	C	0.006	0.006	0.001
Niacin....mg	4.630	0.114	4	A	1	C	1.296	1.296	0.213
Pantothenic acid....mg	0.832	0.018	4	A	1	C	0.233	0.233	0.038
Vitamin B-6....mg	0.185	0.013	4	A	1	C	0.052	0.052	0.009
Folate, total....µg	28	0.403	8		1		8	8	1
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	28	0.403	8		1		8	8	1
Folate, DFE....µg	28		0	NC	4		8	8	1
Choline, total....mg	27.2	2.654	6	AS	1		7.6	7.6	1.3
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1	C	0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	179		0	FLA	4		50	50	8
Vitamin E (alpha-tocopherol)....mg	1.41	0.037	4	A	1	C	0.40	0.40	0.06
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.21	0.003	4	A	1	C	0.06	0.06	0.01
Tocopherol, gamma....mg	7.52	0.256	4	A	1	C	2.11	2.11	0.35
Tocopherol, delta....mg	2.01	0.099	4	A	1	C	0.56	0.56	0.09
Tocotrienol, alpha....mg	0.29	0.013	4	A	1	C	0.08	0.08	0.01
Tocotrienol, beta....mg	0.00	0.000	4	A	1	C	0.00	0.00	0.00

NDB No. 18235
Crackers, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	27.2		2	A	1	C	7.6	7.6	1.2
Dihydrophylloquinone....µg	0.5		2	A	1	C	0.1	0.1	0.0
Menaquinone-4....µg	0.0		2	A	1	C	0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	2.063		0	NC	4		0.578	0.578	0.095
4:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0....g									
14:0....g	0.009	0.001	4	A	1	C	0.003	0.003	0.000
15:0....g	0.004	0.000	4	A	1	C	0.001	0.001	0.000
16:0....g	1.361	0.052	4	A	1	C	0.381	0.381	0.063
17:0....g	0.011	0.001	4	A	1	C	0.003	0.003	0.001
18:0....g	0.584	0.025	4	A	1	C	0.164	0.164	0.027
20:0....g	0.040	0.002	4	A	1	C	0.011	0.011	0.002
22:0....g	0.038	0.002	4	A	1	C	0.011	0.011	0.002
24:0....g	0.014	0.002	4	A	1	C	0.004	0.004	0.001
Fatty acids, total monounsaturated....g	3.248		0	NC	4		0.909	0.909	0.149
14:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated....g	0.011	0.001	4	AS	1		0.003	0.003	0.001
16:1 c....g	0.011	0.001	4	A	1	C	0.003	0.003	0.001
16:1 t....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
17:1....g	0.006	0.001	4	A	1	C	0.002	0.002	0.000
18:1 undifferentiated....g	3.195	0.123	4	AS	1		0.895	0.895	0.147
18:1 c....g	3.021	0.117	4	A	1	C	0.846	0.846	0.139
18:1 t....g	0.174	0.008	4	A	1	C	0.049	0.049	0.008
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033	0.008	4	A	1	C	0.009	0.009	0.002
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
24:1 c....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	6.945		0	NC	4		1.945	1.945	0.319
18:2 undifferentiated....g	6.096	0.236	4	AS	1		1.707	1.707	0.280
18:2 n-6 c,c....g	6.063	0.234	4	A	1	C	1.698	1.698	0.279
18:2 CLAs....g	0.007	0.000	4	A	1	C	0.002	0.002	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025	0.002	4	A	1	C	0.007	0.007	0.001
18:3 undifferentiated....g	0.843	0.036	4	AS	1		0.236	0.236	0.039
18:3 n-3 c,c,c (ALA)....g	0.831	0.035	4	A	1	C	0.233	0.233	0.038
18:3 n-6 c,c,c....g	0.012	0.001	4	A	1	C	0.003	0.003	0.001
18:3i....g									
18:4....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:2 n-6 c,c....g	0.005	0.001	4	A	1	C	0.001	0.001	0.000
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000

NDB No. 18235
Crackers, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
Fatty acids, total trans....g	0.199		0	NC	4		0.056	0.056	0.009
Fatty acids, total trans-monoenoic....g	0.174		0	NC	4		0.049	0.049	0.008
Fatty acids, total trans-polyenoic....g	0.025		0	NC	4		0.007	0.007	0.001
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	A	1		0.039	0.039	0.006
Threonine....g	0.301		0	A	1		0.084	0.084	0.014
Isoleucine....g	0.364		0	A	1		0.102	0.102	0.017
Leucine....g	0.703		0	A	1		0.197	0.197	0.032
Lysine....g	0.271		0	A	1		0.076	0.076	0.012
Methionine....g	0.170		0	A	1		0.048	0.048	0.008
Cystine....g	0.228		0	A	1		0.064	0.064	0.010
Phenylalanine....g	0.480		0	A	1		0.134	0.134	0.022
Tyrosine....g	0.194		0	A	1		0.054	0.054	0.009
Valine....g	0.465		0	A	1		0.130	0.130	0.021
Arginine....g	0.480		0	A	1		0.134	0.134	0.022
Histidine....g	0.238		0	A	1		0.067	0.067	0.011
Alanine....g	0.393		0	A	1		0.110	0.110	0.018
Aspartic acid....g	0.543		0	A	1		0.152	0.152	0.025
Glutamic acid....g	3.065		0	A	1		0.858	0.858	0.141
Glycine....g	0.427		0	A	1		0.119	0.119	0.020
Proline....g	1.004		0	A	1		0.281	0.281	0.046
Serine....g	0.461		0	A	1		0.129	0.129	0.021
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 6 crackers, Triscuits, regular size

Measure 3 = 4.6g: 1 cracker

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18429
Crackers, whole-wheat, low salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70	0.170	34		1		0.38	2.54	0.11
Energy....kcal	443		0	NC	4		63	416	18
Energy....kJ	1854		0		4		263	1742	74
Protein (N x 5.8)....g	8.80	0.309	16		1		1.25	8.27	0.35
Total lipid (fat)....g	17.20	0.532	23		1		2.44	16.17	0.69
Ash....g	2.70	0.131	18		1		0.38	2.54	0.11
Carbohydrate, by difference....g	68.60		0		4		9.74	64.48	2.74
Fiber, total dietary....g	10.5		0		4		1.5	9.9	0.4
Sugars, total....g	0.37		0	FLA	4		0.05	0.34	0.01
Starch....g									
Minerals:									
Calcium, Ca....mg	50	7.806	24		1		7	47	2
Iron, Fe....mg	3.08	0.199	24		1		0.44	2.90	0.12
Magnesium, Mg....mg	99	2.966	24		1		14	93	4
Phosphorus, P....mg	295	9.701	23		1		42	277	12
Potassium, K....mg	297	9.566	24		1		42	279	12
Sodium, Na....mg	186		0	LC	8		26	175	7
Zinc, Zn....mg	2.15	0.074	26		1		0.31	2.02	0.09
Copper, Cu....mg	0.444	0.032	25		1		0.063	0.417	0.018
Manganese, Mn....mg	2.247	0.102	21		1		0.319	2.112	0.090
Selenium, Se....µg	14.7	7.683	5	A	1		2.1	13.8	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.201	0.007	21		1		0.029	0.189	0.008
Riboflavin....mg	0.100	0.018	22		1		0.014	0.094	0.004
Niacin....mg	4.519	0.103	15		1		0.642	4.248	0.181
Pantothenic acid....mg	0.813	0.026	10		1		0.115	0.764	0.033
Vitamin B-6....mg	0.183	0.005	9		1		0.026	0.172	0.007
Folate, total....µg	28	0.403	8		1		4	26	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	28	0.403	8		1		4	26	1
Folate, DFE....µg	28		0	NC	4		4	26	1
Choline, total....mg	27.2		0	BFZN	4		3.9	25.6	1.1
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	179		0	FLA	4		25	168	7
Vitamin E (alpha-tocopherol)....mg	0.86		0	FLA	4		0.12	0.81	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	8.3		0	FLA	4		1.2	7.8	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18429
Crackers, whole-wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.393		0	BFZN	4		0.482	3.189	0.136
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.016		0	BFZN	4		0.002	0.015	0.001
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.003		0	BFZN	4		0.000	0.003	0.000
15:0....g									
16:0....g	1.744		0	BFZN	4		0.248	1.639	0.070
17:0....g									
18:0....g	1.617		0	BFZN	4		0.230	1.520	0.065
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.880		0	BFZN	4		0.835	5.527	0.235
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	BFZN	4		0.002	0.011	0.000
17:1....g									
18:1 undifferentiated....g	5.868		0	BFZN	4		0.833	5.516	0.235
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.596		0	BFZN	4		0.937	6.200	0.264
18:2 undifferentiated....g	6.218		0	BFZN	4		0.883	5.845	0.249
18:3 undifferentiated....g	0.376		0	BFZN	4		0.053	0.353	0.015
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFZN	4		0.000	0.002	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0		4		0.019	0.129	0.005
Threonine....g	0.256		0		4		0.036	0.241	0.010
Isoleucine....g	0.329		0		4		0.047	0.309	0.013
Leucine....g	0.600		0		4		0.085	0.564	0.024
Lysine....g	0.245		0		4		0.035	0.230	0.010
Methionine....g	0.137		0		4		0.019	0.129	0.005
Cystine....g	0.206		0		4		0.029	0.194	0.008
Phenylalanine....g	0.419		0		4		0.059	0.394	0.017
Tyrosine....g	0.259		0		4		0.037	0.243	0.010
Valine....g	0.401		0		4		0.057	0.377	0.016
Arginine....g	0.416		0		4		0.059	0.391	0.017
Histidine....g	0.206		0		4		0.029	0.194	0.008
Alanine....g	0.315		0		4		0.045	0.296	0.013
Aspartic acid....g	0.456		0		4		0.065	0.429	0.018
Glutamic acid....g	2.804		0		4		0.398	2.636	0.112
Glycine....g	0.358		0		4		0.051	0.337	0.014
Proline....g	0.922		0		4		0.131	0.867	0.037
Serine....g	0.419		0		4		0.059	0.394	0.017
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18429
Crackers, whole-wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 94g: 1 cup, crushed

Measure 3 = 4.0g: 1 cracker

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18949
Crackers, whole-wheat, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.59	0.268	4	A	1		0.75	0.11	0.75
Energy	kcal	416		0	NC	4		121	17	121
Energy	kJ	1739		0	NC	4		504	73	504
Protein	g	11.34	0.065	4	A	1		3.29	0.48	3.29
Total lipid (fat)	g	7.59	0.320	4	A	1		2.20	0.32	2.20
Ash	g	2.96	0.021	4	A	1		0.86	0.12	0.86
Carbohydrate, by difference	g	75.52		0	NC	4		21.90	3.17	21.90
Fiber, total dietary	g	10.9	0.085	4	A	1		3.2	0.5	3.2
Sugars, total	g	1.22	0.030	4	A	1		0.35	0.05	0.35
Sucrose	g	0.90	0.018	4	A	1		0.26	0.04	0.26
Glucose (dextrose)	g	0.32	0.023	4	A	1		0.09	0.01	0.09
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g	61.10	0.147	4	A	1		17.72	2.57	17.72
Minerals:										
Calcium, Ca	mg	39	0.250	4	A	1		11	2	11
Iron, Fe	mg	3.56	0.018	4	A	1		1.03	0.15	1.03
Magnesium, Mg	mg	120	0.500	4	A	1		35	5	35
Phosphorus, P	mg	364	2.720	4	A	1		106	15	106
Potassium, K	mg	373	2.016	4	A	1		108	16	108
Sodium, Na	mg	745		0	LC	8		216	31	216
Zinc, Zn	mg	2.99	0.049	4	A	1		0.87	0.13	0.87
Copper, Cu	mg	0.447	0.022	4	A	1		0.130	0.019	0.130
Manganese, Mn	mg	2.285	0.033	4	A	1		0.663	0.096	0.663
Selenium, Se	µg	14.1	0.676	4	A	1		4.1	0.6	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFNN	4		0.0	0.0	0.0
Thiamin	mg	0.185	0.015	4	A	1		0.054	0.008	0.054
Riboflavin	mg	0.022	0.006	4	A	1		0.006	0.001	0.006
Niacin	mg	5.225	0.169	4	A	1		1.515	0.219	1.515
Pantothenic acid	mg	0.902	0.033	4	A	1		0.262	0.038	0.262
Vitamin B-6	mg	0.197	0.019	4	A	1		0.057	0.008	0.057
Folate, total	µg	30		0	BFNN	4		9	1	9
Folic acid	µg	0		0	BFNN	4		0	0	0
Folate, food	µg	30		0	BFNN	4		9	1	9
Folate, DFE	µg	30		0	NC	4		9	1	9
Choline, total	mg	29.5		0	BFNN	4		8.6	1.2	8.6
Betaine	mg									
Vitamin B-12	µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added	µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	BFNN	4		0	0	0
Retinol	µg	0		0	BFNN	4		0	0	0
Carotene, beta	µg	0		0	BFNN	4		0	0	0
Carotene, alpha	µg	0		0	BFNN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFNN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	BFNN	4		0	0	0
Lutein + zeaxanthin	µg	194		0	BFNN	4		56	8	56
Vitamin E (alpha-tocopherol)	mg	1.08	0.040	4	A	1		0.31	0.05	0.31
Vitamin E, added	mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.22	0.003	4	A	1		0.06	0.01	0.06
Tocopherol, gamma	mg	4.49	0.152	4	A	1		1.30	0.19	1.30
Tocopherol, delta	mg	0.94	0.053	4	A	1		0.27	0.04	0.27
Tocotrienol, alpha	mg	0.34	0.006	4	A	1		0.10	0.01	0.10
Tocotrienol, beta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00

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Crackers, whole-wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	BFNN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFNN	4		0	0	0
Vitamin K (phylloquinone)....µg	12.5		2	A	1		3.6	0.5	3.6
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.067		0	NC	4		0.309	0.045	0.309
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.004	0.004	4	A	1		0.001	0.000	0.001
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.005	0.000	4	A	1		0.002	0.000	0.002
15:0....g	0.003	0.000	4	A	1		0.001	0.000	0.001
16:0....g	0.733	0.035	4	A	1		0.213	0.031	0.213
17:0....g	0.006	0.000	4	A	1		0.002	0.000	0.002
18:0....g	0.268	0.014	4	A	1		0.078	0.011	0.078
20:0....g	0.020	0.001	4	A	1		0.006	0.001	0.006
22:0....g	0.018	0.001	4	A	1		0.005	0.001	0.005
24:0....g	0.009	0.001	4	A	1		0.003	0.000	0.003
Fatty acids, total monounsaturated....g	1.609		0	NC	4		0.467	0.068	0.467
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.007	0.000	4	AS	1		0.002	0.000	0.002
16:1 c....g	0.007	0.000	4	A	1		0.002	0.000	0.002
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.004	0.000	4	A	1		0.001	0.000	0.001
18:1 undifferentiated....g	1.572	0.072	4	AS	1		0.456	0.066	0.456
18:1 c....g	1.490	0.069	4	A	1		0.432	0.063	0.432
18:1 t....g	0.082	0.004	4	A	1		0.024	0.003	0.024
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.001	4	A	1		0.007	0.001	0.007
22:1 undifferentiated....g	0.002	0.000	4	AS	1		0.001	0.000	0.001
22:1 c....g	0.002	0.000	4	A	1		0.001	0.000	0.001
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.568		0	NC	4		1.035	0.150	1.035
18:2 undifferentiated....g	3.164	0.149	4	AS	1		0.918	0.133	0.918
18:2 n-6 c,c....g	3.146	0.149	4	A	1		0.912	0.132	0.912
18:2 CLAs....g	0.004	0.000	4	A	1		0.001	0.000	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014	0.001	4	A	1		0.004	0.001	0.004
18:3 undifferentiated....g	0.398	0.021	4	AS	1		0.115	0.017	0.115
18:3 n-3 c,c,c (ALA)....g	0.392	0.021	4	A	1		0.114	0.016	0.114
18:3 n-6 c,c,c....g	0.006	0.000	4	A	1		0.002	0.000	0.002
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.001	0.000	0.001
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.002	0.000	4	A	1		0.001	0.000	0.001

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Crackers, whole-wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.096		0	NC	4		0.028	0.004	0.028
Fatty acids, total trans-monoenoic....g	0.082		0	NC	4		0.024	0.003	0.024
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.004	0.001	0.004
Cholesterol....mg	0		0	BFNN	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.161		0	A	1		0.047	0.007	0.047
Threonine....g	0.337		0	A	1		0.098	0.014	0.098
Isoleucine....g	0.392		0	A	1		0.114	0.016	0.114
Leucine....g	0.779		0	A	1		0.226	0.033	0.226
Lysine....g	0.307		0	A	1		0.089	0.013	0.089
Methionine....g	0.186		0	A	1		0.054	0.008	0.054
Cystine....g	0.236		0	A	1		0.069	0.010	0.069
Phenylalanine....g	0.523		0	A	1		0.152	0.022	0.152
Tyrosine....g	0.196		0	A	1		0.057	0.008	0.057
Valine....g	0.508		0	A	1		0.147	0.021	0.147
Arginine....g	0.533		0	A	1		0.155	0.022	0.155
Histidine....g	0.266		0	A	1		0.077	0.011	0.077
Alanine....g	0.447		0	A	1		0.130	0.019	0.130
Aspartic acid....g	0.608		0	A	1		0.176	0.026	0.176
Glutamic acid....g	3.414		0	A	1		0.990	0.143	0.990
Glycine....g	0.478		0	A	1		0.138	0.020	0.138
Proline....g	1.141		0	A	1		0.331	0.048	0.331
Serine....g	0.518		0	A	1		0.150	0.022	0.150
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFNN	4		0	0	0
Theobromine....mg	0		0	BFNN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving

Measure 2 = 4.2g: 1 cracker

Measure 3 = 29g: 6 Triscuits, regular size

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18237
Cream puff shell, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.50		0		1		11.48	19.44	26.73
Energy	kcal	360		0	NC	4		102	173	238
Energy	kJ	1507		0	NC	4		427	723	995
Protein (N x 0)	g	9.00		0		1		2.55	4.32	5.94
Total lipid (fat)	g	25.90		0		1		7.34	12.43	17.09
Ash	g	1.80		0		1		0.51	0.86	1.19
Carbohydrate, by difference	g	22.80		0	NC	4		6.46	10.94	15.05
Fiber, total dietary	g	0.8		0	RA	4		0.2	0.4	0.5
Sugars, total	g	0.25		0	RC	4		0.07	0.12	0.16
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0		1		10	17	24
Iron, Fe	mg	2.02		0		1		0.57	0.97	1.33
Magnesium, Mg	mg	12		0		1		3	6	8
Phosphorus, P	mg	119		0		1		34	57	79
Potassium, K	mg	97		0		1		27	47	64
Sodium, Na	mg	483		0	RC	4		137	232	319
Zinc, Zn	mg	0.73		0		1		0.21	0.35	0.48
Copper, Cu	mg	0.051		0		1		0.014	0.024	0.034
Manganese, Mn	mg	0.211		0		1		0.060	0.101	0.139
Selenium, Se	µg	24.0		0	RK	4		6.8	11.5	15.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.206		0		1		0.058	0.099	0.136
Riboflavin	mg	0.360		0		1		0.102	0.173	0.238
Niacin	mg	1.567		0		1		0.444	0.752	1.034
Pantothenic acid	mg	0.624		0		1		0.177	0.300	0.412
Vitamin B-6	mg	0.075		0		1		0.021	0.036	0.050
Folate, total	µg	53		0	RC	4		15	26	35
Folic acid	µg	31		0	RC	4		9	15	21
Folate, food	µg	22		0	RC	4		6	11	15
Folate, DFE	µg	75		0	NC	4		21	36	50
Choline, total	mg	114.4		0	RC	4		32.4	54.9	75.5
Betaine	mg									
Vitamin B-12	µg	0.39		0		1		0.11	0.19	0.26
Vitamin B-12, added	µg	0.00		0	RC	4		0.00	0.00	0.00
Vitamin A, RAE	µg	288		0	RC	4		82	138	190
Retinol	µg	274		0	RC	4		78	132	181
Carotene, beta	µg	159		0	RC	4		45	76	105
Carotene, alpha	µg	0		0	RC	4		0	0	0
Cryptoxanthin, beta	µg	4		0	RC	4		1	2	3
Vitamin A, IU	IU	1183		0	NC	4		335	568	781
Lycopene	µg	0		0	RC	4		0	0	0
Lutein + zeaxanthin	µg	237		0	RC	4		67	114	156
Vitamin E (alpha-tocopherol)	mg	2.85		0	RC	4		0.81	1.37	1.88
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	1.4		0	RC	4		0.4	0.7	0.9
Vitamin D	IU	55		0	RC	4		15	26	36
Vitamin K (phylloquinone)	µg	24.5		0	RC	4		6.9	11.8	16.2
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18237
Cream puff shell, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.599		0		1		1.587	2.688	3.695
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.001		0		1		0.000	0.000	0.001
10:0....g	0.001		0		1		0.000	0.000	0.001
12:0....g	0.001		0		1		0.000	0.000	0.001
13:0....g									
14:0....g	0.068		0		1		0.019	0.033	0.045
15:0....g									
16:0....g	3.601		0		1		1.021	1.728	2.377
17:0....g									
18:0....g	1.904		0		1		0.540	0.914	1.257
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.128		0		1		3.155	5.341	7.344
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.137		0		1		0.039	0.066	0.090
17:1....g									
18:1 undifferentiated....g	10.973		0		1		3.111	5.267	7.242
20:1....g	0.013		0		1		0.004	0.006	0.009
22:1 undifferentiated....g	0.001		0		1		0.000	0.000	0.001
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.380		0		1		2.092	3.542	4.871
18:2 undifferentiated....g	6.987		0		1		1.981	3.354	4.611
18:3 undifferentiated....g	0.309		0		1		0.088	0.148	0.204
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.065		0		1		0.018	0.031	0.043
20:5 n-3 (EPA)....g	0.002		0		1		0.001	0.001	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.017		0		1		0.005	0.008	0.011
Fatty acids, total trans....g									
Cholesterol....mg	171		0	RC	4		49	82	113
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0		1		0.031	0.053	0.073
Threonine....g	0.367		0		1		0.104	0.176	0.242
Isoleucine....g	0.430		0		1		0.122	0.206	0.284
Leucine....g	0.718		0		1		0.204	0.345	0.474
Lysine....g	0.497		0		1		0.141	0.239	0.328
Methionine....g	0.238		0		1		0.067	0.114	0.157
Cystine....g	0.199		0		1		0.056	0.096	0.131
Phenylalanine....g	0.466		0		1		0.132	0.224	0.308
Tyrosine....g	0.335		0		1		0.095	0.161	0.221
Valine....g	0.485		0		1		0.137	0.233	0.320
Arginine....g	0.473		0		1		0.134	0.227	0.312
Histidine....g	0.209		0		1		0.059	0.100	0.138
Alanine....g	0.424		0		1		0.120	0.204	0.280
Aspartic acid....g	0.721		0		1		0.204	0.346	0.476
Glutamic acid....g	1.801		0		1		0.511	0.864	1.189
Glycine....g	0.305		0		1		0.086	0.146	0.201
Proline....g	0.596		0		1		0.169	0.286	0.393
Serine....g	0.589		0		1		0.167	0.283	0.389
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RC	4		0	0	0

NDB No. 18237
Cream puff shell, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 48g: 1 eclair (5" x 2" x 1-3/4")

Measure 3 = 66g: 1 cream puff shell

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18969
Cream puff, eclair, custard or cream filled, iced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.64		0	FLC	4		43.66		
Energy....kcal	334		0	NC	4		377		
Energy....kJ	1398		0	NC	4		1580		
Protein....g	4.41		1	LC	8		4.98		
Total lipid (fat)....g	18.52		1	LC	8		20.93		
Ash....g	1.00		0	FLC	4		1.13		
Carbohydrate, by difference....g	37.43		0	NC	4		42.30		
Fiber, total dietary....g	0.9		1	LC	8		1.0		
Sugars, total....g	22.05		1	LC	8		24.91		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1	LC	8		40		
Iron, Fe....mg	0.95		1	LC	8		1.08		
Magnesium, Mg....mg	10		0	FLC	4		11		
Phosphorus, P....mg	71		0	FLC	4		81		
Potassium, K....mg	68		0	FLC	4		77		
Sodium, Na....mg	265		1	LC	8		299		
Zinc, Zn....mg	0.45		0	FLC	4		0.50		
Copper, Cu....mg	0.060		0	FLC	4		0.068		
Manganese, Mn....mg	0.224		0	FLC	4		0.253		
Selenium, Se....µg	15.5		0	FLC	4		17.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.263		0	FLC	4		0.298		
Riboflavin....mg	0.241		0	FLC	4		0.273		
Niacin....mg	1.908		0	FLC	4		2.156		
Pantothenic acid....mg	0.471		0	FLC	4		0.532		
Vitamin B-6....mg	0.041		0	FLC	4		0.047		
Folate, total....µg	66		0	FLC	4		74		
Folic acid....µg	49		0	FLC	4		56		
Folate, food....µg	16		0	FLC	4		18		
Folate, DFE....µg	100		0	NC	4		113		
Choline, total....mg	44.2		0	FLC	4		50.0		
Betaine....mg	11.5		0	FLC	4		12.9		
Vitamin B-12....µg	0.17		0	FLC	4		0.19		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	23		0	FLC	4		26		
Retinol....µg	22		0	FLC	4		25		
Carotene, beta....µg	1		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	1		0	FLC	4		2		
Vitamin A, IU....IU	88		1	LC	8		100		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	86		0	FLC	4		97		
Vitamin E (alpha-tocopherol)....mg	0.95		0	FLC	4		1.07		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	FLC	4		0.3		
Vitamin D....IU	11		0	FLC	4		13		
Vitamin K (phylloquinone)....µg	6.7		0	FLC	4		7.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18969
Cream puff, eclair, custard or cream filled, iced

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	7.055		1	LC	8		7.972		
4:0	g	0.002		0	FLC	4		0.002		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.001		0	FLC	4		0.001		
10:0	g	0.002		0	FLC	4		0.002		
12:0	g	0.000		0	FLC	4		0.000		
13:0	g									
14:0	g	0.051		0	FLC	4		0.058		
15:0	g	0.002		0	FLC	4		0.003		
16:0	g	3.748		0	FLC	4		4.236		
17:0	g	0.029		0	FLC	4		0.033		
18:0	g	3.010		0	FLC	4		3.402		
20:0	g	0.105		0	FLC	4		0.119		
22:0	g	0.091		0	FLC	4		0.102		
24:0	g	0.013		0	FLC	4		0.014		
Fatty acids, total monounsaturated	g	6.070		0	NC	4		6.859		
14:1	g	0.001		0	FLC	4		0.001		
15:1	g	0.000		0	FLC	4		0.000		
16:1 undifferentiated	g	0.033		0	FLC	4		0.038		
17:1	g	0.002		0	FLC	4		0.002		
18:1 undifferentiated	g	6.018		0	FLC	4		6.800		
20:1	g	0.016		0	FLC	4		0.018		
22:1 undifferentiated	g	0.000		0	FLC	4		0.000		
24:1 c	g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated	g	4.173		0	NC	4		4.716		
18:2 undifferentiated	g	3.861		0	FLC	4		4.363		
18:3 undifferentiated	g	0.266		0	FLC	4		0.300		
18:4	g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c	g	0.003		0	FLC	4		0.003		
20:3 undifferentiated	g	0.003		0	FLC	4		0.004		
20:4 undifferentiated	g	0.028		0	FLC	4		0.032		
20:5 n-3 (EPA)	g	0.000		0	FLC	4		0.000		
21:5	g									
22:4	g	0.002		0	FLC	4		0.002		
22:5 n-3 (DPA)	g	0.001		0	FLC	4		0.001		
22:6 n-3 (DHA)	g	0.009		0	FLC	4		0.010		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	66		1	LC	8		75		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4		0.0		
Caffeine	mg	0		0	FLC	4		0		
Theobromine	mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18240
Croissants, apple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.60		2		1		12.93	25.99	
Energy....kcal	254		0	NC	4		72	145	
Energy....kJ	1063				4		301	606	
Protein (N x 5.9)....g	7.40		2		1		2.10	4.22	
Total lipid (fat)....g	8.70	0.295	3		1		2.47	4.96	
Ash....g	1.20		2		1		0.34	0.68	
Carbohydrate, by difference....g	37.10		0	NC	4		10.52	21.15	
Fiber, total dietary....g	2.5		0		1		0.7	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	30		2		1		9	17	
Iron, Fe....mg	1.10		2		1		0.31	0.63	
Magnesium, Mg....mg	13		2		1		4	7	
Phosphorus, P....mg	58		2		1		16	33	
Potassium, K....mg	90		2		1		26	51	
Sodium, Na....mg	274		2		1		78	156	
Zinc, Zn....mg	1.03		2		1		0.29	0.59	
Copper, Cu....mg	0.040		2		1		0.011	0.023	
Manganese, Mn....mg	0.210		2		1		0.060	0.120	
Selenium, Se....µg	19.0		0	FLA	4		5.4	10.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	FLA	4		0.1	0.3	
Thiamin....mg	0.232	0.007	8		1		0.066	0.132	
Riboflavin....mg	0.164	0.003	8		1		0.046	0.093	
Niacin....mg	1.600	0.053	8		1		0.454	0.912	
Pantothenic acid....mg	0.596	0.019	8		1		0.169	0.340	
Vitamin B-6....mg	0.032	0.000	8		1		0.009	0.018	
Folate, total....µg	57		0	FLA	4		16	32	
Folic acid....µg	44		0	NC	4		12	25	
Folate, food....µg	13	0.435	8		1		4	7	
Folate, DFE....µg	88		0	NC	4		25	50	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		0	FLA	4		0.06	0.11	
Vitamin A, RAE....µg	94		0	NC	4		27	54	
Retinol....µg	90		0	NC	4		26	51	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	380		0	FLA	4		108	217	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18240
Croissants, apple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.994		0	FLA	4		1.416	2.847	
4:0.....g	0.211		0		1		0.060	0.120	
6:0.....g	0.125		0		1		0.035	0.071	
8:0.....g	0.073		0		1		0.021	0.042	
10:0.....g	0.165		0		1		0.047	0.094	
12:0.....g	0.185		0		1		0.052	0.105	
13:0.....g									
14:0.....g	0.663		0		1		0.188	0.378	
15:0.....g									
16:0.....g	2.115		0		1		0.600	1.206	
17:0.....g									
18:0.....g	0.908		0		1		0.257	0.518	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.393		0	FLA	4		0.678	1.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.057	0.114	
17:1.....g									
18:1 undifferentiated.....g	2.169		0		1		0.615	1.236	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.628		0	FLA	4		0.178	0.358	
18:2 undifferentiated.....g	0.600		0		1		0.170	0.342	
18:3 undifferentiated.....g	0.118		0		1		0.033	0.067	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.011	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	FLA	4		9	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.049	
Threonine.....g	0.256		0		1		0.073	0.146	
Isoleucine.....g	0.325		0		1		0.092	0.185	
Leucine.....g	0.556		0		1		0.158	0.317	
Lysine.....g	0.318		0		1		0.090	0.181	
Methionine.....g	0.151		0		1		0.043	0.086	
Cystine.....g	0.140		0		1		0.040	0.080	
Phenylalanine.....g	0.359		0		1		0.102	0.205	
Tyrosine.....g	0.243		0		1		0.069	0.139	
Valine.....g	0.368		0		1		0.104	0.210	
Arginine.....g	0.309		0		1		0.088	0.176	
Histidine.....g	0.166		0		1		0.047	0.095	
Alanine.....g	0.296		0		1		0.084	0.169	
Aspartic acid.....g	0.456		0		1		0.129	0.260	
Glutamic acid.....g	1.970		0		1		0.558	1.123	
Glycine.....g	0.296		0		1		0.084	0.169	
Proline.....g	0.712		0		1		0.202	0.406	
Serine.....g	0.383		0		1		0.109	0.218	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18240
Croissants, apple

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 croissant, medium

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18239
Croissants, butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.20	0.731	6		1		6.58	6.50	9.74
Energy....kcal	406		0		4		115	114	171
Energy....kJ	1699		0		4		482	476	713
Protein (N x 5.9)....g	8.20	0.030	26		1		2.32	2.30	3.44
Total lipid (fat)....g	21.00	0.307	27		1		5.95	5.88	8.82
Ash....g	1.60	0.049	6		1		0.45	0.45	0.67
Carbohydrate, by difference....g	45.80		0	NC	4		12.98	12.82	19.24
Fiber, total dietary....g	2.6		0		1		0.7	0.7	1.1
Sugars, total....g	11.26		0	FLA	4		3.19	3.15	4.73
Starch....g									
Minerals:									
Calcium, Ca....mg	37	1.492	26		1		10	10	16
Iron, Fe....mg	2.03	0.583	4		1		0.58	0.57	0.85
Magnesium, Mg....mg	16	0.504	25		1		5	4	7
Phosphorus, P....mg	105	4.790	3		1		30	29	44
Potassium, K....mg	118	1.758	25		1		33	33	50
Sodium, Na....mg	467		0	LC	8		132	131	196
Zinc, Zn....mg	0.75		2		1		0.21	0.21	0.32
Copper, Cu....mg	0.080		2		1		0.023	0.022	0.034
Manganese, Mn....mg	0.330		2		1		0.094	0.092	0.139
Selenium, Se....µg	22.7		0	FLA	4		6.4	6.4	9.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		4		0.1	0.1	0.1
Thiamin....mg	0.388	0.038	10		1		0.110	0.109	0.163
Riboflavin....mg	0.241	0.020	10		1		0.068	0.067	0.101
Niacin....mg	2.188	0.147	10		1		0.620	0.613	0.919
Pantothenic acid....mg	0.861	0.022	8		1		0.244	0.241	0.362
Vitamin B-6....mg	0.058	0.001	8		1		0.016	0.016	0.024
Folate, total....µg	88		0	FLA	4		25	25	37
Folic acid....µg	60		0	NR	4		17	17	25
Folate, food....µg	28	1.503	8		1		8	8	12
Folate, DFE....µg	130		0	NC	4		37	36	55
Choline, total....mg	38.8		0	FLC	4		11.0	10.9	16.3
Betaine....mg									
Vitamin B-12....µg	0.16		0	FLA	4		0.05	0.04	0.07
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	206		0	NC	4		58	58	86
Retinol....µg	202		0	FLA	4		57	57	85
Carotene, beta....µg	38		0	FLA	4		11	11	16
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	1
Vitamin A, IU....IU	744		0	FLA	4		211	208	312
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	74		0	FLA	4		21	21	31
Vitamin E (alpha-tocopherol)....mg	0.84		0	FLA	4		0.24	0.24	0.35
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.8		0	FLA	4		0.5	0.5	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18239
Croissants, butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.659		0	FLA	4		3.305	3.265	4.897
4:0....g	0.595		0	FLA	4		0.169	0.167	0.250
6:0....g	0.351		0	FLA	4		0.100	0.098	0.147
8:0....g	0.205		0	FLA	4		0.058	0.057	0.086
10:0....g	0.459		0	FLA	4		0.130	0.129	0.193
12:0....g	0.514		0	FLA	4		0.146	0.144	0.216
13:0....g									
14:0....g	1.845		0	FLA	4		0.523	0.517	0.775
15:0....g									
16:0....g	5.023		0	FLA	4		1.424	1.406	2.110
17:0....g									
18:0....g	2.259		0	FLA	4		0.640	0.633	0.949
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.525		0	FLA	4		1.566	1.547	2.321
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.429		0	FLA	4		0.122	0.120	0.180
17:1....g									
18:1 undifferentiated....g	4.822		0	FLA	4		1.367	1.350	2.025
20:1....g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.094		0	FLA	4		0.310	0.306	0.459
18:2 undifferentiated....g	0.795		0	FLA	4		0.225	0.223	0.334
18:3 undifferentiated....g	0.289		0	FLA	4		0.082	0.081	0.121
18:4....g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLA	4		0.002	0.002	0.003
20:5 n-3 (EPA)....g	0.003		0	FLA	4		0.001	0.001	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	67		0	FLA	4		19	19	28
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.028	0.042
Threonine....g	0.284		0		1		0.081	0.080	0.119
Isoleucine....g	0.365		0		1		0.103	0.102	0.153
Leucine....g	0.623		0		1		0.177	0.174	0.262
Lysine....g	0.329		0		1		0.093	0.092	0.138
Methionine....g	0.175		0		1		0.050	0.049	0.074
Cystine....g	0.172		0		1		0.049	0.048	0.072
Phenylalanine....g	0.416		0		1		0.118	0.116	0.175
Tyrosine....g	0.271		0		1		0.077	0.076	0.114
Valine....g	0.410		0		1		0.116	0.115	0.172
Arginine....g	0.339		0		1		0.096	0.095	0.142
Histidine....g	0.187		0		1		0.053	0.052	0.079
Alanine....g	0.325		0		1		0.092	0.091	0.137
Aspartic acid....g	0.501		0		1		0.142	0.140	0.210
Glutamic acid....g	2.300		0		1		0.652	0.644	0.966
Glycine....g	0.288		0		1		0.082	0.081	0.121
Proline....g	0.778		0		1		0.221	0.218	0.327
Serine....g	0.440		0		1		0.125	0.123	0.185
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18239
Croissants, butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 croissant, mini

Measure 3 = 42g: 1 croissant, small

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18241
Croissants, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.00		2		1		5.95	8.82	11.97
Energy....kcal	414		0	NC	4		117	174	236
Energy....kJ	1732		0		4		491	728	987
Protein (N x 5.9)....g	9.20		2		1		2.61	3.86	5.24
Total lipid (fat)....g	20.90	0.294	3		1		5.93	8.78	11.91
Ash....g	1.90		2		1		0.54	0.80	1.08
Carbohydrate, by difference....g	47.00		0	NC	4		13.32	19.74	26.79
Fiber, total dietary....g	2.6		0		4		0.7	1.1	1.5
Sugars, total....g	11.35		0	FLA	4		3.22	4.77	6.47
Starch....g									
Minerals:									
Calcium, Ca....mg	53		2		1		15	22	30
Iron, Fe....mg	2.15		2		1		0.61	0.90	1.23
Magnesium, Mg....mg	24		2		1		7	10	14
Phosphorus, P....mg	130		2		1		37	55	74
Potassium, K....mg	132		2		1		37	55	75
Sodium, Na....mg	361		0	LC	8		102	152	206
Zinc, Zn....mg	0.94		2		1		0.27	0.39	0.54
Copper, Cu....mg	0.100		2		1		0.028	0.042	0.057
Manganese, Mn....mg	0.340		2		1		0.096	0.143	0.194
Selenium, Se....µg	26.8		0	FLA	4		7.6	11.3	15.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin....mg	0.523	0.003	8		1		0.148	0.220	0.298
Riboflavin....mg	0.325	0.011	8		1		0.092	0.137	0.185
Niacin....mg	2.160	0.074	8		1		0.612	0.907	1.231
Pantothenic acid....mg	0.842	0.024	8		1		0.239	0.354	0.480
Vitamin B-6....mg	0.073	0.001	8		1		0.021	0.031	0.042
Folate, total....µg	74		0	FLA	4		21	31	42
Folic acid....µg	41		0	NC	4		12	17	23
Folate, food....µg	33	0.552	8		1		9	14	19
Folate, DFE....µg	103		0	NC	4		29	43	59
Choline, total....mg	38.8		0	BFZN	4		11.0	16.3	22.1
Betaine....mg									
Vitamin B-12....µg	0.32	0.011	8		1		0.09	0.13	0.18
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	204		0	NC	4		58	86	116
Retinol....µg	197		0	FLA	4		56	83	112
Carotene, beta....µg	89		0	FLA	4		25	37	51
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	805		0	FLA	4		228	338	459
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	43		0	FLA	4		12	18	25
Vitamin E (alpha-tocopherol)....mg	1.44		0	FLA	4		0.41	0.60	0.82
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	10.9		0	FLA	4		3.1	4.6	6.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18241
Croissants, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.628		0	FLA	4		3.013	4.464	6.058
4:0....g	0.497		0	FLA	4		0.141	0.209	0.283
6:0....g	0.293		0	FLA	4		0.083	0.123	0.167
8:0....g	0.170		0	FLA	4		0.048	0.071	0.097
10:0....g	0.382		0	FLA	4		0.108	0.160	0.218
12:0....g	0.426		0	FLA	4		0.121	0.179	0.243
13:0....g									
14:0....g	1.553		0	FLA	4		0.440	0.652	0.885
15:0....g									
16:0....g	4.762		0	FLA	4		1.350	2.000	2.714
17:0....g									
18:0....g	2.198		0	FLA	4		0.623	0.923	1.253
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.509		0	FLA	4		1.845	2.734	3.710
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.363		0	FLA	4		0.103	0.152	0.207
17:1....g									
18:1 undifferentiated....g	5.917		0	FLA	4		1.677	2.485	3.373
20:1....g	0.001		0	FLA	4		0.000	0.000	0.001
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.384		0	FLA	4		0.676	1.001	1.359
18:2 undifferentiated....g	2.069		0	FLA	4		0.587	0.869	1.179
18:3 undifferentiated....g	0.306		0	FLA	4		0.087	0.129	0.174
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0	FLA	4		0.001	0.002	0.003
20:5 n-3 (EPA)....g	0.002		0	FLA	4		0.001	0.001	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	57		0	FLA	4		16	24	32
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.109		0		1		0.031	0.046	0.062
Threonine....g	0.304		0		1		0.086	0.128	0.173
Isoleucine....g	0.407		0		1		0.115	0.171	0.232
Leucine....g	0.692		0		1		0.196	0.291	0.394
Lysine....g	0.371		0		1		0.105	0.156	0.211
Methionine....g	0.187		0		1		0.053	0.079	0.107
Cystine....g	0.176		0		1		0.050	0.074	0.100
Phenylalanine....g	0.455		0		1		0.129	0.191	0.259
Tyrosine....g	0.302		0		1		0.086	0.127	0.172
Valine....g	0.453		0		1		0.128	0.190	0.258
Arginine....g	0.363		0		1		0.103	0.152	0.207
Histidine....g	0.212		0		1		0.060	0.089	0.121
Alanine....g	0.338		0		1		0.096	0.142	0.193
Aspartic acid....g	0.527		0		1		0.149	0.221	0.300
Glutamic acid....g	2.585		0		1		0.733	1.086	1.473
Glycine....g	0.301		0		1		0.085	0.126	0.172
Proline....g	0.894		0		1		0.253	0.375	0.510
Serine....g	0.478		0		1		0.136	0.201	0.272
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18241
Croissants, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 croissant, small

Measure 3 = 57g: 1 croissant, medium

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18242
Croutons, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.50	0.306	5		1		0.78	1.65	
Energy....kcal	407		0	NC	4		58	122	
Energy....kJ	1703				4		242	511	
Protein (N x 5.7)....g	11.90	0.971	5		1		1.69	3.57	
Total lipid (fat)....g	6.60	3.084	6		1		0.94	1.98	
Ash....g	2.50	0.133	5		1		0.36	0.75	
Carbohydrate, by difference....g	73.50		0	NC	4		10.44	22.05	
Fiber, total dietary....g	5.1		0		1		0.7	1.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	76	10.262	5		1		11	23	
Iron, Fe....mg	4.08	0.455	5		1		0.58	1.22	
Magnesium, Mg....mg	31	2.294	5		1		4	9	
Phosphorus, P....mg	115	6.373	4		1		16	35	
Potassium, K....mg	124	18.648	6		1		18	37	
Sodium, Na....mg	698	60.698	6		1		99	209	
Zinc, Zn....mg	0.89	0.125	5		1		0.13	0.27	
Copper, Cu....mg	0.163	0.036	5		1		0.023	0.049	
Manganese, Mn....mg	0.500	0.013	4		1		0.071	0.150	
Selenium, Se....µg	37.5		0	FLA	4		5.3	11.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.623	0.061	11		1		0.088	0.187	
Riboflavin....mg	0.272	0.031	11		1		0.039	0.082	
Niacin....mg	5.439	0.547	11		1		0.772	1.632	
Pantothenic acid....mg	0.429	0.049	12		1		0.061	0.129	
Vitamin B-6....mg	0.026	0.006	10		1		0.004	0.008	
Folate, total....µg	132		0	FLA	4		19	40	
Folic acid....µg	110		0	NC	4		16	33	
Folate, food....µg	22	0.315	8		1		3	7	
Folate, DFE....µg	209		0	NC	4		30	63	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18242
Croutons, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.510		0	FLA	4		0.214	0.453	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.026		0	FLA	4		0.004	0.008	
15:0....g									
16:0....g	0.857		0	FLA	4		0.122	0.257	
17:0....g									
18:0....g	0.613		0	FLA	4		0.087	0.184	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.059		0	FLA	4		0.434	0.918	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.004	0.009	
17:1....g									
18:1 undifferentiated....g	3.029		0	FLA	4		0.430	0.909	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.273		0	FLA	4		0.181	0.382	
18:2 undifferentiated....g	1.204		0	FLA	4		0.171	0.361	
18:3 undifferentiated....g	0.070		0	FLA	4		0.010	0.021	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0		1		0.020	0.042	
Threonine....g	0.337		0		1		0.048	0.101	
Isoleucine....g	0.456		0		1		0.065	0.137	
Leucine....g	0.832		0		1		0.118	0.250	
Lysine....g	0.278		0		1		0.039	0.083	
Methionine....g	0.211		0		1		0.030	0.063	
Cystine....g	0.261		0		1		0.037	0.078	
Phenylalanine....g	0.586		0		1		0.083	0.176	
Tyrosine....g	0.337		0		1		0.048	0.101	
Valine....g	0.514		0		1		0.073	0.154	
Arginine....g	0.431		0		1		0.061	0.129	
Histidine....g	0.255		0		1		0.036	0.077	
Alanine....g	0.391		0		1		0.056	0.117	
Aspartic acid....g	0.529		0		1		0.075	0.159	
Glutamic acid....g	4.024		0		1		0.571	1.207	
Glycine....g	0.418		0		1		0.059	0.125	
Proline....g	1.345		0		1		0.191	0.404	
Serine....g	0.579		0		1		0.082	0.174	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18242
Croutons, plain

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 30g: 1 cup

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18243
Croutons, seasoned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.60	0.319	9		1		0.51	1.44	0.36
Energy....kcal	465		0	NC	4		66	186	47
Energy....kJ	1946		0		4		276	778	195
Protein (N x 5.8)....g	10.80	0.146	40		1		1.53	4.32	1.08
Total lipid (fat)....g	18.30	0.346	40		1		2.60	7.32	1.83
Ash....g	3.80	0.197	11		1		0.54	1.52	0.38
Carbohydrate, by difference....g	63.50		0	NC	4		9.02	25.40	6.35
Fiber, total dietary....g	5.0		0		1		0.7	2.0	0.5
Sugars, total....g	4.41		0	FLA	4		0.63	1.76	0.44
Starch....g									
Minerals:									
Calcium, Ca....mg	96	4.583	40		1		14	38	10
Iron, Fe....mg	2.82	0.089	40		1		0.40	1.13	0.28
Magnesium, Mg....mg	42	2.551	5		1		6	17	4
Phosphorus, P....mg	140	20.623	5		1		20	56	14
Potassium, K....mg	181	6.887	15		1		26	72	18
Sodium, Na....mg	1089		0	LC	8		155	436	109
Zinc, Zn....mg	0.94	0.101	5		1		0.13	0.38	0.09
Copper, Cu....mg	0.168	0.028	5		1		0.024	0.067	0.017
Manganese, Mn....mg	0.514	0.038	4		1		0.073	0.206	0.051
Selenium, Se....µg	28.8		0	FLA	4		4.1	11.5	2.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.506	0.006	46		1		0.072	0.202	0.051
Riboflavin....mg	0.421	0.011	46		1		0.060	0.168	0.042
Niacin....mg	4.646	0.060	39		1		0.660	1.858	0.465
Pantothenic acid....mg	0.835	0.062	12		1		0.119	0.334	0.084
Vitamin B-6....mg	0.083	0.001	10		1		0.012	0.033	0.008
Folate, total....µg	105		0	FLA	4		15	42	10
Folic acid....µg	65		0		4		9	26	7
Folate, food....µg	40	2.001	8		1		6	16	4
Folate, DFE....µg	151		0	NC	4		21	60	15
Choline, total....mg	14.6		0	BFZN	4		2.1	5.8	1.5
Betaine....mg									
Vitamin B-12....µg	0.14		0	FLA	4		0.02	0.06	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	7		0	NC	4		1	3	1
Retinol....µg	7		0	FLA	4		1	3	1
Carotene, beta....µg	6		0	FLA	4		1	2	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	32		0	NC	4		5	13	3
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	45		0	FLA	4		6	18	4
Vitamin E (alpha-tocopherol)....mg	0.40		0	FLA	4		0.06	0.16	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.6		0	FLA	4		1.1	3.0	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18243
Croutons, seasoned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.247		0	FLA	4		0.745	2.099	0.525
4:0....g	0.092		0	FLA	4		0.013	0.037	0.009
6:0....g	0.034		0	FLA	4		0.005	0.014	0.003
8:0....g	0.018		0	FLA	4		0.003	0.007	0.002
10:0....g	0.045		0	FLA	4		0.006	0.018	0.005
12:0....g	0.061		0	FLA	4		0.009	0.024	0.006
13:0....g									
14:0....g	0.282		0	FLA	4		0.040	0.113	0.028
15:0....g									
16:0....g	2.634		0	FLA	4		0.374	1.054	0.263
17:0....g									
18:0....g	2.023		0	FLA	4		0.287	0.809	0.202
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.498		0	FLA	4		1.349	3.799	0.950
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		0	FLA	4		0.007	0.019	0.005
17:1....g									
18:1 undifferentiated....g	9.451		0	FLA	4		1.342	3.780	0.945
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.368		0	FLA	4		0.336	0.947	0.237
18:2 undifferentiated....g	2.227		0	FLA	4		0.316	0.891	0.223
18:3 undifferentiated....g	0.142		0	FLA	4		0.020	0.057	0.014
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	7		0	FLA	4		1	3	1
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0		1		0.018	0.050	0.013
Threonine....g	0.326		0		1		0.046	0.130	0.033
Isoleucine....g	0.428		0		1		0.061	0.171	0.043
Leucine....g	0.774		0		1		0.110	0.310	0.077
Lysine....g	0.344		0		1		0.049	0.138	0.034
Methionine....g	0.195		0		1		0.028	0.078	0.020
Cystine....g	0.218		0		1		0.031	0.087	0.022
Phenylalanine....g	0.525		0		1		0.075	0.210	0.053
Tyrosine....g	0.331		0		1		0.047	0.132	0.033
Valine....g	0.488		0		1		0.069	0.195	0.049
Arginine....g	0.402		0		1		0.057	0.161	0.040
Histidine....g	0.246		0		1		0.035	0.098	0.025
Alanine....g	0.357		0		1		0.051	0.143	0.036
Aspartic acid....g	0.540		0		1		0.077	0.216	0.054
Glutamic acid....g	3.378		0		1		0.480	1.351	0.338
Glycine....g	0.361		0		1		0.051	0.144	0.036
Proline....g	1.163		0		1		0.165	0.465	0.116
Serine....g	0.527		0		1		0.075	0.211	0.053
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18243
Croutons, seasoned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 40g: 1 cup

Measure 3 = 10.0g: 1 package, fast food

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18245
Danish pastry, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.40		1		1		8.90	22.29	
Energy....kcal	374		0	NC	4		106	266	
Energy....kJ	1565		0		4		444	1111	
Protein (N x 6)....g	8.00		1		1		2.27	5.68	
Total lipid (fat)....g	21.90		1		1		6.21	15.55	
Ash....g	1.50		1		1		0.43	1.07	
Carbohydrate, by difference....g	37.20		0	NC	4		10.55	26.41	
Fiber, total dietary....g	1.0		0		4		0.3	0.7	
Sugars, total....g	6.95		0	FLA	4		1.97	4.93	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1		1		10	25	
Iron, Fe....mg	1.80		0	FLA	4		0.51	1.28	
Magnesium, Mg....mg	15		1		1		4	11	
Phosphorus, P....mg	108		1		1		31	77	
Potassium, K....mg	98		1		1		28	70	
Sodium, Na....mg	417		0	NR	4		118	296	
Zinc, Zn....mg	0.70		0	FLA	4		0.20	0.50	
Copper, Cu....mg	0.089		0	FLA	4		0.025	0.063	
Manganese, Mn....mg	0.351		0	FLA	4		0.100	0.249	
Selenium, Se....µg	18.9		0	FLA	4		5.4	13.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin....mg	0.190		1		1		0.054	0.135	
Riboflavin....mg	0.260		1		1		0.074	0.185	
Niacin....mg	2.000		1		1		0.567	1.420	
Pantothenic acid....mg	0.304		0	FLA	4		0.086	0.216	
Vitamin B-6....mg	0.040		0	FLA	4		0.011	0.028	
Folate, total....µg	60		0	FLA	4		17	43	
Folic acid....µg	35		0	NC	4		10	25	
Folate, food....µg	25		0		4		7	18	
Folate, DFE....µg	85		0	NC	4		24	60	
Choline, total....mg	20.1		0	FLA	4		5.7	14.2	
Betaine....mg									
Vitamin B-12....µg	0.20		0	FLA	4		0.06	0.14	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	35		0	NC	4		10	25	
Retinol....µg	34		0	FLA	4		10	24	
Carotene, beta....µg	8		0	FLA	4		2	6	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	128		0	FLA	4		36	91	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	38		0	FLA	4		11	27	
Vitamin E (alpha-tocopherol)....mg	0.35		0	FLA	4		0.10	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D....IU	2		0	NR	4		0	1	
Vitamin K (phylloquinone)....µg	6.9		0	FLA	4		2.0	4.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18245
Danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.794		0	FLA	4		1.926	4.824	
4:0....g	0.096		0	FLA	4		0.027	0.068	
6:0....g	0.028		0	FLA	4		0.008	0.020	
8:0....g	0.033		0	FLA	4		0.009	0.024	
10:0....g	0.075		0	FLA	4		0.021	0.054	
12:0....g	0.084		0	FLA	4		0.024	0.059	
13:0....g									
14:0....g	0.372		0	FLA	4		0.106	0.264	
15:0....g									
16:0....g	3.403		0	FLA	4		0.965	2.416	
17:0....g									
18:0....g	2.646		0	FLA	4		0.750	1.879	
20:0....g	0.005		0	FLA	4		0.001	0.003	
22:0....g	0.000		0	FLA	4		0.000	0.000	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	11.313		0	FLA	4		3.207	8.032	
14:1....g	0.022		0	FLA	4		0.006	0.015	
15:1....g									
16:1 undifferentiated....g	0.058		0	FLA	4		0.016	0.041	
17:1....g									
18:1 undifferentiated....g	11.226		0	FLA	4		3.182	7.970	
20:1....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.575		0	FLA	4		0.730	1.828	
18:2 undifferentiated....g	2.410		0	FLA	4		0.683	1.711	
18:3 undifferentiated....g	0.139		0	FLA	4		0.040	0.099	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	FLA	4		0.003	0.007	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	23		0	FLA	4		7	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		0		1		0.025	0.063	
Threonine....g	0.293		0		1		0.083	0.208	
Isoleucine....g	0.371		0		1		0.105	0.263	
Leucine....g	0.644		0		1		0.183	0.457	
Lysine....g	0.430		0		1		0.122	0.305	
Methionine....g	0.174		0		1		0.049	0.124	
Cystine....g	0.137		0		1		0.039	0.097	
Phenylalanine....g	0.402		0		1		0.114	0.285	
Tyrosine....g	0.293		0		1		0.083	0.208	
Valine....g	0.412		0		1		0.117	0.293	
Arginine....g	0.324		0		1		0.092	0.230	
Histidine....g	0.205		0		1		0.058	0.146	
Alanine....g	0.292		0		1		0.083	0.207	
Aspartic acid....g	0.511		0		1		0.145	0.363	
Glutamic acid....g	2.021		0		1		0.573	1.435	
Glycine....g	0.239		0		1		0.068	0.170	
Proline....g	0.717		0		1		0.203	0.509	
Serine....g	0.428		0		1		0.121	0.304	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18245
Danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18244
Danish pastry, cinnamon, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.30	1.535	3		1		6.89	34.51	8.51
Energy....kcal	403		0		4		114	572	141
Energy....kJ	1686		0		4		478	2394	590
Protein (N x 5.8)....g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat)....g	22.40	1.634	3		1		6.35	31.81	7.84
Ash....g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference....g	44.60		0	NC	4		12.64	63.33	15.61
Fiber, total dietary....g	1.3		0		1		0.4	1.8	0.5
Sugars, total....g	19.78		0	FLA	4		5.61	28.09	6.92
Starch....g									
Minerals:									
Calcium, Ca....mg	71	5.973	30		1		20	101	25
Iron, Fe....mg	1.96	0.096	29		1		0.56	2.78	0.69
Magnesium, Mg....mg	19	0.467	31		1		5	27	7
Phosphorus, P....mg	107	3.843	30		1		30	152	37
Potassium, K....mg	125	4.168	29		1		35	178	44
Sodium, Na....mg	414		0	LC	8		117	588	145
Zinc, Zn....mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu....mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn....mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se....µg	17.0	0.755	33	A	1		4.8	24.1	6.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin....mg	0.300	0.040	3		1		0.085	0.426	0.105
Riboflavin....mg	0.263	0.012	3		1		0.075	0.373	0.092
Niacin....mg	2.867	0.240	3		1		0.813	4.071	1.003
Pantothenic acid....mg	0.396		0	FLA	4		0.112	0.562	0.139
Vitamin B-6....mg	0.038		0	FLA	4		0.011	0.054	0.013
Folate, total....µg	68		0	FLA	4		19	97	24
Folic acid....µg	35		0	FLA	4		10	50	12
Folate, food....µg	33		0		4		9	47	12
Folate, DFE....µg	92		0	NC	4		26	131	32
Choline, total....mg	21.8		0	BFZN	4		6.2	31.0	7.6
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLA	4		0.03	0.14	0.04
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	6		0	NC	4		2	9	2
Retinol....µg	6		0	FLA	4		2	9	2
Carotene, beta....µg	2		0	FLA	4		0	2	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLA	4		0	1	0
Vitamin A, IU....IU	24		0	FLA	4		7	33	8
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	52		0	FLA	4		15	75	18
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLA	4		0.11	0.55	0.14
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.4		0	FLA	4		2.7	13.3	3.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18244
Danish pastry, cinnamon, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.681		0	FLA	4		1.611	8.067	1.988
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.109		0	FLA	4		0.031	0.155	0.038
15:0....g									
16:0....g	2.961		0	FLA	4		0.839	4.205	1.036
17:0....g									
18:0....g	2.602		0	FLA	4		0.738	3.695	0.911
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.515		0	FLA	4		3.548	17.771	4.380
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0	FLA	4		0.006	0.031	0.008
17:1....g									
18:1 undifferentiated....g	12.491		0	FLA	4		3.541	17.737	4.372
20:1....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.933		0	FLA	4		0.832	4.165	1.027
18:2 undifferentiated....g	2.772		0	FLA	4		0.786	3.936	0.970
18:3 undifferentiated....g	0.148		0	FLA	4		0.042	0.210	0.052
18:4....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0	FLA	4		0.002	0.010	0.002
20:5 n-3 (EPA)....g	0.003		0	FLA	4		0.001	0.004	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.003	0.001
Fatty acids, total trans....g									
Cholesterol....mg	21		0	FLA	4		6	30	7
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		1		0.024	0.119	0.029
Threonine....g	0.245		0		1		0.069	0.348	0.086
Isoleucine....g	0.310		0		1		0.088	0.440	0.109
Leucine....g	0.532		0		1		0.151	0.755	0.186
Lysine....g	0.296		0		1		0.084	0.420	0.104
Methionine....g	0.139		0		1		0.039	0.197	0.049
Cystine....g	0.139		0		1		0.039	0.197	0.049
Phenylalanine....g	0.348		0		1		0.099	0.494	0.122
Tyrosine....g	0.233		0		1		0.066	0.331	0.082
Valine....g	0.344		0		1		0.098	0.488	0.120
Arginine....g	0.312		0		1		0.088	0.443	0.109
Histidine....g	0.160		0		1		0.045	0.227	0.056
Alanine....g	0.274		0		1		0.078	0.389	0.096
Aspartic acid....g	0.463		0		1		0.131	0.657	0.162
Glutamic acid....g	1.882		0		1		0.534	2.672	0.659
Glycine....g	0.245		0		1		0.069	0.348	0.086
Proline....g	0.637		0		1		0.181	0.905	0.223
Serine....g	0.376		0		1		0.107	0.534	0.132
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18244
Danish pastry, cinnamon, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18430
Danish pastry, cinnamon, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.30	1.535	3		1		6.89	34.51	8.51
Energy	kcal	403		0	NC	4		114	572	141
Energy	kJ	1686				4		478	2394	590
Protein (N x 5.9)	g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat)	g	22.40	1.634	3		1		6.35	31.81	7.84
Ash	g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference	g	44.60		0		4		12.64	63.33	15.61
Fiber, total dietary	g	1.2		0		4		0.3	1.7	0.4
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	71	5.973	30		1		20	101	25
Iron, Fe	mg	0.78		0		4		0.22	1.11	0.27
Magnesium, Mg	mg	19	0.467	31		1		5	27	7
Phosphorus, P	mg	107	3.843	30		1		30	152	37
Potassium, K	mg	125	4.168	29		1		35	178	44
Sodium, Na	mg	371	8.862	31		1		105	527	130
Zinc, Zn	mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu	mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn	mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.1	0.3	0.1
Thiamin	mg	0.180		0		4		0.051	0.256	0.063
Riboflavin	mg	0.100		0		4		0.028	0.142	0.035
Niacin	mg	1.100		0		4		0.312	1.562	0.385
Pantothenic acid	mg	0.396		0	BFZN	4		0.112	0.562	0.139
Vitamin B-6	mg	0.038		0	BFZN	4		0.011	0.054	0.013
Folate, total	µg	33		0		4		9	47	12
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	33		0		4		9	47	12
Folate, DFE	µg	33		0	NC	4		9	47	12
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.10		0	BFZN	4		0.03	0.14	0.04
Vitamin A, RAE	µg	4		0	NC	4		1	5	1
Retinol	µg	4		0	NC	4		1	5	1
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	12		0	BFZN	4		3	17	4
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18430
Danish pastry, cinnamon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.681		0	BFZN	4		1.611	8.067	1.988
4:0....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.109		0		4		0.031	0.155	0.038
15:0....g									
16:0....g	2.961		0	BFZN	4		0.839	4.205	1.036
17:0....g									
18:0....g	2.602		0	BFZN	4		0.738	3.695	0.911
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.515		0	BFZN	4		3.548	17.771	4.380
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0	BFZN	4		0.006	0.031	0.008
17:1....g									
18:1 undifferentiated....g	12.491		0	BFZN	4		3.541	17.737	4.372
20:1....g	0.001		0	BFZN	4		0.000	0.001	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.933		0	BFZN	4		0.832	4.165	1.027
18:2 undifferentiated....g	2.772		0	BFZN	4		0.786	3.936	0.970
18:3 undifferentiated....g	0.148		0	BFZN	4		0.042	0.210	0.052
18:4....g	0.001		0	BFZN	4		0.000	0.001	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0	BFZN	4		0.002	0.010	0.002
20:5 n-3 (EPA)....g	0.003		0	BFZN	4		0.001	0.004	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.002		0	BFZN	4		0.001	0.003	0.001
Fatty acids, total trans....g									
Cholesterol....mg	21		0	BFZN	4		6	30	7
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		4		0.024	0.119	0.029
Threonine....g	0.245		0		4		0.069	0.348	0.086
Isoleucine....g	0.310		0		4		0.088	0.440	0.109
Leucine....g	0.532		0		4		0.151	0.755	0.186
Lysine....g	0.296		0		4		0.084	0.420	0.104
Methionine....g	0.139		0		4		0.039	0.197	0.049
Cystine....g	0.139		0		4		0.039	0.197	0.049
Phenylalanine....g	0.348		0		4		0.099	0.494	0.122
Tyrosine....g	0.233		0		4		0.066	0.331	0.082
Valine....g	0.344		0		4		0.098	0.488	0.120
Arginine....g	0.312		0		4		0.088	0.443	0.109
Histidine....g	0.160		0		4		0.045	0.227	0.056
Alanine....g	0.274		0		4		0.078	0.389	0.096
Aspartic acid....g	0.463		0		4		0.131	0.657	0.162
Glutamic acid....g	1.882		0		4		0.534	2.672	0.659
Glycine....g	0.245		0		4		0.069	0.348	0.086
Proline....g	0.637		0		4		0.181	0.905	0.223
Serine....g	0.376		0		4		0.107	0.534	0.132
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18430

Danish pastry, cinnamon, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	27.10	1.256	18		1		7.68	38.48	9.49
Energy	kcal	371		0	NC	4		105	527	130
Energy	kJ	1552		0		4		440	2204	543
Protein (N x 5.8)	g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat)	g	18.50	0.710	15		1		5.24	26.27	6.48
Ash	g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference	g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary	g	1.9		0		4		0.5	2.7	0.7
Sugars, total	g	27.53		0	FLA	4		7.80	39.09	9.63
Starch	g									
Minerals:										
Calcium, Ca	mg	46	9.200	16		1		13	65	16
Iron, Fe	mg	1.77	0.101	14		1		0.50	2.51	0.62
Magnesium, Mg	mg	15	0.643	15		1		4	21	5
Phosphorus, P	mg	89	8.600	15		1		25	126	31
Potassium, K	mg	83	6.753	11		1		24	118	29
Sodium, Na	mg	445		0	LC	8		126	632	156
Zinc, Zn	mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu	mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn	mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se	µg	14.8		0	FLA	4		4.2	21.0	5.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin	mg	0.263	0.020	20		1		0.075	0.373	0.092
Riboflavin	mg	0.220	0.010	19		1		0.062	0.312	0.077
Niacin	mg	1.992	0.074	16		1		0.565	2.829	0.697
Pantothenic acid	mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6	mg	0.043		0	FLA	4		0.012	0.061	0.015
Folate, total	µg	47		0	FLA	4		13	66	16
Folic acid	µg	31		0	NR	4		9	44	11
Folate, food	µg	16		0	NC	4		4	22	5
Folate, DFE	µg	68		0	NC	4		19	97	24
Choline, total	mg	21.8		0	A	1		6.2	31.0	7.6
Betaine	mg									
Vitamin B-12	µg	0.09		0		4		0.03	0.13	0.03
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	15		0	NC	4		4	21	5
Retinol	µg	15		0	FLA	4		4	21	5
Carotene, beta	µg	1		0	FLA	4		0	1	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	1		0	FLA	4		0	1	0
Vitamin A, IU	IU	51		0	FLA	4		14	72	18
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	49		0	FLA	4		14	70	17
Vitamin E (alpha-tocopherol)	mg	0.34		0	FLA	4		0.10	0.48	0.12
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	5.3		0	FLA	4		1.5	7.5	1.8
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.860		0	FLA	4		1.378	6.901	1.701
4:0....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.088		0	FLA	4		0.025	0.125	0.031
15:0....g									
16:0....g	2.668		0	FLA	4		0.756	3.789	0.934
17:0....g									
18:0....g	2.096		0	FLA	4		0.594	2.976	0.734
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.026		0	FLA	4		2.842	14.237	3.509
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.069		0	FLA	4		0.020	0.098	0.024
17:1....g									
18:1 undifferentiated....g	9.947		0	FLA	4		2.820	14.125	3.481
20:1....g	0.008		0	FLA	4		0.002	0.011	0.003
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.364		0	FLA	4		0.670	3.357	0.827
18:2 undifferentiated....g	2.184		0	FLA	4		0.619	3.101	0.764
18:3 undifferentiated....g	0.108		0	FLA	4		0.031	0.153	0.038
18:4....g	0.004		0	FLA	4		0.001	0.006	0.001
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	FLA	4		0.011	0.054	0.013
20:5 n-3 (EPA)....g	0.019		0	FLA	4		0.005	0.027	0.007
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.012		0	FLA	4		0.003	0.017	0.004
Fatty acids, total trans....g									
Cholesterol....mg	114		0	FLA	4		32	162	40
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.091	0.022
Threonine....g	0.171		0		4		0.048	0.243	0.060
Isoleucine....g	0.224		0		4		0.064	0.318	0.078
Leucine....g	0.398		0		4		0.113	0.565	0.139
Lysine....g	0.177		0		4		0.050	0.251	0.062
Methionine....g	0.110		0		4		0.031	0.156	0.039
Cystine....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine....g	0.267		0		4		0.076	0.379	0.093
Tyrosine....g	0.166		0		4		0.047	0.236	0.058
Valine....g	0.252		0		4		0.071	0.358	0.088
Arginine....g	0.209		0		4		0.059	0.297	0.073
Histidine....g	0.118		0		4		0.033	0.168	0.041
Alanine....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid....g	1.603		0		4		0.454	2.276	0.561
Glycine....g	0.178		0		4		0.050	0.253	0.062
Proline....g	0.543		0		4		0.154	0.771	0.190
Serine....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.10	1.256	18		1		7.68	38.48	9.49
Energy....kcal	371		0	NC	4		105	527	130
Energy....kJ	1552				4		440	2204	543
Protein (N x 5.8)....g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat)....g	18.50	0.710	15		1		5.24	26.27	6.48
Ash....g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference....g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary....g	1.9		0		4		0.5	2.7	0.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.200	16		1		13	65	16
Iron, Fe....mg	0.75		0		4		0.21	1.07	0.26
Magnesium, Mg....mg	15	0.643	15		1		4	21	5
Phosphorus, P....mg	89	8.600	15		1		25	126	31
Potassium, K....mg	83	6.753	11		1		24	118	29
Sodium, Na....mg	354	6.785	16		1		100	503	124
Zinc, Zn....mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu....mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn....mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin....mg	0.065		0		4		0.018	0.092	0.023
Riboflavin....mg	0.092		0		4		0.026	0.131	0.032
Niacin....mg	0.769		0		4		0.218	1.092	0.269
Pantothenic acid....mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6....mg	0.040		0	BFZN	4		0.011	0.057	0.014
Folate, total....µg	16	1.032	8		1		5	23	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	16	1.032	8		1		5	23	6
Folate, DFE....µg	16		0	NC	4		5	23	6
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.13		0	BFZN	4		0.04	0.18	0.05
Vitamin A, RAE....µg	22		0	NC	4		6	32	8
Retinol....µg	22		0	NC	4		6	32	8
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	74		0	BFZN	4		21	105	26
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.826		0	BFZN	4		0.801	4.013	0.989
4:0....g	0.001		0		4		0.000	0.001	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.001		0		4		0.000	0.001	0.000
12:0....g	0.001		0		4		0.000	0.001	0.000
13:0....g									
14:0....g	0.053		0	BFZN	4		0.015	0.075	0.019
15:0....g									
16:0....g	1.527		0	BFZN	4		0.433	2.168	0.534
17:0....g									
18:0....g	1.233		0	BFZN	4		0.350	1.751	0.432
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.937		0	BFZN	4		1.683	8.431	2.078
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	BFZN	4		0.009	0.044	0.011
17:1....g									
18:1 undifferentiated....g	5.903		0	BFZN	4		1.674	8.382	2.066
20:1....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.508		0	BFZN	4		0.428	2.141	0.528
18:2 undifferentiated....g	1.416		0	BFZN	4		0.401	2.011	0.496
18:3 undifferentiated....g	0.075		0	BFZN	4		0.021	0.107	0.026
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFZN	4		0.004	0.020	0.005
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.004		0	BFZN	4		0.001	0.006	0.001
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFZN	4		11	57	14
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.091	0.022
Threonine....g	0.171		0		4		0.048	0.243	0.060
Isoleucine....g	0.224		0		4		0.064	0.318	0.078
Leucine....g	0.398		0		4		0.113	0.565	0.139
Lysine....g	0.177		0		4		0.050	0.251	0.062
Methionine....g	0.110		0		4		0.031	0.156	0.039
Cystine....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine....g	0.267		0		4		0.076	0.379	0.093
Tyrosine....g	0.166		0		4		0.047	0.236	0.058
Valine....g	0.252		0		4		0.071	0.358	0.088
Arginine....g	0.209		0		4		0.059	0.297	0.073
Histidine....g	0.118		0		4		0.033	0.168	0.041
Alanine....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid....g	1.603		0		4		0.454	2.276	0.561
Glycine....g	0.178		0		4		0.050	0.253	0.062
Proline....g	0.543		0		4		0.154	0.771	0.190
Serine....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 container (3 oz)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18433
Danish pastry, lemon, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.10	1.256	18		1		7.68	19.24	
Energy....kcal	371		0	NC	4		105	263	
Energy....kJ	1552				4		440	1102	
Protein (N x 5.8)....g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat)....g	18.50	0.710	15		1		5.24	13.14	
Ash....g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference....g	47.80		0		4		13.55	33.94	
Fiber, total dietary....g	1.9		0		4		0.5	1.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.200	16		1		13	33	
Iron, Fe....mg	0.75		0		4		0.21	0.53	
Magnesium, Mg....mg	15	0.643	15		1		4	11	
Phosphorus, P....mg	89	8.600	15		1		25	63	
Potassium, K....mg	83	6.753	11		1		24	59	
Sodium, Na....mg	354	6.785	16		1		100	251	
Zinc, Zn....mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu....mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn....mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9	1.837	15		1		1.1	2.8	
Thiamin....mg	0.065		0		4		0.018	0.046	
Riboflavin....mg	0.092		0		4		0.026	0.065	
Niacin....mg	0.769		0		4		0.218	0.546	
Pantothenic acid....mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6....mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total....µg	16	1.032	8		1		5	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	1.032	8		1		5	11	
Folate, DFE....µg	16		0	NC	4		5	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		0		4		0.03	0.06	
Vitamin A, RAE....µg	53		0	NC	4		15	37	
Retinol....µg	53		0	NC	4		15	37	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	175		0		4		50	124	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18433
Danish pastry, lemon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.826		0	BFZN	4		0.801	2.006	
4:0....g	0.001		0		4		0.000	0.001	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.000	0.001	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.053		0	BFZN	4		0.015	0.038	
15:0....g									
16:0....g	1.527		0	BFZN	4		0.433	1.084	
17:0....g									
18:0....g	1.233		0	BFZN	4		0.350	0.875	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.937		0	BFZN	4		1.683	4.215	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	BFZN	4		0.009	0.022	
17:1....g									
18:1 undifferentiated....g	5.903		0	BFZN	4		1.674	4.191	
20:1....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated....g	0.075		0	BFZN	4		0.021	0.053	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFZN	4		11	28	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.045	
Threonine....g	0.171		0		4		0.048	0.121	
Isoleucine....g	0.224		0		4		0.064	0.159	
Leucine....g	0.398		0		4		0.113	0.283	
Lysine....g	0.177		0		4		0.050	0.126	
Methionine....g	0.110		0		4		0.031	0.078	
Cystine....g	0.118		0		4		0.033	0.084	
Phenylalanine....g	0.267		0		4		0.076	0.190	
Tyrosine....g	0.166		0		4		0.047	0.118	
Valine....g	0.252		0		4		0.071	0.179	
Arginine....g	0.209		0		4		0.059	0.148	
Histidine....g	0.118		0		4		0.033	0.084	
Alanine....g	0.191		0		4		0.054	0.136	
Aspartic acid....g	0.300		0		4		0.085	0.213	
Glutamic acid....g	1.603		0		4		0.454	1.138	
Glycine....g	0.178		0		4		0.050	0.126	
Proline....g	0.543		0		4		0.154	0.386	
Serine....g	0.285		0		4		0.081	0.202	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18433
Danish pastry, lemon, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18247
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.40	0.311	7		1		5.78	13.26	10.81
Energy....kcal	430		0		4		122	280	228
Energy....kJ	1799		0		4		510	1169	954
Protein (N x 5.8)....g	7.10	0.186	7		1		2.01	4.62	3.76
Total lipid (fat)....g	25.20	0.583	7		1		7.14	16.38	13.36
Ash....g	1.50	0.061	7		1		0.43	0.98	0.80
Carbohydrate, by difference....g	45.70		0	NC	4		12.96	29.71	24.22
Fiber, total dietary....g	2.0		0		1		0.6	1.3	1.1
Sugars, total....g	25.87		0	FLA	4		7.33	16.82	13.71
Starch....g									
Minerals:									
Calcium, Ca....mg	94	19.147	7		1		27	61	50
Iron, Fe....mg	1.80		1		1		0.51	1.17	0.95
Magnesium, Mg....mg	32	1.540	7		1		9	21	17
Phosphorus, P....mg	110	5.450	7		1		31	72	58
Potassium, K....mg	95		1		1		27	62	50
Sodium, Na....mg	298		0	LC	8		84	194	158
Zinc, Zn....mg	0.87	0.060	6		1		0.25	0.57	0.46
Copper, Cu....mg	0.195	0.005	6		1		0.055	0.127	0.103
Manganese, Mn....mg	0.845	0.049	6		1		0.240	0.549	0.448
Selenium, Se....µg	14.2		0	FLA	4		4.0	9.2	7.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.044	6		1		0.5	1.1	0.9
Thiamin....mg	0.220		1		1		0.062	0.143	0.117
Riboflavin....mg	0.240		1		1		0.068	0.156	0.127
Niacin....mg	2.300		1		1		0.652	1.495	1.219
Pantothenic acid....mg	0.702		0	FLA	4		0.199	0.456	0.372
Vitamin B-6....mg	0.104		0	FLA	4		0.029	0.068	0.055
Folate, total....µg	83		0	FLA	4		24	54	44
Folic acid....µg	56		0	NC	4		16	36	30
Folate, food....µg	27		0		4		8	18	14
Folate, DFE....µg	122		0	NC	4		35	79	65
Choline, total....mg	21.8		0	BFZN	4		6.2	14.2	11.6
Betaine....mg									
Vitamin B-12....µg	0.21		0	FLA	4		0.06	0.14	0.11
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	9		0	NC	4		3	6	5
Retinol....µg	9		0	FLA	4		2	6	5
Carotene, beta....µg	4		0	FLA	4		1	2	2
Carotene, alpha....µg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLA	4		0	1	0
Vitamin A, IU....IU	36		0	NC	4		10	23	19
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	42		0	FLA	4		12	27	22
Vitamin E (alpha-tocopherol)....mg	0.82		0	FLA	4		0.23	0.53	0.44
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.6		0	FLA	4		1.9	4.3	3.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18247
Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.821		0	FLA	4		1.650	3.784	3.085
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0....g	0.002		0	FLA	4		0.001	0.001	0.001
13:0....g									
14:0....g	0.119		0	FLA	4		0.034	0.077	0.063
15:0....g									
16:0....g	3.128		0	FLA	4		0.887	2.033	1.658
17:0....g									
18:0....g	2.552		0	FLA	4		0.723	1.659	1.353
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.685		0	FLA	4		3.880	8.895	7.253
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.083		0	FLA	4		0.024	0.054	0.044
17:1....g									
18:1 undifferentiated....g	13.562		0	FLA	4		3.845	8.815	7.188
20:1....g	0.024		0	FLA	4		0.007	0.016	0.013
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.281		0	FLA	4		1.214	2.783	2.269
18:2 undifferentiated....g	3.903		0	FLA	4		1.107	2.537	2.069
18:3 undifferentiated....g	0.342		0	FLA	4		0.097	0.222	0.181
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	FLA	4		0.004	0.009	0.007
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.003		0	FLA	4		0.001	0.002	0.002
Fatty acids, total trans....g									
Cholesterol....mg	46		1		1		13	30	24
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025	0.057	0.047
Threonine....g	0.238		0		1		0.067	0.155	0.126
Isoleucine....g	0.305		0		1		0.086	0.198	0.162
Leucine....g	0.529		0		1		0.150	0.344	0.280
Lysine....g	0.271		0		1		0.077	0.176	0.144
Methionine....g	0.139		0		1		0.039	0.090	0.074
Cystine....g	0.139		0		1		0.039	0.090	0.074
Phenylalanine....g	0.337		0		1		0.096	0.219	0.179
Tyrosine....g	0.235		0		1		0.067	0.153	0.125
Valine....g	0.348		0		1		0.099	0.226	0.184
Arginine....g	0.430		0		1		0.122	0.280	0.228
Histidine....g	0.166		0		1		0.047	0.108	0.088
Alanine....g	0.268		0		1		0.076	0.174	0.142
Aspartic acid....g	0.479		0		1		0.136	0.311	0.254
Glutamic acid....g	1.895		0		1		0.537	1.232	1.004
Glycine....g	0.261		0		1		0.074	0.170	0.138
Proline....g	0.614		0		1		0.174	0.399	0.325
Serine....g	0.369		0		1		0.105	0.240	0.196
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 pastry (4-1/4" dia)

Measure 3 = 53g: 1 piece (1/8 of 15 oz ring)

Calories Factors: Protein 3.9 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18435
Danish pastry, raspberry, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.10	1.256	18		1		7.68	19.24	
Energy....kcal	371		0	NC	4		105	263	
Energy....kJ	1552				4		440	1102	
Protein (N x 5.8)....g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat)....g	18.50	0.710	15		1		5.24	13.14	
Ash....g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference....g	47.80		0		4		13.55	33.94	
Fiber, total dietary....g	1.9		0		4		0.5	1.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.200	16		1		13	33	
Iron, Fe....mg	0.75		0		4		0.21	0.53	
Magnesium, Mg....mg	15	0.643	15		1		4	11	
Phosphorus, P....mg	89	8.600	15		1		25	63	
Potassium, K....mg	83	6.753	11		1		24	59	
Sodium, Na....mg	354	6.785	16		1		100	251	
Zinc, Zn....mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu....mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn....mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9	1.837	15		1		1.1	2.8	
Thiamin....mg	0.065		0		4		0.018	0.046	
Riboflavin....mg	0.092		0		4		0.026	0.065	
Niacin....mg	0.769		0		4		0.218	0.546	
Pantothenic acid....mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6....mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total....µg	16	1.032	8		1		5	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	1.032	8		1		5	11	
Folate, DFE....µg	16		0	NC	4		5	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		0		4		0.03	0.06	
Vitamin A, RAE....µg	60		0	NC	4		17	43	
Retinol....µg	60		0	NC	4		17	43	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	200		0		4		57	142	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18435
Danish pastry, raspberry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.826		0	BFZN	4		0.801	2.006	
4:0....g	0.001		0		4		0.000	0.001	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.000	0.001	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.053		0	BFZN	4		0.015	0.038	
15:0....g									
16:0....g	1.527		0	BFZN	4		0.433	1.084	
17:0....g									
18:0....g	1.233		0	BFZN	4		0.350	0.875	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.937		0	BFZN	4		1.683	4.215	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	BFZN	4		0.009	0.022	
17:1....g									
18:1 undifferentiated....g	5.903		0	BFZN	4		1.674	4.191	
20:1....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated....g	0.075		0	BFZN	4		0.021	0.053	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFZN	4		11	28	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		4		0.018	0.045	
Threonine....g	0.171		0		4		0.048	0.121	
Isoleucine....g	0.224		0		4		0.064	0.159	
Leucine....g	0.398		0		4		0.113	0.283	
Lysine....g	0.177		0		4		0.050	0.126	
Methionine....g	0.110		0		4		0.031	0.078	
Cystine....g	0.118		0		4		0.033	0.084	
Phenylalanine....g	0.267		0		4		0.076	0.190	
Tyrosine....g	0.166		0		4		0.047	0.118	
Valine....g	0.252		0		4		0.071	0.179	
Arginine....g	0.209		0		4		0.059	0.148	
Histidine....g	0.118		0		4		0.033	0.084	
Alanine....g	0.191		0		4		0.054	0.136	
Aspartic acid....g	0.300		0		4		0.085	0.213	
Glutamic acid....g	1.603		0		4		0.454	1.138	
Glycine....g	0.178		0		4		0.050	0.126	
Proline....g	0.543		0		4		0.154	0.386	
Serine....g	0.285		0		4		0.081	0.202	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18435

Danish pastry, raspberry, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry (4-1/4" dia)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

donut
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.30		2		1		4.62	9.78	6.85
Energy	kcal	417		0	NC	4		118	250	175
Energy	kJ	1745		0		4		495	1047	733
Protein (N x 5.9)	g	4.50		2		1		1.28	2.70	1.89
Total lipid (fat)	g	19.90		2		1		5.64	11.94	8.36
Ash	g	1.80		2		1		0.51	1.08	0.76
Carbohydrate, by difference	g	57.40		0	NC	4		16.27	34.44	24.11
Fiber, total dietary	g	2.2		0		1		0.6	1.3	0.9
Sugars, total	g	31.92		0	FLA	4		9.05	19.15	13.41
Starch	g									
Minerals:										
Calcium, Ca	mg	213		2		1		60	128	89
Iron, Fe	mg	2.27		2		1		0.64	1.36	0.95
Magnesium, Mg	mg	34		2		1		10	20	14
Phosphorus, P	mg	162		2		1		46	97	68
Potassium, K	mg	106		0	FLA	4		30	64	45
Sodium, Na	mg	215		0	LC	8		61	129	90
Zinc, Zn	mg	0.57		2		1		0.16	0.34	0.24
Copper, Cu	mg	0.191		2		1		0.054	0.115	0.080
Manganese, Mn	mg	0.370		2		1		0.105	0.222	0.155
Selenium, Se	µg	4.1		0	FLA	4		1.2	2.5	1.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin	mg	0.045		2		1		0.013	0.027	0.019
Riboflavin	mg	0.070		2		1		0.020	0.042	0.029
Niacin	mg	0.470		2		1		0.133	0.282	0.197
Pantothenic acid	mg	0.342		0		4		0.097	0.205	0.144
Vitamin B-6	mg	0.027		0	FLA	4		0.008	0.016	0.011
Folate, total	µg	45		0	FLA	4		13	27	19
Folic acid	µg	28		0	NR	4		8	17	12
Folate, food	µg	17		0	NC	4		5	10	7
Folate, DFE	µg	64		0	NC	4		18	39	27
Choline, total	mg	29.1		0	BFZN	4		8.2	17.4	12.2
Betaine	mg									
Vitamin B-12	µg	0.10		0	FLA	4		0.03	0.06	0.04
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	12		0	NC	4		3	7	5
Retinol	µg	11		0	FLA	4		3	7	5
Carotene, beta	µg	2		0	FLA	4		0	1	1
Carotene, alpha	µg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	1		0	FLA	4		0	0	0
Vitamin A, IU	IU	39		0	FLA	4		11	23	16
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	20		0	FLA	4		6	12	9
Vitamin E (alpha-tocopherol)	mg	0.21		0	FLA	4		0.06	0.13	0.09
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	9.8		2	FLA	4		2.8	5.9	4.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.132		0	FLA	4		1.455	3.079	2.155
4:0....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.001	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.099		0	FLA	4		0.028	0.059	0.042
15:0....g									
16:0....g	2.649		0	FLA	4		0.751	1.589	1.113
17:0....g									
18:0....g	2.376		0	FLA	4		0.674	1.426	0.998
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.278		0	FLA	4		3.197	6.767	4.737
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLA	4		0.004	0.008	0.005
17:1....g									
18:1 undifferentiated....g	11.263		0	FLA	4		3.193	6.758	4.730
20:1....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.477		0	FLA	4		0.702	1.486	1.040
18:2 undifferentiated....g	2.343		0	FLA	4		0.664	1.406	0.984
18:3 undifferentiated....g	0.123		0	FLA	4		0.035	0.074	0.052
18:4....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0	FLA	4		0.002	0.004	0.003
20:5 n-3 (EPA)....g	0.002		0	FLA	4		0.001	0.001	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	57		0		4		16	34	24
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.016	0.035	0.024
Threonine....g	0.170		0		1		0.048	0.102	0.071
Isoleucine....g	0.205		0		1		0.058	0.123	0.086
Leucine....g	0.339		0		1		0.096	0.203	0.142
Lysine....g	0.234		0		1		0.066	0.140	0.098
Methionine....g	0.096		0		1		0.027	0.058	0.040
Cystine....g	0.091		0		1		0.026	0.055	0.038
Phenylalanine....g	0.224		0		1		0.064	0.134	0.094
Tyrosine....g	0.156		0		1		0.044	0.094	0.066
Valine....g	0.234		0		1		0.066	0.140	0.098
Arginine....g	0.227		0		1		0.064	0.136	0.095
Histidine....g	0.100		0		1		0.028	0.060	0.042
Alanine....g	0.190		0		1		0.054	0.114	0.080
Aspartic acid....g	0.352		0		1		0.100	0.211	0.148
Glutamic acid....g	0.998		0		1		0.283	0.599	0.419
Glycine....g	0.159		0		1		0.045	0.095	0.067
Proline....g	0.327		0		1		0.093	0.196	0.137
Serine....g	0.263		0		1		0.075	0.158	0.110
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	1		0	FLA	4		0	1	0

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	21		0	FLA	4		6	13	9

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut (3-3/4" dia)

Measure 3 = 42g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18248
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

donut
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	20.82	0.163	5	A	1		8.33	5.90	10.83
Energy....kcal	434		0	NC	4		174	123	226
Energy....kJ	1815		0	NC	4		726	515	944
Protein (N x 6.25)....g	5.31	0.072	5	A	1		2.12	1.51	2.76
Total lipid (fat)....g	24.93	0.082	5	A	1		9.97	7.07	12.96
Ash....g	1.87	0.018	5	A	1		0.75	0.53	0.97
Carbohydrate, by difference....g	47.06		0	NC	4		18.83	13.34	24.47
Fiber, total dietary....g	1.7	0.154	4	A	1		0.7	0.5	0.9
Sugars, total....g	18.15	0.570	4	A	1		7.26	5.15	9.44
Sucrose....g	16.02	0.579	4	A	1		6.41	4.54	8.33
Glucose (dextrose)....g	0.67	0.020	4	A	1		0.27	0.19	0.35
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose....g	0.93	0.044	4	A	1		0.37	0.26	0.48
Maltose....g	0.54	0.038	4	A	1		0.22	0.15	0.28
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch....g	25.91	0.323	4	A	1		10.36	7.35	13.47
Minerals:									
Calcium, Ca....mg	40	0.457	5	A	1		16	11	21
Iron, Fe....mg	2.53	0.057	5	A	1		1.01	0.72	1.32
Magnesium, Mg....mg	17	0.079	5	A	1		7	5	9
Phosphorus, P....mg	260	5.350	5	A	1		104	74	135
Potassium, K....mg	134	4.635	5	A	1		53	38	70
Sodium, Na....mg	477	8.233	5	A	1		191	135	248
Zinc, Zn....mg	0.50	0.004	5	A	1		0.20	0.14	0.26
Copper, Cu....mg	0.090	0.001	5	A	1		0.036	0.026	0.047
Manganese, Mn....mg	0.333	0.006	5	A	1		0.133	0.094	0.173
Selenium, Se....µg	10.1	0.667	4	A	1		4.0	2.9	5.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.390	0.009	4	A	1		0.156	0.111	0.203
Riboflavin....mg	0.301	0.004	4	A	1		0.120	0.085	0.157
Niacin....mg	2.910	0.020	4	A	1		1.164	0.825	1.513
Pantothenic acid....mg	0.377		2	A	1		0.151	0.107	0.196
Vitamin B-6....mg	0.050	0.000	4	A	1		0.020	0.014	0.026
Folate, total....µg	92	1.574	4	A	1		37	26	48
Folic acid....µg	76		0	FLA	4		30	22	40
Folate, food....µg	16		0	FLA	4		6	4	8
Folate, DFE....µg	145		0	NC	4		58	41	75
Choline, total....mg	37.3		0	AS	1		14.9	10.6	19.4
Betaine....mg	63.4		1	A	1		25.4	18.0	33.0
Vitamin B-12....µg	0.06		0	FLA	4		0.02	0.02	0.03
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	4		0	FLA	4		1	1	2
Retinol....µg	3		0	FLA	4		1	1	2
Carotene, beta....µg	1		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	14		0	NC	4		6	4	7
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	19		0	FLA	4		8	5	10
Vitamin E (alpha-tocopherol)....mg	1.99	0.131	4	A	1		0.80	0.56	1.03
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.14	0.004	4	A	1		0.06	0.04	0.07
Tocopherol, gamma....mg	2.45	0.379	4	A	1		0.98	0.70	1.28
Tocopherol, delta....mg	0.77	0.035	4	A	1		0.31	0.22	0.40
Tocotrienol, alpha....mg	1.23	0.045	4	A	1		0.49	0.35	0.64
Tocotrienol, beta....mg	0.63	0.017	4	A	1		0.25	0.18	0.33

NDB No. 18248
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	1.49	0.040	4	A	1		0.60	0.42	0.77
Tocotrienol, delta....mg	0.20	0.157	4	A	1		0.08	0.06	0.10
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.8		2	A	1		3.9	2.8	5.1
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	11.105		0	NC	4		4.442	3.148	5.775
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.015	0.003	4	A	1		0.006	0.004	0.008
10:0....g	0.026	0.001	4	A	1		0.010	0.007	0.013
12:0....g	0.120	0.015	4	A	1		0.048	0.034	0.063
13:0....g									
14:0....g	0.244	0.008	4	A	1		0.098	0.069	0.127
15:0....g	0.013	0.000	4	A	1		0.005	0.004	0.007
16:0....g	9.442	0.292	4	A	1		3.777	2.677	4.910
17:0....g	0.024	0.001	4	A	1		0.010	0.007	0.013
18:0....g	1.092	0.031	4	A	1		0.437	0.310	0.568
20:0....g	0.083	0.003	4	A	1		0.033	0.024	0.043
22:0....g	0.025	0.001	4	A	1		0.010	0.007	0.013
24:0....g	0.021	0.001	4	A	1		0.008	0.006	0.011
Fatty acids, total monounsaturated....g	8.544		0	NC	4		3.418	2.422	4.443
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.044	0.002	4	AS	1		0.018	0.012	0.023
16:1 c....g	0.044	0.002	4	A	1		0.018	0.012	0.023
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.008	0.000	4	A	1		0.003	0.002	0.004
18:1 undifferentiated....g	8.444	0.308	4	AS	1		3.378	2.394	4.391
18:1 c....g	8.388	0.303	4	A	1		3.355	2.378	4.362
18:1 t....g	0.056	0.008	4	A	1		0.023	0.016	0.029
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048	0.004	4	A	1		0.019	0.014	0.025
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.915		0	NC	4		1.566	1.110	2.036
18:2 undifferentiated....g	3.637	0.121	4	AS	1		1.455	1.031	1.891
18:2 n-6 c,c....g	3.573	0.120	4	A	1		1.429	1.013	1.858
18:2 CLAs....g	0.011	0.001	4	A	1		0.004	0.003	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.053	0.002	4	A	1		0.021	0.015	0.028
18:3 undifferentiated....g	0.256	0.014	4	AS	1		0.103	0.073	0.133
18:3 n-3 c,c,c (ALA)....g	0.239	0.013	4	A	1		0.096	0.068	0.124
18:3 n-6 c,c,c....g	0.017	0.001	4	A	1		0.007	0.005	0.009
18:3i....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.006	0.000	4	A	1		0.002	0.002	0.003
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.014	0.000	4	A	1		0.006	0.004	0.007
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 18248
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.001	4	A	1		0.000	0.000	0.001
Fatty acids, total trans....g									
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.023	0.016	0.029
Fatty acids, total trans-polyenoic....g	0.053		0	NC	4		0.021	0.015	0.028
Cholesterol....mg	10		0	FLA	4		4	3	5
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 donut

Measure 2 = 28.35g: 1 oz

Measure 3 = 52g: 1 doughnut stick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18249
Doughnuts, cake-type, plain, chocolate-coated or frosted

donut
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.76		2	A	1		4.75	3.02	7.21
Energy....kcal	452		0	NC	4		128	81	194
Energy....kJ	1892		0	NC	4		537	341	814
Protein....g	4.93		2	A	1		1.40	0.89	2.12
Total lipid (fat)....g	25.25		2	A	1		7.16	4.55	10.86
Ash....g	1.73		2	A	1		0.49	0.31	0.74
Carbohydrate, by difference....g	51.33		0	NC	4		14.55	9.24	22.07
Fiber, total dietary....g	1.9		2	A	1		0.5	0.3	0.8
Sugars, total....g	26.65		2	A	1		7.56	4.80	11.46
Starch....g									
Minerals:									
Calcium, Ca....mg	24		2	A	1		7	4	11
Iron, Fe....mg	4.00		2	A	1		1.13	0.72	1.72
Magnesium, Mg....mg	30		2	A	1		9	5	13
Phosphorus, P....mg	210		2	A	1		60	38	90
Potassium, K....mg	201		2	A	1		57	36	86
Sodium, Na....mg	326		0	LC	8		92	59	140
Zinc, Zn....mg	0.98		2	A	1		0.28	0.18	0.42
Copper, Cu....mg	0.260		2	A	1		0.074	0.047	0.112
Manganese, Mn....mg	0.640		2	A	1		0.181	0.115	0.275
Selenium, Se....µg	6.8		2	A	1		1.9	1.2	2.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		2	A	1		0.4	0.2	0.6
Thiamin....mg	0.163		2	A	1		0.046	0.029	0.070
Riboflavin....mg	0.125		2	A	1		0.035	0.022	0.054
Niacin....mg	1.590		2	A	1		0.451	0.286	0.684
Pantothenic acid....mg	0.126		2	A	1		0.036	0.023	0.054
Vitamin B-6....mg	0.024		2	A	1		0.007	0.004	0.010
Folate, total....µg	65		2	A	1		18	12	28
Folic acid....µg	37		2	A	1		10	7	16
Folate, food....µg	28		0	AS	1		8	5	12
Folate, DFE....µg	90		0	NC	4		26	16	39
Choline, total....mg	29.1		0	AS	1		8.2	5.2	12.5
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLA	4		0.03	0.02	0.04
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	4		0	FLA	4		1	1	2
Retinol....µg	3		0	FLA	4		1	1	1
Carotene, beta....µg	2		0	FLA	4		1	0	1
Carotene, alpha....µg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	0
Vitamin A, IU....IU	16		0	FLA	4		4	3	7
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	24		0	FLA	4		7	4	10
Vitamin E (alpha-tocopherol)....mg	2.02		0	FLA	4		0.57	0.36	0.87
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.9		2	A	1		2.2	1.4	3.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.470		0	NC	4		3.819	2.425	5.792
4:0....g	0.000		2	A	1		0.000	0.000	0.000
6:0....g	0.025		2	A	1		0.007	0.005	0.011
8:0....g	0.379		2	A	1		0.107	0.068	0.163
10:0....g	0.294		2	A	1		0.083	0.053	0.127
12:0....g	3.710		2	A	1		1.052	0.668	1.595
13:0....g	0.000		2	A	1		0.000	0.000	0.000
14:0....g	1.358		2	A	1		0.385	0.244	0.584
15:0....g	0.027		2	A	1		0.008	0.005	0.012
16:0....g	3.675		2	A	1		1.042	0.662	1.580
17:0....g	0.099		2	A	1		0.028	0.018	0.043
18:0....g	3.792		2	A	1		1.075	0.683	1.631
20:0....g	0.078		2	A	1		0.022	0.014	0.033
22:0....g	0.032		2	A	1		0.009	0.006	0.014
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.618		0	NC	4		2.443	1.551	3.706
14:1....g	0.051		2	A	1		0.014	0.009	0.022
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.164		2	A	1		0.046	0.029	0.070
17:1....g	0.051		2	A	1		0.014	0.009	0.022
18:1 undifferentiated....g	8.352		0	AS	1		2.368	1.503	3.592
18:1 c....g	8.352		2	A	1		2.368	1.503	3.592
18:1 t....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.960		0	NC	4		0.556	0.353	0.843
18:2 undifferentiated....g	1.794		2	A	1		0.509	0.323	0.771
18:3 undifferentiated....g	0.166		0	AS	1		0.047	0.030	0.071
18:3 n-3 c,c,c (ALA)....g	0.166		2	A	1		0.047	0.030	0.071
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	19		0	FLA	4		5	3	8
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0	FLA	4		0.017	0.011	0.026
Threonine....g	0.170		0	FLA	4		0.048	0.031	0.073
Isoleucine....g	0.208		0	FLA	4		0.059	0.037	0.089
Leucine....g	0.366		0	FLA	4		0.104	0.066	0.157
Lysine....g	0.231		0	FLA	4		0.065	0.042	0.099
Methionine....g	0.079		0	FLA	4		0.022	0.014	0.034
Cystine....g	0.098		0	FLA	4		0.028	0.018	0.042
Phenylalanine....g	0.223		0	FLA	4		0.063	0.040	0.096
Tyrosine....g	0.130		0	FLA	4		0.037	0.023	0.056
Valine....g	0.240		0	FLA	4		0.068	0.043	0.103
Arginine....g	0.232		0	FLA	4		0.066	0.042	0.100
Histidine....g	0.111		0	FLA	4		0.031	0.020	0.048
Alanine....g	0.177		0	FLA	4		0.050	0.032	0.076

NDB No. 18249
Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.343		0	FLA	4		0.097	0.062	0.147
Glutamic acid.....g	1.230		0	FLA	4		0.349	0.221	0.529
Glycine.....g	0.171		0	FLA	4		0.048	0.031	0.074
Proline.....g	0.427		0	FLA	4		0.121	0.077	0.184
Serine.....g	0.244		0	FLA	4		0.069	0.044	0.105
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		0	0	1
Theobromine.....mg	53		0	FLA	4		15	9	23

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 donettes (2" dia)

Measure 3 = 43g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

donut
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.60	0.398	21		1		5.56	8.82	
Energy....kcal	426		0	NC	4		121	192	
Energy....kJ	1782				4		505	802	
Protein (N x 5.9)....g	5.20	0.332	15		1		1.47	2.34	
Total lipid (fat)....g	22.90	0.905	20		1		6.49	10.31	
Ash....g	1.50	0.056	13		1		0.43	0.68	
Carbohydrate, by difference....g	50.80		0	NC	4		14.40	22.86	
Fiber, total dietary....g	1.5		0		4		0.4	0.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60	12.663	15		1		17	27	
Iron, Fe....mg	1.06	0.072	11		1		0.30	0.48	
Magnesium, Mg....mg	17	0.517	7		1		5	8	
Phosphorus, P....mg	117	19.229	6		1		33	53	
Potassium, K....mg	102	5.941	6		1		29	46	
Sodium, Na....mg	402	22.793	19		1		114	181	
Zinc, Zn....mg	0.44	0.028	7		1		0.12	0.20	
Copper, Cu....mg	0.101	0.010	7		1		0.029	0.045	
Manganese, Mn....mg	0.334	0.016	3		1		0.095	0.150	
Selenium, Se....µg	9.6		0	FLA	4		2.7	4.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin....mg	0.233	0.038	12		1		0.066	0.105	
Riboflavin....mg	0.198	0.032	13		1		0.056	0.089	
Niacin....mg	1.512	0.067	12		1		0.429	0.680	
Pantothenic acid....mg	0.435		0	FLA	4		0.123	0.196	
Vitamin B-6....mg	0.027		1		1		0.008	0.012	
Folate, total....µg	46		0	FLA	4		13	21	
Folic acid....µg	34		0	NC	4		10	15	
Folate, food....µg	12		0		4		3	5	
Folate, DFE....µg	70		0	NC	4		20	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.24		0	FLA	4		0.07	0.11	
Vitamin A, RAE....µg	3		0	NC	4		1	1	
Retinol....µg	3		0	NC	4		1	1	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	10		2		1		3	5	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18250
Doughnuts, cake-type, plain, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.926		0	FLA	4		1.680	2.667	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.001		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.112		0	FLA	4		0.032	0.050	
15:0....g									
16:0....g	3.153		0	FLA	4		0.894	1.419	
17:0....g									
18:0....g	2.643		0	FLA	4		0.749	1.189	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.697		0	FLA	4		3.600	5.714	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0	FLA	4		0.016	0.026	
17:1....g									
18:1 undifferentiated....g	12.632		0	FLA	4		3.581	5.684	
20:1....g	0.005		0	FLA	4		0.001	0.002	
22:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.909		0	FLA	4		0.825	1.309	
18:2 undifferentiated....g	2.735		0	FLA	4		0.775	1.231	
18:3 undifferentiated....g	0.141		0	FLA	4		0.040	0.063	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	FLA	4		0.007	0.012	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.007		0	FLA	4		0.002	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	32	4.623	15		1		9	14	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.020	0.031	
Threonine....g	0.189		0		1		0.054	0.085	
Isoleucine....g	0.231		0		1		0.065	0.104	
Leucine....g	0.405		0		1		0.115	0.182	
Lysine....g	0.256		0		1		0.073	0.115	
Methionine....g	0.105		0		1		0.030	0.047	
Cystine....g	0.100		0		1		0.028	0.045	
Phenylalanine....g	0.244		0		1		0.069	0.110	
Tyrosine....g	0.183		0		1		0.052	0.082	
Valine....g	0.261		0		1		0.074	0.117	
Arginine....g	0.238		0		1		0.067	0.107	
Histidine....g	0.120		0		1		0.034	0.054	
Alanine....g	0.189		0		1		0.054	0.085	
Aspartic acid....g	0.316		0		1		0.090	0.142	
Glutamic acid....g	1.392		0		1		0.395	0.626	
Glycine....g	0.164		0		1		0.046	0.074	
Proline....g	0.488		0		1		0.138	0.220	
Serine....g	0.314		0		1		0.089	0.141	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18250

Doughnuts, cake-type, plain, sugared or glazed

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18253
Doughnuts, french crullers, glazed

donut
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.90		1		1		5.07	7.34	
Energy....kcal	412		0	NC	4		117	169	
Energy....kJ	1724		0		4		489	707	
Protein (N x 5.8)....g	3.10		1		1		0.88	1.27	
Total lipid (fat)....g	18.30		1		1		5.19	7.50	
Ash....g	1.10		1		1		0.31	0.45	
Carbohydrate, by difference....g	59.50		0		4		16.87	24.40	
Fiber, total dietary....g	1.2		0		4		0.3	0.5	
Sugars, total....g	35.11		0	FLA	4		9.95	14.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	26		1		1		7	11	
Iron, Fe....mg	2.42		0	FLA	4		0.69	0.99	
Magnesium, Mg....mg	12		1		1		3	5	
Phosphorus, P....mg	123		1		1		35	50	
Potassium, K....mg	78		1		1		22	32	
Sodium, Na....mg	345		1		1		98	141	
Zinc, Zn....mg	0.26		1		1		0.07	0.11	
Copper, Cu....mg	0.070		1		1		0.020	0.029	
Manganese, Mn....mg	0.215		0	FLA	4		0.061	0.088	
Selenium, Se....µg	2.2		0	FLA	4		0.6	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.181		1		1		0.051	0.074	
Riboflavin....mg	0.230		1		1		0.065	0.094	
Niacin....mg	2.130		0	FLA	4		0.604	0.873	
Pantothenic acid....mg	0.216		0	FLA	4		0.061	0.089	
Vitamin B-6....mg	0.020		0	FLA	4		0.006	0.008	
Folate, total....µg	42		0	FLA	4		12	17	
Folic acid....µg	34		0		4		10	14	
Folate, food....µg	8		0		4		2	3	
Folate, DFE....µg	66		0	NC	4		19	27	
Choline, total....mg	29.1		0	BFZN	4		8.2	11.9	
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLA	4		0.01	0.02	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		1	1	
Retinol....µg	2		0	FLA	4		1	1	
Carotene, beta....µg	1		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	8		0	FLA	4		2	3	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	6		0	FLA	4		2	3	
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLA	4		0.05	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	8.0		0	FLA	4		2.3	3.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18253
Doughnuts, french crullers, glazed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.667		0	FLA	4		1.323	1.913	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.091		0	FLA	4		0.026	0.037	
15:0....g									
16:0....g	2.395		0	FLA	4		0.679	0.982	
17:0....g									
18:0....g	2.176		0	FLA	4		0.617	0.892	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.446		0	FLA	4		2.961	4.283	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLA	4		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	10.440		0	FLA	4		2.960	4.280	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.285		0	FLA	4		0.648	0.937	
18:2 undifferentiated....g	2.167		0	FLA	4		0.614	0.888	
18:3 undifferentiated....g	0.115		0	FLA	4		0.033	0.047	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		1		1		3	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		4		0.013	0.018	
Threonine....g	0.106		0		4		0.030	0.043	
Isoleucine....g	0.132		0		4		0.037	0.054	
Leucine....g	0.232		0		4		0.066	0.095	
Lysine....g	0.146		0		4		0.041	0.060	
Methionine....g	0.055		0		4		0.016	0.023	
Cystine....g	0.060		0		4		0.017	0.025	
Phenylalanine....g	0.147		0		4		0.042	0.060	
Tyrosine....g	0.101		0		4		0.029	0.041	
Valine....g	0.149		0		4		0.042	0.061	
Arginine....g	0.137		0		4		0.039	0.056	
Histidine....g	0.068		0		4		0.019	0.028	
Alanine....g	0.107		0		4		0.030	0.044	
Aspartic acid....g	0.189		0		4		0.054	0.077	
Glutamic acid....g	0.891		0		4		0.253	0.365	
Glycine....g	0.105		0		4		0.030	0.043	
Proline....g	0.305		0		4		0.086	0.125	
Serine....g	0.171		0		4		0.048	0.070	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18253
Doughnuts, french crullers, glazed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 cruller (3" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

donut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.00	0.325	8	A	1		6.24	2.86	12.32
Energy....kcal	421		0	NC	4		119	55	236
Energy....kJ	1760		0	NC	4		499	229	986
Protein (N x 6.25)....g	6.14	0.181	8	A	1		1.74	0.80	3.44
Total lipid (fat)....g	22.70	0.706	8	A	1		6.43	2.95	12.71
Ash....g	1.22	0.041	8	A	1		0.35	0.16	0.69
Carbohydrate, by difference....g	47.93		0	NC	4		13.59	6.23	26.84
Fiber, total dietary....g	2.1		2	A	1		0.6	0.3	1.2
Sugars, total....g	22.75	1.420	6	A	1		6.45	2.96	12.74
Sucrose....g	18.39	1.576	6	A	1		5.21	2.39	10.30
Glucose (dextrose)....g	2.21	0.124	6	A	1		0.63	0.29	1.24
Fructose....g	0.64	0.077	6	A	1		0.18	0.08	0.36
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	1.51	0.246	6	A	1		0.43	0.20	0.84
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g	26.35		2	A	1		7.47	3.43	14.76
Minerals:									
Calcium, Ca....mg	101	13.906	8	A	1		29	13	57
Iron, Fe....mg	2.38	0.089	8	A	1		0.68	0.31	1.33
Magnesium, Mg....mg	17	0.451	8	A	1		5	2	10
Phosphorus, P....mg	117	4.347	8	A	1		33	15	66
Potassium, K....mg	102	1.950	8	A	1		29	13	57
Sodium, Na....mg	316	10.572	8	A	1		90	41	177
Zinc, Zn....mg	0.61	0.014	8	A	1		0.17	0.08	0.34
Copper, Cu....mg	0.088	0.003	8	A	1		0.025	0.011	0.049
Manganese, Mn....mg	0.307	0.010	8	A	1		0.087	0.040	0.172
Selenium, Se....µg	15.7		2	A	1		4.4	2.0	8.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		2	A	1		0.3	0.1	0.6
Thiamin....mg	0.312		2	A	1		0.089	0.041	0.175
Riboflavin....mg	0.185		2	A	1		0.052	0.024	0.104
Niacin....mg	2.610		2	A	1		0.740	0.339	1.462
Pantothenic acid....mg	0.214		2	A	1		0.061	0.028	0.120
Vitamin B-6....mg	0.037		2	A	1		0.011	0.005	0.021
Folate, total....µg	108		2	A	1		30	14	60
Folic acid....µg	68		2	A	1		19	9	38
Folate, food....µg	40		0	AS	1		11	5	22
Folate, DFE....µg	155		0	NC	4		44	20	87
Choline, total....mg	29.1		0	BFZN	4		8.2	3.8	16.3
Betaine....mg									
Vitamin B-12....µg	0.11		0	FLA	4		0.03	0.01	0.06
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	5		0	FLA	4		2	1	3
Retinol....µg	5		0	FLA	4		1	1	3
Carotene, beta....µg	3		0	FLA	4		1	0	2
Carotene, alpha....µg	1		0	FLA	4		0	0	1
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	1
Vitamin A, IU....IU	23		0	FLA	4		7	3	13
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	36		0	FLA	4		10	5	20
Vitamin E (alpha-tocopherol)....mg	1.43		0	FLA	4		0.40	0.19	0.80
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.0	0.0
Vitamin D....IU	3		0	FLA	4		1	0	2
Vitamin K (phylloquinone)....µg	11.5		2	A	1		3.2	1.5	6.4
Dihydrophylloquinone....µg	34.4		2	A	1		9.7	4.5	19.2
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.453		0	NC	4		2.680	1.229	5.293
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.010	0.006	6	A	1		0.003	0.001	0.006
10:0....g	0.011	0.005	6	A	1		0.003	0.001	0.006
12:0....g	0.115	0.059	6	A	1		0.033	0.015	0.064
13:0....g	0.000		2	A	1		0.000	0.000	0.000
14:0....g	0.200	0.016	6	A	1		0.057	0.026	0.112
15:0....g	0.010	0.001	6	A	1		0.003	0.001	0.006
16:0....g	7.338	0.616	6	A	1		2.080	0.954	4.109
17:0....g	0.022	0.001	6	A	1		0.006	0.003	0.012
18:0....g	1.628	0.054	6	A	1		0.462	0.212	0.912
20:0....g	0.071	0.003	6	A	1		0.020	0.009	0.040
22:0....g	0.027	0.002	6	A	1		0.008	0.004	0.015
24:0....g	0.018	0.001	6	A	1		0.005	0.002	0.010
Fatty acids, total monounsaturated....g	7.248		0	NC	4		2.055	0.942	4.059
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.046	0.003	6	AS	1		0.013	0.006	0.026
16:1 c....g	0.046	0.003	6	A	1		0.013	0.006	0.026
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.007	0.000	6	A	1		0.002	0.001	0.004
18:1 undifferentiated....g	7.148	0.193	6	AS	1		2.027	0.929	4.003
18:1 c....g	6.810	0.292	6	A	1		1.931	0.885	3.813
18:1 t....g	0.338	0.136	6	A	1		0.096	0.044	0.190
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047	0.008	6	A	1		0.013	0.006	0.026
22:1 undifferentiated....g	0.001	0.001	6	AS	1		0.000	0.000	0.001
22:1 c....g	0.001	0.001	6	A	1		0.000	0.000	0.001
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.588		0	NC	4		1.017	0.466	2.009
18:2 undifferentiated....g	3.360	0.155	6	AS	1		0.953	0.437	1.882
18:2 n-6 c,c....g	3.233	0.163	6	A	1		0.916	0.420	1.810
18:2 CLAs....g	0.011	0.001	6	A	1		0.003	0.001	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.117	0.013	6	A	1		0.033	0.015	0.065
18:3 undifferentiated....g	0.210	0.024	6	AS	1		0.060	0.027	0.118
18:3 n-3 c,c,c (ALA)....g	0.196	0.024	6	A	1		0.056	0.025	0.110
18:3 n-6 c,c,c....g	0.014	0.001	6	A	1		0.004	0.002	0.008
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.001	6	A	1		0.001	0.001	0.002
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.002	0.001	6	A	1		0.000	0.000	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.004	0.001	6	A	1		0.001	0.000	0.002
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.008	0.008	6	A	1		0.002	0.001	0.005
Fatty acids, total trans....g	0.455		0	NC	4		0.129	0.059	0.255
Fatty acids, total trans-monoenoic....g	0.338		0	NC	4		0.096	0.044	0.190

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.117		0	NC	4		0.033	0.015	0.065
Cholesterol.....mg	30		0	FLA	4		8	4	17
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0	A	1		0.013	0.006	0.025
Threonine.....g	0.173		0	A	1		0.049	0.023	0.097
Isoleucine.....g	0.237		0	A	1		0.067	0.031	0.132
Leucine.....g	0.439		0	A	1		0.124	0.057	0.246
Lysine.....g	0.188		0	A	1		0.053	0.024	0.105
Methionine.....g	0.093		0	A	1		0.026	0.012	0.052
Cystine.....g	0.113		0	A	1		0.032	0.015	0.063
Phenylalanine.....g	0.281		0	A	1		0.080	0.037	0.157
Tyrosine.....g	0.193		0	A	1		0.055	0.025	0.108
Valine.....g	0.291		0	A	1		0.083	0.038	0.163
Arginine.....g	0.247		0	A	1		0.070	0.032	0.138
Histidine.....g	0.123		0	A	1		0.035	0.016	0.069
Alanine.....g	0.207		0	A	1		0.059	0.027	0.116
Aspartic acid.....g	0.465		0	A	1		0.132	0.060	0.260
Glutamic acid.....g	2.110		0	A	1		0.598	0.274	1.182
Glycine.....g	0.242		0	A	1		0.069	0.031	0.135
Proline.....g	0.705		0	A	1		0.200	0.092	0.395
Serine.....g	0.340		0	A	1		0.096	0.044	0.190
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 doughnut hole

Measure 3 = 56g: 1 doughnut stick

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

donut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.40	0.945	23		1		7.20	15.24	
Energy....kcal	403		0	NC	4		114	242	
Energy....kJ	1686				4		478	1012	
Protein (N x 5.8)....g	6.40	0.287	20		1		1.81	3.84	
Total lipid (fat)....g	22.80	0.973	20		1		6.46	13.68	
Ash....g	1.10	0.083	19		1		0.31	0.66	
Carbohydrate, by difference....g	44.30		0		4		12.56	26.58	
Fiber, total dietary....g	1.2		0	BFZN	4		0.3	0.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	9.647	13		1		12	26	
Iron, Fe....mg	0.60		0		4		0.17	0.36	
Magnesium, Mg....mg	22	0.749	7		1		6	13	
Phosphorus, P....mg	93	2.900	7		1		26	56	
Potassium, K....mg	108	6.546	7		1		31	65	
Sodium, Na....mg	342	30.988	14		1		97	205	
Zinc, Zn....mg	0.77	0.146	6		1		0.22	0.46	
Copper, Cu....mg	0.169	0.032	6		1		0.048	0.101	
Manganese, Mn....mg	0.263	0.004	3		1		0.075	0.158	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0	0.1	
Thiamin....mg	0.890		0		4		0.252	0.534	
Riboflavin....mg	0.067		0		4		0.019	0.040	
Niacin....mg	0.650		0		4		0.184	0.390	
Pantothenic acid....mg	0.473	0.029	12		1		0.134	0.284	
Vitamin B-6....mg	0.057		2		1		0.016	0.034	
Folate, total....µg	22	3.819	3		1		6	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22	3.819	3		1		6	13	
Folate, DFE....µg	22		0	NC	4		6	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		0	BFZN	4		0.03	0.05	
Vitamin A, RAE....µg	4		0	NC	4		1	3	
Retinol....µg	4		0	NC	4		1	3	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	14		0	BFZN	4		4	8	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.813		0	BFZN	4		1.648	3.488	
4:0....g									
6:0....g									
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.112		0	BFZN	4		0.032	0.067	
15:0....g									
16:0....g	3.018		0	BFZN	4		0.856	1.811	
17:0....g									
18:0....g	2.676		0	BFZN	4		0.759	1.606	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.865		0	BFZN	4		3.647	7.719	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0	BFZN	4		0.006	0.013	
17:1....g									
18:1 undifferentiated....g	12.841		0	BFZN	4		3.640	7.705	
20:1....g	0.001		0	BFZN	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.902		0	BFZN	4		0.823	1.741	
18:2 undifferentiated....g	2.744		0	BFZN	4		0.778	1.646	
18:3 undifferentiated....g	0.145		0	BFZN	4		0.041	0.087	
18:4....g	0.001		0	BFZN	4		0.000	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.008		0	BFZN	4		0.002	0.005	
20:5 n-3 (EPA)....g	0.002		0	BFZN	4		0.001	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.002		0	BFZN	4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	6	2.381	8		1		2	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		4		0.022	0.046	
Threonine....g	0.213		0		4		0.060	0.128	
Isoleucine....g	0.266		0		4		0.075	0.160	
Leucine....g	0.468		0		4		0.133	0.281	
Lysine....g	0.231		0		4		0.065	0.139	
Methionine....g	0.114		0		4		0.032	0.068	
Cystine....g	0.130		0		4		0.037	0.078	
Phenylalanine....g	0.310		0		4		0.088	0.186	
Tyrosine....g	0.200		0		4		0.057	0.120	
Valine....g	0.295		0		4		0.084	0.177	
Arginine....g	0.271		0		4		0.077	0.163	
Histidine....g	0.144		0		4		0.041	0.086	
Alanine....g	0.235		0		4		0.067	0.141	
Aspartic acid....g	0.380		0		4		0.108	0.228	
Glutamic acid....g	1.873		0		4		0.531	1.124	
Glycine....g	0.227		0		4		0.064	0.136	
Proline....g	0.626		0		4		0.177	0.376	
Serine....g	0.330		0		4		0.094	0.198	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut, medium (3-1/4" dia)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

donut
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.20		2		1		10.83	32.47	
Energy....kcal	361		0	NC	4		102	307	
Energy....kJ	1510		0		4		428	1284	
Protein (N x 5.8)....g	6.40		2		1		1.81	5.44	
Total lipid (fat)....g	24.50		2		1		6.95	20.83	
Ash....g	0.80		2		1		0.23	0.68	
Carbohydrate, by difference....g	30.00		0	NC	4		8.51	25.50	
Fiber, total dietary....g	0.8		0		4		0.2	0.7	
Sugars, total....g	14.55		0	FLA	4		4.12	12.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		2		1		7	21	
Iron, Fe....mg	1.83		2		1		0.52	1.56	
Magnesium, Mg....mg	20		2		1		6	17	
Phosphorus, P....mg	76		2		1		22	65	
Potassium, K....mg	80		2		1		23	68	
Sodium, Na....mg	309		2		1		88	263	
Zinc, Zn....mg	0.80		2		1		0.23	0.68	
Copper, Cu....mg	0.113		2		1		0.032	0.096	
Manganese, Mn....mg	0.225		0	FLA	4		0.064	0.191	
Selenium, Se....µg	10.8		0	FLA	4		3.1	9.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.338		2		1		0.096	0.287	
Riboflavin....mg	0.148		2		1		0.042	0.126	
Niacin....mg	2.242		2		1		0.636	1.906	
Pantothenic acid....mg	0.662		0	FLA	4		0.188	0.563	
Vitamin B-6....mg	0.068		0	FLA	4		0.019	0.058	
Folate, total....µg	70		0	FLA	4		20	59	
Folic acid....µg	56		0		4		16	48	
Folate, food....µg	14		0		4		4	12	
Folate, DFE....µg	109		0	NC	4		31	93	
Choline, total....mg	29.1		0	BFZN	4		8.2	24.7	
Betaine....mg									
Vitamin B-12....µg	0.14		0	FLA	4		0.04	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	NC	4		3	9	
Retinol....µg	11		0	FLA	4		3	9	
Carotene, beta....µg	2		0	FLA	4		1	2	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	1	
Vitamin A, IU....IU	40		0	NC	4		11	34	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	33		0	FLA	4		9	28	
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLA	4		0.08	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	8.6		0	FLA	4		2.4	7.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.430		0	FLA	4		1.539	4.616	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.001	
13:0....g									
14:0....g	0.103		0	FLA	4		0.029	0.088	
15:0....g									
16:0....g	2.867		0	FLA	4		0.813	2.437	
17:0....g									
18:0....g	2.452		0	FLA	4		0.695	2.084	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.080		0	FLA	4		3.425	10.268	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.073		0	FLA	4		0.021	0.062	
17:1....g									
18:1 undifferentiated....g	12.008		0	FLA	4		3.404	10.207	
20:1....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.082		0	FLA	4		0.874	2.620	
18:2 undifferentiated....g	2.900		0	FLA	4		0.822	2.465	
18:3 undifferentiated....g	0.162		0	FLA	4		0.046	0.138	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0	FLA	4		0.003	0.010	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	24		2		1		7	20	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.022	0.066	
Threonine....g	0.214		0		1		0.061	0.182	
Isoleucine....g	0.271		0		1		0.077	0.230	
Leucine....g	0.479		0		1		0.136	0.407	
Lysine....g	0.241		0		1		0.068	0.205	
Methionine....g	0.118		0		1		0.033	0.100	
Cystine....g	0.127		0		1		0.036	0.108	
Phenylalanine....g	0.311		0		1		0.088	0.264	
Tyrosine....g	0.204		0		1		0.058	0.173	
Valine....g	0.301		0		1		0.085	0.256	
Arginine....g	0.270		0		1		0.077	0.230	
Histidine....g	0.147		0		1		0.042	0.125	
Alanine....g	0.236		0		1		0.067	0.201	
Aspartic acid....g	0.382		0		1		0.108	0.325	
Glutamic acid....g	1.865		0		1		0.529	1.585	
Glycine....g	0.223		0		1		0.063	0.190	
Proline....g	0.632		0		1		0.179	0.537	
Serine....g	0.329		0		1		0.093	0.280	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18254
Doughnuts, yeast-leavened, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

donut
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.60		2		1		10.09	30.26	
Energy....kcal	340		0	NC	4		96	289	
Energy....kJ	1423		0		4		403	1209	
Protein (N x 5.8)....g	5.90		2		1		1.67	5.02	
Total lipid (fat)....g	18.70		2		1		5.30	15.90	
Ash....g	0.80		2		1		0.23	0.68	
Carbohydrate, by difference....g	39.00		0	NC	4		11.06	33.15	
Fiber, total dietary....g	0.9		0		4		0.2	0.7	
Sugars, total....g	21.10		0	FLA	4		5.98	17.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		2		1		7	21	
Iron, Fe....mg	1.76		2		1		0.50	1.50	
Magnesium, Mg....mg	20		2		1		6	17	
Phosphorus, P....mg	85		2		1		24	72	
Potassium, K....mg	79		2		1		22	67	
Sodium, Na....mg	455		0	LC	8		129	387	
Zinc, Zn....mg	0.75		2		1		0.21	0.64	
Copper, Cu....mg	0.136		2		1		0.039	0.116	
Manganese, Mn....mg	0.205		0	FLA	4		0.058	0.174	
Selenium, Se....µg	12.5		0	FLA	4		3.5	10.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.312		2		1		0.088	0.265	
Riboflavin....mg	0.142		2		1		0.040	0.121	
Niacin....mg	2.137		2		1		0.606	1.816	
Pantothenic acid....mg	0.876		0	FLA	4		0.248	0.745	
Vitamin B-6....mg	0.100		0	FLA	4		0.028	0.085	
Folate, total....µg	68		0	FLA	4		19	58	
Folic acid....µg	51		0	NR	4		14	43	
Folate, food....µg	17		0	NC	4		5	15	
Folate, DFE....µg	104		0	NC	4		29	88	
Choline, total....mg	29.1		0	BFZN	4		8.2	24.7	
Betaine....mg									
Vitamin B-12....µg	0.22		0	FLA	4		0.06	0.19	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	17		0	NC	4		5	14	
Retinol....µg	16		0	FLA	4		4	13	
Carotene, beta....µg	8		0	FLA	4		2	7	
Carotene, alpha....µg	3		0	FLA	4		1	3	
Cryptoxanthin, beta....µg	3		0	FLA	4		1	2	
Vitamin A, IU....IU	71		0	FLA	4		20	60	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	108		0	FLA	4		31	92	
Vitamin E (alpha-tocopherol)....mg	0.43		0	FLA	4		0.12	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.1		0	FLA	4		2.0	6.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.843		0	FLA	4		1.373	4.117	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.087		0	FLA	4		0.025	0.074	
15:0....g									
16:0....g	2.637		0	FLA	4		0.748	2.241	
17:0....g									
18:0....g	2.111		0	FLA	4		0.598	1.794	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.226		0	FLA	4		2.899	8.692	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0	FLA	4		0.031	0.094	
17:1....g									
18:1 undifferentiated....g	10.107		0	FLA	4		2.865	8.591	
20:1....g	0.006		0	FLA	4		0.002	0.005	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.377		0	FLA	4		0.674	2.020	
18:2 undifferentiated....g	2.214		0	FLA	4		0.628	1.882	
18:3 undifferentiated....g	0.110		0	FLA	4		0.031	0.094	
18:4....g	0.003		0	FLA	4		0.001	0.003	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	FLA	4		0.009	0.028	
20:5 n-3 (EPA)....g	0.008		0	FLA	4		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.010		0	FLA	4		0.003	0.009	
Fatty acids, total trans....g									
Cholesterol....mg	26		2		1		7	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.020	0.060	
Threonine....g	0.194		0		1		0.055	0.165	
Isoleucine....g	0.244		0		1		0.069	0.207	
Leucine....g	0.431		0		1		0.122	0.366	
Lysine....g	0.209		0		1		0.059	0.178	
Methionine....g	0.105		0		1		0.030	0.089	
Cystine....g	0.118		0		1		0.033	0.100	
Phenylalanine....g	0.284		0		1		0.081	0.241	
Tyrosine....g	0.183		0		1		0.052	0.156	
Valine....g	0.269		0		1		0.076	0.229	
Arginine....g	0.249		0		1		0.071	0.212	
Histidine....g	0.132		0		1		0.037	0.112	
Alanine....g	0.219		0		1		0.062	0.186	
Aspartic acid....g	0.346		0		1		0.098	0.294	
Glutamic acid....g	1.733		0		1		0.491	1.473	
Glycine....g	0.213		0		1		0.060	0.181	
Proline....g	0.583		0		1		0.165	0.496	
Serine....g	0.304		0		1		0.086	0.258	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18256
Doughnuts, yeast-leavened, with jelly filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18260
English muffins, mixed-grain (includes granola)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.20		2		1		11.40	26.53	
Energy....kcal	235		0		4		67	155	
Energy....kJ	983		0		4		279	649	
Protein (N x 5.8)....g	9.10	0.261	10		1		2.58	6.01	
Total lipid (fat)....g	1.80	0.376	9		1		0.51	1.19	
Ash....g	2.50	0.218	6		1		0.71	1.65	
Carbohydrate, by difference....g	46.30		0	NC	4		13.13	30.56	
Fiber, total dietary....g	2.8		0		4		0.8	1.8	
Sugars, total....g	0.81		0	FLC	4		0.23	0.53	
Starch....g									
Minerals:									
Calcium, Ca....mg	196	18.699	10		1		56	129	
Iron, Fe....mg	3.02	0.221	10		1		0.86	1.99	
Magnesium, Mg....mg	41		0	FLA	4		12	27	
Phosphorus, P....mg	81		0	FLA	4		23	53	
Potassium, K....mg	156		2		1		44	103	
Sodium, Na....mg	298		0	LC	8		84	197	
Zinc, Zn....mg	1.39		0	FLA	4		0.39	0.92	
Copper, Cu....mg	0.243		0	FLA	4		0.069	0.160	
Manganese, Mn....mg	0.604		0	FLA	4		0.171	0.399	
Selenium, Se....µg	25.5		0	FLA	4		7.2	16.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.430	0.038	3		1		0.122	0.284	
Riboflavin....mg	0.313	0.018	3		1		0.089	0.207	
Niacin....mg	3.583	0.509	3		1		1.016	2.365	
Pantothenic acid....mg	0.408		0	FLA	4		0.116	0.269	
Vitamin B-6....mg	0.038		0	FLA	4		0.011	0.025	
Folate, total....µg	80		0	FLA	4		23	53	
Folic acid....µg	45		0	NC	4		13	30	
Folate, food....µg	35		0		4		10	23	
Folate, DFE....µg	112		0	NC	4		32	74	
Choline, total....mg	13.7		0	BFZN	4		3.9	9.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18260
English muffins, mixed-grain (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.230		0		4		0.065	0.152	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.005		0		4		0.001	0.003	
15:0....g									
16:0....g	0.172		0		4		0.049	0.114	
17:0....g									
18:0....g	0.048		0		4		0.014	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.827		0		4		0.234	0.546	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.004	0.009	
17:1....g									
18:1 undifferentiated....g	0.813		0		4		0.230	0.537	
20:1....g	0.001		0		4		0.000	0.001	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.559		0		4		0.158	0.369	
18:2 undifferentiated....g	0.531		0		4		0.151	0.350	
18:3 undifferentiated....g	0.029		0		4		0.008	0.019	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.033	0.078	
Threonine....g	0.279		0		1		0.079	0.184	
Isoleucine....g	0.361		0		1		0.102	0.238	
Leucine....g	0.649		0		1		0.184	0.428	
Lysine....g	0.291		0		1		0.082	0.192	
Methionine....g	0.158		0		1		0.045	0.104	
Cystine....g	0.199		0		1		0.056	0.131	
Phenylalanine....g	0.449		0		1		0.127	0.296	
Tyrosine....g	0.280		0		1		0.079	0.185	
Valine....g	0.422		0		1		0.120	0.279	
Arginine....g	0.441		0		1		0.125	0.291	
Histidine....g	0.202		0		1		0.057	0.133	
Alanine....g	0.353		0		1		0.100	0.233	
Aspartic acid....g	0.549		0		1		0.156	0.362	
Glutamic acid....g	2.671		0		1		0.757	1.763	
Glycine....g	0.368		0		1		0.104	0.243	
Proline....g	0.850		0		1		0.241	0.561	
Serine....g	0.435		0		1		0.123	0.287	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18260
English muffins, mixed-grain (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 muffin

Calories Factors: Protein 3.7 **Fat** 8.5 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18261
English muffins, mixed-grain, toasted (includes granola)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.00		0		1		9.92	21.35	
Energy....kcal	255		0	NC	4		72	156	
Energy....kJ	1067		0		4		302	651	
Protein (N x 0)....g	9.90		0		1		2.81	6.04	
Total lipid (fat)....g	1.90		0		1		0.54	1.16	
Ash....g	2.70		0		1		0.77	1.65	
Carbohydrate, by difference....g	50.30		0	NC	4		14.26	30.68	
Fiber, total dietary....g	3.0		0		4		0.9	1.9	
Sugars, total....g	0.88		0	RA	4		0.25	0.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	213		0		1		60	130	
Iron, Fe....mg	3.29		0		1		0.93	2.01	
Magnesium, Mg....mg	48		0		4		14	29	
Phosphorus, P....mg	162		0		4		46	99	
Potassium, K....mg	169		0		1		48	103	
Sodium, Na....mg	324		0	BFSN	4		92	197	
Zinc, Zn....mg	1.05		0		4		0.30	0.64	
Copper, Cu....mg	0.254		0		4		0.072	0.155	
Manganese, Mn....mg	0.823		0		4		0.233	0.502	
Selenium, Se....µg	27.7		0	RK	4		7.9	16.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.374		0		1		0.106	0.228	
Riboflavin....mg	0.307		0		1		0.087	0.187	
Niacin....mg	3.505		0		1		0.994	2.138	
Pantothenic acid....mg	0.325		0		4		0.092	0.198	
Vitamin B-6....mg	0.103		0	RK	4		0.029	0.063	
Folate, total....µg	67		0	RK	4		19	41	
Folic acid....µg	40		0	NC	4		11	24	
Folate, food....µg	27		0		4		8	16	
Folate, DFE....µg	95		0	NC	4		27	58	
Choline, total....mg	15.7		0	BFZN	4		4.5	9.6	
Betaine....mg									
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	RA	4		0	0	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	0		0	RA	4		0	0	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	1		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18261
English muffins, mixed-grain, toasted (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.250		0		1		0.071	0.153	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.006		0		1		0.002	0.004	
15:0....g									
16:0....g	0.187		0		1		0.053	0.114	
17:0....g									
18:0....g	0.052		0		1		0.015	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.899		0		1		0.255	0.548	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		1		0.004	0.009	
17:1....g									
18:1 undifferentiated....g	0.884		0		1		0.251	0.539	
20:1....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.608		0		1		0.172	0.371	
18:2 undifferentiated....g	0.577		0		1		0.164	0.352	
18:3 undifferentiated....g	0.031		0		1		0.009	0.019	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.128		0		1		0.036	0.078	
Threonine....g	0.303		0		1		0.086	0.185	
Isoleucine....g	0.393		0		1		0.111	0.240	
Leucine....g	0.706		0		1		0.200	0.431	
Lysine....g	0.317		0		1		0.090	0.193	
Methionine....g	0.171		0		1		0.048	0.104	
Cystine....g	0.216		0		1		0.061	0.132	
Phenylalanine....g	0.488		0		1		0.138	0.298	
Tyrosine....g	0.305		0		1		0.086	0.186	
Valine....g	0.458		0		1		0.130	0.279	
Arginine....g	0.479		0		1		0.136	0.292	
Histidine....g	0.220		0		1		0.062	0.134	
Alanine....g	0.384		0		1		0.109	0.234	
Aspartic acid....g	0.597		0		1		0.169	0.364	
Glutamic acid....g	2.903		0		1		0.823	1.771	
Glycine....g	0.400		0		1		0.113	0.244	
Proline....g	0.924		0		1		0.262	0.564	
Serine....g	0.472		0		1		0.134	0.288	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18261
English muffins, mixed-grain, toasted (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 61g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18258
English muffins, plain, enriched, with ca prop (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.56		2	A	1		12.35	24.83	
Energy....kcal	227		0	NC	4		64	130	
Energy....kJ	951		0	NC	4		270	542	
Protein....g	8.87		2	A	1		2.52	5.06	
Total lipid (fat)....g	1.69		2	A	1		0.48	0.96	
Ash....g	1.71		2	A	1		0.48	0.97	
Carbohydrate, by difference....g	44.17		0	NC	4		12.52	25.18	
Fiber, total dietary....g	3.5		2	A	1		1.0	2.0	
Sugars, total....g	3.53		2	A	1		1.00	2.01	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	0.66		2	A	1		0.19	0.38	
Fructose....g	0.69		2	A	1		0.20	0.40	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	2.18		2	A	1		0.62	1.24	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	37.20		2	A	1		10.55	21.20	
Minerals:									
Calcium, Ca....mg	163		2	A	1		46	93	
Iron, Fe....mg	4.00		2	A	1		1.13	2.28	
Magnesium, Mg....mg	24		2	A	1		7	14	
Phosphorus, P....mg	92		2	A	1		26	53	
Potassium, K....mg	109		2	A	1		31	62	
Sodium, Na....mg	425		2	A	1		120	242	
Zinc, Zn....mg	1.05		2	A	1		0.30	0.60	
Copper, Cu....mg	0.135		2	A	1		0.038	0.077	
Manganese, Mn....mg	0.505		2	A	1		0.143	0.288	
Selenium, Se....µg	22.4		2	A	1		6.4	12.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		2	A	1		0.5	1.1	
Thiamin....mg	0.477		2	A	1		0.135	0.272	
Riboflavin....mg	0.250		2	A	1		0.071	0.143	
Niacin....mg	4.070		2	A	1		1.154	2.320	
Pantothenic acid....mg	0.363		2	A	1		0.103	0.207	
Vitamin B-6....mg	0.054		2	A	1		0.015	0.031	
Folate, total....µg	94		2	A	1		27	54	
Folic acid....µg	55		2	A	1		15	31	
Folate, food....µg	40		0	AS	1		11	23	
Folate, DFE....µg	132		0	NC	4		37	75	
Choline, total....mg	16.0		0	AS	1		4.5	9.1	
Betaine....mg	96.7		1	A	1		27.4	55.1	
Vitamin B-12....µg	0.04		0	FLA	4		0.01	0.02	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	Z	7		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	FLA	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	42		0	FLA	4		12	24	
Vitamin E (alpha-tocopherol)....mg	0.31		0	FLA	4		0.09	0.18	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 18258
English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		2	A	1		0.3	0.7	
Dihydrophylloquinone....µg	0.2		2	A	1		0.0	0.1	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.733		0	NC	4		0.208	0.418	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.002		2	A	1		0.001	0.001	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.083		2	A	1		0.023	0.047	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.034		2	A	1		0.010	0.019	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.292		2	A	1		0.083	0.167	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.317		2	A	1		0.090	0.180	
20:0....g	0.005		2	A	1		0.002	0.003	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.383		0	NC	4		0.109	0.218	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.383		0	AS	1		0.109	0.218	
18:1 c....g	0.383		2	A	1		0.109	0.218	
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.498		0	NC	4		0.141	0.284	
18:2 undifferentiated....g	0.449		2	A	1		0.127	0.256	
18:3 undifferentiated....g	0.048		0	AS	1		0.014	0.028	
18:3 n-3 c,c,c (ALA)....g	0.048		2	A	1		0.014	0.028	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0	0.016	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0	FLA	4		0.031	0.062	
Threonine....g	0.331		0	FLA	4		0.094	0.189	
Isoleucine....g	0.404		0	FLA	4		0.115	0.230	
Leucine....g	0.652		0	FLA	4		0.185	0.372	

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.450		0	FLA	4		0.127	0.256	
Methionine....g	0.153		0	FLA	4		0.043	0.087	
Cystine....g	0.182		0	FLA	4		0.051	0.104	
Phenylalanine....g	0.417		0	FLA	4		0.118	0.238	
Tyrosine....g	0.258		0	FLA	4		0.073	0.147	
Valine....g	0.454		0	FLA	4		0.129	0.259	
Arginine....g	0.408		0	FLA	4		0.116	0.233	
Histidine....g	0.201		0	FLA	4		0.057	0.114	
Alanine....g	0.401		0	FLA	4		0.114	0.229	
Aspartic acid....g	0.606		0	FLA	4		0.172	0.345	
Glutamic acid....g	2.211		0	FLA	4		0.627	1.260	
Glycine....g	0.347		0	FLA	4		0.098	0.198	
Proline....g	0.710		0	FLA	4		0.201	0.405	
Serine....g	0.415		0	FLA	4		0.118	0.237	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.10	0.221	140		1		11.94	24.00	
Energy....kcal	235		0	NC	4		67	134	
Energy....kJ	983				4		279	560	
Protein (N x 5.8)....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat)....g	1.80	0.031	141		1		0.51	1.03	
Ash....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference....g	46.00		0		4		13.04	26.22	
Fiber, total dietary....g	2.7		0		4		0.8	1.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	52		0		4		15	30	
Iron, Fe....mg	2.50	0.098	42		1		0.71	1.43	
Magnesium, Mg....mg	21	0.921	16		1		6	12	
Phosphorus, P....mg	133	16.347	11		1		38	76	
Potassium, K....mg	131	10.979	14		1		37	75	
Sodium, Na....mg	464	21.312	20		1		132	264	
Zinc, Zn....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.442	0.006	129		1		0.125	0.252	
Riboflavin....mg	0.281	0.013	33		1		0.080	0.160	
Niacin....mg	3.884	0.125	33		1		1.101	2.214	
Pantothenic acid....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total....µg	74		0	FLA	4		21	42	
Folic acid....µg	37		0	NC	4		10	21	
Folate, food....µg	37		0		4		10	21	
Folate, DFE....µg	100		0	NC	4		28	57	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.259		0		4		0.073	0.148	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.002		0		4		0.001	0.001	
15:0....g									
16:0....g	0.212		0		4		0.060	0.121	
17:0....g									
18:0....g	0.041		0		4		0.012	0.023	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.302		0		4		0.086	0.172	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		0		4		0.008	0.015	
17:1....g									
18:1 undifferentiated....g	0.274		0		4		0.078	0.156	
20:1....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated....g	0.075		0		4		0.021	0.043	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.016	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		4		0.026	0.052	
Threonine....g	0.242		0		4		0.069	0.138	
Isoleucine....g	0.315		0		4		0.089	0.180	
Leucine....g	0.553		0		4		0.157	0.315	
Lysine....g	0.241		0		4		0.068	0.137	
Methionine....g	0.139		0		4		0.039	0.079	
Cystine....g	0.160		0		4		0.045	0.091	
Phenylalanine....g	0.379		0		4		0.107	0.216	
Tyrosine....g	0.233		0		4		0.066	0.133	
Valine....g	0.353		0		4		0.100	0.201	
Arginine....g	0.295		0		4		0.084	0.168	
Histidine....g	0.170		0		4		0.048	0.097	
Alanine....g	0.281		0		4		0.080	0.160	
Aspartic acid....g	0.398		0		4		0.113	0.227	
Glutamic acid....g	2.419		0		4		0.686	1.379	
Glycine....g	0.280		0		4		0.079	0.160	
Proline....g	0.809		0		4		0.229	0.461	
Serine....g	0.376		0		4		0.107	0.214	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.97		2	A	1		9.35	17.15	
Energy....kcal	270		0	NC	4		77	140	
Energy....kJ	1130		0	NC	4		320	588	
Protein....g	10.32		2	A	1		2.93	5.37	
Total lipid (fat)....g	2.02		2	A	1		0.57	1.05	
Ash....g	2.04		2	A	1		0.58	1.06	
Carbohydrate, by difference....g	52.65		0	NC	4		14.92	27.38	
Fiber, total dietary....g	2.8		2	A	1		0.8	1.4	
Sugars, total....g	3.47		2	A	1		0.99	1.81	
Starch....g	44.50		2	A	1		12.62	23.14	
Minerals:									
Calcium, Ca....mg	197		2	A	1		56	102	
Iron, Fe....mg	4.65		2	A	1		1.32	2.42	
Magnesium, Mg....mg	28		2	A	1		8	15	
Phosphorus, P....mg	107		2	A	1		30	56	
Potassium, K....mg	129		2	A	1		37	67	
Sodium, Na....mg	477		2	A	1		135	248	
Zinc, Zn....mg	1.40		2	A	1		0.40	0.73	
Copper, Cu....mg	0.160		2	A	1		0.045	0.083	
Manganese, Mn....mg	0.630		2	A	1		0.179	0.328	
Selenium, Se....µg	26.3		2	A	1		7.4	13.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	A	1		0.5	0.9	
Thiamin....mg	0.541		2	A	1		0.153	0.281	
Riboflavin....mg	0.280		2	A	1		0.079	0.146	
Niacin....mg	4.990		2	A	1		1.415	2.595	
Pantothenic acid....mg	0.332		2	A	1		0.094	0.173	
Vitamin B-6....mg	0.067		2	A	1		0.019	0.035	
Folate, total....µg	119		2	A	1		34	62	
Folic acid....µg	88		2	A	1		25	46	
Folate, food....µg	31		0	AS	1		9	16	
Folate, DFE....µg	180		0	NC	4		51	93	
Choline, total....mg	15.7		0	AS	1		4.5	8.2	
Betaine....mg									
Vitamin B-12....µg	0.05		0	RK	4		0.01	0.02	
Vitamin B-12, added....µg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	RK	4		0	0	
Retinol....µg	0		0	RK	4		0	0	
Carotene, beta....µg	0		0	RK	4		0	0	
Carotene, alpha....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin....µg	47		0	RK	4		13	24	
Vitamin E (alpha-tocopherol)....mg	0.36		0	RK	4		0.10	0.19	
Vitamin E, added....mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.4		2	A	1		0.4	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.533		0	NC	4		0.151	0.277	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.308		2	A	1		0.087	0.160	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.224		2	A	1		0.064	0.117	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.478		0	NC	4		0.135	0.248	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.478		0	AS	1		0.135	0.248	
18:1 c....g	0.478		2	A	1		0.135	0.248	
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.921		0	NC	4		0.261	0.479	
18:2 undifferentiated....g	0.832		2	A	1		0.236	0.433	
18:3 undifferentiated....g	0.089		0	AS	1		0.025	0.046	
18:3 n-3 c,c,c (ALA)....g	0.089		2	A	1		0.025	0.046	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	RK	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	0		0	RK	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	RK	4		0.036	0.066	
Threonine....g	0.389		0	RK	4		0.110	0.202	
Isoleucine....g	0.475		0	RK	4		0.135	0.247	
Leucine....g	0.767		0	RK	4		0.218	0.399	
Lysine....g	0.529		0	RK	4		0.150	0.275	
Methionine....g	0.181		0	RK	4		0.051	0.094	
Cystine....g	0.214		0	RK	4		0.061	0.111	
Phenylalanine....g	0.491		0	RK	4		0.139	0.255	
Tyrosine....g	0.304		0	RK	4		0.086	0.158	
Valine....g	0.534		0	RK	4		0.151	0.278	
Arginine....g	0.480		0	RK	4		0.136	0.250	
Histidine....g	0.236		0	RK	4		0.067	0.123	
Alanine....g	0.472		0	RK	4		0.134	0.245	

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.713		0	RK	4		0.202	0.371	
Glutamic acid....g	2.601		0	RK	4		0.737	1.352	
Glycine....g	0.408		0	RK	4		0.116	0.212	
Proline....g	0.835		0	RK	4		0.237	0.434	
Serine....g	0.489		0	RK	4		0.139	0.254	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	RK	4		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	
Theobromine....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.10	0.221	140		1		11.94	24.00	
Energy....kcal	235		0	NC	4		67	134	
Energy....kJ	983				4		279	560	
Protein (N x 5.8)....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat)....g	1.80	0.031	141		1		0.51	1.03	
Ash....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference....g	46.00		0		4		13.04	26.22	
Fiber, total dietary....g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	174	10.922	28		1		49	99	
Iron, Fe....mg	0.89		0		4		0.25	0.51	
Magnesium, Mg....mg	21	0.921	16		1		6	12	
Phosphorus, P....mg	133	16.347	11		1		38	76	
Potassium, K....mg	131	10.979	14		1		37	75	
Sodium, Na....mg	464	21.312	20		1		132	264	
Zinc, Zn....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.181		0		4		0.051	0.103	
Riboflavin....mg	0.154		0		4		0.044	0.088	
Niacin....mg	1.566		0		4		0.444	0.893	
Pantothenic acid....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total....µg	37		0		4		10	21	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	37		0		4		10	21	
Folate, DFE....µg	37		0	NC	4		10	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.259		0		4		0.073	0.148	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.002		0		4		0.001	0.001	
15:0....g									
16:0....g	0.212		0		4		0.060	0.121	
17:0....g									
18:0....g	0.041		0		4		0.012	0.023	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.302		0		4		0.086	0.172	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		0		4		0.008	0.015	
17:1....g									
18:1 undifferentiated....g	0.274		0		4		0.078	0.156	
20:1....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated....g	0.075		0		4		0.021	0.043	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.016	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		4		0.026	0.052	
Threonine....g	0.242		0		4		0.069	0.138	
Isoleucine....g	0.315		0		4		0.089	0.180	
Leucine....g	0.553		0		4		0.157	0.315	
Lysine....g	0.241		0		4		0.068	0.137	
Methionine....g	0.139		0		4		0.039	0.079	
Cystine....g	0.160		0		4		0.045	0.091	
Phenylalanine....g	0.379		0		4		0.107	0.216	
Tyrosine....g	0.233		0		4		0.066	0.133	
Valine....g	0.353		0		4		0.100	0.201	
Arginine....g	0.295		0		4		0.084	0.168	
Histidine....g	0.170		0		4		0.048	0.097	
Alanine....g	0.281		0		4		0.080	0.160	
Aspartic acid....g	0.398		0		4		0.113	0.227	
Glutamic acid....g	2.419		0		4		0.686	1.379	
Glycine....g	0.280		0		4		0.079	0.160	
Proline....g	0.809		0		4		0.229	0.461	
Serine....g	0.376		0		4		0.107	0.214	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.10	0.221	140		1		11.94	24.00	
Energy....kcal	235		0	NC	4		67	134	
Energy....kJ	983				4		279	560	
Protein (N x 5.8)....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat)....g	1.80	0.031	141		1		0.51	1.03	
Ash....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference....g	46.00		0		4		13.04	26.22	
Fiber, total dietary....g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	52		0		4		15	30	
Iron, Fe....mg	0.89		0	BFZN	4		0.25	0.51	
Magnesium, Mg....mg	21	0.921	16		1		6	12	
Phosphorus, P....mg	133	16.347	11		1		38	76	
Potassium, K....mg	131	10.979	14		1		37	75	
Sodium, Na....mg	464	21.312	20		1		132	264	
Zinc, Zn....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		4		0.0	0.1	
Thiamin....mg	0.181		0		4		0.051	0.103	
Riboflavin....mg	0.154		0		4		0.044	0.088	
Niacin....mg	1.566		0		4		0.444	0.893	
Pantothenic acid....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total....µg	37		0		4		10	21	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	37		0		4		10	21	
Folate, DFE....µg	37		0	NC	4		10	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.259		0		4		0.073	0.148	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.002		0		4		0.001	0.001	
15:0....g									
16:0....g	0.212		0		4		0.060	0.121	
17:0....g									
18:0....g	0.041		0		4		0.012	0.023	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.302		0		4		0.086	0.172	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		0		4		0.008	0.015	
17:1....g									
18:1 undifferentiated....g	0.274		0		4		0.078	0.156	
20:1....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated....g	0.075		0		4		0.021	0.043	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.016	4		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		4		0.026	0.052	
Threonine....g	0.242		0		4		0.069	0.138	
Isoleucine....g	0.315		0		4		0.089	0.180	
Leucine....g	0.553		0		4		0.157	0.315	
Lysine....g	0.241		0		4		0.068	0.137	
Methionine....g	0.139		0		4		0.039	0.079	
Cystine....g	0.160		0		4		0.045	0.091	
Phenylalanine....g	0.379		0		4		0.107	0.216	
Tyrosine....g	0.233		0		4		0.066	0.133	
Valine....g	0.353		0		4		0.100	0.201	
Arginine....g	0.295		0		4		0.084	0.168	
Histidine....g	0.170		0		4		0.048	0.097	
Alanine....g	0.281		0		4		0.080	0.160	
Aspartic acid....g	0.398		0		4		0.113	0.227	
Glutamic acid....g	2.419		0		4		0.686	1.379	
Glycine....g	0.280		0		4		0.079	0.160	
Proline....g	0.809		0		4		0.229	0.461	
Serine....g	0.376		0		4		0.107	0.214	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.60		2	A	1		11.51	23.14	
Energy....kcal	240		0	NC	4		68	137	
Energy....kJ	1005		0	NC	4		285	573	
Protein (N x 6.25)....g	7.91		2	A	1		2.24	4.51	
Total lipid (fat)....g	1.80		2	A	1		0.51	1.03	
Ash....g	1.58		2	A	1		0.45	0.90	
Carbohydrate, by difference....g	48.10		0	NC	4		13.64	27.42	
Fiber, total dietary....g	2.6		2	A	1		0.7	1.5	
Sugars, total....g	14.76		1	A	1		4.18	8.41	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g	31.40		2	A	1		8.90	17.90	
Minerals:									
Calcium, Ca....mg	114		2	A	1		32	65	
Iron, Fe....mg	4.50		2	A	1		1.28	2.57	
Magnesium, Mg....mg	23		2	A	1		7	13	
Phosphorus, P....mg	91		2	A	1		26	52	
Potassium, K....mg	173		2	A	1		49	99	
Sodium, Na....mg	299		0	NR	4		85	170	
Zinc, Zn....mg	0.97		2	A	1		0.27	0.55	
Copper, Cu....mg	0.160		2	A	1		0.045	0.091	
Manganese, Mn....mg	0.575		2	A	1		0.163	0.328	
Selenium, Se....µg	21.6		2	A	1		6.1	12.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		2	A	1		0.4	0.8	
Thiamin....mg	0.412		2	A	1		0.117	0.235	
Riboflavin....mg	0.215		2	A	1		0.061	0.122	
Niacin....mg	3.670		2	A	1		1.040	2.092	
Pantothenic acid....mg	0.209		2	A	1		0.059	0.119	
Vitamin B-6....mg	0.066		2	A	1		0.019	0.037	
Folate, total....µg	74		2	A	1		21	42	
Folic acid....µg	54		2	A	1		15	31	
Folate, food....µg	20		0	AS	1		6	11	
Folate, DFE....µg	112		0	NC	4		32	64	
Choline, total....mg	16.0		0	BFZN	4		4.5	9.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	Z	7		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	25		0	FLC	4		7	15	
Vitamin E (alpha-tocopherol)....mg	0.31		0	FLC	4		0.09	0.18	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number 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	2.5		2	A	1		0.7	1.4	
Dihydrophylloquinone....µg	0.5		2	A	1		0.1	0.3	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.540		0	NC	4		0.153	0.308	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.013		2	A	1		0.004	0.007	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.014		2	A	1		0.004	0.008	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.265		2	A	1		0.075	0.151	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.243		2	A	1		0.069	0.139	
20:0....g	0.005		2	A	1		0.001	0.003	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.846		0	NC	4		0.240	0.482	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.007		2	A	1		0.002	0.004	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.840		0	AS	1		0.238	0.479	
18:1 c....g	0.840		2	A	1		0.238	0.479	
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.339		0	NC	4		0.096	0.193	
18:2 undifferentiated....g	0.309		2	A	1		0.088	0.176	
18:3 undifferentiated....g	0.030		0	AS	1		0.009	0.017	
18:3 n-3 c,c,c (ALA)....g	0.030		2	A	1		0.009	0.017	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		2		1		0	0	
Phytosterols....mg	2		0	FLA	4		1	1	
Amino Acids:									
Tryptophan....g	0.090		0	FLA	4		0.026	0.051	
Threonine....g	0.268		0	FLA	4		0.076	0.153	
Isoleucine....g	0.318		0	FLA	4		0.090	0.182	
Leucine....g	0.517		0	FLA	4		0.146	0.294	
Lysine....g	0.346		0	FLA	4		0.098	0.197	

NDB No. 18262
English muffins, raisin-cinnamon (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.121		0	FLA	4		0.034	0.069	
Cystine....g	0.145		0	FLA	4		0.041	0.082	
Phenylalanine....g	0.343		0	FLA	4		0.097	0.196	
Tyrosine....g	0.191		0	FLA	4		0.054	0.109	
Valine....g	0.363		0	FLA	4		0.103	0.207	
Arginine....g	0.365		0	FLA	4		0.104	0.208	
Histidine....g	0.165		0	FLA	4		0.047	0.094	
Alanine....g	0.325		0	FLA	4		0.092	0.185	
Aspartic acid....g	0.471		0	FLA	4		0.134	0.268	
Glutamic acid....g	1.830		0	FLA	4		0.519	1.043	
Glycine....g	0.289		0	FLA	4		0.082	0.165	
Proline....g	0.603		0	FLA	4		0.171	0.344	
Serine....g	0.332		0	FLA	4		0.094	0.189	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18263
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.07		2	A	1		9.09	16.67	
Energy....kcal	276		0	NC	4		78	143	
Energy....kJ	1153		0	NC	4		327	600	
Protein....g	8.87		2	A	1		2.52	4.61	
Total lipid (fat)....g	2.21		2	A	1		0.63	1.15	
Ash....g	1.81		2	A	1		0.51	0.94	
Carbohydrate, by difference....g	55.04		0	NC	4		15.60	28.62	
Fiber, total dietary....g	3.0		2	A	1		0.8	1.6	
Sugars, total....g	13.34		2	A	1		3.78	6.94	
Starch....g	36.05		2	A	1		10.22	18.75	
Minerals:									
Calcium, Ca....mg	139		2	A	1		39	72	
Iron, Fe....mg	4.90		1	A	1		1.39	2.55	
Magnesium, Mg....mg	28		2	A	1		8	14	
Phosphorus, P....mg	108		2	A	1		31	56	
Potassium, K....mg	194		1	A	1		55	101	
Sodium, Na....mg	342		0	BFSN	4		97	178	
Zinc, Zn....mg	1.00		1	A	1		0.28	0.52	
Copper, Cu....mg	0.175		2	A	1		0.050	0.091	
Manganese, Mn....mg	0.720		2	A	1		0.204	0.374	
Selenium, Se....µg	24.3		2	A	1		6.9	12.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		2	A	1		0.4	0.7	
Thiamin....mg	0.518		2	A	1		0.147	0.269	
Riboflavin....mg	0.245		2	A	1		0.069	0.127	
Niacin....mg	4.285		2	A	1		1.215	2.228	
Pantothenic acid....mg	0.284		2	A	1		0.080	0.148	
Vitamin B-6....mg	0.062		2	A	1		0.018	0.032	
Folate, total....µg	86		2	A	1		24	44	
Folic acid....µg	66		2	A	1		19	34	
Folate, food....µg	20		0	AS	1		6	10	
Folate, DFE....µg	131		0	NC	4		37	68	
Choline, total....mg	14.5		0	AS	1		4.1	7.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	RA	4		0	0	
Retinol....µg	0		0	RA	4		0	0	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	1		0	RA	4		0	1	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	28		0	RA	4		8	14	
Vitamin E (alpha-tocopherol)....mg	0.36		0	RA	4		0.10	0.19	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.5		2	A	1		0.7	1.3	
Dihydrophylloquinone....µg	0.7		2	A	1		0.2	0.3	
Menaquinone-4....µg									

NDB No. 18263
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.579		0	NC	4		0.164	0.301	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g	0.000		2	A	1		0.000	0.000	
14:0....g	0.008		2	A	1		0.002	0.004	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.320		2	A	1		0.091	0.167	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.251		2	A	1		0.071	0.130	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.065		0	NC	4		0.302	0.554	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	1.065		0	AS	1		0.302	0.554	
18:1 c....g	1.065		2	A	1		0.302	0.554	
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.469		0	NC	4		0.133	0.244	
18:2 undifferentiated....g	0.424		2	A	1		0.120	0.220	
18:3 undifferentiated....g	0.046		0	AS	1		0.013	0.024	
18:3 n-3 c,c,c (ALA)....g	0.046		2	A	1		0.013	0.024	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	RA	4		0	0	
Phytosterols....mg	2		0	RA	4		1	1	
Amino Acids:									
Tryptophan....g	0.102		0	RA	4		0.029	0.053	
Threonine....g	0.305		0	RA	4		0.086	0.159	
Isoleucine....g	0.362		0	RA	4		0.103	0.188	
Leucine....g	0.587		0	RA	4		0.166	0.305	
Lysine....g	0.393		0	RA	4		0.111	0.204	
Methionine....g	0.138		0	RA	4		0.039	0.072	
Cystine....g	0.164		0	RA	4		0.047	0.085	
Phenylalanine....g	0.390		0	RA	4		0.111	0.203	
Tyrosine....g	0.217		0	RA	4		0.061	0.113	
Valine....g	0.412		0	RA	4		0.117	0.214	
Arginine....g	0.415		0	RA	4		0.118	0.216	

NDB No. 18263
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.187		0	RA	4		0.053	0.097	
Alanine.....g	0.369		0	RA	4		0.105	0.192	
Aspartic acid.....g	0.535		0	RA	4		0.152	0.278	
Glutamic acid.....g	2.080		0	RA	4		0.590	1.082	
Glycine.....g	0.328		0	RA	4		0.093	0.171	
Proline.....g	0.686		0	RA	4		0.194	0.356	
Serine.....g	0.377		0	RA	4		0.107	0.196	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18264
English muffins, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.30	1.166	7		1		11.99	24.11	
Energy....kcal	223		0	NC	4		63	127	
Energy....kJ	933		0		4		265	532	
Protein (N x 5.8)....g	8.70	0.380	7		1		2.47	4.96	
Total lipid (fat)....g	2.00	0.246	6		1		0.57	1.14	
Ash....g	2.30	0.243	5		1		0.65	1.31	
Carbohydrate, by difference....g	44.80		0	NC	4		12.70	25.54	
Fiber, total dietary....g	4.6		0		4		1.3	2.6	
Sugars, total....g	1.56		0	FLC	4		0.44	0.89	
Starch....g									
Minerals:									
Calcium, Ca....mg	178	22.876	11		1		50	101	
Iron, Fe....mg	2.87	0.194	11		1		0.81	1.64	
Magnesium, Mg....mg	37		0	FLA	4		10	21	
Phosphorus, P....mg	107		0	FLA	4		30	61	
Potassium, K....mg	186		1		1		53	106	
Sodium, Na....mg	353		0	LC	8		100	201	
Zinc, Zn....mg	1.07		0	FLA	4		0.30	0.61	
Copper, Cu....mg	0.148		0	FLA	4		0.042	0.084	
Manganese, Mn....mg	1.001		0	FLA	4		0.284	0.571	
Selenium, Se....µg	29.2		0	FLA	4		8.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.431	0.041	6		1		0.122	0.246	
Riboflavin....mg	0.292	0.034	5		1		0.083	0.166	
Niacin....mg	3.356	0.154	5		1		0.951	1.913	
Pantothenic acid....mg	0.444		0	FLA	4		0.126	0.253	
Vitamin B-6....mg	0.087		0	FLA	4		0.025	0.050	
Folate, total....µg	64		0	FLC	4		18	36	
Folic acid....µg	25		0	NR	4		7	14	
Folate, food....µg	39		0	NC	4		11	22	
Folate, DFE....µg	81		0	NC	4		23	46	
Choline, total....mg	13.7		0	BFZN	4		3.9	7.8	
Betaine....mg									
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	FLC	4		0	0	
Carotene, beta....µg	2		0	FLC	4		1	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	FLA	4		0	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	92		0	FLC	4		26	52	
Vitamin E (alpha-tocopherol)....mg	0.45		0	FLC	4		0.13	0.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.8		0	FLC	4		0.2	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18264
English muffins, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.287		0		4		0.081	0.164	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.002		0		4		0.001	0.001	
15:0....g									
16:0....g	0.254		0		4		0.072	0.145	
17:0....g									
18:0....g	0.024		0		4		0.007	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.280		0		4		0.079	0.160	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0		4		0.010	0.021	
17:1....g									
18:1 undifferentiated....g	0.243		0		4		0.069	0.139	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.834		0		4		0.236	0.475	
18:2 undifferentiated....g	0.785		0		4		0.223	0.447	
18:3 undifferentiated....g	0.048		0		4		0.014	0.027	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.000	0.001	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		1		0.032	0.064	
Threonine....g	0.266		0		1		0.075	0.152	
Isoleucine....g	0.341		0		1		0.097	0.194	
Leucine....g	0.596		0		1		0.169	0.340	
Lysine....g	0.270		0		1		0.077	0.154	
Methionine....g	0.145		0		1		0.041	0.083	
Cystine....g	0.181		0		1		0.051	0.103	
Phenylalanine....g	0.412		0		1		0.117	0.235	
Tyrosine....g	0.255		0		1		0.072	0.145	
Valine....g	0.391		0		1		0.111	0.223	
Arginine....g	0.359		0		1		0.102	0.205	
Histidine....g	0.193		0		1		0.055	0.110	
Alanine....g	0.321		0		1		0.091	0.183	
Aspartic acid....g	0.456		0		1		0.129	0.260	
Glutamic acid....g	2.612		0		1		0.741	1.489	
Glycine....g	0.327		0		1		0.093	0.186	
Proline....g	0.862		0		1		0.244	0.491	
Serine....g	0.409		0		1		0.116	0.233	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18264
English muffins, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.7 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18265
English muffins, wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.20		0		1		10.55	19.34	
Energy....kcal	243		0	NC	4		69	126	
Energy....kJ	1017		0		4		288	529	
Protein (N x 0)....g	9.40		0		1		2.66	4.89	
Total lipid (fat)....g	2.10		0		1		0.60	1.09	
Ash....g	2.50		0		1		0.71	1.30	
Carbohydrate, by difference....g	48.70		0	NC	4		13.81	25.32	
Fiber, total dietary....g	5.0		0		4		1.4	2.6	
Sugars, total....g	1.70		0	RA	4		0.48	0.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	193		0		1		55	100	
Iron, Fe....mg	3.12		0		1		0.88	1.62	
Magnesium, Mg....mg	42		0		4		12	22	
Phosphorus, P....mg	125		0	RK	4		35	65	
Potassium, K....mg	202		0		1		57	105	
Sodium, Na....mg	384		0	BFSN	4		109	200	
Zinc, Zn....mg	1.22		0		4		0.35	0.63	
Copper, Cu....mg	0.163		0		4		0.046	0.085	
Manganese, Mn....mg	1.120		0		4		0.318	0.582	
Selenium, Se....µg	31.8		0	RK	4		9.0	16.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.375		0		1		0.106	0.195	
Riboflavin....mg	0.286		0		1		0.081	0.149	
Niacin....mg	3.283		0		1		0.931	1.707	
Pantothenic acid....mg	0.214		0		4		0.061	0.111	
Vitamin B-6....mg	0.098		0	RK	4		0.028	0.051	
Folate, total....µg	59		0	RA	4		17	31	
Folic acid....µg	29		0	NR	4		8	15	
Folate, food....µg	30		0		4		9	16	
Folate, DFE....µg	79		0	NC	4		22	41	
Choline, total....mg	15.7		0	BFZN	4		4.5	8.2	
Betaine....mg									
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	RA	4		0	0	
Carotene, beta....µg	2		0	RA	4		1	1	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	2		0		4		1	1	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	95		0	RA	4		27	49	
Vitamin E (alpha-tocopherol)....mg	0.49		0	RA	4		0.14	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.9		0	RA	4		0.3	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18265
English muffins, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.312		0		1		0.088	0.162	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.002		0		1		0.001	0.001	
15:0....g									
16:0....g	0.276		0		1		0.078	0.144	
17:0....g									
18:0....g	0.026		0		1		0.007	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.305		0		1		0.086	0.159	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.011	0.021	
17:1....g									
18:1 undifferentiated....g	0.264		0		1		0.075	0.137	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.906		0		1		0.257	0.471	
18:2 undifferentiated....g	0.853		0		1		0.242	0.444	
18:3 undifferentiated....g	0.052		0		1		0.015	0.027	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.001	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0		1		0.035	0.063	
Threonine....g	0.289		0		1		0.082	0.150	
Isoleucine....g	0.370		0		1		0.105	0.192	
Leucine....g	0.648		0		1		0.184	0.337	
Lysine....g	0.294		0		1		0.083	0.153	
Methionine....g	0.158		0		1		0.045	0.082	
Cystine....g	0.197		0		1		0.056	0.102	
Phenylalanine....g	0.448		0		1		0.127	0.233	
Tyrosine....g	0.278		0		1		0.079	0.145	
Valine....g	0.425		0		1		0.120	0.221	
Arginine....g	0.390		0		1		0.111	0.203	
Histidine....g	0.209		0		1		0.059	0.109	
Alanine....g	0.349		0		1		0.099	0.181	
Aspartic acid....g	0.495		0		1		0.140	0.257	
Glutamic acid....g	2.839		0		1		0.805	1.476	
Glycine....g	0.356		0		1		0.101	0.185	
Proline....g	0.937		0		1		0.266	0.487	
Serine....g	0.445		0		1		0.126	0.231	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18265
English muffins, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28320
English muffins, whole grain white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.48		0	FLC	4		22.50		
Energy....kcal	245		0	NC	4		139		
Energy....kJ	1023		0	NC	4		583		
Protein (N x 6.25)....g	7.02		0	LC	8		4.00		
Total lipid (fat)....g	1.75		0	LC	8		1.00		
Ash....g	1.59		0	FLC	4		0.90		
Carbohydrate, by difference....g	50.17		0	NC	4		28.60		
Fiber, total dietary....g	3.5		0	LC	8		2.0		
Sugars, total....g	1.75		0	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	140		0	LC	8		80		
Iron, Fe....mg	2.53		0	LC	8		1.44		
Magnesium, Mg....mg	33		0	FLC	4		19		
Phosphorus, P....mg	127		0	FLC	4		73		
Potassium, K....mg	130		0	FLC	4		74		
Sodium, Na....mg	386		0	LC	8		220		
Zinc, Zn....mg	0.97		0	FLC	4		0.55		
Copper, Cu....mg	0.164		0	FLC	4		0.094		
Manganese, Mn....mg									
Selenium, Se....µg	17.3		0	FLC	4		9.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.263		0	LC	8		0.150		
Riboflavin....mg	0.179		0	LC	8		0.102		
Niacin....mg	2.105		0	LC	8		1.200		
Pantothenic acid....mg									
Vitamin B-6....mg	0.056		0	FLC	4		0.032		
Folate, total....µg	70		0	LC	8		40		
Folic acid....µg	49		0	FLC	4		28		
Folate, food....µg	21		0	FLC	4		12		
Folate, DFE....µg	105		0	NC	4		60		
Choline, total....mg	6.5		0	FLC	4		3.7		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	FLC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	1		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	2		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	67		0	FLC	4		38		
Vitamin E (alpha-tocopherol)....mg	0.25		0	FLC	4		0.15		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	2.3		0	FLC	4		1.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28320
English muffins, whole grain white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.000		0	LC	8		0.000		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.000		0	LC	8		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 muffin 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18266
English muffins, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.70		2		1		12.96	30.16	
Energy....kcal	203		0		4		58	134	
Energy....kJ	849		0		4		241	561	
Protein (N x 5.9)....g	8.80		1		1		2.49	5.81	
Total lipid (fat)....g	2.10		1		1		0.60	1.39	
Ash....g	2.80		2		1		0.79	1.85	
Carbohydrate, by difference....g	40.40		0	NC	4		11.45	26.66	
Fiber, total dietary....g	6.7		0		1		1.9	4.4	
Sugars, total....g	8.09		0	FLC	4		2.29	5.34	
Starch....g									
Minerals:									
Calcium, Ca....mg	265		1		1		75	175	
Iron, Fe....mg	2.45		1		1		0.69	1.62	
Magnesium, Mg....mg	71		0	FLA	4		20	47	
Phosphorus, P....mg	282		0	FLA	4		80	186	
Potassium, K....mg	210		1		1		60	139	
Sodium, Na....mg	364		0	LC	8		103	240	
Zinc, Zn....mg	1.60		0	FLA	4		0.45	1.06	
Copper, Cu....mg	0.212		0	FLA	4		0.060	0.140	
Manganese, Mn....mg	1.790		0	FLA	4		0.507	1.181	
Selenium, Se....µg	40.3		0	FLA	4		11.4	26.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.300		1		1		0.085	0.198	
Riboflavin....mg	0.140		1		1		0.040	0.092	
Niacin....mg	3.410		1		1		0.967	2.251	
Pantothenic acid....mg	0.695		0	FLA	4		0.197	0.459	
Vitamin B-6....mg	0.163		0	FLA	4		0.046	0.108	
Folate, total....µg	49		0		4		14	32	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	49		0		4		14	32	
Folate, DFE....µg	49		0	NC	4		14	32	
Choline, total....mg	13.7		0	BFZN	4		3.9	9.0	
Betaine....mg									
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	FLC	4		0	0	
Carotene, beta....µg	3		0	FLC	4		1	2	
Carotene, alpha....µg	1		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		1	3	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	91		0	FLC	4		26	60	
Vitamin E (alpha-tocopherol)....mg	0.41		0	FLC	4		0.12	0.27	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.0		0	FLC	4		0.3	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18266
English muffins, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.334		0	FLA	4		0.095	0.220	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.003		0		4		0.001	0.002	
15:0....g									
16:0....g	0.276		0		4		0.078	0.182	
17:0....g									
18:0....g	0.049		0		4		0.014	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.513		0	FLA	4		0.145	0.339	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034		0		4		0.010	0.022	
17:1....g									
18:1 undifferentiated....g	0.479		0		4		0.136	0.316	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.835		0	FLA	4		0.237	0.551	
18:2 undifferentiated....g	0.787		0		4		0.223	0.519	
18:3 undifferentiated....g	0.046		0		4		0.013	0.030	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.037	0.085	
Threonine....g	0.283		0		1		0.080	0.187	
Isoleucine....g	0.351		0		1		0.100	0.232	
Leucine....g	0.610		0		1		0.173	0.403	
Lysine....g	0.309		0		1		0.088	0.204	
Methionine....g	0.141		0		1		0.040	0.093	
Cystine....g	0.190		0		1		0.054	0.125	
Phenylalanine....g	0.417		0		1		0.118	0.275	
Tyrosine....g	0.272		0		1		0.077	0.180	
Valine....g	0.414		0		1		0.117	0.273	
Arginine....g	0.417		0		1		0.118	0.275	
Histidine....g	0.205		0		1		0.058	0.135	
Alanine....g	0.350		0		1		0.099	0.231	
Aspartic acid....g	0.510		0		1		0.145	0.337	
Glutamic acid....g	2.560		0		1		0.726	1.690	
Glycine....g	0.362		0		1		0.103	0.239	
Proline....g	0.841		0		1		0.238	0.555	
Serine....g	0.415		0		1		0.118	0.274	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18266
English muffins, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 muffin

Calories Factors: Protein 3.5 **Fat** 8.5 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18267
English muffins, whole-wheat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.00		0		1		11.62	25.01	
Energy....kcal	221		0	NC	4		63	135	
Energy....kJ	925		0		4		262	564	
Protein (N x 0)....g	9.60		0		1		2.72	5.86	
Total lipid (fat)....g	2.30		0		1		0.65	1.40	
Ash....g	3.00		0		1		0.85	1.83	
Carbohydrate, by difference....g	44.10		0	NC	4		12.50	26.90	
Fiber, total dietary....g	7.3		0		4		2.1	4.5	
Sugars, total....g	8.79		0	RA	4		2.49	5.36	
Starch....g									
Minerals:									
Calcium, Ca....mg	288		0		1		82	176	
Iron, Fe....mg	2.66		0		1		0.75	1.62	
Magnesium, Mg....mg	77		0		1		22	47	
Phosphorus, P....mg	307		0		1		87	187	
Potassium, K....mg	228		0		1		65	139	
Sodium, Na....mg	396		0	BFSN	4		112	241	
Zinc, Zn....mg	1.74		0		1		0.49	1.06	
Copper, Cu....mg	0.225		0		4		0.064	0.137	
Manganese, Mn....mg	1.946		0		1		0.552	1.187	
Selenium, Se....µg	43.8		0	RK	4		12.4	26.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.261		0		1		0.074	0.159	
Riboflavin....mg	0.137		0		1		0.039	0.084	
Niacin....mg	3.336		0		1		0.946	2.035	
Pantothenic acid....mg	0.491		0		1		0.139	0.300	
Vitamin B-6....mg	0.159		0		1		0.045	0.097	
Folate, total....µg	45		0	RA	4		13	28	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	45		0	RA	4		13	28	
Folate, DFE....µg	45		0	NC	4		13	28	
Choline, total....mg	14.8		0	BFSN	4		4.2	9.1	
Betaine....mg									
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	RA	4		0	0	
Carotene, beta....µg	3		0	RA	4		1	2	
Carotene, alpha....µg	1		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	94		0	RA	4		27	57	
Vitamin E (alpha-tocopherol)....mg	0.44		0	RA	4		0.13	0.27	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	RA	4		0.3	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18267
English muffins, whole-wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.363		0		1		0.103	0.221	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.004		0		1		0.001	0.002	
15:0....g									
16:0....g	0.299		0		1		0.085	0.182	
17:0....g									
18:0....g	0.053		0		1		0.015	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.557		0		1		0.158	0.340	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0		1		0.010	0.023	
17:1....g									
18:1 undifferentiated....g	0.521		0		1		0.148	0.318	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.908		0		1		0.257	0.554	
18:2 undifferentiated....g	0.856		0		1		0.243	0.522	
18:3 undifferentiated....g	0.050		0		1		0.014	0.031	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0		1		0.040	0.086	
Threonine....g	0.308		0		1		0.087	0.188	
Isoleucine....g	0.382		0		1		0.108	0.233	
Leucine....g	0.663		0		1		0.188	0.404	
Lysine....g	0.336		0		1		0.095	0.205	
Methionine....g	0.154		0		1		0.044	0.094	
Cystine....g	0.207		0		1		0.059	0.126	
Phenylalanine....g	0.453		0		1		0.128	0.276	
Tyrosine....g	0.296		0		1		0.084	0.181	
Valine....g	0.450		0		1		0.128	0.275	
Arginine....g	0.453		0		1		0.128	0.276	
Histidine....g	0.223		0		1		0.063	0.136	
Alanine....g	0.380		0		1		0.108	0.232	
Aspartic acid....g	0.554		0		1		0.157	0.338	
Glutamic acid....g	2.782		0		1		0.789	1.697	
Glycine....g	0.393		0		1		0.111	0.240	
Proline....g	0.914		0		1		0.259	0.558	
Serine....g	0.451		0		1		0.128	0.275	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18267
English muffins, whole-wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 61g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28027
FAMOUS AMOS, Chocolate Chip Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.73		
Energy....kcal	503		0	MC	9		146		
Energy....kJ	2105		0	MC	9		610		
Protein (N x 6.25)....g	4.50		0	MC	9		1.31		
Total lipid (fat)....g	24.10		0	MC	9		6.99		
Ash....g									
Carbohydrate, by difference....g	67.70		0	MC	9		19.63		
Fiber, total dietary....g	2.8		0	MC	9		0.8		
Sugars, total....g	32.40		0	MC	9		9.40		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.20		0	MC	9		0.35		
Magnesium, Mg....mg	33		0	MC	9		10		
Phosphorus, P....mg	49		0	MC	9		14		
Potassium, K....mg	182		0	MC	9		53		
Sodium, Na....mg	359		0	MC	9		104		
Zinc, Zn....mg	0.50		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.096		
Riboflavin....mg	0.180		0	MC	9		0.052		
Niacin....mg	2.000		0	MC	9		0.580		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	67		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.600		0	MC	9		2.784		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		1.682		
Fatty acids, total polyunsaturated....g	7.100		0	MC	9		2.059		
Fatty acids, total trans....g	0.290		0	MC	9		0.084		
Cholesterol....mg	8		0	MC	9		2		
Phytosterols....mg									

NDB No. 28027
FAMOUS AMOS, Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28028

FAMOUS AMOS, Chocolate Chip Pecan Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.73		
Energy	kcal	519		0	MC	9		151		
Energy	kJ	2171		0	MC	9		630		
Protein (N x 6.25)	g	5.80		0	MC	9		1.68		
Total lipid (fat)	g	27.00		0	MC	9		7.83		
Ash	g									
Carbohydrate, by difference	g	63.80		0	MC	9		18.50		
Fiber, total dietary	g	3.3		0	MC	9		1.0		
Sugars, total	g	31.80		0	MC	9		9.22		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.50		0	MC	9		0.73		
Magnesium, Mg	mg	47		0	MC	9		14		
Phosphorus, P	mg	106		0	MC	9		31		
Potassium, K	mg	183		0	MC	9		53		
Sodium, Na	mg	356		0	MC	9		103		
Zinc, Zn	mg	1.00		0	MC	9		0.29		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.340		0	MC	9		0.099		
Riboflavin	mg	0.210		0	MC	9		0.061		
Niacin	mg	2.300		0	MC	9		0.667		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0	MC	9		0.012		
Folate, total	µg	60		0	MC	9		17		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	9.700		0	MC	9		2.813		
Fatty acids, total monounsaturated	g	8.100		0	MC	9		2.349		
Fatty acids, total polyunsaturated	g	7.400		0	MC	9		2.146		
Fatty acids, total trans	g	0.200		0	MC	9		0.058		
Cholesterol	mg	7		0	MC	9		2		
Phytosterols	mg									

NDB No. 28028
FAMOUS AMOS, Chocolate Chip Pecan Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28261

FAMOUS AMOS, Chocolate Sandwich Creme Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.68		
Energy ... kcal	474		0	MC	9		161		
Energy ... kJ	1983		0	MC	9		674		
Protein (N x 6.25) ... g	4.30		0	MC	9		1.46		
Total lipid (fat) ... g	19.10		0	MC	9		6.49		
Ash ... g									
Carbohydrate, by difference ... g	72.30		0	MC	9		24.58		
Fiber, total dietary ... g	2.2		0	MC	9		0.7		
Sugars, total ... g	40.40		0	MC	9		13.74		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.40		0	MC	9		1.16		
Magnesium, Mg ... mg	39		0	MC	9		13		
Phosphorus, P ... mg	114		0	MC	9		39		
Potassium, K ... mg	151		0	MC	9		51		
Sodium, Na ... mg	420		0	MC	9		143		
Zinc, Zn ... mg	0.20		0	MC	9		0.07		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.250		0	MC	9		0.085		
Riboflavin ... mg	0.190		0	MC	9		0.065		
Niacin ... mg	2.600		0	MC	9		0.884		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.003		
Folate, total ... µg	63		0	MC	9		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.400		0	MC	9		2.176		
Fatty acids, total monounsaturated ... g	4.400		0	MC	9		1.496		
Fatty acids, total polyunsaturated ... g	6.900		0	MC	9		2.346		
Fatty acids, total trans ... g	0.270		0	MC	9		0.092		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28261
FAMOUS AMOS, Chocolate Sandwich Creme Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28262

FAMOUS AMOS, Vanilla Sandwich Creme Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.68		
Energy ... kcal	485		0	MC	9		165		
Energy ... kJ	2029		0	MC	9		690		
Protein (N x 6.25) ... g	4.90		0	MC	9		1.67		
Total lipid (fat) ... g	19.30		0	MC	9		6.56		
Ash ... g									
Carbohydrate, by difference ... g	73.80		0	MC	9		25.09		
Fiber, total dietary ... g	1.3		0	MC	9		0.4		
Sugars, total ... g	37.20		0	MC	9		12.65		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.30		0	MC	9		0.78		
Magnesium, Mg ... mg	10		0	MC	9		3		
Phosphorus, P ... mg	67		0	MC	9		23		
Potassium, K ... mg	52		0	MC	9		18		
Sodium, Na ... mg	260		0	MC	9		88		
Zinc, Zn ... mg	0.30		0	MC	9		0.10		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.370		0	MC	9		0.126		
Riboflavin ... mg	0.240		0	MC	9		0.082		
Niacin ... mg	2.800		0	MC	9		0.952		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.007		
Folate, total ... µg	73		0	MC	9		25		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.300		0	MC	9		2.142		
Fatty acids, total monounsaturated ... g	4.400		0	MC	9		1.496		
Fatty acids, total polyunsaturated ... g	7.200		0	MC	9		2.448		
Fatty acids, total trans ... g	0.280		0	MC	9		0.095		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28262
FAMOUS AMOS, Vanilla Sandwich Creme Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18973
Focaccia, Italian flatbread, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.91		0	FLC	4		26.17		
Energy....kcal	249		0	NC	4		142		
Energy....kJ	1044		0	NC	4		595		
Protein....g	8.77		1	LC	8		5.00		
Total lipid (fat)....g	7.89		1	LC	8		4.50		
Ash....g	1.60		0	FLC	4		0.91		
Carbohydrate, by difference....g	35.82		0	NC	4		20.42		
Fiber, total dietary....g	1.8		1	LC	8		1.0		
Sugars, total....g	1.75		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1	LC	8		20		
Iron, Fe....mg	3.16		1	LC	8		1.80		
Magnesium, Mg....mg	20		0	FLC	4		12		
Phosphorus, P....mg	128		0	FLC	4		73		
Potassium, K....mg	114		0	FLC	4		65		
Sodium, Na....mg	561		1	LC	8		320		
Zinc, Zn....mg	1.33		0	FLC	4		0.76		
Copper, Cu....mg	0.091		0	FLC	4		0.052		
Manganese, Mn....mg	0.364		0	FLC	4		0.208		
Selenium, Se....µg	15.9		0	FLC	4		9.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.470		0	FLC	4		0.268		
Riboflavin....mg	0.301		0	FLC	4		0.172		
Niacin....mg	3.670		0	FLC	4		2.092		
Pantothenic acid....mg	0.645		0	FLC	4		0.368		
Vitamin B-6....mg	0.113		0	FLC	4		0.064		
Folate, total....µg	138		0	FLC	4		79		
Folic acid....µg	54		0	FLC	4		31		
Folate, food....µg	84		0	FLC	4		48		
Folate, DFE....µg	175		0	NC	4		100		
Choline, total....mg	2.9		0	FLC	4		1.7		
Betaine....mg	0.0		0	FLC	4		0.0		
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	1		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	2		0	NC	4		1		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	42		0	FLC	4		24		
Vitamin E (alpha-tocopherol)....mg	1.42		0	FLC	4		0.81		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	5.7		0	FLC	4		3.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18973
Focaccia, Italian flatbread, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.877		1	LC	8		0.500		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.001		
13:0....g									
14:0....g	0.001		0	FLC	4		0.000		
15:0....g									
16:0....g	0.723		0	FLC	4		0.412		
17:0....g	0.001		0	FLC	4		0.001		
18:0....g	0.120		0	FLC	4		0.068		
20:0....g	0.024		0	FLC	4		0.014		
22:0....g	0.008		0	FLC	4		0.004		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	5.670		0	FLC	4		3.232		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.138		0	FLC	4		0.079		
17:1....g	0.009		0	FLC	4		0.005		
18:1 undifferentiated....g	5.495		0	FLC	4		3.132		
20:1....g	0.024		0	FLC	4		0.013		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.994		0	FLC	4		0.567		
18:2 undifferentiated....g	0.923		0	FLC	4		0.526		
18:3 undifferentiated....g	0.072		0	FLC	4		0.041		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		1	LC	8		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18268
French toast, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.60	0.330	66		1		14.91	31.03	
Energy....kcal	213		0	NC	4		60	126	
Energy....kJ	891				4		253	526	
Protein (N x 6)....g	7.40	0.058	54		1		2.10	4.37	
Total lipid (fat)....g	6.10	0.148	54		1		1.73	3.60	
Ash....g	1.80	0.028	54		1		0.51	1.06	
Carbohydrate, by difference....g	32.10		0	NC	4		9.10	18.94	
Fiber, total dietary....g	1.1		0		4		0.3	0.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	107	2.773	52		1		30	63	
Iron, Fe....mg	2.21	0.060	63		1		0.63	1.30	
Magnesium, Mg....mg	17	0.839	26		1		5	10	
Phosphorus, P....mg	139	2.965	24		1		39	82	
Potassium, K....mg	134	3.480	46		1		38	79	
Sodium, Na....mg	495	8.699	46		1		140	292	
Zinc, Zn....mg	0.77	0.016	15		1		0.22	0.45	
Copper, Cu....mg	0.084	0.008	24		1		0.024	0.050	
Manganese, Mn....mg	0.245	0.023	4		1		0.069	0.145	
Selenium, Se....µg	16.7		1	A	1		4.7	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.2	
Thiamin....mg	0.277	0.007	76		1		0.079	0.163	
Riboflavin....mg	0.381	0.011	76		1		0.108	0.225	
Niacin....mg	2.722	0.076	70		1		0.772	1.606	
Pantothenic acid....mg	0.940	0.072	32		1		0.266	0.555	
Vitamin B-6....mg	0.496	0.021	61		1		0.141	0.293	
Folate, total....µg	52		0	FLA	4		15	31	
Folic acid....µg	28		0	NC	4		8	17	
Folate, food....µg	24	0.760	8		1		7	14	
Folate, DFE....µg	72		0	NC	4		20	42	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.68	0.087	64		1		0.48	0.99	
Vitamin A, RAE....µg	54		0	NC	4		15	32	
Retinol....µg	53		0	NC	4		15	31	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	187	12.939	39		1		53	110	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18268
French toast, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.533		0	FLA	4		0.435	0.904	
4:0....g	0.022		0	FLA	4		0.006	0.013	
6:0....g	0.013		0	FLA	4		0.004	0.008	
8:0....g	0.008		0	FLA	4		0.002	0.005	
10:0....g	0.017		0	FLA	4		0.005	0.010	
12:0....g	0.019		0	FLA	4		0.005	0.011	
13:0....g									
14:0....g	0.077		0	FLA	4		0.022	0.045	
15:0....g									
16:0....g	0.971		0	FLA	4		0.275	0.573	
17:0....g									
18:0....g	0.380		0	FLA	4		0.108	0.224	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.040		0	FLA	4		0.578	1.204	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.101		0	FLA	4		0.029	0.060	
17:1....g									
18:1 undifferentiated....g	1.917		0	FLA	4		0.543	1.131	
20:1....g	0.007		0	FLA	4		0.002	0.004	
22:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.227		0	FLA	4		0.348	0.724	
18:2 undifferentiated....g	1.103		0	FLA	4		0.313	0.651	
18:3 undifferentiated....g	0.076		0	FLA	4		0.022	0.045	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	FLA	4		0.010	0.021	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.009		0	FLA	4		0.003	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	82		1		1		23	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.027	0.055	
Threonine....g	0.281		0		1		0.080	0.166	
Isoleucine....g	0.339		0		1		0.096	0.200	
Leucine....g	0.585		0		1		0.166	0.345	
Lysine....g	0.370		0		1		0.105	0.218	
Methionine....g	0.167		0		1		0.047	0.099	
Cystine....g	0.142		0		1		0.040	0.084	
Phenylalanine....g	0.366		0		1		0.104	0.216	
Tyrosine....g	0.268		0		1		0.076	0.158	
Valine....g	0.380		0		1		0.108	0.224	
Arginine....g	0.336		0		1		0.095	0.198	
Histidine....g	0.171		0		1		0.048	0.101	
Alanine....g	0.297		0		1		0.084	0.175	
Aspartic acid....g	0.509		0		1		0.144	0.300	
Glutamic acid....g	1.784		0		1		0.506	1.053	
Glycine....g	0.240		0		1		0.068	0.142	
Proline....g	0.635		0		1		0.180	0.375	
Serine....g	0.420		0		1		0.119	0.248	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 18268
French toast, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 59g: 1 piece

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.70		0		1		15.51	35.56	
Energy	kcal	229		0	NC	4		65	149	
Energy	kJ	958				4		272	623	
Protein (N x 0)	g	7.70		0		1		2.18	5.01	
Total lipid (fat)	g	10.80		0		1		3.06	7.02	
Ash	g	1.80		0		1		0.51	1.17	
Carbohydrate, by difference	g	25.00		0	NC	4		7.09	16.25	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		28	65	
Iron, Fe	mg	1.67		0		1		0.47	1.09	
Magnesium, Mg	mg	17		0		1		5	11	
Phosphorus, P	mg	117		0		1		33	76	
Potassium, K	mg	134		0		1		38	87	
Sodium, Na	mg	479		0		1		136	311	
Zinc, Zn	mg	0.67		0		1		0.19	0.44	
Copper, Cu	mg	0.058		0		1		0.016	0.038	
Manganese, Mn	mg	0.188		0		1		0.053	0.122	
Selenium, Se	µg	20.1		0	RK	4		5.7	13.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.1	0.2	
Thiamin	mg	0.204		0		1		0.058	0.133	
Riboflavin	mg	0.321		0		1		0.091	0.209	
Niacin	mg	1.628		0		1		0.462	1.058	
Pantothenic acid	mg	0.549		0		1		0.156	0.357	
Vitamin B-6	mg	0.074		0		1		0.021	0.048	
Folate, total	µg	43		0	RK	4		12	28	
Folic acid	µg	20		0	NC	4		6	13	
Folate, food	µg	23		0		1		7	15	
Folate, DFE	µg	57		0	NC	4		16	37	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.31		0		1		0.09	0.20	
Vitamin A, RAE	µg	124		0	NC	4		35	80	
Retinol	µg	118		0		4		33	77	
Carotene, beta	µg	66		0	RK	4		19	43	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	503		0	NC	4		143	327	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.723		0		1		0.772	1.770	
4:0....g	0.021		0		1		0.006	0.014	
6:0....g	0.012		0		1		0.003	0.008	
8:0....g	0.008		0		1		0.002	0.005	
10:0....g	0.017		0		1		0.005	0.011	
12:0....g	0.019		0		1		0.005	0.012	
13:0....g									
14:0....g	0.094		0		1		0.027	0.061	
15:0....g									
16:0....g	1.677		0		1		0.475	1.090	
17:0....g									
18:0....g	0.860		0		1		0.244	0.559	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.524		0		1		1.283	2.941	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0		1		0.028	0.064	
17:1....g									
18:1 undifferentiated....g	4.414		0		1		1.251	2.869	
20:1....g	0.007		0		1		0.002	0.005	
22:1 undifferentiated....g	0.001		0		1		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.594		0		1		0.735	1.686	
18:2 undifferentiated....g	2.431		0		1		0.689	1.580	
18:3 undifferentiated....g	0.115		0		1		0.033	0.075	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0		1		0.011	0.025	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.010		0		1		0.003	0.007	
Fatty acids, total trans....g									
Cholesterol....mg	116		0		1		33	75	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.027	0.061	
Threonine....g	0.305		0		1		0.086	0.198	
Isoleucine....g	0.375		0		1		0.106	0.244	
Leucine....g	0.621		0		1		0.176	0.404	
Lysine....g	0.413		0		1		0.117	0.268	
Methionine....g	0.188		0		1		0.053	0.122	
Cystine....g	0.156		0		1		0.044	0.101	
Phenylalanine....g	0.389		0		1		0.110	0.253	
Tyrosine....g	0.282		0		1		0.080	0.183	
Valine....g	0.419		0		1		0.119	0.272	
Arginine....g	0.364		0		1		0.103	0.237	
Histidine....g	0.179		0		1		0.051	0.116	
Alanine....g	0.334		0		1		0.095	0.217	
Aspartic acid....g	0.578		0		1		0.164	0.376	
Glutamic acid....g	1.718		0		1		0.487	1.117	
Glycine....g	0.251		0		1		0.071	0.163	
Proline....g	0.588		0		1		0.167	0.382	
Serine....g	0.465		0		1		0.132	0.302	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18642

GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry

General Mills Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.20		1	A	1		1.81		
Energy....kcal	413		0	NC	4		178		
Energy....kJ	1729				4		744		
Protein....g	3.80		1	A	1		1.63		
Total lipid (fat)....g	8.10		1	A	1		3.48		
Ash....g	2.60		1	A	1		1.12		
Carbohydrate, by difference....g	81.30		0	NC	4		34.96		
Fiber, total dietary....g									
Sugars, total....g	43.90		1	A	1		18.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	161		1	A	1		69		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	672		1	A	1		289		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	2.280		1	A	1		0.980		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18603

GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry

George weston Bakeries, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		1	MC	9		2.68		
Energy....kcal	390		0	NC	4		261		
Energy....kJ	1631		0	NC	4		1093		
Protein....g	13.30		1	A	1		8.91		
Total lipid (fat)....g	5.10		1	A	1		3.42		
Ash....g	4.90		1	A	1		3.28		
Carbohydrate, by difference....g	72.70		0	NC	4		48.71		
Fiber, total dietary....g	5.4		1	A	1		3.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.81		1	A	1		2.55		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1680		1	A	1		1126		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		1	A	1		0.603		
4:0....g									
6:0....g									
8:0....g	0.005		1	A	1		0.003		
10:0....g	0.005		1	A	1		0.003		
12:0....g	0.005		1	A	1		0.003		
13:0....g									
14:0....g	0.005		1	A	1		0.003		
15:0....g	0.005		1	A	1		0.003		
16:0....g	0.562		1	A	1		0.377		
17:0....g	0.005		1	A	1		0.003		
18:0....g	0.325		1	A	1		0.218		
20:0....g	0.010		1	A	1		0.007		
22:0....g	0.005		1	A	1		0.003		
24:0....g									
Fatty acids, total monounsaturated....g	2.040		0	NC	4		1.367		
14:1....g	0.005		1	A	1		0.003		
15:1....g									
16:1 undifferentiated....g	0.010		1	A	1		0.007		
17:1....g	0.005		1	A	1		0.003		
18:1 undifferentiated....g	2.010		1	A	1		1.347		
20:1....g	0.010		1	A	1		0.007		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.761		0	NC	4		0.510		
18:2 undifferentiated....g	0.746		1	A	1		0.500		
18:3 undifferentiated....g	0.005		1	A	1		0.003		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.005		1	A	1		0.003		
20:4 undifferentiated....g	0.005		1	A	1		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									

NDB No. 18603

GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18639

GEORGE WESTON BAKERIES, Thomas English Muffins

George weston Bakeries, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.60		1	A	1		24.28		
Energy....kcal	232		1	NC	4		132		
Energy....kJ	972		0	NC	4		554		
Protein....g	8.00		1	MC	9		4.56		
Total lipid (fat)....g	1.80		1	MC	9		1.03		
Ash....g	1.60		1	A	1		0.91		
Carbohydrate, by difference....g	46.00		1	NC	4		26.22		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	180		1	MC	9		103		
Iron, Fe....mg	1.40		1	MC	9		0.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	345		1	MC	9		197		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	40		1	MC	9		23		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.308		0	NC	4		0.176		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 18639
GEORGE WESTON BAKERIES, Thomas English Muffins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.308		1	MC	9		0.176		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.303		0	NC	4		0.173		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.303		1	MC	9		0.173		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.920		0	NC	4		0.524		
18:2 undifferentiated....g	0.841		1	MC	9		0.479		
18:3 undifferentiated....g	0.079		1	MC	9		0.045		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.082		1	MC	9		0.047		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28029

GIRL SCOUTS, Caramel Dulce De Leche Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	520		0	MC	9		156		
Energy ... kJ	2176		0	MC	9		653		
Protein (N x 6.25) ... g	5.10		0	MC	9		1.53		
Total lipid (fat) ... g	27.10		0	MC	9		8.13		
Ash ... g									
Carbohydrate, by difference ... g	64.80		0	MC	9		19.44		
Fiber, total dietary ... g	1.3		0	MC	9		0.4		
Sugars, total ... g	29.60		0	MC	9		8.88		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.30		0	MC	9		0.69		
Magnesium, Mg ... mg	11		0	MC	9		3		
Phosphorus, P ... mg	58		0	MC	9		17		
Potassium, K ... mg	62		0	MC	9		19		
Sodium, Na ... mg	225		0	MC	9		68		
Zinc, Zn ... mg	0.40		0	MC	9		0.12		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.370		0	MC	9		0.111		
Riboflavin ... mg	0.250		0	MC	9		0.075		
Niacin ... mg	2.800		0	MC	9		0.840		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.006		
Folate, total ... µg	72		0	MC	9		22		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	11.200		0	MC	9		3.360		
Fatty acids, total monounsaturated ... g	5.600		0	MC	9		1.680		
Fatty acids, total polyunsaturated ... g	8.600		0	MC	9		2.580		
Fatty acids, total trans ... g	0.360		0	MC	9		0.108		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28029
GIRL SCOUTS, Caramel Dulce De Leche Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28030
GIRL SCOUTS, Chalet Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		1.01		
Energy....kcal	478		0	MC	9		172		
Energy....kJ	2000		0	MC	9		720		
Protein (N x 6.25)....g	4.20		0	MC	9		1.51		
Total lipid (fat)....g	19.10		0	MC	9		6.88		
Ash....g									
Carbohydrate, by difference....g	72.30		0	MC	9		26.03		
Fiber, total dietary....g	1.5		0	MC	9		0.5		
Sugars, total....g	35.40		0	MC	9		12.74		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.30		0	MC	9		1.19		
Magnesium, Mg....mg	10		0	MC	9		4		
Phosphorus, P....mg	43		0	MC	9		15		
Potassium, K....mg	68		0	MC	9		24		
Sodium, Na....mg	247		0	MC	9		89		
Zinc, Zn....mg	0.50		0	MC	9		0.18		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.280		0	MC	9		0.101		
Riboflavin....mg	0.190		0	MC	9		0.068		
Niacin....mg	2.200		0	MC	9		0.792		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.007		
Folate, total....µg	80		0	MC	9		29		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.400		0	MC	9		2.304		
Fatty acids, total monounsaturated....g	4.200		0	MC	9		1.512		
Fatty acids, total polyunsaturated....g	6.900		0	MC	9		2.484		
Fatty acids, total trans....g	0.270		0	MC	9		0.097		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28030
GIRL SCOUTS, Chalet Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28031
GIRL SCOUTS, Do-si-dos Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.72		
Energy....kcal	478		0	MC	9		115		
Energy....kJ	2000		0	MC	9		480		
Protein (N x 6.25)....g	8.10		0	MC	9		1.94		
Total lipid (fat)....g	21.40		0	MC	9		5.14		
Ash....g									
Carbohydrate, by difference....g	66.00		0	MC	9		15.84		
Fiber, total dietary....g	3.7		0	MC	9		0.9		
Sugars, total....g	31.10		0	MC	9		7.46		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.40		0	MC	9		0.82		
Magnesium, Mg....mg									
Phosphorus, P....mg	31		0	MC	9		7		
Potassium, K....mg	149		0	MC	9		36		
Sodium, Na....mg	301		0	MC	9		72		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.260		0	MC	9		0.062		
Riboflavin....mg	0.150		0	MC	9		0.036		
Niacin....mg	10.200		0	MC	9		2.448		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	46		0	MC	9		11		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.900		0	MC	9		1.416		
Fatty acids, total monounsaturated....g	6.500		0	MC	9		1.560		
Fatty acids, total polyunsaturated....g	7.300		0	MC	9		1.752		
Fatty acids, total trans....g	0.200		0	MC	9		0.048		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28031
GIRL SCOUTS, Do-si-dos Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28032
GIRL SCOUTS, Samoas Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.70		0	MC	9		1.65		
Energy....kcal	489		0	MC	9		142		
Energy....kJ	2046		0	MC	9		593		
Protein (N x 6.25)....g	3.50		0	MC	9		1.02		
Total lipid (fat)....g	25.80		0	MC	9		7.48		
Ash....g									
Carbohydrate, by difference....g	64.10		0	MC	9		18.59		
Fiber, total dietary....g	4.4		0	MC	9		1.3		
Sugars, total....g	35.80		0	MC	9		10.38		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.20		0	MC	9		0.93		
Magnesium, Mg....mg	30		0	MC	9		9		
Phosphorus, P....mg	76		0	MC	9		22		
Potassium, K....mg	195		0	MC	9		57		
Sodium, Na....mg	182		0	MC	9		53		
Zinc, Zn....mg	0.50		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	MC	9		0.041		
Riboflavin....mg	0.120		0	MC	9		0.035		
Niacin....mg	1.200		0	MC	9		0.348		
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0	MC	9		0.015		
Folate, total....µg	28		0	MC	9		8		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.700		0	MC	9		5.133		
Fatty acids, total monounsaturated....g	2.800		0	MC	9		0.812		
Fatty acids, total polyunsaturated....g	3.700		0	MC	9		1.073		
Fatty acids, total trans....g	0.200		0	MC	9		0.058		
Cholesterol....mg	2		0	MC	9		1		
Phytosterols....mg									

NDB No. 28032
GIRL SCOUTS, Samoas Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28033
GIRL SCOUTS, Tagalongs Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.80		0	MC	9		0.45		
Energy....kcal	558		0	MC	9		140		
Energy....kJ	2335		0	MC	9		584		
Protein (N x 6.25)....g	8.10		0	MC	9		2.03		
Total lipid (fat)....g	35.30		0	MC	9		8.82		
Ash....g									
Carbohydrate, by difference....g	52.20		0	MC	9		13.05		
Fiber, total dietary....g	3.5		0	MC	9		0.9		
Sugars, total....g	30.90		0	MC	9		7.72		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.52		
Magnesium, Mg....mg	17		0	MC	9		4		
Phosphorus, P....mg	37		0	MC	9		9		
Potassium, K....mg	217		0	MC	9		54		
Sodium, Na....mg	371		0	MC	9		93		
Zinc, Zn....mg	0.20		0	MC	9		0.05		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	MC	9		0.035		
Riboflavin....mg	0.090		0	MC	9		0.023		
Niacin....mg	4.500		0	MC	9		1.125		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	63		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	19.200		0	MC	9		4.800		
Fatty acids, total monounsaturated....g	8.400		0	MC	9		2.100		
Fatty acids, total polyunsaturated....g	6.300		0	MC	9		1.575		
Fatty acids, total trans....g	0.270		0	MC	9		0.068		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28033
GIRL SCOUTS, Tagalongs Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28034

GIRL SCOUTS, Thank U Berry Munch Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0	MC	9		0.88		
Energy....kcal	491		0	MC	9		123		
Energy....kJ	2054		0	MC	9		514		
Protein (N x 6.25)....g	4.60		0	MC	9		1.15		
Total lipid (fat)....g	21.60		0	MC	9		5.40		
Ash....g									
Carbohydrate, by difference....g	70.00		0	MC	9		17.50		
Fiber, total dietary....g	1.8		0	MC	9		0.4		
Sugars, total....g	28.90		0	MC	9		7.22		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.30		0	MC	9		0.57		
Magnesium, Mg....mg	2		0	MC	9		1		
Phosphorus, P....mg	42		0	MC	9		11		
Potassium, K....mg	22		0	MC	9		6		
Sodium, Na....mg	305		0	MC	9		76		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.310		0	MC	9		0.078		
Riboflavin....mg	0.210		0	MC	9		0.052		
Niacin....mg	2.600		0	MC	9		0.650		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	62		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	1		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.800		0	MC	9		1.950		
Fatty acids, total monounsaturated....g	4.500		0	MC	9		1.125		
Fatty acids, total polyunsaturated....g	7.200		0	MC	9		1.800		
Fatty acids, total trans....g	0.290		0	MC	9		0.072		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28034
GIRL SCOUTS, Thank U Berry Munch Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28035
GIRL SCOUTS, Thin Mints Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.64		
Energy....kcal	502		0	MC	9		161		
Energy....kJ	2100		0	MC	9		672		
Protein (N x 6.25)....g	4.50		0	MC	9		1.44		
Total lipid (fat)....g	24.20		0	MC	9		7.74		
Ash....g									
Carbohydrate, by difference....g	67.30		0	MC	9		21.54		
Fiber, total dietary....g	2.3		0	MC	9		0.7		
Sugars, total....g	32.00		0	MC	9		10.24		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.96		
Magnesium, Mg....mg	25		0	MC	9		8		
Phosphorus, P....mg	75		0	MC	9		24		
Potassium, K....mg	95		0	MC	9		30		
Sodium, Na....mg	380		0	MC	9		122		
Zinc, Zn....mg	0.30		0	MC	9		0.10		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.093		
Riboflavin....mg	0.190		0	MC	9		0.061		
Niacin....mg	2.500		0	MC	9		0.800		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	58		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.500		0	MC	9		5.280		
Fatty acids, total monounsaturated....g	2.600		0	MC	9		0.832		
Fatty acids, total polyunsaturated....g	3.600		0	MC	9		1.152		
Fatty acids, total trans....g	0.370		0	MC	9		0.118		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28035
GIRL SCOUTS, Thin Mints Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28036
GIRL SCOUTS, Trefoils Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.83		
Energy	kcal	498		0	MC	9		164		
Energy	kJ	2084		0	MC	9		688		
Protein (N x 6.25)	g	5.70		0	MC	9		1.88		
Total lipid (fat)	g	22.90		0	MC	9		7.56		
Ash	g									
Carbohydrate, by difference	g	68.00		0	MC	9		22.44		
Fiber, total dietary	g	1.6		0	MC	9		0.5		
Sugars, total	g	20.70		0	MC	9		6.83		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	3.00		0	MC	9		0.99		
Magnesium, Mg	mg	1		0	MC	9		0		
Phosphorus, P	mg	15		0	MC	9		5		
Potassium, K	mg	22		0	MC	9		7		
Sodium, Na	mg	343		0	MC	9		113		
Zinc, Zn	mg	0.10		0	MC	9		0.03		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.142		
Riboflavin	mg	0.290		0	MC	9		0.096		
Niacin	mg	3.600		0	MC	9		1.188		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	86		0	MC	9		28		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	7.300		0	MC	9		2.409		
Fatty acids, total monounsaturated	g	5.100		0	MC	9		1.683		
Fatty acids, total polyunsaturated	g	8.100		0	MC	9		2.673		
Fatty acids, total trans	g	0.330		0	MC	9		0.109		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28036
GIRL SCOUTS, Trefoils Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 5 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28356

GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme

Glutino

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.84	0.542	3	A	1		1.25		
Energy ... kcal	474		0	NC	4		208		
Energy ... kJ	1983		0	NC	4		873		
Protein ... g	2.19	0.036	3	A	1		0.96		
Total lipid (fat) ... g	17.89	0.154	3	A	1		7.87		
Ash ... g	1.06	0.027	3	A	1		0.46		
Carbohydrate, by difference ... g	76.03		0	NC	4		33.45		
Fiber, total dietary ... g	2.5		2	A	1		1.1		
Sugars, total ... g	49.00		2	A	1		21.56		
Sucrose ... g	47.57		2	A	1		20.93		
Glucose (dextrose) ... g	1.00		2	A	1		0.44		
Fructose ... g	0.00		2	A	1		0.00		
Lactose ... g	0.00		2	A	1		0.00		
Maltose ... g	0.42		2	A	1		0.19		
Galactose ... g	0.00		2	A	1		0.00		
Starch ... g	24.30		2	A	1		10.69		
Minerals:									
Calcium, Ca ... mg	19	0.578	3	A	1		8		
Iron, Fe ... mg	2.81	0.137	3	A	1		1.24		
Magnesium, Mg ... mg	40	0.240	3	A	1		18		
Phosphorus, P ... mg	70	0.584	3	A	1		31		
Potassium, K ... mg	157	3.383	3	A	1		69		
Sodium, Na ... mg	275	5.696	3	A	1		121		
Zinc, Zn ... mg	0.66	0.010	3	A	1		0.29		
Copper, Cu ... mg	0.261	0.005	3	A	1		0.115		
Manganese, Mn ... mg	0.515	0.021	3	A	1		0.226		
Selenium, Se ... µg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.050		2	A	1		0.022		
Riboflavin ... mg	0.076		2	A	1		0.033		
Niacin ... mg	0.390		1	A	1		0.172		
Pantothenic acid ... mg	0.150		1	A	1		0.066		
Vitamin B-6 ... mg	0.000		2	A	1		0.000		
Folate, total ... µg	0		1	A	1		0		
Folic acid ... µg									
Folate, food ... µg	0		1	A	1		0		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									

NDB No. 28356
GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.905		0	NC	4		3.478		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.003		2	A	1		0.001		
10:0....g	0.001		2	A	1		0.000		
12:0....g	0.030		2	A	1		0.013		
13:0....g									
14:0....g	0.155		2	A	1		0.068		
15:0....g	0.009		2	A	1		0.004		
16:0....g	6.650		2	A	1		2.926		
17:0....g	0.017		2	A	1		0.007		
18:0....g	0.950		2	A	1		0.418		
20:0....g	0.063		2	A	1		0.028		
22:0....g	0.014		2	A	1		0.006		
24:0....g	0.014		2	A	1		0.006		
Fatty acids, total monounsaturated....g	6.142		0	NC	4		2.703		
14:1....g	0.002		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.025		0	AS	1		0.011		
16:1 c....g	0.025		2	A	1		0.011		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.005		2	A	1		0.002		
18:1 undifferentiated....g	6.082		0	AS	1		2.676		
18:1 c....g	6.020		2	A	1		2.649		
18:1 t....g	0.061		2	A	1		0.027		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		2	A	1		0.013		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.807		0	NC	4		0.795		
18:2 undifferentiated....g	1.746		0	AS	1		0.768		
18:2 n-6 c,c....g	1.702		2	A	1		0.749		
18:2 CLAs....g	0.006		2	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038		2	A	1		0.017		
18:3 undifferentiated....g	0.056		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA)....g	0.048		2	A	1		0.021		
18:3 n-6 c,c,c....g	0.008		2	A	1		0.003		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.004		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	A	1		0.001		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.099		0	NC	4		0.044		
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.027		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.017		
Cholesterol....mg									

NDB No. 28356
GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 44g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28357

GLUTINO, Gluten Free Cookies, Vanilla Creme

Glutino

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.29		1	A	1		0.58		
Energy	kcal	487		0	NC	4		219		
Energy	kJ	2039		0	NC	4		918		
Protein (N x 6.25)	g	2.19		1	A	1		0.98		
Total lipid (fat)	g	18.79		1	A	1		8.46		
Ash	g	0.39		1	A	1		0.18		
Carbohydrate, by difference	g	77.34		0	NC	4		34.80		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	49.43		1	A	1		22.24		
Sucrose	g	47.89		1	A	1		21.55		
Glucose (dextrose)	g	1.28		1	A	1		0.58		
Fructose	g	0.26		1	A	1		0.12		
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	23.40		1	A	1		10.53		
Minerals:										
Calcium, Ca	mg	11		1	A	1		5		
Iron, Fe	mg	0.23		1	A	1		0.10		
Magnesium, Mg	mg	9		1	A	1		4		
Phosphorus, P	mg	32		1	A	1		14		
Potassium, K	mg	67		1	A	1		30		
Sodium, Na	mg	189		1	A	1		85		
Zinc, Zn	mg	0.18		1	A	1		0.08		
Copper, Cu	mg	0.028		1	A	1		0.013		
Manganese, Mn	mg	0.247		1	A	1		0.111		
Selenium, Se	µg									
Lipids:										
Fatty acids, total saturated	g	8.094		0	NC	4		3.642		
4:0	g	0.000		1	A	1		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.006		1	A	1		0.003		
10:0	g	0.002		1	A	1		0.001		
12:0	g	0.033		1	A	1		0.015		
13:0	g									
14:0	g	0.168		1	A	1		0.076		
15:0	g	0.009		1	A	1		0.004		
16:0	g	6.990		1	A	1		3.145		
17:0	g	0.016		1	A	1		0.007		
18:0	g	0.781		1	A	1		0.351		
20:0	g	0.061		1	A	1		0.027		
22:0	g	0.013		1	A	1		0.006		
24:0	g	0.015		1	A	1		0.007		
Fatty acids, total monounsaturated	g	6.253		0	NC	4		2.814		
14:1	g	0.000		1	A	1		0.000		
15:1	g	0.000		1	A	1		0.000		
16:1 undifferentiated	g	0.026		0	AS	1		0.012		
16:1 c	g	0.026		1	A	1		0.012		
16:1 t	g	0.000		1	A	1		0.000		
17:1	g	0.004		1	A	1		0.002		
18:1 undifferentiated	g	6.193		0	AS	1		2.787		
18:1 c	g	6.154		1	A	1		2.769		
18:1 t	g	0.039		1	A	1		0.018		
18:1-11 t (18:1t n-7)	g									
20:1	g	0.030		1	A	1		0.013		
22:1 undifferentiated	g	0.000		0	AS	1		0.000		
22:1 c	g	0.000		1	A	1		0.000		

NDB No. 28357
GLUTINO, Gluten Free Cookies, Vanilla Creme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.917		0	NC	4		0.863		
18:2 undifferentiated....g	1.854		0	AS	1		0.834		
18:2 n-6 c,c....g	1.808		1	A	1		0.814		
18:2 CLAs....g	0.006		1	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.040		1	A	1		0.018		
18:3 undifferentiated....g	0.058		0	AS	1		0.026		
18:3 n-3 c,c,c (ALA)....g	0.051		1	A	1		0.023		
18:3 n-6 c,c,c....g	0.007		1	A	1		0.003		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.003		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.079		0	NC	4		0.036		
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.018		
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.018		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28358

GLUTINO, Gluten Free Wafers, Lemon Flavored

Glutino

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.12	0.097	3	A	1		0.34		
Energy....kcal	515		0	NC	4		155		
Energy....kJ	2156		0	NC	4		647		
Protein....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)....g	24.18	0.561	3	A	1		7.25		
Ash....g	0.30	0.017	3	A	1		0.09		
Carbohydrate, by difference....g	74.39		0	NC	4		22.32		
Fiber, total dietary....g	0.0		2	A	1		0.0		
Sugars, total....g	42.31		2	A	1		12.69		
Sucrose....g	42.31		2	A	1		12.69		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	33.55		2	A	1		10.06		
Minerals:									
Calcium, Ca....mg	9	0.358	3	A	1		3		
Iron, Fe....mg	0.18	0.056	3	A	1		0.06		
Magnesium, Mg....mg	3	0.085	3	A	1		1		
Phosphorus, P....mg	39	0.713	3	A	1		12		
Potassium, K....mg	36	1.157	3	A	1		11		
Sodium, Na....mg	111	1.764	3	A	1		33		
Zinc, Zn....mg	0.03	0.002	3	A	1		0.01		
Copper, Cu....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn....mg	0.019		2	A	1		0.006		
Selenium, Se....µg	0.0		2	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.045		2	A	1		0.013		
Riboflavin....mg	0.074		1	A	1		0.022		
Niacin....mg	0.065		2	A	1		0.019		
Pantothenic acid....mg	0.000		1	A	1		0.000		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....µg	0		1	A	1		0		
Folic acid....µg									
Folate, food....µg	0		1	A	1		0		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	3.12		1	A	1		0.94		
Tocopherol, beta....mg	0.09		1	A	1		0.03		
Tocopherol, gamma....mg	1.17		1	A	1		0.35		
Tocopherol, delta....mg	0.36		1	A	1		0.11		
Tocotrienol, alpha....mg	3.28		1	A	1		0.98		
Tocotrienol, beta....mg	0.35		1	A	1		0.11		
Tocotrienol, gamma....mg	4.79		1	A	1		1.44		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 28358
GLUTINO, Gluten Free Wafers, Lemon Flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.501		0	NC	4		3.150		
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	0.004		1	A	1		0.001		
12:0....g	0.070		1	A	1		0.021		
13:0....g									
14:0....g	0.227		1	A	1		0.068		
15:0....g	0.010		1	A	1		0.003		
16:0....g	9.124		1	A	1		2.737		
17:0....g	0.017		1	A	1		0.005		
18:0....g	0.939		1	A	1		0.282		
20:0....g	0.077		1	A	1		0.023		
22:0....g	0.019		1	A	1		0.006		
24:0....g	0.015		1	A	1		0.004		
Fatty acids, total monounsaturated....g	8.312		0	NC	4		2.494		
14:1....g	0.003		1	A	1		0.001		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.030		0	AS	1		0.009		
16:1 c....g	0.030		1	A	1		0.009		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.006		1	A	1		0.002		
18:1 undifferentiated....g	8.230		0	AS	1		2.469		
18:1 c....g	8.216		1	A	1		2.465		
18:1 t....g	0.014		1	A	1		0.004		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.043		1	A	1		0.013		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.670		0	NC	4		0.801		
18:2 undifferentiated....g	2.557		0	AS	1		0.767		
18:2 n-6 c,c....g	2.522		1	A	1		0.757		
18:2 CLAs....g	0.006		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029		1	A	1		0.009		
18:3 undifferentiated....g	0.098		0	AS	1		0.029		
18:3 n-3 c,c,c (ALA)....g	0.088		1	A	1		0.026		
18:3 n-6 c,c,c....g	0.010		1	A	1		0.003		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.001		
20:3 undifferentiated....g	0.007		0	AS	1		0.002		
20:3 n-3....g	0.007		1	A	1		0.002		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.043		0	NC	4		0.013		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.004		

NDB No. 28358
GLUTINO, Gluten Free Wafers, Lemon Flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.009		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28359

GLUTINO, Gluten Free Wafers, Milk Chocolate

Glutino

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.37		1	A	1		0.32		
Energy....kcal	541		0	NC	4		124		
Energy....kJ	2265		0	NC	4		521		
Protein (N x 6.25)....g	4.06		1	A	1		0.93		
Total lipid (fat)....g	30.42		1	A	1		7.00		
Ash....g	1.33		1	A	1		0.31		
Carbohydrate, by difference....g	62.82		0	NC	4		14.45		
Fiber, total dietary....g	1.6		1	A	1		0.4		
Sugars, total....g	40.99		1	A	1		9.43		
Sucrose....g	37.07		1	A	1		8.53		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	3.92		1	A	1		0.90		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	21.20		1	A	1		4.88		
Minerals:									
Calcium, Ca....mg	109		1	A	1		25		
Iron, Fe....mg	3.67		1	A	1		0.84		
Magnesium, Mg....mg	41		1	A	1		9		
Phosphorus, P....mg	144		1	A	1		33		
Potassium, K....mg	340		1	A	1		78		
Sodium, Na....mg	122		1	A	1		28		
Zinc, Zn....mg	0.78		1	A	1		0.18		
Copper, Cu....mg	0.259		1	A	1		0.060		
Manganese, Mn....mg	0.411		1	A	1		0.095		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg	0.430		1	A	1		0.099		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 28359
GLUTINO, Gluten Free Wafers, Milk Chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.299		0	NC	4		3.519		
4:0....g	0.061		1	A	1		0.014		
6:0....g	0.046		1	A	1		0.011		
8:0....g	0.039		1	A	1		0.009		
10:0....g	0.081		1	A	1		0.019		
12:0....g	0.160		1	A	1		0.037		
13:0....g									
14:0....g	0.426		1	A	1		0.098		
15:0....g	0.038		1	A	1		0.009		
16:0....g	9.155		1	A	1		2.106		
17:0....g	0.053		1	A	1		0.012		
18:0....g	5.000		1	A	1		1.150		
20:0....g	0.180		1	A	1		0.041		
22:0....g	0.036		1	A	1		0.008		
24:0....g	0.025		1	A	1		0.006		
Fatty acids, total monounsaturated....g	9.462		0	NC	4		2.176		
14:1....g	0.031		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.098		0	AS	1		0.023		
16:1 c....g	0.090		1	A	1		0.021		
16:1 t....g	0.008		1	A	1		0.002		
17:1....g	0.012		1	A	1		0.003		
18:1 undifferentiated....g	9.279		0	AS	1		2.134		
18:1 c....g	9.223		1	A	1		2.121		
18:1 t....g	0.056		1	A	1		0.013		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039		1	A	1		0.009		
22:1 undifferentiated....g	0.003		0	AS	1		0.001		
22:1 c....g	0.003		1	A	1		0.001		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.274		0	NC	4		0.523		
18:2 undifferentiated....g	2.134		0	AS	1		0.491		
18:2 n-6 c,c....g	2.082		1	A	1		0.479		
18:2 CLAs....g	0.014		1	A	1		0.003		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038		1	A	1		0.009		
18:3 undifferentiated....g	0.124		0	AS	1		0.028		
18:3 n-3 c,c,c (ALA)....g	0.115		1	A	1		0.026		
18:3 n-6 c,c,c....g	0.009		1	A	1		0.002		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.001		1	A	1		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.000		
20:4 undifferentiated....g	0.006		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.002		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.102		0	NC	4		0.023		
Fatty acids, total trans-monoenoic....g	0.064		0	NC	4		0.015		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.009		
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.

NDB No. 28359

GLUTINO, Gluten Free Wafers, Milk Chocolate

Common Measures:

Measure 1 = 23g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18963
Garlic bread, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.78	0.254	10	A	1		13.67	18.75	
Energy....kcal	350		0	NC	4		150	206	
Energy....kJ	1464		0	NC	4		630	864	
Protein....g	8.36	0.152	10	A	1		3.59	4.93	
Total lipid (fat)....g	16.61	0.434	10	A	1		7.14	9.80	
Ash....g	1.54	0.024	10	A	1		0.66	0.91	
Carbohydrate, by difference....g	41.72		0	NC	4		17.94	24.61	
Fiber, total dietary....g	2.5	0.048	4	A	1		1.1	1.5	
Sugars, total....g	3.69	0.120	5	A	1		1.59	2.18	
Sucrose....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose)....g	0.42	0.066	5	A	1		0.18	0.25	
Fructose....g	0.62	0.033	5	A	1		0.27	0.37	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	2.64	0.083	5	A	1		1.14	1.56	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g	34.84	0.260	5	A	1		14.98	20.56	
Minerals:									
Calcium, Ca....mg	27	3.065	10	A	1		12	16	
Iron, Fe....mg	3.05	0.103	10	A	1		1.31	1.80	
Magnesium, Mg....mg	23	0.582	10	A	1		10	13	
Phosphorus, P....mg	87	2.090	10	A	1		38	52	
Potassium, K....mg	103	3.533	10	A	1		44	61	
Sodium, Na....mg	544	3.810	10	A	1		234	321	
Zinc, Zn....mg	0.87	0.056	10	A	1		0.37	0.51	
Copper, Cu....mg	0.108	0.003	10	A	1		0.046	0.063	
Manganese, Mn....mg	0.441	0.018	10	A	1		0.190	0.260	
Selenium, Se....µg	16.6	2.942	6	A	1		7.2	9.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLC	4		0.1	0.1	
Thiamin....mg	0.462	0.027	4	A	1		0.199	0.273	
Riboflavin....mg	0.184	0.004	5	A	1		0.079	0.109	
Niacin....mg	4.142	0.146	6	A	1		1.781	2.444	
Pantothenic acid....mg	0.660	0.149	4	A	1		0.284	0.389	
Vitamin B-6....mg	0.083	0.006	4	A	1		0.036	0.049	
Folate, total....µg	186		0	FLC	4		80	110	
Folic acid....µg	50		0	FLC	4		21	29	
Folate, food....µg	136		0	FLC	4		58	80	
Folate, DFE....µg	221		0	NC	4		95	130	
Choline, total....mg	8.5		0	FLC	4		3.7	5.0	
Betaine....mg	0.0		0	FLC	4		0.0	0.0	
Vitamin B-12....µg	0.08	0.005	4	A	1		0.04	0.05	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	13		0	FLC	4		6	8	
Retinol....µg	13		0	FLC	4		6	8	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	44		0	NC	4		19	26	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	25		0	FLC	4		11	15	
Vitamin E (alpha-tocopherol)....mg	1.18	0.086	6	A	1		0.51	0.70	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.25	0.024	6	A	1		0.11	0.15	
Tocopherol, gamma....mg	7.88	0.258	6	A	1		3.39	4.65	
Tocopherol, delta....mg	2.63	0.128	6	A	1		1.13	1.55	
Tocotrienol, alpha....mg	0.39	0.104	6	A	1		0.17	0.23	
Tocotrienol, beta....mg	0.74	0.066	6	A	1		0.32	0.44	

NDB No. 18963
Garlic bread, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.43	0.159	6	A	1		0.18	0.25	
Tocotrienol, delta....mg	0.18	0.081	6	A	1		0.08	0.11	
Vitamin D (D2 + D3)....µg	0.2		0	FLC	4		0.1	0.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	9		0	FLC	4		4	5	
Vitamin K (phylloquinone)....µg	29.5		0	FLC	4		12.7	17.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.281		0	NC	4		2.271	3.116	
4:0....g	0.008	0.003	6	A	1		0.003	0.005	
6:0....g	0.006	0.002	6	A	1		0.003	0.004	
8:0....g	0.027	0.008	6	A	1		0.012	0.016	
10:0....g	0.042	0.011	6	A	1		0.018	0.025	
12:0....g	0.652	0.270	6	A	1		0.280	0.385	
13:0....g									
14:0....g	0.334	0.093	6	A	1		0.144	0.197	
15:0....g	0.008	0.001	6	A	1		0.004	0.005	
16:0....g	3.350	0.128	6	A	1		1.440	1.976	
17:0....g	0.017	0.001	6	A	1		0.007	0.010	
18:0....g	0.737	0.054	6	A	1		0.317	0.435	
20:0....g	0.047	0.002	6	A	1		0.020	0.028	
22:0....g	0.036	0.001	6	A	1		0.015	0.021	
24:0....g	0.015	0.001	6	A	1		0.007	0.009	
Fatty acids, total monounsaturated....g	4.669		0	NC	4		2.008	2.755	
14:1....g	0.002	0.001	6	A	1		0.001	0.001	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.032	0.005	6	AS	1		0.014	0.019	
16:1 c....g	0.030	0.006	6	A	1		0.013	0.018	
16:1 t....g	0.002	0.001	6	A	1		0.001	0.001	
17:1....g	0.007	0.001	6	A	1		0.003	0.004	
18:1 undifferentiated....g	3.882	0.387	6	AS	1		1.669	2.290	
18:1 c....g	3.698	0.282	6	A	1		1.590	2.182	
18:1 t....g	0.184	0.142	6	A	1		0.079	0.108	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.735	0.053	6	A	1		0.316	0.434	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001	0.001	
22:1 c....g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.008	0.002	6	A	1		0.003	0.005	
Fatty acids, total polyunsaturated....g	5.437		0	NC	4		2.338	3.208	
18:2 undifferentiated....g	5.382	0.307	6	AS	1		2.314	3.175	
18:2 n-6 c,c....g	5.317	0.309	6	A	1		2.286	3.137	
18:2 CLAs....g	0.011	0.001	6	A	1		0.005	0.006	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.054	0.006	6	A	1		0.023	0.032	
18:3 undifferentiated....g	0.038	0.012	6	AS	1		0.016	0.023	
18:3 n-3 c,c,c (ALA)....g	0.010	0.010	6	A	1		0.004	0.006	
18:3 n-6 c,c,c....g	0.029	0.004	6	A	1		0.012	0.017	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.002	0.003	
20:3 undifferentiated....g	0.003	0.001	6	AS	1		0.001	0.002	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.003	0.001	6	A	1		0.001	0.002	
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	A	1		0.001	0.001	
21:5....g									
22:4....g	0.004	0.000	6	A	1		0.002	0.003	
22:5 n-3 (DPA)....g	0.002	0.001	6	A	1		0.001	0.001	

NDB No. 18963
Garlic bread, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.240		0	NC	4		0.103	0.141	
Fatty acids, total trans-monoenoic....g	0.185		0	NC	4		0.080	0.109	
Fatty acids, total trans-polyenoic....g	0.054		0	NC	4		0.023	0.032	
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0	FLC	4		0.029	0.040	
Threonine....g	0.193		0	FLC	4		0.083	0.114	
Isoleucine....g	0.235		0	FLC	4		0.101	0.139	
Leucine....g	0.407		0	FLC	4		0.175	0.240	
Lysine....g	0.241		0	FLC	4		0.104	0.142	
Methionine....g	0.104		0	FLC	4		0.045	0.061	
Cystine....g	0.095		0	FLC	4		0.041	0.056	
Phenylalanine....g	0.268		0	FLC	4		0.115	0.158	
Tyrosine....g	0.191		0	FLC	4		0.082	0.113	
Valine....g	0.264		0	FLC	4		0.114	0.156	
Arginine....g	0.235		0	FLC	4		0.101	0.139	
Histidine....g	0.129		0	FLC	4		0.055	0.076	
Alanine....g	0.221		0	FLC	4		0.095	0.130	
Aspartic acid....g	0.332		0	FLC	4		0.143	0.196	
Glutamic acid....g	1.474		0	FLC	4		0.634	0.870	
Glycine....g	0.200		0	FLC	4		0.086	0.118	
Proline....g	0.515		0	FLC	4		0.221	0.304	
Serine....g	0.272		0	FLC	4		0.117	0.161	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 slice presliced

Measure 2 = 59g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18640

HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

H.J. Heinz, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	47.30		1	MC	9		27.91		
Energy ... kcal	241		0	NC	4		142		
Energy ... kJ	1008		0	NC	4		595		
Protein (N x 6.25) ... g	4.40		1	MA	12		2.60		
Total lipid (fat) ... g	6.90		1	MA	12		4.07		
Ash ... g	1.30		1	MA	12		0.77		
Carbohydrate, by difference ... g	40.30		0	NC	4		23.78		
Fiber, total dietary ... g	2.1		1	MA	12		1.2		
Sugars, total ... g	16.80		1	MA	12		9.91		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	48		1	MA	12		28		
Iron, Fe ... mg	0.70		1	MA	12		0.41		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	300		1	MA	12		177		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MA	12		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	75		1	MA	12		44		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.400		1	MA	12		0.826		
Fatty acids, total monounsaturated ... g	2.000		1	MA	12		1.180		
Fatty acids, total polyunsaturated ... g	2.900		1	MA	12		1.711		
Fatty acids, total trans ... g	0.200		1	MA	12		0.118		
Cholesterol ... mg	47		1	MA	12		28		
Phytosterols ... mg									

NDB No. 18640
HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 eclair, frozen

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18270
Hush puppies, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.00		0		1		8.22	44.08	6.38
Energy....kcal	337		0	NC	4		96	512	74
Energy....kJ	1410		0		4		400	2143	310
Protein (N x 0)....g	7.70		0		1		2.18	11.70	1.69
Total lipid (fat)....g	13.50		0		1		3.83	20.52	2.97
Ash....g	3.90		0		1		1.11	5.93	0.86
Carbohydrate, by difference....g	46.00		0	NC	4		13.04	69.92	10.12
Fiber, total dietary....g	2.8		0		1		0.8	4.3	0.6
Sugars, total....g	2.03		0	RA	4		0.58	3.09	0.45
Starch....g									
Minerals:									
Calcium, Ca....mg	278		0		1		79	423	61
Iron, Fe....mg	3.04		0		1		0.86	4.62	0.67
Magnesium, Mg....mg	24		0		1		7	36	5
Phosphorus, P....mg	189		0		1		54	287	42
Potassium, K....mg	144		0		1		41	219	32
Sodium, Na....mg	668		0		1		189	1015	147
Zinc, Zn....mg	0.66		0		1		0.19	1.00	0.15
Copper, Cu....mg	0.066		0		1		0.019	0.100	0.015
Manganese, Mn....mg	0.220		0		1		0.062	0.334	0.048
Selenium, Se....µg	15.8		0	RK	4		4.5	24.0	3.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.3	0.0
Thiamin....mg	0.352		0		1		0.100	0.535	0.077
Riboflavin....mg	0.332		0		1		0.094	0.505	0.073
Niacin....mg	2.782		0		1		0.789	4.229	0.612
Pantothenic acid....mg	0.357		0		1		0.101	0.543	0.079
Vitamin B-6....mg	0.102		0		1		0.029	0.155	0.022
Folate, total....µg	89		0	FLA	4		25	135	20
Folic acid....µg	69		0	FLA	4		20	105	15
Folate, food....µg	20		0		1		6	30	4
Folate, DFE....µg	137		0	NC	4		39	209	30
Choline, total....mg	32.7		0	BFZN	4		9.3	49.7	7.2
Betaine....mg									
Vitamin B-12....µg	0.19		0		1		0.05	0.29	0.04
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	41		0	NC	4		12	62	9
Retinol....µg	38		0	RA	4		11	57	8
Carotene, beta....µg	27		0	RA	4		8	41	6
Carotene, alpha....µg	17		0	RA	4		5	26	4
Cryptoxanthin, beta....µg	1		0	RA	4		0	1	0
Vitamin A, IU....IU	186		0	NC	4		53	282	41
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	401		0	RA	4		114	609	88
Vitamin E (alpha-tocopherol)....mg	1.26		0	RA	4		0.36	1.91	0.28
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	23.6		0	RA	4		6.7	35.9	5.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18270
Hush puppies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.108		0		1		0.598	3.204	0.464
4:0....g	0.001		0		1		0.000	0.002	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.001		0		1		0.000	0.002	0.000
10:0....g	0.001		0		1		0.000	0.002	0.000
12:0....g	0.001		0		1		0.000	0.002	0.000
13:0....g									
14:0....g	0.018		0		1		0.005	0.027	0.004
15:0....g									
16:0....g	1.540		0		1		0.437	2.341	0.339
17:0....g									
18:0....g	0.538		0		1		0.153	0.818	0.118
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.263		0		1		0.925	4.960	0.718
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0		1		0.016	0.087	0.013
17:1....g									
18:1 undifferentiated....g	3.178		0		1		0.901	4.831	0.699
20:1....g	0.026		0		1		0.007	0.040	0.006
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.219		0		1		2.047	10.973	1.588
18:2 undifferentiated....g	6.390		0		1		1.812	9.713	1.406
18:3 undifferentiated....g	0.811		0		1		0.230	1.233	0.178
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0		1		0.004	0.023	0.003
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.004		0		1		0.001	0.006	0.001
Fatty acids, total trans....g									
Cholesterol....mg	45		0		1		13	68	10
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0		1		0.023	0.125	0.018
Threonine....g	0.279		0		1		0.079	0.424	0.061
Isoleucine....g	0.321		0		1		0.091	0.488	0.071
Leucine....g	0.710		0		1		0.201	1.079	0.156
Lysine....g	0.310		0		1		0.088	0.471	0.068
Methionine....g	0.169		0		1		0.048	0.257	0.037
Cystine....g	0.144		0		1		0.041	0.219	0.032
Phenylalanine....g	0.382		0		1		0.108	0.581	0.084
Tyrosine....g	0.289		0		1		0.082	0.439	0.064
Valine....g	0.388		0		1		0.110	0.590	0.085
Arginine....g	0.352		0		1		0.100	0.535	0.077
Histidine....g	0.197		0		1		0.056	0.299	0.043
Alanine....g	0.383		0		1		0.109	0.582	0.084
Aspartic acid....g	0.501		0		1		0.142	0.762	0.110
Glutamic acid....g	1.793		0		1		0.508	2.725	0.394
Glycine....g	0.268		0		1		0.076	0.407	0.059
Proline....g	0.693		0		1		0.196	1.053	0.152
Serine....g	0.412		0		1		0.117	0.626	0.091
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0

NDB No. 18270
Hush puppies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 152g: 1 cup

Measure 3 = 22g: 1 hush puppy

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18641

INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

Interstate Bakeries Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.20		0	MC	9		14.71		
Energy....kcal	273		0	MC	9		117		
Energy....kJ	1142		0	MC	9		491		
Protein....g	8.07		0	MC	9		3.47		
Total lipid (fat)....g	4.15		0	MC	9		1.78		
Ash....g	1.92		0	MC	9		0.83		
Carbohydrate, by difference....g	50.84		0	MC	9		21.86		
Fiber, total dietary....g	2.6		0	MC	9		1.1		
Sugars, total....g	11.06		0	MC	9		4.76		
Starch....g									
Minerals:									
Calcium, Ca....mg	87		0	MC	9		37		
Iron, Fe....mg	2.22		1	A	1		0.95		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	488		0	LC	8		210		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	1.013		0	NC	4		0.436		
4:0....g									
6:0....g									
8:0....g	0.002		1	A	1		0.001		
10:0....g	0.002		1	A	1		0.001		
12:0....g	0.002		1	A	1		0.001		
13:0....g									
14:0....g	0.002		1	A	1		0.001		
15:0....g	0.002		1	A	1		0.001		
16:0....g	0.577		1	A	1		0.248		
17:0....g	0.005		1	A	1		0.002		
18:0....g	0.392		1	A	1		0.169		
20:0....g	0.012		1	A	1		0.005		
22:0....g	0.017		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	0.848		0	NC	4		0.365		
14:1....g	0.002		1	A	1		0.001		
15:1....g									
16:1 undifferentiated....g	0.019		1	A	1		0.008		
17:1....g	0.002		1	A	1		0.001		
18:1 undifferentiated....g	0.812		1	A	1		0.349		
20:1....g	0.013		1	A	1		0.006		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.177		0	NC	4		0.936		
18:2 undifferentiated....g	1.961		1	A	1		0.843		
18:3 undifferentiated....g	0.212		1	A	1		0.091		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		1	A	1		0.001		
20:4 undifferentiated....g	0.002		1	A	1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									

NDB No. 18641
INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18271
Ice cream cones, cake or wafer-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.30	0.310	13		1		1.50	0.21	1.54
Energy....kcal	417		0	NC	4		118	17	121
Energy....kJ	1745		0		4		495	70	506
Protein (N x 5.7)....g	8.10	0.234	11		1		2.30	0.32	2.35
Total lipid (fat)....g	6.90	0.567	10		1		1.96	0.28	2.00
Ash....g	0.70	0.066	11		1		0.20	0.03	0.20
Carbohydrate, by difference....g	79.00		0	NC	4		22.40	3.16	22.91
Fiber, total dietary....g	3.0		0		1		0.9	0.1	0.9
Sugars, total....g	6.00		0	FLC	4		1.70	0.24	1.74
Starch....g									
Minerals:									
Calcium, Ca....mg	25	1.229	13		1		7	1	7
Iron, Fe....mg	3.60	0.116	12		1		1.02	0.14	1.04
Magnesium, Mg....mg	26	1.518	13		1		7	1	8
Phosphorus, P....mg	97	3.302	13		1		27	4	28
Potassium, K....mg	112	5.610	13		1		32	4	32
Sodium, Na....mg	256		0	LC	8		73	10	74
Zinc, Zn....mg	0.67	0.038	14		1		0.19	0.03	0.19
Copper, Cu....mg	0.204	0.026	10		1		0.058	0.008	0.059
Manganese, Mn....mg	0.572	0.032	12		1		0.162	0.023	0.166
Selenium, Se....µg	4.8		1	A	1		1.4	0.2	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.250	0.027	11		1		0.071	0.010	0.073
Riboflavin....mg	0.354	0.024	19		1		0.100	0.014	0.103
Niacin....mg	4.427	0.145	18		1		1.255	0.177	1.284
Pantothenic acid....mg	0.479	0.016	8		1		0.136	0.019	0.139
Vitamin B-6....mg	0.030	0.003	9		1		0.009	0.001	0.009
Folate, total....µg	173		0	FLC	4		49	7	50
Folic acid....µg	168		0		4		48	7	49
Folate, food....µg	5	0.067	8		1		1	0	1
Folate, DFE....µg	291		0	NC	4		82	12	84
Choline, total....mg	9.4		0	FLC	4		2.7	0.4	2.7
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	FLC	4		0	0	0
Carotene, beta....µg	0		0	FLC	4		0	0	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	17		0	FLC	4		5	1	5
Vitamin E (alpha-tocopherol)....mg	0.78		0	FLC	4		0.22	0.03	0.23
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.8		0	FLC	4		0.5	0.1	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18271
Ice cream cones, cake or wafer-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.222		0	FLA	4		0.346	0.049	0.354
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.018		0	FLA	4		0.005	0.001	0.005
15:0....g									
16:0....g	0.976		0	FLA	4		0.277	0.039	0.283
17:0....g									
18:0....g	0.228		0	FLA	4		0.065	0.009	0.066
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.845		0	FLA	4		0.523	0.074	0.535
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLA	4		0.003	0.000	0.003
17:1....g									
18:1 undifferentiated....g	1.833		0	FLA	4		0.520	0.073	0.532
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.264		0	FLA	4		0.925	0.131	0.947
18:2 undifferentiated....g	3.076		0	FLA	4		0.872	0.123	0.892
18:3 undifferentiated....g	0.188		0	FLA	4		0.053	0.008	0.055
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.027	0.004	0.027
Threonine....g	0.217		0		1		0.062	0.009	0.063
Isoleucine....g	0.301		0		1		0.085	0.012	0.087
Leucine....g	0.561		0		1		0.159	0.022	0.163
Lysine....g	0.157		0		1		0.045	0.006	0.046
Methionine....g	0.142		0		1		0.040	0.006	0.041
Cystine....g	0.182		0		1		0.052	0.007	0.053
Phenylalanine....g	0.400		0		1		0.113	0.016	0.116
Tyrosine....g	0.222		0		1		0.063	0.009	0.064
Valine....g	0.340		0		1		0.096	0.014	0.099
Arginine....g	0.282		0		1		0.080	0.011	0.082
Histidine....g	0.172		0		1		0.049	0.007	0.050
Alanine....g	0.248		0		1		0.070	0.010	0.072
Aspartic acid....g	0.328		0		1		0.093	0.013	0.095
Glutamic acid....g	2.845		0		1		0.807	0.114	0.825
Glycine....g	0.278		0		1		0.079	0.011	0.081
Proline....g	0.954		0		1		0.270	0.038	0.277
Serine....g	0.393		0		1		0.111	0.016	0.114
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18271
Ice cream cones, cake or wafer-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.0g: 1 cone

Measure 3 = 29g: 1 large waffle cone

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18272
Ice cream cones, sugar, rolled-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00	0.239	13		1		0.85	0.30	
Energy....kcal	402		0	NC	4		114	40	
Energy....kJ	1682		0		4		477	168	
Protein (N x 5.7)....g	7.90	0.212	13		1		2.24	0.79	
Total lipid (fat)....g	3.80	0.256	14		1		1.08	0.38	
Ash....g	1.10	0.098	13		1		0.31	0.11	
Carbohydrate, by difference....g	84.10		0	NC	4		23.84	8.41	
Fiber, total dietary....g	1.7		0		4		0.5	0.2	
Sugars, total....g	25.66		0	FLC	4		7.27	2.57	
Starch....g									
Minerals:									
Calcium, Ca....mg	44	3.403	13		1		12	4	
Iron, Fe....mg	4.43	0.422	13		1		1.26	0.44	
Magnesium, Mg....mg	31	1.440	13		1		9	3	
Phosphorus, P....mg	103	3.895	13		1		29	10	
Potassium, K....mg	145	6.381	13		1		41	15	
Sodium, Na....mg	298		0	LC	8		85	30	
Zinc, Zn....mg	0.75	0.037	14		1		0.21	0.08	
Copper, Cu....mg	0.268	0.050	10		1		0.076	0.027	
Manganese, Mn....mg	0.732	0.044	13		1		0.208	0.073	
Selenium, Se....µg	4.8		1	A	1		1.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.511	0.042	9		1		0.145	0.051	
Riboflavin....mg	0.405	0.038	9		1		0.115	0.041	
Niacin....mg	5.066	0.356	10		1		1.436	0.507	
Pantothenic acid....mg	0.429	0.029	9		1		0.122	0.043	
Vitamin B-6....mg	0.052	0.001	9		1		0.015	0.005	
Folate, total....µg	140		0	FLC	4		40	14	
Folic acid....µg	136		0	NR	4		39	14	
Folate, food....µg	4		0	NC	4		1	0	
Folate, DFE....µg	236		0	NC	4		67	24	
Choline, total....mg	8.5		0	FLC	4		2.4	0.9	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	14		0	FLC	4		4	1	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLC	4		0.02	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	FLC	4		0.4	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18272
Ice cream cones, sugar, rolled-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.573		0		1		0.162	0.057	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.001	0.000	
15:0....g									
16:0....g	0.400		0		1		0.113	0.040	
17:0....g									
18:0....g	0.170		0		1		0.048	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.470		0		1		0.417	0.147	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		1		0.004	0.001	
17:1....g									
18:1 undifferentiated....g	1.457		0		1		0.413	0.146	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.452		0		1		0.412	0.145	
18:2 undifferentiated....g	1.355		0		1		0.384	0.136	
18:3 undifferentiated....g	0.097		0		1		0.027	0.010	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		1		0.026	0.009	
Threonine....g	0.211		0		1		0.060	0.021	
Isoleucine....g	0.293		0		1		0.083	0.029	
Leucine....g	0.547		0		1		0.155	0.055	
Lysine....g	0.153		0		1		0.043	0.015	
Methionine....g	0.139		0		1		0.039	0.014	
Cystine....g	0.178		0		1		0.050	0.018	
Phenylalanine....g	0.390		0		1		0.111	0.039	
Tyrosine....g	0.217		0		1		0.062	0.022	
Valine....g	0.332		0		1		0.094	0.033	
Arginine....g	0.275		0		1		0.078	0.028	
Histidine....g	0.168		0		1		0.048	0.017	
Alanine....g	0.242		0		1		0.069	0.024	
Aspartic acid....g	0.319		0		1		0.090	0.032	
Glutamic acid....g	2.774		0		1		0.786	0.277	
Glycine....g	0.271		0		1		0.077	0.027	
Proline....g	0.931		0		1		0.264	0.093	
Serine....g	0.383		0		1		0.109	0.038	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18272
Ice cream cones, sugar, rolled-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cone

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28037

JACKSON'S, Old Fashioned Lemon Jumble Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		1.28		
Energy....kcal	469		0	MC	9		150		
Energy....kJ	1962		0	MC	9		628		
Protein (N x 6.25)....g	5.70		0	MC	9		1.82		
Total lipid (fat)....g	18.10		0	MC	9		5.79		
Ash....g									
Carbohydrate, by difference....g	71.70		0	MC	9		22.94		
Fiber, total dietary....g	1.4		0	MC	9		0.4		
Sugars, total....g	31.60		0	MC	9		10.11		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.60		0	MC	9		0.83		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	119		0	MC	9		38		
Potassium, K....mg	61		0	MC	9		20		
Sodium, Na....mg	334		0	MC	9		107		
Zinc, Zn....mg	0.40		0	MC	9		0.13		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.134		
Riboflavin....mg	0.270		0	MC	9		0.086		
Niacin....mg	3.200		0	MC	9		1.024		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	83		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.900		0	MC	9		1.888		
Fatty acids, total monounsaturated....g	4.100		0	MC	9		1.312		
Fatty acids, total polyunsaturated....g	6.700		0	MC	9		2.144		
Fatty acids, total trans....g	0.260		0	MC	9		0.083		
Cholesterol....mg	6		0	MC	9		2		
Phytosterols....mg									

NDB No. 28037
JACKSON'S, Old Fashioned Lemon Jumble Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28038

JACKSON'S, Old Fashioned Vanilla Wafers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.50		0	MC	9		1.35		
Energy....kcal	453		0	MC	9		136		
Energy....kJ	1895		0	MC	9		569		
Protein (N x 6.25)....g	5.00		0	MC	9		1.50		
Total lipid (fat)....g	15.40		0	MC	9		4.62		
Ash....g									
Carbohydrate, by difference....g	74.00		0	MC	9		22.20		
Fiber, total dietary....g	1.1		0	MC	9		0.3		
Sugars, total....g	33.90		0	MC	9		10.17		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.60		0	MC	9		0.78		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	69		0	MC	9		21		
Potassium, K....mg	63		0	MC	9		19		
Sodium, Na....mg	390		0	MC	9		117		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.105		
Riboflavin....mg	0.240		0	MC	9		0.072		
Niacin....mg	3.000		0	MC	9		0.900		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	92		0	MC	9		28		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.900		0	MC	9		1.470		
Fatty acids, total monounsaturated....g	3.400		0	MC	9		1.020		
Fatty acids, total polyunsaturated....g	5.800		0	MC	9		1.740		
Fatty acids, total trans....g	0.210		0	MC	9		0.063		
Cholesterol....mg	11		0	MC	9		3		
Phytosterols....mg									

NDB No. 28038
JACKSON'S, Old Fashioned Vanilla Wafers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18978
KASHI, Blueberry Waffle
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.50		1	MC	9		35.64		
Energy....kcal	192		1	MC	9		138		
Energy....kJ	803		0	MC	9		578		
Protein (N x 6.25)....g	5.70		1	MC	9		4.10		
Total lipid (fat)....g	7.10		1	MC	9		5.11		
Ash....g									
Carbohydrate, by difference....g	34.60		1	MC	9		24.91		
Fiber, total dietary....g	9.0		1	MC	9		6.5		
Sugars, total....g	4.60		1	MC	9		3.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	51		1	MC	9		37		
Iron, Fe....mg	1.90		1	MC	9		1.37		
Magnesium, Mg....mg	37		1	MC	9		27		
Phosphorus, P....mg	361		1	MC	9		260		
Potassium, K....mg	171		1	MC	9		123		
Sodium, Na....mg	476		1	MC	9		343		
Zinc, Zn....mg	1.00		1	MC	9		0.72		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.7		
Thiamin....mg	0.150		1	MC	9		0.108		
Riboflavin....mg	0.050		1	MC	9		0.036		
Niacin....mg	1.600		1	MC	9		1.152		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		1	MC	9		0.022		
Folate, total....µg	15		1	MC	9		11		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU	5		1	MC	9		4		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		1	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		1	MC	9		0.504		
Fatty acids, total monounsaturated....g	3.400		1	MC	9		2.448		
Fatty acids, total polyunsaturated....g	2.300		1	MC	9		1.656		
Fatty acids, total trans....g	0.100		1	MC	9		0.072		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18978
KASHI, Blueberry Waffle

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 2 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18979

KASHI, H2H Woven Wheat Cracker, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1	MC	9		0.90		
Energy....kcal	396		1	MC	9		119		
Energy....kJ	1657		0	MC	9		497		
Protein (N x 6.25)....g	10.60		1	MC	9		3.18		
Total lipid (fat)....g	11.60		1	MC	9		3.48		
Ash....g	1.40		1	MC	9		0.42		
Carbohydrate, by difference....g	73.40		1	MC	9		22.02		
Fiber, total dietary....g	12.2		1	MC	9		3.7		
Sugars, total....g	0.40		1	MC	9		0.12		
Starch....g									
Minerals:									
Calcium, Ca....mg	40		1	MC	9		12		
Iron, Fe....mg	6.00		1	MC	9		1.80		
Magnesium, Mg....mg	86		1	MC	9		26		
Phosphorus, P....mg	386		1	MC	9		116		
Potassium, K....mg	418		1	MC	9		125		
Sodium, Na....mg	283		1	MC	9		85		
Zinc, Zn....mg	3.30		1	MC	9		0.99		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		1	MC	9		6.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	1.700		1	MC	9		0.510		
Folate, total....µg	333		1	MC	9		100		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.00		1	MC	9		1.50		
Vitamin A, RAE....µg	751		0	NR	4		225		
Vitamin A, IU....IU	2500		1	MC	9		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	25.00		1	MC	9		7.50		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.100		1	MC	9		0.330		
Fatty acids, total monounsaturated....g	6.000		1	MC	9		1.800		
Fatty acids, total polyunsaturated....g	4.500		1	MC	9		1.350		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18979
KASHI, H2H Woven Wheat Cracker, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 7 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18982

KASHI, H2H Woven Wheat Cracker, Roasted Garlic

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1	MC	9		0.90		
Energy....kcal	440		0	NC	4		132		
Energy....kJ	1841		0	NC	4		552		
Protein (N x 6.25)....g	10.50		1	MC	9		3.15		
Total lipid (fat)....g	11.70		1	MC	9		3.51		
Ash....g	1.60		1	MC	9		0.48		
Carbohydrate, by difference....g	73.20		1	MC	9		21.96		
Fiber, total dietary....g	12.2		1	MC	9		3.7		
Sugars, total....g	0.60		1	MC	9		0.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	53		1	MC	9		16		
Iron, Fe....mg	6.00		1	MC	9		1.80		
Magnesium, Mg....mg	87		1	MC	9		26		
Phosphorus, P....mg	380		1	MC	9		114		
Potassium, K....mg	436		1	MC	9		131		
Sodium, Na....mg	240		1	MC	9		72		
Zinc, Zn....mg	3.30		1	MC	9		0.99		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		1	MC	9		6.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	1.700		1	MC	9		0.510		
Folate, total....µg	333		1	MC	9		100		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.00		1	MC	9		1.50		
Vitamin A, RAE....µg	751		0	NR	4		225		
Vitamin A, IU....IU	2500		1	MC	9		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	25.00		1	MC	9		7.50		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.100		1	MC	9		0.330		
Fatty acids, total monounsaturated....g	6.100		1	MC	9		1.830		
Fatty acids, total polyunsaturated....g	4.600		1	MC	9		1.380		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18982
KASHI, H2H Woven Wheat Cracker, Roasted Garlic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 7 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18980
KASHI, Original Waffle
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.70		1	MC	9		34.34		
Energy....kcal	197		1	MC	9		142		
Energy....kJ	824		0	MC	9		593		
Protein (N x 6.25)....g	6.00		1	MC	9		4.32		
Total lipid (fat)....g	7.40		1	MC	9		5.33		
Ash....g									
Carbohydrate, by difference....g	35.40		1	MC	9		25.49		
Fiber, total dietary....g	9.3		1	MC	9		6.7		
Sugars, total....g	4.20		1	MC	9		3.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	53		1	MC	9		38		
Iron, Fe....mg	2.00		1	MC	9		1.44		
Magnesium, Mg....mg	39		1	MC	9		28		
Phosphorus, P....mg	381		1	MC	9		274		
Potassium, K....mg	177		1	MC	9		127		
Sodium, Na....mg	479		1	MC	9		345		
Zinc, Zn....mg	1.10		1	MC	9		0.79		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg	0.160		1	MC	9		0.115		
Riboflavin....mg	0.050		1	MC	9		0.036		
Niacin....mg	1.700		1	MC	9		1.224		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		1	MC	9		0.022		
Folate, total....µg	16		1	MC	9		12		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU	5		1	MC	9		4		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		1	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		1	MC	9		0.504		
Fatty acids, total monounsaturated....g	3.500		1	MC	9		2.520		
Fatty acids, total polyunsaturated....g	2.400		1	MC	9		1.728		
Fatty acids, total trans....g	0.100		1	MC	9		0.072		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18980
KASHI, Original Waffle

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 2 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18976

KASHI, TLC, Country Cheddar Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1	MC	9		0.90		
Energy	kcal	445		1	MC	9		134		
Energy	kJ	1862		0	MC	9		559		
Protein (N x 6.25)	g	9.80		1	MC	9		2.94		
Total lipid (fat)	g	15.50		1	MC	9		4.65		
Ash	g	3.70		1	MC	9		1.11		
Carbohydrate, by difference	g	68.00		1	MC	9		20.40		
Fiber, total dietary	g	2.5		1	MC	9		0.8		
Sugars, total	g	3.70		1	MC	9		1.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	63		1	MC	9		19		
Iron, Fe	mg	1.10		1	MC	9		0.33		
Magnesium, Mg	mg	2		1	MC	9		1		
Phosphorus, P	mg	19		1	MC	9		6		
Potassium, K	mg	376		1	MC	9		113		
Sodium, Na	mg	724		1	MC	9		217		
Zinc, Zn	mg	0.00		1	MC	9		0.00		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1	MC	9		0.9		
Thiamin	mg	0.060		1	MC	9		0.018		
Riboflavin	mg	0.030		1	MC	9		0.009		
Niacin	mg	0.300		1	MC	9		0.090		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		1	MC	9		0.003		
Folate, total	µg	1		1	MC	9		0		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1	MC	9		0.00		
Vitamin A, RAE	µg	52		0	NR	4		16		
Vitamin A, IU	IU	174		1	MC	9		52		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D	IU	0		1	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.900		1	MC	9		0.570		
Fatty acids, total monounsaturated	g	7.500		1	MC	9		2.250		
Fatty acids, total polyunsaturated	g	4.100		1	MC	9		1.230		
Fatty acids, total trans	g	0.050		1	MC	9		0.015		
Cholesterol	mg	5		1	MC	9		2		
Phytosterols	mg									

NDB No. 18976
KASHI, TLC, Country Cheddar Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 18 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18981

KASHI, TLC, Fire Roasted Vegetable Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	389		0	MC	9		117		
Energy ... kJ	1628		0	MC	9		488		
Protein (N x 6.25) ... g	12.00		0	MC	9		3.60		
Total lipid (fat) ... g	12.20		0	MC	9		3.66		
Ash ... g									
Carbohydrate, by difference ... g	64.60		0	MC	9		19.38		
Fiber, total dietary ... g	8.7		0	MC	9		2.6		
Sugars, total ... g	7.30		0	MC	9		2.19		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	67		0	MC	9		20		
Iron, Fe ... mg	2.40		0	MC	9		0.72		
Magnesium, Mg ... mg	71		0	MC	9		21		
Phosphorus, P ... mg	469		0	MC	9		141		
Potassium, K ... mg	773		0	MC	9		232		
Sodium, Na ... mg	664		0	MC	9		199		
Zinc, Zn ... mg	1.50		0	MC	9		0.45		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.0		0	MC	9		1.2		
Thiamin ... mg	0.390		0	MC	9		0.117		
Riboflavin ... mg	0.240		0	MC	9		0.072		
Niacin ... mg	4.700		0	MC	9		1.410		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.290		0	MC	9		0.087		
Folate, total ... µg	24		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	100		0	NR	4		30		
Vitamin A, IU ... IU	333		0	MC	9		100		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.90		0	MC	9		0.27		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.100		0	MC	9		0.330		
Fatty acids, total monounsaturated ... g	5.800		0	MC	9		1.740		
Fatty acids, total polyunsaturated ... g	3.700		0	MC	9		1.110		
Fatty acids, total trans ... g	0.200		0	MC	9		0.060		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18981
KASHI, TLC, Fire Roasted Vegetable Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 15 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28039

KASHI, TLC, Happy Trail Mix Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.04		0	BFFN	4		2.71		
Energy	kcal	451		0	NC	4		135		
Energy	kJ	1886		0	NC	4		566		
Protein (N x 6.25)	g	8.10		0	MC	9		2.43		
Total lipid (fat)	g	18.10		0	MC	9		5.43		
Ash	g	0.89		0	BFFN	4		0.27		
Carbohydrate, by difference	g	63.86		0	NC	4		19.16		
Fiber, total dietary	g	13.7		0	MC	9		4.1		
Sugars, total	g	26.60		0	MC	9		7.98		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg	60		0	MC	9		18		
Phosphorus, P	mg	186		0	MC	9		56		
Potassium, K	mg	241		0	MC	9		72		
Sodium, Na	mg	249		0	MC	9		75		
Zinc, Zn	mg	1.10		0	MC	9		0.33		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.200		0	MC	9		0.060		
Riboflavin	mg	0.070		0	MC	9		0.021		
Niacin	mg	1.400		0	MC	9		0.420		
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		0	MC	9		0.018		
Folate, total	µg	9		0	MC	9		3		
Folic acid	µg									
Folate, food	µg	9		0	MC	9		3		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	MC	9		0.00		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D	IU	0		0	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.100		0	MC	9		1.230		

NDB No. 28039
KASHI, TLC, Happy Trail Mix Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.800		0	MC	9		2.340		
Fatty acids, total polyunsaturated.....g	5.600		0	MC	9		1.680		
Fatty acids, total trans.....g	0.010		0	MC	9		0.003		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18974

KASHI, TLC, Honey Sesame Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1	MC	9		0.90		
Energy....kcal	398		1	MC	9		119		
Energy....kJ	1665		0	MC	9		500		
Protein (N x 6.25)....g	8.70		1	MC	9		2.61		
Total lipid (fat)....g	10.40		1	MC	9		3.12		
Ash....g	5.70		1	MC	9		1.71		
Carbohydrate, by difference....g	72.20		1	MC	9		21.66		
Fiber, total dietary....g	5.8		1	MC	9		1.7		
Sugars, total....g	16.10		1	MC	9		4.83		
Starch....g									
Minerals:									
Calcium, Ca....mg	126		1	MC	9		38		
Iron, Fe....mg	2.40		1	MC	9		0.72		
Magnesium, Mg....mg	24		1	MC	9		7		
Phosphorus, P....mg	332		1	MC	9		100		
Potassium, K....mg	591		1	MC	9		177		
Sodium, Na....mg	471		1	MC	9		141		
Zinc, Zn....mg	0.80		1	MC	9		0.24		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.3		
Thiamin....mg	0.210		1	MC	9		0.063		
Riboflavin....mg	0.080		1	MC	9		0.024		
Niacin....mg	1.500		1	MC	9		0.450		
Pantothenic acid....mg									
Vitamin B-6....mg	0.090		1	MC	9		0.027		
Folate, total....µg	12		1	MC	9		4		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE....µg	12		0	NR	4		4		
Vitamin A, IU....IU	41		1	MC	9		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	NR	4		0.0		
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		1	MC	9		0.270		
Fatty acids, total monounsaturated....g	5.000		1	MC	9		1.500		
Fatty acids, total polyunsaturated....g	3.600		1	MC	9		1.080		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18974
KASHI, TLC, Honey Sesame Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 15 cracker

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28040

KASHI, TLC, Oatmeal Dark Chocolate Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.00		0	MC	9		2.40		
Energy....kcal	426		0	MC	9		128		
Energy....kJ	1782		0	MC	9		535		
Protein (N x 6.25)....g	7.20		0	MC	9		2.16		
Total lipid (fat)....g	16.30		0	MC	9		4.89		
Ash....g									
Carbohydrate, by difference....g	67.00		0	MC	9		20.10		
Fiber, total dietary....g	12.2		0	MC	9		3.7		
Sugars, total....g	27.20		0	MC	9		8.16		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	216		0	MC	9		65		
Sodium, Na....mg	222		0	MC	9		67		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	4.200		0	MC	9		1.260		
Fatty acids, total monounsaturated....g	7.800		0	MC	9		2.340		
Fatty acids, total polyunsaturated....g	4.000		0	MC	9		1.200		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28041

KASHI, TLC, Oatmeal Raisin Flax Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.50		0	MC	9		2.55		
Energy....kcal	414		0	MC	9		124		
Energy....kJ	1732		0	MC	9		520		
Protein (N x 6.25)....g	7.70		0	MC	9		2.31		
Total lipid (fat)....g	15.20		0	MC	9		4.56		
Ash....g									
Carbohydrate, by difference....g	67.00		0	MC	9		20.10		
Fiber, total dietary....g	12.8		0	MC	9		3.8		
Sugars, total....g	24.80		0	MC	9		7.44		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg	62		0	MC	9		19		
Phosphorus, P....mg	200		0	MC	9		60		
Potassium, K....mg	273		0	MC	9		82		
Sodium, Na....mg	236		0	MC	9		71		
Zinc, Zn....mg	1.00		0	MC	9		0.30		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.160		0	MC	9		0.048		
Riboflavin....mg	0.080		0	MC	9		0.024		
Niacin....mg	0.900		0	MC	9		0.270		
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0	MC	9		0.024		
Folate, total....µg	12		0	MC	9		4		
Folic acid....µg									
Folate, food....µg	12		0	MC	9		4		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.600		0	MC	9		0.480		

NDB No. 28041
KASHI, TLC, Oatmeal Raisin Flax Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.700		0	MC	9		2.010		
Fatty acids, total polyunsaturated.....g	6.400		0	MC	9		1.920		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18975

KASHI, TLC, Original 7-Grain Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.75		
Energy....kcal	385		0	MC	9		116		
Energy....kJ	1611		0	MC	9		483		
Protein (N x 6.25)....g	13.90		0	MC	9		4.17		
Total lipid (fat)....g	11.90		0	MC	9		3.57		
Ash....g									
Carbohydrate, by difference....g	63.20		0	MC	9		18.96		
Fiber, total dietary....g	9.0		0	MC	9		2.7		
Sugars, total....g	13.50		0	MC	9		4.05		
Starch....g									
Minerals:									
Calcium, Ca....mg	136		0	MC	9		41		
Iron, Fe....mg	3.80		0	MC	9		1.14		
Magnesium, Mg....mg	97		0	MC	9		29		
Phosphorus, P....mg	557		0	MC	9		167		
Potassium, K....mg	843		0	MC	9		253		
Sodium, Na....mg	530		0	MC	9		159		
Zinc, Zn....mg	3.00		0	MC	9		0.90		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.105		
Riboflavin....mg	0.270		0	MC	9		0.081		
Niacin....mg	4.700		0	MC	9		1.410		
Pantothenic acid....mg									
Vitamin B-6....mg	0.370		0	MC	9		0.111		
Folate, total....µg	41		0	MC	9		12		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0	MC	9		0.03		
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.90		0	MC	9		0.27		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.200		0	MC	9		0.360		
Fatty acids, total monounsaturated....g	5.500		0	MC	9		1.650		
Fatty acids, total polyunsaturated....g	3.900		0	MC	9		1.170		
Fatty acids, total trans....g	0.200		0	MC	9		0.060		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18975
KASHI, TLC, Original 7-Grain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 15 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28017

KASHI, TLC, Pita Crisps, Sea Salt

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.78		
Energy....kcal	381		0	MC	9		118		
Energy....kJ	1594		0	MC	9		494		
Protein (N x 6.25)....g	10.50		0	MC	9		3.26		
Total lipid (fat)....g	9.20		0	MC	9		2.85		
Ash....g									
Carbohydrate, by difference....g	72.40		0	MC	9		22.44		
Fiber, total dietary....g	14.7		0	MC	9		4.6		
Sugars, total....g	5.40		0	MC	9		1.67		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.20		0	MC	9		0.68		
Magnesium, Mg....mg	34		0	MC	9		11		
Phosphorus, P....mg	99		0	MC	9		31		
Potassium, K....mg	146		0	MC	9		45		
Sodium, Na....mg	585		0	MC	9		181		
Zinc, Zn....mg	0.50		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.250		0	MC	9		0.078		
Riboflavin....mg	0.100		0	MC	9		0.031		
Niacin....mg	1.900		0	MC	9		0.589		
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0	MC	9		0.025		
Folate, total....µg	19		0	MC	9		6		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	MC	9		0.279		
Fatty acids, total monounsaturated....g	4.400		0	MC	9		1.364		
Fatty acids, total polyunsaturated....g	2.900		0	MC	9		0.899		
Fatty acids, total trans....g	0.100		0	MC	9		0.031		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28017
KASHI, TLC, Pita Crisps, Sea 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 11 crisps

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28020

KASHI, TLC, Pita Crisps, Zesty Salsa

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.78		
Energy....kcal	381		0	MC	9		118		
Energy....kJ	1594		0	MC	9		494		
Protein (N x 6.25)....g	11.00		0	MC	9		3.41		
Total lipid (fat)....g	9.30		0	MC	9		2.88		
Ash....g									
Carbohydrate, by difference....g	71.60		0	MC	9		22.20		
Fiber, total dietary....g	15.3		0	MC	9		4.7		
Sugars, total....g	2.90		0	MC	9		0.90		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.70		0	MC	9		0.84		
Magnesium, Mg....mg	34		0	MC	9		11		
Phosphorus, P....mg	102		0	MC	9		32		
Potassium, K....mg	181		0	MC	9		56		
Sodium, Na....mg	585		0	MC	9		181		
Zinc, Zn....mg	0.60		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.260		0	MC	9		0.081		
Riboflavin....mg	0.110		0	MC	9		0.034		
Niacin....mg	2.100		0	MC	9		0.651		
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0	MC	9		0.031		
Folate, total....µg	20		0	MC	9		6		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	149		0	NR	4		46		
Vitamin A, IU....IU	497		0	MC	9		154		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	MC	9		0.279		
Fatty acids, total monounsaturated....g	4.400		0	MC	9		1.364		
Fatty acids, total polyunsaturated....g	2.900		0	MC	9		0.899		
Fatty acids, total trans....g	0.100		0	MC	9		0.031		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28020
KASHI, TLC, Pita Crisps, Zesty Salsa

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 11 crisps

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18977

KASHI, TLC, Toasted Asiago Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.71		
Energy....kcal	420		0	MC	9		130		
Energy....kJ	1757		0	MC	9		545		
Protein (N x 6.25)....g	12.70		0	MC	9		3.94		
Total lipid (fat)....g	13.80		0	MC	9		4.28		
Ash....g									
Carbohydrate, by difference....g	66.40		0	MC	9		20.58		
Fiber, total dietary....g	9.6		0	MC	9		3.0		
Sugars, total....g	7.10		0	MC	9		2.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	160		0	MC	9		50		
Iron, Fe....mg	2.90		0	MC	9		0.90		
Magnesium, Mg....mg	57		0	MC	9		18		
Phosphorus, P....mg	448		0	MC	9		139		
Potassium, K....mg	756		0	MC	9		234		
Sodium, Na....mg	659		0	MC	9		204		
Zinc, Zn....mg	1.50		0	MC	9		0.47		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.102		
Riboflavin....mg	0.110		0	MC	9		0.034		
Niacin....mg	2.800		0	MC	9		0.868		
Pantothenic acid....mg									
Vitamin B-6....mg	0.300		0	MC	9		0.093		
Folate, total....µg	20		0	MC	9		6		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.200		0	MC	9		0.682		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		1.829		
Fatty acids, total polyunsaturated....g	3.900		0	MC	9		1.209		
Fatty acids, total trans....g	0.200		0	MC	9		0.062		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 18977
KASHI, TLC, Toasted Asiago Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 15 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28113

KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.59		
Energy....kcal	452		0	MC	9		95		
Energy....kJ	1891		0	MC	9		397		
Protein (N x 6.25)....g	4.70		0	MC	9		0.99		
Total lipid (fat)....g	13.30		0	MC	9		2.79		
Ash....g									
Carbohydrate, by difference....g	77.70		0	MC	9		16.32		
Fiber, total dietary....g	3.1		0	MC	9		0.7		
Sugars, total....g	40.30		0	MC	9		8.46		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.20		0	MC	9		0.67		
Magnesium, Mg....mg	29		0	MC	9		6		
Phosphorus, P....mg	75		0	MC	9		16		
Potassium, K....mg	122		0	MC	9		26		
Sodium, Na....mg	441		0	MC	9		93		
Zinc, Zn....mg	0.70		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.340		0	MC	9		0.071		
Riboflavin....mg	0.210		0	MC	9		0.044		
Niacin....mg	2.800		0	MC	9		0.588		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.004		
Folate, total....µg	78		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.300		0	MC	9		1.113		
Fatty acids, total monounsaturated....g	3.300		0	MC	9		0.693		
Fatty acids, total polyunsaturated....g	3.800		0	MC	9		0.798		
Fatty acids, total trans....g	0.200		0	MC	9		0.042		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28113

KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28116

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.50		
Energy....kcal	471		0	MC	9		94		
Energy....kJ	1971		0	MC	9		394		
Protein (N x 6.25)....g	4.00		0	MC	9		0.80		
Total lipid (fat)....g	19.10		0	MC	9		3.82		
Ash....g									
Carbohydrate, by difference....g	72.20		0	MC	9		14.44		
Fiber, total dietary....g	2.4		0	MC	9		0.5		
Sugars, total....g	39.70		0	MC	9		7.94		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.42		
Magnesium, Mg....mg	32		0	MC	9		6		
Phosphorus, P....mg	82		0	MC	9		16		
Potassium, K....mg	197		0	MC	9		39		
Sodium, Na....mg	423		0	MC	9		85		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.058		
Riboflavin....mg	0.180		0	MC	9		0.036		
Niacin....mg	2.300		0	MC	9		0.460		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	59		0	MC	9		12		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.700		0	MC	9		2.540		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		0.420		
Fatty acids, total polyunsaturated....g	3.700		0	MC	9		0.740		
Fatty acids, total trans....g	0.390		0	MC	9		0.078		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28116
KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28114

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.82		0	MC	9		0.38		
Energy....kcal	479		0	MC	9		101		
Energy....kJ	2004		0	MC	9		421		
Protein (N x 6.25)....g	4.50		0	MC	9		0.95		
Total lipid (fat)....g	20.10		0	MC	9		4.22		
Ash....g									
Carbohydrate, by difference....g	71.20		0	MC	9		14.95		
Fiber, total dietary....g	3.2		0	MC	9		0.7		
Sugars, total....g	39.30		0	MC	9		8.25		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.70		0	MC	9		0.36		
Magnesium, Mg....mg	43		0	MC	9		9		
Phosphorus, P....mg	70		0	MC	9		15		
Potassium, K....mg	362		0	MC	9		76		
Sodium, Na....mg	392		0	MC	9		82		
Zinc, Zn....mg	0.40		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.061		
Riboflavin....mg	0.190		0	MC	9		0.040		
Niacin....mg	2.100		0	MC	9		0.441		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.002		
Folate, total....µg	60		0	MC	9		13		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0		
Vitamin D....IU	2		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.400		0	MC	9		2.814		
Fatty acids, total monounsaturated....g	2.300		0	MC	9		0.483		
Fatty acids, total polyunsaturated....g	3.600		0	MC	9		0.756		
Fatty acids, total trans....g	0.400		0	MC	9		0.084		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28114

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28115

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.42		
Energy....kcal	455		0	MC	9		96		
Energy....kJ	1904		0	MC	9		400		
Protein (N x 6.25)....g	7.50		0	MC	9		1.58		
Total lipid (fat)....g	17.00		0	MC	9		3.57		
Ash....g									
Carbohydrate, by difference....g	71.30		0	MC	9		14.97		
Fiber, total dietary....g	3.9		0	MC	9		0.8		
Sugars, total....g	32.90		0	MC	9		6.91		
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0	MC	9		22		
Iron, Fe....mg	5.50		0	MC	9		1.16		
Magnesium, Mg....mg	47		0	MC	9		10		
Phosphorus, P....mg	89		0	MC	9		19		
Potassium, K....mg	250		0	MC	9		53		
Sodium, Na....mg	595		0	MC	9		125		
Zinc, Zn....mg	0.10		0	MC	9		0.02		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.340		0	MC	9		0.071		
Riboflavin....mg	0.420		0	MC	9		0.088		
Niacin....mg	3.600		0	MC	9		0.756		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.008		
Folate, total....µg	76		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.200		0	MC	9		3.192		
Fatty acids, total monounsaturated....g	0.800		0	MC	9		0.168		
Fatty acids, total polyunsaturated....g	0.200		0	MC	9		0.042		
Fatty acids, total trans....g	0.100		0	MC	9		0.021		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28115

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28117

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.00		0	MC	9		1.89		
Energy ... kcal	455		0	MC	9		96		
Energy ... kJ	1904		0	MC	9		400		
Protein (N x 6.25) ... g	4.50		0	MC	9		0.95		
Total lipid (fat) ... g	20.10		0	MC	9		4.22		
Ash ... g									
Carbohydrate, by difference ... g	65.10		0	MC	9		13.67		
Fiber, total dietary ... g	2.8		0	MC	9		0.6		
Sugars, total ... g	31.50		0	MC	9		6.62		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.30		0	MC	9		0.69		
Magnesium, Mg ... mg	41		0	MC	9		9		
Phosphorus, P ... mg	81		0	MC	9		17		
Potassium, K ... mg	260		0	MC	9		55		
Sodium, Na ... mg	284		0	MC	9		60		
Zinc, Zn ... mg	0.60		0	MC	9		0.13		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.260		0	MC	9		0.055		
Riboflavin ... mg	0.160		0	MC	9		0.034		
Niacin ... mg	2.100		0	MC	9		0.441		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.002		
Folate, total ... µg	60		0	MC	9		13		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.400		0	MC	9		1.554		
Fatty acids, total monounsaturated ... g	4.900		0	MC	9		1.029		
Fatty acids, total polyunsaturated ... g	6.500		0	MC	9		1.365		
Fatty acids, total trans ... g	0.200		0	MC	9		0.042		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28117
KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28118

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.50		
Energy ... kcal	467		0	MC	9		93		
Energy ... kJ	1954		0	MC	9		391		
Protein (N x 6.25) ... g	4.50		0	MC	9		0.90		
Total lipid (fat) ... g	17.90		0	MC	9		3.58		
Ash ... g									
Carbohydrate, by difference ... g	73.20		0	MC	9		14.64		
Fiber, total dietary ... g	2.3		0	MC	9		0.5		
Sugars, total ... g	34.80		0	MC	9		6.96		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg	10		0	MC	9		2		
Phosphorus, P ... mg	75		0	MC	9		15		
Potassium, K ... mg	218		0	MC	9		44		
Sodium, Na ... mg	349		0	MC	9		70		
Zinc, Zn ... mg	0.10		0	MC	9		0.02		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.370		0	MC	9		0.074		
Riboflavin ... mg	0.190		0	MC	9		0.038		
Niacin ... mg	2.400		0	MC	9		0.480		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	67		0	MC	9		13		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	11.100		0	MC	9		2.220		
Fatty acids, total monounsaturated ... g	2.100		0	MC	9		0.420		
Fatty acids, total polyunsaturated ... g	3.900		0	MC	9		0.780		
Fatty acids, total trans ... g	0.360		0	MC	9		0.072		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28118

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28119

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.42		
Energy ... kcal	470		0	MC	9		99		
Energy ... kJ	1966		0	MC	9		413		
Protein (N x 6.25) ... g	4.00		0	MC	9		0.84		
Total lipid (fat) ... g	17.80		0	MC	9		3.74		
Ash ... g									
Carbohydrate, by difference ... g	74.30		0	MC	9		15.60		
Fiber, total dietary ... g	1.9		0	MC	9		0.4		
Sugars, total ... g	39.20		0	MC	9		8.23		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg	13		0	MC	9		3		
Phosphorus, P ... mg	72		0	MC	9		15		
Potassium, K ... mg	219		0	MC	9		46		
Sodium, Na ... mg	314		0	MC	9		66		
Zinc, Zn ... mg	0.20		0	MC	9		0.04		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.340		0	MC	9		0.071		
Riboflavin ... mg	0.200		0	MC	9		0.042		
Niacin ... mg	2.100		0	MC	9		0.441		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	72		0	MC	9		15		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	12.900		0	MC	9		2.709		
Fatty acids, total monounsaturated ... g	1.500		0	MC	9		0.315		
Fatty acids, total polyunsaturated ... g	2.800		0	MC	9		0.588		
Fatty acids, total trans ... g	0.380		0	MC	9		0.080		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28119

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28120

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.53		
Energy ... kcal	456		0	MC	9		96		
Energy ... kJ	1908		0	MC	9		401		
Protein (N x 6.25) ... g	5.20		0	MC	9		1.09		
Total lipid (fat) ... g	15.40		0	MC	9		3.23		
Ash ... g									
Carbohydrate, by difference ... g	75.00		0	MC	9		15.75		
Fiber, total dietary ... g	2.9		0	MC	9		0.6		
Sugars, total ... g	34.50		0	MC	9		7.25		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg	28		0	MC	9		6		
Phosphorus, P ... mg	93		0	MC	9		20		
Potassium, K ... mg	408		0	MC	9		86		
Sodium, Na ... mg	343		0	MC	9		72		
Zinc, Zn ... mg	0.40		0	MC	9		0.08		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.380		0	MC	9		0.080		
Riboflavin ... mg	0.230		0	MC	9		0.048		
Niacin ... mg	2.400		0	MC	9		0.504		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.002		
Folate, total ... µg	80		0	MC	9		17		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	10.300		0	MC	9		2.163		
Fatty acids, total monounsaturated ... g	1.700		0	MC	9		0.357		
Fatty acids, total polyunsaturated ... g	2.900		0	MC	9		0.609		
Fatty acids, total trans ... g	0.310		0	MC	9		0.065		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28120

KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28122

KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.75		0	MC	9		0.58		
Energy ... kcal	468		0	MC	9		98		
Energy ... kJ	1958		0	MC	9		411		
Protein (N x 6.25) ... g	5.20		0	MC	9		1.09		
Total lipid (fat) ... g	17.20		0	MC	9		3.61		
Ash ... g									
Carbohydrate, by difference ... g	73.90		0	MC	9		15.52		
Fiber, total dietary ... g	1.4		0	MC	9		0.3		
Sugars, total ... g	25.80		0	MC	9		5.42		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.90		0	MC	9		0.61		
Magnesium, Mg ... mg	11		0	MC	9		2		
Phosphorus, P ... mg	56		0	MC	9		12		
Potassium, K ... mg	103		0	MC	9		22		
Sodium, Na ... mg	438		0	MC	9		92		
Zinc, Zn ... mg	0.50		0	MC	9		0.11		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.410		0	MC	9		0.086		
Riboflavin ... mg	0.260		0	MC	9		0.055		
Niacin ... mg	3.400		0	MC	9		0.714		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.004		
Folate, total ... µg	96		0	MC	9		20		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	NR	4		0.0		
Vitamin D ... IU	2		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.800		0	MC	9		1.428		
Fatty acids, total monounsaturated ... g	3.600		0	MC	9		0.756		
Fatty acids, total polyunsaturated ... g	5.100		0	MC	9		1.071		
Fatty acids, total trans ... g	0.320		0	MC	9		0.067		
Cholesterol ... mg	8		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28122
KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28121

KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.53		
Energy....kcal	462		0	MC	9		97		
Energy....kJ	1933		0	MC	9		406		
Protein (N x 6.25)....g	4.10		0	MC	9		0.86		
Total lipid (fat)....g	20.10		0	MC	9		4.22		
Ash....g									
Carbohydrate, by difference....g	72.40		0	MC	9		15.20		
Fiber, total dietary....g	13.2		0	MC	9		2.8		
Sugars, total....g	27.00		0	MC	9		5.67		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.10		0	MC	9		0.65		
Magnesium, Mg....mg	17		0	MC	9		4		
Phosphorus, P....mg	80		0	MC	9		17		
Potassium, K....mg	148		0	MC	9		31		
Sodium, Na....mg	253		0	MC	9		53		
Zinc, Zn....mg	0.50		0	MC	9		0.11		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.240		0	MC	9		0.050		
Riboflavin....mg	0.170		0	MC	9		0.036		
Niacin....mg	1.900		0	MC	9		0.399		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.004		
Folate, total....µg	69		0	MC	9		14		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.200		0	MC	9		2.352		
Fatty acids, total monounsaturated....g	2.700		0	MC	9		0.567		
Fatty acids, total polyunsaturated....g	5.100		0	MC	9		1.071		
Fatty acids, total trans....g	0.400		0	MC	9		0.084		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28121

KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28123

KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.40		0	MC	9		0.50		
Energy....kcal	483		0	MC	9		101		
Energy....kJ	2021		0	MC	9		424		
Protein (N x 6.25)....g	7.00		0	MC	9		1.47		
Total lipid (fat)....g	20.00		0	MC	9		4.20		
Ash....g									
Carbohydrate, by difference....g	68.80		0	MC	9		14.45		
Fiber, total dietary....g	2.3		0	MC	9		0.5		
Sugars, total....g	31.70		0	MC	9		6.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	112		0	MC	9		23		
Iron, Fe....mg	2.20		0	MC	9		0.46		
Magnesium, Mg....mg									
Phosphorus, P....mg	88		0	MC	9		18		
Potassium, K....mg	168		0	MC	9		35		
Sodium, Na....mg	632		0	MC	9		133		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.069		
Riboflavin....mg	0.350		0	MC	9		0.073		
Niacin....mg	3.100		0	MC	9		0.651		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	76		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.700		0	MC	9		3.507		
Fatty acids, total monounsaturated....g	0.600		0	MC	9		0.126		
Fatty acids, total polyunsaturated....g	0.200		0	MC	9		0.042		
Fatty acids, total trans....g	0.300		0	MC	9		0.063		
Cholesterol....mg	2		0	MC	9		0		
Phytosterols....mg									

NDB No. 28123

KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28043
KEEBLER, ANIMALS, Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80		0	MC	9		1.12		
Energy	kcal	450		0	MC	9		180		
Energy	kJ	1883		0	MC	9		753		
Protein (N x 6.25)	g	5.60		0	MC	9		2.24		
Total lipid (fat)	g	14.20		0	MC	9		5.68		
Ash	g									
Carbohydrate, by difference	g	75.30		0	MC	9		30.12		
Fiber, total dietary	g	1.4		0	MC	9		0.6		
Sugars, total	g	25.40		0	MC	9		10.16		
Starch	g									
Minerals:										
Calcium, Ca	mg	375		0	MC	9		150		
Iron, Fe	mg	3.30		0	MC	9		1.32		
Magnesium, Mg	mg	13		0	MC	9		5		
Phosphorus, P	mg	92		0	MC	9		37		
Potassium, K	mg	74		0	MC	9		30		
Sodium, Na	mg	468		0	MC	9		187		
Zinc, Zn	mg	0.40		0	MC	9		0.16		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.420		0	MC	9		0.168		
Riboflavin	mg	0.260		0	MC	9		0.104		
Niacin	mg	3.300		0	MC	9		1.320		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.008		
Folate, total	µg	98		0	MC	9		39		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	0		0	NR	4		0		
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.500		0	MC	9		1.800		
Fatty acids, total monounsaturated	g	3.200		0	MC	9		1.280		
Fatty acids, total polyunsaturated	g	5.300		0	MC	9		2.120		
Fatty acids, total trans	g	0.200		0	MC	9		0.080		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28043
KEEBLER, ANIMALS, Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 package 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28046
KEEBLER, ANIMALS, Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.81		
Energy....kcal	450		0	MC	9		131		
Energy....kJ	1883		0	MC	9		546		
Protein (N x 6.25)....g	5.60		0	MC	9		1.62		
Total lipid (fat)....g	14.20		0	MC	9		4.12		
Ash....g									
Carbohydrate, by difference....g	75.30		0	MC	9		21.84		
Fiber, total dietary....g	1.4		0	MC	9		0.4		
Sugars, total....g	25.40		0	MC	9		7.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	345		0	MC	9		100		
Iron, Fe....mg	3.30		0	MC	9		0.96		
Magnesium, Mg....mg	13		0	MC	9		4		
Phosphorus, P....mg	92		0	MC	9		27		
Potassium, K....mg	74		0	MC	9		21		
Sodium, Na....mg	468		0	MC	9		136		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.122		
Riboflavin....mg	0.260		0	MC	9		0.075		
Niacin....mg	3.300		0	MC	9		0.957		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	98		0	MC	9		28		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.500		0	MC	9		1.305		
Fatty acids, total monounsaturated....g	3.200		0	MC	9		0.928		
Fatty acids, total polyunsaturated....g	5.300		0	MC	9		1.537		
Fatty acids, total trans....g	0.200		0	MC	9		0.058		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28046
KEEBLER, ANIMALS, Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 8 crackers 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28044
KEEBLER, ANIMALS, Frosted Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.62	0.80	
Energy....kcal	506		0	MC	9		157	202	
Energy....kJ	2117		0	MC	9		656	847	
Protein....g	3.00		0	MC	9		0.93	1.20	
Total lipid (fat)....g	24.10		0	MC	9		7.47	9.64	
Ash....g									
Carbohydrate, by difference....g	70.00		0	MC	9		21.70	28.00	
Fiber, total dietary....g	0.9		0	MC	9		0.3	0.4	
Sugars, total....g	41.10		0	MC	9		12.74	16.44	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	5		0	MC	9		2	2	
Potassium, K....mg	96		0	MC	9		30	38	
Sodium, Na....mg	257		0	MC	9		80	103	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.280		0	MC	9		0.087	0.112	
Riboflavin....mg	0.150		0	MC	9		0.047	0.060	
Niacin....mg	1.700		0	MC	9		0.527	0.680	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	59		0	MC	9		18	24	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.200		0	MC	9		5.022	6.480	
Fatty acids, total monounsaturated....g	2.400		0	MC	9		0.744	0.960	
Fatty acids, total polyunsaturated....g	4.500		0	MC	9		1.395	1.800	
Fatty acids, total trans....g	0.515		0	MC	9		0.160	0.206	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28044
KEEBLER, ANIMALS, Frosted Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 8 cookies 1 serving

Measure 2 = 40g: 1 package (40 g)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28045
KEEBLER, ANIMALS, Iced Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.75		0	MC	9		1.13	1.50	
Energy....kcal	459		0	MC	9		138	184	
Energy....kJ	1920		0	MC	9		576	768	
Protein....g	5.60		0	MC	9		1.68	2.24	
Total lipid (fat)....g	15.60		0	MC	9		4.68	6.24	
Ash....g									
Carbohydrate, by difference....g	74.20		0	MC	9		22.26	29.68	
Fiber, total dietary....g	1.6		0	MC	9		0.5	0.6	
Sugars, total....g	26.70		0	MC	9		8.01	10.68	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.10		0	MC	9		0.93	1.24	
Magnesium, Mg....mg	12		0	MC	9		4	5	
Phosphorus, P....mg	61		0	MC	9		18	24	
Potassium, K....mg	66		0	MC	9		20	26	
Sodium, Na....mg	337		0	MC	9		101	135	
Zinc, Zn....mg	0.40		0	MC	9		0.12	0.16	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.126	0.168	
Riboflavin....mg	0.270		0	MC	9		0.081	0.108	
Niacin....mg	3.600		0	MC	9		1.080	1.440	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006	0.008	
Folate, total....µg	110		0	MC	9		33	44	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.000		0	MC	9		1.500	2.000	
Fatty acids, total monounsaturated....g	3.500		0	MC	9		1.050	1.400	
Fatty acids, total polyunsaturated....g	5.800		0	MC	9		1.740	2.320	
Fatty acids, total trans....g	0.230		0	MC	9		0.069	0.092	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28045
KEEBLER, ANIMALS, Iced Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 6 cookies 1 serving

Measure 2 = 40g: 1 package (40 g)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28106

KEEBLER, Almond Crescents Cookies, Holiday

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.84		
Energy ... kcal	482		0	MC	9		135		
Energy ... kJ	2017		0	MC	9		565		
Protein (N x 6.25) ... g	5.10		0	MC	9		1.43		
Total lipid (fat) ... g	20.50		0	MC	9		5.74		
Ash ... g									
Carbohydrate, by difference ... g	70.10		0	MC	9		19.63		
Fiber, total dietary ... g	1.6		0	MC	9		0.4		
Sugars, total ... g	26.00		0	MC	9		7.28		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.80		0	MC	9		0.78		
Magnesium, Mg ... mg	4		0	MC	9		1		
Phosphorus, P ... mg	31		0	MC	9		9		
Potassium, K ... mg	28		0	MC	9		8		
Sodium, Na ... mg	407		0	MC	9		114		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.390		0	MC	9		0.109		
Riboflavin ... mg	0.250		0	MC	9		0.070		
Niacin ... mg	3.300		0	MC	9		0.924		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	77		0	MC	9		22		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.300		0	MC	9		1.764		
Fatty acids, total monounsaturated ... g	4.600		0	MC	9		1.288		
Fatty acids, total polyunsaturated ... g	6.900		0	MC	9		1.932		
Fatty acids, total trans ... g	0.290		0	MC	9		0.081		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28106
KEEBLER, Almond Crescents Cookies, Holiday

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28047

KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.50		0	MC	9		2.72		
Energy	kcal	437		0	MC	9		140		
Energy	kJ	1828		0	MC	9		585		
Protein (N x 6.25)	g	5.30		0	MC	9		1.70		
Total lipid (fat)	g	16.00		0	MC	9		5.12		
Ash	g									
Carbohydrate, by difference	g	69.90		0	MC	9		22.37		
Fiber, total dietary	g	2.4		0	MC	9		0.8		
Sugars, total	g	36.20		0	MC	9		11.58		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	3.30		0	MC	9		1.06		
Magnesium, Mg	mg	31		0	MC	9		10		
Phosphorus, P	mg	79		0	MC	9		25		
Potassium, K	mg	135		0	MC	9		43		
Sodium, Na	mg	348		0	MC	9		111		
Zinc, Zn	mg	0.60		0	MC	9		0.19		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.350		0	MC	9		0.112		
Riboflavin	mg	0.310		0	MC	9		0.099		
Niacin	mg	2.600		0	MC	9		0.832		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.006		
Folate, total	µg	66		0	MC	9		21		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	6.300		0	MC	9		2.016		
Fatty acids, total monounsaturated	g	4.000		0	MC	9		1.280		
Fatty acids, total polyunsaturated	g	4.600		0	MC	9		1.472		
Fatty acids, total trans	g	0.200		0	MC	9		0.064		
Cholesterol	mg	7		0	MC	9		2		
Phytosterols	mg									

NDB No. 28047
KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28048

KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	9.50		0	MC	9		3.04		
Energy ... kcal	420		0	MC	9		134		
Energy ... kJ	1757		0	MC	9		562		
Protein (N x 6.25) ... g	6.10		0	MC	9		1.95		
Total lipid (fat) ... g	14.40		0	MC	9		4.61		
Ash ... g									
Carbohydrate, by difference ... g	69.10		0	MC	9		22.11		
Fiber, total dietary ... g	3.6		0	MC	9		1.2		
Sugars, total ... g	32.30		0	MC	9		10.34		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.60		0	MC	9		0.83		
Magnesium, Mg ... mg	10		0	MC	9		3		
Phosphorus, P ... mg	45		0	MC	9		14		
Potassium, K ... mg	180		0	MC	9		58		
Sodium, Na ... mg	321		0	MC	9		103		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.093		
Riboflavin ... mg	0.270		0	MC	9		0.086		
Niacin ... mg	2.200		0	MC	9		0.704		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.030		0	MC	9		0.010		
Folate, total ... µg	48		0	MC	9		15		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.600		0	MC	9		1.472		
Fatty acids, total monounsaturated ... g	3.300		0	MC	9		1.056		
Fatty acids, total polyunsaturated ... g	5.300		0	MC	9		1.696		
Fatty acids, total trans ... g	0.200		0	MC	9		0.064		
Cholesterol ... mg	11		0	MC	9		4		
Phytosterols ... mg									

NDB No. 28048
KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28052

KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.96		
Energy....kcal	508		0	MC	9		163		
Energy....kJ	2125		0	MC	9		680		
Protein (N x 6.25)....g	5.50		0	MC	9		1.76		
Total lipid (fat)....g	27.20		0	MC	9		8.70		
Ash....g									
Carbohydrate, by difference....g	63.00		0	MC	9		20.16		
Fiber, total dietary....g	3.1		0	MC	9		1.0		
Sugars, total....g	34.00		0	MC	9		10.88		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.60		0	MC	9		1.15		
Magnesium, Mg....mg	52		0	MC	9		17		
Phosphorus, P....mg	154		0	MC	9		49		
Potassium, K....mg	200		0	MC	9		64		
Sodium, Na....mg	417		0	MC	9		133		
Zinc, Zn....mg	0.90		0	MC	9		0.29		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.280		0	MC	9		0.090		
Riboflavin....mg	0.200		0	MC	9		0.064		
Niacin....mg	2.100		0	MC	9		0.672		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	55		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	NR	4		0.1		
Vitamin D....IU	7		0	MC	9		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.700		0	MC	9		3.744		
Fatty acids, total monounsaturated....g	7.200		0	MC	9		2.304		
Fatty acids, total polyunsaturated....g	6.800		0	MC	9		2.176		
Fatty acids, total trans....g	0.300		0	MC	9		0.096		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28052
KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28053

KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		0.84		
Energy....kcal	537		0	MC	9		166		
Energy....kJ	2247		0	MC	9		697		
Protein (N x 6.25)....g	4.70		0	MC	9		1.46		
Total lipid (fat)....g	30.40		0	MC	9		9.42		
Ash....g									
Carbohydrate, by difference....g	61.80		0	MC	9		19.16		
Fiber, total dietary....g	1.7		0	MC	9		0.5		
Sugars, total....g	31.60		0	MC	9		9.80		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.78		
Magnesium, Mg....mg	24		0	MC	9		7		
Phosphorus, P....mg	61		0	MC	9		19		
Potassium, K....mg	94		0	MC	9		29		
Sodium, Na....mg	342		0	MC	9		106		
Zinc, Zn....mg	0.50		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.093		
Riboflavin....mg	0.200		0	MC	9		0.062		
Niacin....mg	2.200		0	MC	9		0.682		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	58		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.800		0	MC	9		4.278		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		1.829		
Fatty acids, total polyunsaturated....g	8.200		0	MC	9		2.542		
Fatty acids, total trans....g	0.350		0	MC	9		0.108		
Cholesterol....mg	9		0	MC	9		3		
Phytosterols....mg									

NDB No. 28053
KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28054
KEEBLER, CHIPS DELUXE, Coconut Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	530		0	MC	9		159		
Energy ... kJ	2218		0	MC	9		665		
Protein (N x 6.25) ... g	5.70		0	MC	9		1.71		
Total lipid (fat) ... g	29.30		0	MC	9		8.79		
Ash ... g									
Carbohydrate, by difference ... g	61.50		0	MC	9		18.45		
Fiber, total dietary ... g	3.7		0	MC	9		1.1		
Sugars, total ... g	28.40		0	MC	9		8.52		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.50		0	MC	9		0.75		
Magnesium, Mg ... mg	28		0	MC	9		8		
Phosphorus, P ... mg	75		0	MC	9		23		
Potassium, K ... mg	147		0	MC	9		44		
Sodium, Na ... mg	293		0	MC	9		88		
Zinc, Zn ... mg	0.50		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.090		
Riboflavin ... mg	0.200		0	MC	9		0.060		
Niacin ... mg	2.200		0	MC	9		0.660		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.040		0	MC	9		0.012		
Folate, total ... µg	56		0	MC	9		17		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.100		0	MC	9		4.230		
Fatty acids, total monounsaturated ... g	5.500		0	MC	9		1.650		
Fatty acids, total polyunsaturated ... g	7.700		0	MC	9		2.310		
Fatty acids, total trans ... g	0.330		0	MC	9		0.099		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28054
KEEBLER, CHIPS DELUXE, Coconut Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28055

KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.90		
Energy....kcal	518		0	MC	9		166		
Energy....kJ	2167		0	MC	9		693		
Protein (N x 6.25)....g	4.30		0	MC	9		1.38		
Total lipid (fat)....g	27.50		0	MC	9		8.80		
Ash....g									
Carbohydrate, by difference....g	64.00		0	MC	9		20.48		
Fiber, total dietary....g	2.6		0	MC	9		0.8		
Sugars, total....g	31.20		0	MC	9		9.98		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.80		0	MC	9		0.90		
Magnesium, Mg....mg	33		0	MC	9		11		
Phosphorus, P....mg	47		0	MC	9		15		
Potassium, K....mg	173		0	MC	9		55		
Sodium, Na....mg	437		0	MC	9		140		
Zinc, Zn....mg	0.50		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.106		
Riboflavin....mg	0.170		0	MC	9		0.054		
Niacin....mg	2.000		0	MC	9		0.640		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	65		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	NR	4		0.1		
Vitamin D....IU	12		0	MC	9		4		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.000		0	MC	9		3.520		
Fatty acids, total monounsaturated....g	6.900		0	MC	9		2.208		
Fatty acids, total polyunsaturated....g	8.100		0	MC	9		2.592		
Fatty acids, total trans....g	0.300		0	MC	9		0.096		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28055
KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28056

KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		0.92		
Energy....kcal	498		0	MC	9		169		
Energy....kJ	2084		0	MC	9		709		
Protein (N x 6.25)....g	5.20		0	MC	9		1.77		
Total lipid (fat)....g	23.10		0	MC	9		7.85		
Ash....g									
Carbohydrate, by difference....g	68.00		0	MC	9		23.12		
Fiber, total dietary....g	2.4		0	MC	9		0.8		
Sugars, total....g	31.00		0	MC	9		10.54		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.60		0	MC	9		1.22		
Magnesium, Mg....mg	36		0	MC	9		12		
Phosphorus, P....mg	76		0	MC	9		26		
Potassium, K....mg	153		0	MC	9		52		
Sodium, Na....mg	418		0	MC	9		142		
Zinc, Zn....mg	0.80		0	MC	9		0.27		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.119		
Riboflavin....mg	0.210		0	MC	9		0.071		
Niacin....mg	2.700		0	MC	9		0.918		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.007		
Folate, total....µg	78		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.200		0	MC	9		3.128		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		1.972		
Fatty acids, total polyunsaturated....g	6.600		0	MC	9		2.244		
Fatty acids, total trans....g	0.200		0	MC	9		0.068		
Cholesterol....mg	10		0	MC	9		3		
Phytosterols....mg									

NDB No. 28056
KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28057

KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.93		
Energy....kcal	500		0	MC	9		155		
Energy....kJ	2092		0	MC	9		649		
Protein (N x 6.25)....g	6.40		0	MC	9		1.98		
Total lipid (fat)....g	24.10		0	MC	9		7.47		
Ash....g									
Carbohydrate, by difference....g	65.30		0	MC	9		20.24		
Fiber, total dietary....g	4.4		0	MC	9		1.4		
Sugars, total....g	32.30		0	MC	9		10.01		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.20		0	MC	9		0.99		
Magnesium, Mg....mg	39		0	MC	9		12		
Phosphorus, P....mg	76		0	MC	9		24		
Potassium, K....mg	185		0	MC	9		57		
Sodium, Na....mg	332		0	MC	9		103		
Zinc, Zn....mg	0.60		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.270		0	MC	9		0.084		
Riboflavin....mg	0.160		0	MC	9		0.050		
Niacin....mg	1.800		0	MC	9		0.558		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	42		0	MC	9		13		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.400		0	MC	9		2.914		
Fatty acids, total monounsaturated....g	6.300		0	MC	9		1.953		
Fatty acids, total polyunsaturated....g	6.900		0	MC	9		2.139		
Fatty acids, total trans....g	0.280		0	MC	9		0.087		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28057
KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28058

KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.84		
Energy....kcal	517		0	MC	9		155		
Energy....kJ	2163		0	MC	9		649		
Protein (N x 6.25)....g	5.50		0	MC	9		1.65		
Total lipid (fat)....g	28.30		0	MC	9		8.49		
Ash....g									
Carbohydrate, by difference....g	62.70		0	MC	9		18.81		
Fiber, total dietary....g	2.9		0	MC	9		0.9		
Sugars, total....g	30.10		0	MC	9		9.03		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.60		0	MC	9		1.08		
Magnesium, Mg....mg	47		0	MC	9		14		
Phosphorus, P....mg	95		0	MC	9		29		
Potassium, K....mg	171		0	MC	9		51		
Sodium, Na....mg	350		0	MC	9		105		
Zinc, Zn....mg	0.80		0	MC	9		0.24		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.320		0	MC	9		0.096		
Riboflavin....mg	0.210		0	MC	9		0.063		
Niacin....mg	2.400		0	MC	9		0.720		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	62		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.100		0	MC	9		3.330		
Fatty acids, total monounsaturated....g	7.200		0	MC	9		2.160		
Fatty acids, total polyunsaturated....g	8.200		0	MC	9		2.460		
Fatty acids, total trans....g	0.300		0	MC	9		0.090		
Cholesterol....mg	9		0	MC	9		3		
Phytosterols....mg									

NDB No. 28058
KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28059

KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.96		
Energy....kcal	519		0	MC	9		166		
Energy....kJ	2171		0	MC	9		695		
Protein (N x 6.25)....g	6.00		0	MC	9		1.92		
Total lipid (fat)....g	28.90		0	MC	9		9.25		
Ash....g									
Carbohydrate, by difference....g	60.80		0	MC	9		19.46		
Fiber, total dietary....g	2.3		0	MC	9		0.7		
Sugars, total....g	30.20		0	MC	9		9.66		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.30		0	MC	9		0.42		
Magnesium, Mg....mg	29		0	MC	9		9		
Phosphorus, P....mg	54		0	MC	9		17		
Potassium, K....mg	162		0	MC	9		52		
Sodium, Na....mg	285		0	MC	9		91		
Zinc, Zn....mg	0.50		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.320		0	MC	9		0.102		
Riboflavin....mg	0.170		0	MC	9		0.054		
Niacin....mg	2.600		0	MC	9		0.832		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	64		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.800		0	MC	9		4.096		
Fatty acids, total monounsaturated....g	6.400		0	MC	9		2.048		
Fatty acids, total polyunsaturated....g	7.700		0	MC	9		2.464		
Fatty acids, total trans....g	0.300		0	MC	9		0.096		
Cholesterol....mg	2		0	MC	9		1		
Phytosterols....mg									

NDB No. 28059
KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28060

KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.78		
Energy....kcal	502		0	MC	9		156		
Energy....kJ	2100		0	MC	9		651		
Protein (N x 6.25)....g	5.10		0	MC	9		1.58		
Total lipid (fat)....g	25.50		0	MC	9		7.91		
Ash....g									
Carbohydrate, by difference....g	65.00		0	MC	9		20.15		
Fiber, total dietary....g	2.4		0	MC	9		0.7		
Sugars, total....g	33.50		0	MC	9		10.39		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.93		
Magnesium, Mg....mg	25		0	MC	9		8		
Phosphorus, P....mg	57		0	MC	9		18		
Potassium, K....mg	110		0	MC	9		34		
Sodium, Na....mg	332		0	MC	9		103		
Zinc, Zn....mg	0.60		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.280		0	MC	9		0.087		
Riboflavin....mg	0.180		0	MC	9		0.056		
Niacin....mg	2.300		0	MC	9		0.713		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	64		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.400		0	MC	9		3.224		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		1.612		
Fatty acids, total polyunsaturated....g	6.900		0	MC	9		2.139		
Fatty acids, total trans....g	0.300		0	MC	9		0.093		
Cholesterol....mg	11		0	MC	9		3		
Phytosterols....mg									

NDB No. 28060
KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28061

KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.35		0	MC	9		0.66	0.94	
Energy....kcal	505		0	MC	9		141	202	
Energy....kJ	2111		0	MC	9		591	844	
Protein....g	4.75		0	MC	9		1.33	1.90	
Total lipid (fat)....g	23.90		0	MC	9		6.69	9.56	
Ash....g									
Carbohydrate, by difference....g	68.55		0	MC	9		19.19	27.42	
Fiber, total dietary....g	1.7		0	MC	9		0.5	0.7	
Sugars, total....g	35.30		0	MC	9		9.88	14.12	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.70		0	MC	9		0.76	1.08	
Magnesium, Mg....mg	18		0	MC	9		5	7	
Phosphorus, P....mg	40		0	MC	9		11	16	
Potassium, K....mg	110		0	MC	9		31	44	
Sodium, Na....mg	311		0	MC	9		87	124	
Zinc, Zn....mg	0.25		0	MC	9		0.07	0.10	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.084	0.120	
Riboflavin....mg	0.185		0	MC	9		0.052	0.074	
Niacin....mg	2.200		0	MC	9		0.616	0.880	
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003	0.004	
Folate, total....µg	71		0	MC	9		20	28	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0	MC	9		0.13	0.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D....IU	0		0	MC	9		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.650		0	MC	9		2.702	3.860	
Fatty acids, total monounsaturated....g	4.950		0	MC	9		1.386	1.980	
Fatty acids, total polyunsaturated....g	7.650		0	MC	9		2.142	3.060	
Fatty acids, total trans....g	0.350		0	MC	9		0.098	0.140	
Cholesterol....mg	3		0	MC	9		1	1	
Phytosterols....mg									

NDB No. 28061

KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 5 cookies 1 serving

Measure 2 = 40g: 1 package (40 g)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28062

KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.00		0	MC	9		1.86		
Energy....kcal	464		0	MC	9		144		
Energy....kJ	1941		0	MC	9		602		
Protein (N x 6.25)....g	4.20		0	MC	9		1.30		
Total lipid (fat)....g	20.70		0	MC	9		6.42		
Ash....g									
Carbohydrate, by difference....g	67.40		0	MC	9		20.89		
Fiber, total dietary....g	2.5		0	MC	9		0.8		
Sugars, total....g	29.90		0	MC	9		9.27		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.20		0	MC	9		0.37		
Magnesium, Mg....mg	25		0	MC	9		8		
Phosphorus, P....mg	37		0	MC	9		11		
Potassium, K....mg	180		0	MC	9		56		
Sodium, Na....mg	349		0	MC	9		108		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.102		
Riboflavin....mg	0.180		0	MC	9		0.056		
Niacin....mg	2.000		0	MC	9		0.620		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	68		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.500		0	MC	9		2.635		
Fatty acids, total monounsaturated....g	4.600		0	MC	9		1.426		
Fatty acids, total polyunsaturated....g	6.000		0	MC	9		1.860		
Fatty acids, total trans....g	0.300		0	MC	9		0.093		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28062
KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28070

KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		0	MC	9		0.64		
Energy ... kcal	471		0	MC	9		137		
Energy ... kJ	1971		0	MC	9		572		
Protein (N x 6.25) ... g	6.50		0	MC	9		1.89		
Total lipid (fat) ... g	21.30		0	MC	9		6.18		
Ash ... g									
Carbohydrate, by difference ... g	66.00		0	MC	9		19.14		
Fiber, total dietary ... g	3.1		0	MC	9		0.9		
Sugars, total ... g	14.00		0	MC	9		4.06		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	88		0	MC	9		26		
Sodium, Na ... mg	890		0	MC	9		258		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.400		0	MC	9		0.116		
Riboflavin ... mg	0.300		0	MC	9		0.087		
Niacin ... mg	3.400		0	MC	9		0.986		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	74		0	MC	9		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.500		0	MC	9		1.015		
Fatty acids, total monounsaturated ... g	7.700		0	MC	9		2.233		
Fatty acids, total polyunsaturated ... g	8.800		0	MC	9		2.552		
Fatty acids, total trans ... g	1.300		0	MC	9		0.377		
Cholesterol ... mg									
Phytosterols ... mg									

NDB No. 28070
KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 12 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28071

KEEBLER, CLUB Crackers, Snack Sticks, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		0	MC	9		0.64		
Energy ... kcal	475		0	MC	9		138		
Energy ... kJ	1987		0	MC	9		576		
Protein (N x 6.25) ... g	6.00		0	MC	9		1.74		
Total lipid (fat) ... g	22.20		0	MC	9		6.44		
Ash ... g									
Carbohydrate, by difference ... g	65.00		0	MC	9		18.85		
Fiber, total dietary ... g	2.4		0	MC	9		0.7		
Sugars, total ... g	9.50		0	MC	9		2.76		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	105		0	MC	9		30		
Sodium, Na ... mg	1106		0	MC	9		321		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.500		0	MC	9		0.145		
Riboflavin ... mg	0.300		0	MC	9		0.087		
Niacin ... mg	4.000		0	MC	9		1.160		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	88		0	MC	9		26		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.700		0	MC	9		1.073		
Fatty acids, total monounsaturated ... g	8.000		0	MC	9		2.320		
Fatty acids, total polyunsaturated ... g	9.200		0	MC	9		2.668		
Fatty acids, total trans ... g	1.300		0	MC	9		0.377		
Cholesterol ... mg									
Phytosterols ... mg									

NDB No. 28071
KEEBLER, CLUB Crackers, Snack Sticks, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 12 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28064

KEEBLER, CLUB, Dash of Salt Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.35		
Energy....kcal	490		0	MC	9		69		
Energy....kJ	2050		0	MC	9		287		
Protein (N x 6.25)....g	6.80		0	MC	9		0.95		
Total lipid (fat)....g	22.40		0	MC	9		3.14		
Ash....g									
Carbohydrate, by difference....g	66.30		0	MC	9		9.28		
Fiber, total dietary....g	2.1		0	MC	9		0.3		
Sugars, total....g	7.30		0	MC	9		1.02		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.20		0	MC	9		0.59		
Magnesium, Mg....mg	22		0	MC	9		3		
Phosphorus, P....mg	273		0	MC	9		38		
Potassium, K....mg	228		0	MC	9		32		
Sodium, Na....mg	432		0	MC	9		60		
Zinc, Zn....mg	0.70		0	MC	9		0.10		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.560		0	MC	9		0.078		
Riboflavin....mg	0.340		0	MC	9		0.048		
Niacin....mg	4.500		0	MC	9		0.630		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.004		
Folate, total....µg	129		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.600		0	MC	9		0.504		
Fatty acids, total monounsaturated....g	5.400		0	MC	9		0.756		
Fatty acids, total polyunsaturated....g	12.800		0	MC	9		1.792		
Fatty acids, total trans....g	0.200		0	MC	9		0.028		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28064
KEEBLER, CLUB, Dash of Salt Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 4 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28066

KEEBLER, CLUB, Minis Multigrain Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.30		
Energy....kcal	470		0	MC	9		71		
Energy....kJ	1966		0	MC	9		295		
Protein (N x 6.25)....g	7.30		0	MC	9		1.10		
Total lipid (fat)....g	19.80		0	MC	9		2.97		
Ash....g									
Carbohydrate, by difference....g	67.40		0	MC	9		10.11		
Fiber, total dietary....g	3.7		0	MC	9		0.6		
Sugars, total....g	10.70		0	MC	9		1.60		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.50		0	MC	9		0.68		
Magnesium, Mg....mg	39		0	MC	9		6		
Phosphorus, P....mg	221		0	MC	9		33		
Potassium, K....mg	153		0	MC	9		23		
Sodium, Na....mg	876		0	MC	9		131		
Zinc, Zn....mg	1.30		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.380		0	MC	9		0.057		
Riboflavin....mg	0.260		0	MC	9		0.039		
Niacin....mg	3.100		0	MC	9		0.465		
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0	MC	9		0.015		
Folate, total....µg	100		0	MC	9		15		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.500		0	MC	9		0.675		
Fatty acids, total monounsaturated....g	4.800		0	MC	9		0.720		
Fatty acids, total polyunsaturated....g	9.200		0	MC	9		1.380		
Fatty acids, total trans....g	1.000		0	MC	9		0.150		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28066
KEEBLER, CLUB, Minis Multigrain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 17 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28065

KEEBLER, CLUB, Minis Original Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.38		
Energy....kcal	479		0	MC	9		72		
Energy....kJ	2004		0	MC	9		301		
Protein (N x 6.25)....g	6.00		0	MC	9		0.90		
Total lipid (fat)....g	21.20		0	MC	9		3.18		
Ash....g									
Carbohydrate, by difference....g	66.40		0	MC	9		9.96		
Fiber, total dietary....g	2.2		0	MC	9		0.3		
Sugars, total....g	8.00		0	MC	9		1.20		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.70		0	MC	9		0.70		
Magnesium, Mg....mg	13		0	MC	9		2		
Phosphorus, P....mg	259		0	MC	9		39		
Potassium, K....mg	89		0	MC	9		13		
Sodium, Na....mg	972		0	MC	9		146		
Zinc, Zn....mg	0.60		0	MC	9		0.09		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.400		0	MC	9		0.060		
Riboflavin....mg	0.270		0	MC	9		0.041		
Niacin....mg	3.200		0	MC	9		0.480		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.003		
Folate, total....µg	114		0	MC	9		17		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.800		0	MC	9		0.720		
Fatty acids, total monounsaturated....g	5.100		0	MC	9		0.765		
Fatty acids, total polyunsaturated....g	9.900		0	MC	9		1.485		
Fatty acids, total trans....g	1.100		0	MC	9		0.165		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28065
KEEBLER, CLUB, Minis Original Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 17 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28067
KEEBLER, CLUB, Multigrain Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.35		
Energy	kcal	466		0	MC	9		65		
Energy	kJ	1950		0	MC	9		273		
Protein (N x 6.25)	g	7.10		0	MC	9		0.99		
Total lipid (fat)	g	20.40		0	MC	9		2.86		
Ash	g									
Carbohydrate, by difference	g	65.90		0	MC	9		9.23		
Fiber, total dietary	g	3.5		0	MC	9		0.5		
Sugars, total	g	12.00		0	MC	9		1.68		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg	29		0	MC	9		4		
Phosphorus, P	mg	292		0	MC	9		41		
Potassium, K	mg	171		0	MC	9		24		
Sodium, Na	mg	883		0	MC	9		124		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.520		0	MC	9		0.073		
Riboflavin	mg	0.280		0	MC	9		0.039		
Niacin	mg	3.400		0	MC	9		0.476		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	103		0	MC	9		14		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.300		0	MC	9		0.462		
Fatty acids, total monounsaturated	g	5.000		0	MC	9		0.700		
Fatty acids, total polyunsaturated	g	11.800		0	MC	9		1.652		
Fatty acids, total trans	g	0.190		0	MC	9		0.027		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28067
KEEBLER, CLUB, Multigrain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 4 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28068
KEEBLER, CLUB, Original Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.28		
Energy....kcal	486		0	MC	9		68		
Energy....kJ	2033		0	MC	9		285		
Protein (N x 6.25)....g	5.50		0	MC	9		0.77		
Total lipid (fat)....g	22.10		0	MC	9		3.09		
Ash....g									
Carbohydrate, by difference....g	66.20		0	MC	9		9.27		
Fiber, total dietary....g	1.9		0	MC	9		0.3		
Sugars, total....g	8.90		0	MC	9		1.25		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	221		0	MC	9		31		
Potassium, K....mg	111		0	MC	9		16		
Sodium, Na....mg	909		0	MC	9		127		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.580		0	MC	9		0.081		
Riboflavin....mg	0.300		0	MC	9		0.042		
Niacin....mg	3.500		0	MC	9		0.490		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	120		0	MC	9		17		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.600		0	MC	9		0.504		
Fatty acids, total monounsaturated....g	5.400		0	MC	9		0.756		
Fatty acids, total polyunsaturated....g	12.900		0	MC	9		1.806		
Fatty acids, total trans....g	0.210		0	MC	9		0.029		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28068
KEEBLER, CLUB, Original Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 4 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28069

KEEBLER, CLUB, Reduced Fat Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.32		
Energy....kcal	441		0	MC	9		71		
Energy....kJ	1845		0	MC	9		295		
Protein (N x 6.25)....g	6.10		0	MC	9		0.98		
Total lipid (fat)....g	13.90		0	MC	9		2.22		
Ash....g									
Carbohydrate, by difference....g	73.10		0	MC	9		11.70		
Fiber, total dietary....g	2.0		0	MC	9		0.3		
Sugars, total....g	10.10		0	MC	9		1.62		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	254		0	MC	9		41		
Potassium, K....mg	122		0	MC	9		20		
Sodium, Na....mg	938		0	MC	9		150		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.640		0	MC	9		0.102		
Riboflavin....mg	0.340		0	MC	9		0.054		
Niacin....mg	3.850		0	MC	9		0.616		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	132		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.400		0	MC	9		0.384		
Fatty acids, total monounsaturated....g	3.300		0	MC	9		0.528		
Fatty acids, total polyunsaturated....g	8.100		0	MC	9		1.296		
Fatty acids, total trans....g	0.130		0	MC	9		0.021		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28069
KEEBLER, CLUB, Reduced Fat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28049

KEEBLER, Cheese & Cheddar Sandwich Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		1.05		
Energy ... kcal	502		0	MC	9		196		
Energy ... kJ	2100		0	MC	9		819		
Protein (N x 6.25) ... g	8.10		0	MC	9		3.16		
Total lipid (fat) ... g	25.90		0	MC	9		10.10		
Ash ... g									
Carbohydrate, by difference ... g	59.50		0	MC	9		23.21		
Fiber, total dietary ... g	1.3		0	MC	9		0.5		
Sugars, total ... g	13.40		0	MC	9		5.23		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	159		0	MC	9		62		
Iron, Fe ... mg	3.20		0	MC	9		1.25		
Magnesium, Mg ... mg	12		0	MC	9		4		
Phosphorus, P ... mg	176		0	MC	9		69		
Potassium, K ... mg	274		0	MC	9		107		
Sodium, Na ... mg	760		0	MC	9		296		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.410		0	MC	9		0.160		
Riboflavin ... mg	0.270		0	MC	9		0.105		
Niacin ... mg	3.500		0	MC	9		1.365		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	108		0	MC	9		42		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.400		0	MC	9		2.496		
Fatty acids, total monounsaturated ... g	5.500		0	MC	9		2.145		
Fatty acids, total polyunsaturated ... g	12.200		0	MC	9		4.758		
Fatty acids, total trans ... g	0.660		0	MC	9		0.257		
Cholesterol ... mg	4		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28049
KEEBLER, Cheese & Cheddar Sandwich Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28265

KEEBLER, Cheese & Peanut Butter Sandwich Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.78		
Energy	kcal	492		0	MC	9		192		
Energy	kJ	2059		0	MC	9		803		
Protein (N x 6.25)	g	10.80		0	MC	9		4.21		
Total lipid (fat)	g	24.50		0	MC	9		9.56		
Ash	g									
Carbohydrate, by difference	g	59.00		0	MC	9		23.01		
Fiber, total dietary	g	3.2		0	MC	9		1.2		
Sugars, total	g	9.00		0	MC	9		3.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0	MC	9		20		
Iron, Fe	mg	3.50		0	MC	9		1.37		
Magnesium, Mg	mg	12		0	MC	9		5		
Phosphorus, P	mg	183		0	MC	9		71		
Potassium, K	mg	68		0	MC	9		27		
Sodium, Na	mg	843		0	MC	9		329		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.168		
Riboflavin	mg	0.280		0	MC	9		0.109		
Niacin	mg	3.700		0	MC	9		1.443		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	112		0	MC	9		44		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.700		0	MC	9		1.443		
Fatty acids, total monounsaturated	g	8.400		0	MC	9		3.276		
Fatty acids, total polyunsaturated	g	12.000		0	MC	9		4.680		
Fatty acids, total trans	g	0.150		0	MC	9		0.059		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28265
KEEBLER, Cheese & Peanut Butter Sandwich Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28051

KEEBLER, Cheese on Wheat Sandwich Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		1.05		
Energy ... kcal	499		0	MC	9		195		
Energy ... kJ	2088		0	MC	9		814		
Protein (N x 6.25) ... g	8.40		0	MC	9		3.28		
Total lipid (fat) ... g	25.40		0	MC	9		9.91		
Ash ... g									
Carbohydrate, by difference ... g	59.80		0	MC	9		23.32		
Fiber, total dietary ... g	1.8		0	MC	9		0.7		
Sugars, total ... g	14.20		0	MC	9		5.54		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	151		0	MC	9		59		
Iron, Fe ... mg	3.00		0	MC	9		1.17		
Magnesium, Mg ... mg	10		0	MC	9		4		
Phosphorus, P ... mg	195		0	MC	9		76		
Potassium, K ... mg	301		0	MC	9		117		
Sodium, Na ... mg	790		0	MC	9		308		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.390		0	MC	9		0.152		
Riboflavin ... mg	0.250		0	MC	9		0.098		
Niacin ... mg	3.500		0	MC	9		1.365		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	99		0	MC	9		39		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.300		0	MC	9		2.457		
Fatty acids, total monounsaturated ... g	5.300		0	MC	9		2.067		
Fatty acids, total polyunsaturated ... g	11.900		0	MC	9		4.641		
Fatty acids, total trans ... g	0.660		0	MC	9		0.257		
Cholesterol ... mg	4		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28051
KEEBLER, Cheese on Wheat Sandwich Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28101
KEEBLER, Cinnamon Toast Grahams
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0	MC	9		1.30		
Energy....kcal	429		0	MC	9		159		
Energy....kJ	1795		0	MC	9		664		
Protein (N x 6.25)....g	7.30		0	MC	9		2.70		
Total lipid (fat)....g	13.20		0	MC	9		4.88		
Ash....g									
Carbohydrate, by difference....g	73.90		0	MC	9		27.34		
Fiber, total dietary....g	4.8		0	MC	9		1.8		
Sugars, total....g	26.00		0	MC	9		9.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	300		0	MC	9		111		
Iron, Fe....mg	3.40		0	MC	9		1.26		
Magnesium, Mg....mg	53		0	MC	9		20		
Phosphorus, P....mg	148		0	MC	9		55		
Potassium, K....mg	199		0	MC	9		74		
Sodium, Na....mg	447		0	MC	9		165		
Zinc, Zn....mg	1.20		0	MC	9		0.44		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.900		0	MC	9		0.333		
Riboflavin....mg	0.760		0	MC	9		0.281		
Niacin....mg	8.100		0	MC	9		2.997		
Pantothenic acid....mg									
Vitamin B-6....mg	0.960		0	MC	9		0.355		
Folate, total....µg	70		0	MC	9		26		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	450		0	NR	4		167		
Vitamin A, IU....IU	1500		0	MC	9		555		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0	MC	9		0.17		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.300		0	MC	9		1.591		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		1.073		
Fatty acids, total polyunsaturated....g	4.900		0	MC	9		1.813		
Fatty acids, total trans....g	0.200		0	MC	9		0.074		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28101
KEEBLER, Cinnamon Toast Grahams

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28050

KEEBLER, Club & Cheddar Sandwich Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		0	MC	9		1.05		
Energy....kcal	494		0	MC	9		193		
Energy....kJ	2067		0	MC	9		806		
Protein (N x 6.25)....g	8.40		0	MC	9		3.28		
Total lipid (fat)....g	24.00		0	MC	9		9.36		
Ash....g									
Carbohydrate, by difference....g	61.30		0	MC	9		23.91		
Fiber, total dietary....g	1.3		0	MC	9		0.5		
Sugars, total....g	14.10		0	MC	9		5.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	155		0	MC	9		60		
Iron, Fe....mg	3.20		0	MC	9		1.25		
Magnesium, Mg....mg	12		0	MC	9		5		
Phosphorus, P....mg	138		0	MC	9		54		
Potassium, K....mg	293		0	MC	9		114		
Sodium, Na....mg	756		0	MC	9		295		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.164		
Riboflavin....mg	0.270		0	MC	9		0.105		
Niacin....mg	3.600		0	MC	9		1.404		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	110		0	MC	9		43		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.100		0	MC	9		2.379		
Fatty acids, total monounsaturated....g	5.000		0	MC	9		1.950		
Fatty acids, total polyunsaturated....g	11.100		0	MC	9		4.329		
Fatty acids, total trans....g	0.640		0	MC	9		0.250		
Cholesterol....mg	4		0	MC	9		2		
Phytosterols....mg									

NDB No. 28050
KEEBLER, Club & Cheddar Sandwich Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28072

KEEBLER, Country Style Oatmeal Cookies with Raisins

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.00		0	MC	9		1.12		
Energy ... kcal	482		0	MC	9		135		
Energy ... kJ	2017		0	MC	9		565		
Protein (N x 6.25) ... g	6.50		0	MC	9		1.82		
Total lipid (fat) ... g	21.30		0	MC	9		5.96		
Ash ... g									
Carbohydrate, by difference ... g	67.00		0	MC	9		18.76		
Fiber, total dietary ... g	3.6		0	MC	9		1.0		
Sugars, total ... g	29.90		0	MC	9		8.37		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.20		0	MC	9		0.62		
Magnesium, Mg ... mg	9		0	MC	9		3		
Phosphorus, P ... mg	41		0	MC	9		11		
Potassium, K ... mg	141		0	MC	9		39		
Sodium, Na ... mg	362		0	MC	9		101		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.310		0	MC	9		0.087		
Riboflavin ... mg	0.190		0	MC	9		0.053		
Niacin ... mg	2.000		0	MC	9		0.560		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.006		
Folate, total ... µg	48		0	MC	9		13		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.900		0	MC	9		1.932		
Fatty acids, total monounsaturated ... g	5.000		0	MC	9		1.400		
Fatty acids, total polyunsaturated ... g	7.900		0	MC	9		2.212		
Fatty acids, total trans ... g	0.290		0	MC	9		0.081		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28072
KEEBLER, Country Style Oatmeal Cookies with Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28073
KEEBLER, Danish Wedding Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		1.04		
Energy....kcal	504		0	MC	9		131		
Energy....kJ	2109		0	MC	9		548		
Protein (N x 6.25)....g	3.90		0	MC	9		1.01		
Total lipid (fat)....g	24.10		0	MC	9		6.27		
Ash....g									
Carbohydrate, by difference....g	68.30		0	MC	9		17.76		
Fiber, total dietary....g	2.6		0	MC	9		0.7		
Sugars, total....g	37.90		0	MC	9		9.85		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.55		
Magnesium, Mg....mg	17		0	MC	9		4		
Phosphorus, P....mg	55		0	MC	9		14		
Potassium, K....mg	84		0	MC	9		22		
Sodium, Na....mg	267		0	MC	9		69		
Zinc, Zn....mg	0.20		0	MC	9		0.05		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.230		0	MC	9		0.060		
Riboflavin....mg	0.140		0	MC	9		0.036		
Niacin....mg	1.800		0	MC	9		0.468		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.005		
Folate, total....µg	45		0	MC	9		12		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.600		0	MC	9		3.016		
Fatty acids, total monounsaturated....g	3.800		0	MC	9		0.988		
Fatty acids, total polyunsaturated....g	5.800		0	MC	9		1.508		
Fatty acids, total trans....g	0.300		0	MC	9		0.078		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28073
KEEBLER, Danish Wedding Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28074

KEEBLER, E.L. FUDGE, Butter Flavored Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.90		
Energy ... kcal	482		0	MC	9		174		
Energy ... kJ	2017		0	MC	9		726		
Protein (N x 6.25) ... g	5.50		0	MC	9		1.98		
Total lipid (fat) ... g	20.50		0	MC	9		7.38		
Ash ... g									
Carbohydrate, by difference ... g	70.00		0	MC	9		25.20		
Fiber, total dietary ... g	3.4		0	MC	9		1.2		
Sugars, total ... g	33.90		0	MC	9		12.20		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.20		0	MC	9		1.15		
Magnesium, Mg ... mg	22		0	MC	9		8		
Phosphorus, P ... mg	63		0	MC	9		23		
Potassium, K ... mg	143		0	MC	9		51		
Sodium, Na ... mg	275		0	MC	9		99		
Zinc, Zn ... mg	0.60		0	MC	9		0.22		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.310		0	MC	9		0.112		
Riboflavin ... mg	0.220		0	MC	9		0.079		
Niacin ... mg	2.500		0	MC	9		0.900		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.007		
Folate, total ... µg	79		0	MC	9		28		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.000		0	MC	9		2.520		
Fatty acids, total monounsaturated ... g	4.000		0	MC	9		1.440		
Fatty acids, total polyunsaturated ... g	8.000		0	MC	9		2.880		
Fatty acids, total trans ... g	0.400		0	MC	9		0.144		
Cholesterol ... mg	12		0	MC	9		4		
Phytosterols ... mg									

NDB No. 28074
KEEBLER, E.L. FUDGE, Butter Flavored Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28075

KEEBLER, E.L. FUDGE, Double Stuffed Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.70		
Energy ... kcal	512		0	MC	9		179		
Energy ... kJ	2142		0	MC	9		750		
Protein (N x 6.25) ... g	4.60		0	MC	9		1.61		
Total lipid (fat) ... g	24.80		0	MC	9		8.68		
Ash ... g									
Carbohydrate, by difference ... g	67.60		0	MC	9		23.66		
Fiber, total dietary ... g	4.1		0	MC	9		1.4		
Sugars, total ... g	38.50		0	MC	9		13.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.60		0	MC	9		0.91		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	64		0	MC	9		22		
Potassium, K ... mg	135		0	MC	9		47		
Sodium, Na ... mg	266		0	MC	9		93		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.280		0	MC	9		0.098		
Riboflavin ... mg	0.180		0	MC	9		0.063		
Niacin ... mg	2.140		0	MC	9		0.749		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	61		0	MC	9		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	10.500		0	MC	9		3.675		
Fatty acids, total monounsaturated ... g	4.300		0	MC	9		1.505		
Fatty acids, total polyunsaturated ... g	9.600		0	MC	9		3.360		
Fatty acids, total trans ... g	0.380		0	MC	9		0.133		
Cholesterol ... mg	10		0	MC	9		4		
Phytosterols ... mg									

NDB No. 28075
KEEBLER, E.L. FUDGE, Double Stuffed Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28081

KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		1.05		
Energy	kcal	506		0	MC	9		152		
Energy	kJ	2117		0	MC	9		635		
Protein (N x 6.25)	g	2.90		0	MC	9		0.87		
Total lipid (fat)	g	25.40		0	MC	9		7.62		
Ash	g									
Carbohydrate, by difference	g	66.70		0	MC	9		20.01		
Fiber, total dietary	g	1.6		0	MC	9		0.5		
Sugars, total	g	42.00		0	MC	9		12.60		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.50		0	MC	9		0.45		
Magnesium, Mg	mg	23		0	MC	9		7		
Phosphorus, P	mg	61		0	MC	9		18		
Potassium, K	mg	96		0	MC	9		29		
Sodium, Na	mg	138		0	MC	9		41		
Zinc, Zn	mg	0.40		0	MC	9		0.12		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.110		0	MC	9		0.033		
Riboflavin	mg	0.100		0	MC	9		0.030		
Niacin	mg	0.900		0	MC	9		0.270		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	22		0	MC	9		7		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	17.900		0	MC	9		5.370		
Fatty acids, total monounsaturated	g	2.600		0	MC	9		0.780		
Fatty acids, total polyunsaturated	g	3.400		0	MC	9		1.020		
Fatty acids, total trans	g	0.550		0	MC	9		0.165		
Cholesterol	mg	3		0	MC	9		1		
Phytosterols	mg									

NDB No. 28081
KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28076

KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.52		
Energy ... kcal	506		0	MC	9		132		
Energy ... kJ	2117		0	MC	9		550		
Protein (N x 6.25) ... g	4.40		0	MC	9		1.14		
Total lipid (fat) ... g	26.50		0	MC	9		6.89		
Ash ... g									
Carbohydrate, by difference ... g	64.70		0	MC	9		16.82		
Fiber, total dietary ... g	4.1		0	MC	9		1.1		
Sugars, total ... g	33.70		0	MC	9		8.76		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.50		0	MC	9		0.91		
Magnesium, Mg ... mg	24		0	MC	9		6		
Phosphorus, P ... mg	41		0	MC	9		11		
Potassium, K ... mg	232		0	MC	9		60		
Sodium, Na ... mg	320		0	MC	9		83		
Zinc, Zn ... mg	0.10		0	MC	9		0.03		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.220		0	MC	9		0.057		
Riboflavin ... mg	0.120		0	MC	9		0.031		
Niacin ... mg	1.700		0	MC	9		0.442		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	32		0	MC	9		8		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.100		0	MC	9		3.666		
Fatty acids, total monounsaturated ... g	3.900		0	MC	9		1.014		
Fatty acids, total polyunsaturated ... g	7.100		0	MC	9		1.846		
Fatty acids, total trans ... g	0.500		0	MC	9		0.130		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28076
KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28077

KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.52		
Energy....kcal	507		0	MC	9		132		
Energy....kJ	2121		0	MC	9		551		
Protein (N x 6.25)....g	4.20		0	MC	9		1.09		
Total lipid (fat)....g	26.20		0	MC	9		6.81		
Ash....g									
Carbohydrate, by difference....g	65.50		0	MC	9		17.03		
Fiber, total dietary....g	3.2		0	MC	9		0.8		
Sugars, total....g	33.20		0	MC	9		8.63		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.60		0	MC	9		0.68		
Magnesium, Mg....mg	8		0	MC	9		2		
Phosphorus, P....mg	21		0	MC	9		5		
Potassium, K....mg	198		0	MC	9		51		
Sodium, Na....mg	259		0	MC	9		67		
Zinc, Zn....mg	0.10		0	MC	9		0.03		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.250		0	MC	9		0.065		
Riboflavin....mg	0.120		0	MC	9		0.031		
Niacin....mg	1.700		0	MC	9		0.442		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	35		0	MC	9		9		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.800		0	MC	9		3.588		
Fatty acids, total monounsaturated....g	3.700		0	MC	9		0.962		
Fatty acids, total polyunsaturated....g	7.300		0	MC	9		1.898		
Fatty acids, total trans....g	0.500		0	MC	9		0.130		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28077

KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28079

KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		1.68		
Energy	kcal	499		0	MC	9		140		
Energy	kJ	2088		0	MC	9		585		
Protein (N x 6.25)	g	3.50		0	MC	9		0.98		
Total lipid (fat)	g	28.00		0	MC	9		7.84		
Ash	g									
Carbohydrate, by difference	g	61.40		0	MC	9		17.19		
Fiber, total dietary	g	3.3		0	MC	9		0.9		
Sugars, total	g	34.50		0	MC	9		9.66		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.90		0	MC	9		0.53		
Magnesium, Mg	mg	23		0	MC	9		6		
Phosphorus, P	mg	67		0	MC	9		19		
Potassium, K	mg	125		0	MC	9		35		
Sodium, Na	mg	193		0	MC	9		54		
Zinc, Zn	mg	0.60		0	MC	9		0.17		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.160		0	MC	9		0.045		
Riboflavin	mg	0.120		0	MC	9		0.034		
Niacin	mg	1.300		0	MC	9		0.364		
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0	MC	9		0.014		
Folate, total	µg	31		0	MC	9		9		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	20.700		0	MC	9		5.796		
Fatty acids, total monounsaturated	g	2.600		0	MC	9		0.728		
Fatty acids, total polyunsaturated	g	3.100		0	MC	9		0.868		
Fatty acids, total trans	g	0.300		0	MC	9		0.084		
Cholesterol	mg	2		0	MC	9		1		
Phytosterols	mg									

NDB No. 28079
KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28080

KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.54		
Energy	kcal	511		0	MC	9		138		
Energy	kJ	2138		0	MC	9		577		
Protein (N x 6.25)	g	4.00		0	MC	9		1.08		
Total lipid (fat)	g	25.80		0	MC	9		6.97		
Ash	g									
Carbohydrate, by difference	g	66.60		0	MC	9		17.98		
Fiber, total dietary	g	2.2		0	MC	9		0.6		
Sugars, total	g	37.30		0	MC	9		10.07		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg	16		0	MC	9		4		
Phosphorus, P	mg	87		0	MC	9		23		
Potassium, K	mg	267		0	MC	9		72		
Sodium, Na	mg	265		0	MC	9		72		
Zinc, Zn	mg	0.20		0	MC	9		0.05		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.270		0	MC	9		0.073		
Riboflavin	mg	0.150		0	MC	9		0.041		
Niacin	mg	1.700		0	MC	9		0.459		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	50		0	MC	9		14		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D	IU	1		0	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	17.200		0	MC	9		4.644		
Fatty acids, total monounsaturated	g	2.700		0	MC	9		0.729		
Fatty acids, total polyunsaturated	g	4.900		0	MC	9		1.323		
Fatty acids, total trans	g	0.550		0	MC	9		0.149		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28080
KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 3 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28085

KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.68		
Energy....kcal	470		0	MC	9		127		
Energy....kJ	1966		0	MC	9		531		
Protein (N x 6.25)....g	5.60		0	MC	9		1.51		
Total lipid (fat)....g	17.00		0	MC	9		4.59		
Ash....g									
Carbohydrate, by difference....g	73.70		0	MC	9		19.90		
Fiber, total dietary....g	3.2		0	MC	9		0.9		
Sugars, total....g	34.10		0	MC	9		9.21		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.80		0	MC	9		1.30		
Magnesium, Mg....mg	4		0	MC	9		1		
Phosphorus, P....mg	147		0	MC	9		40		
Potassium, K....mg	206		0	MC	9		56		
Sodium, Na....mg	324		0	MC	9		87		
Zinc, Zn....mg	0.80		0	MC	9		0.22		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.390		0	MC	9		0.105		
Riboflavin....mg	0.200		0	MC	9		0.054		
Niacin....mg	2.500		0	MC	9		0.675		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	71		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.000		0	MC	9		2.700		
Fatty acids, total monounsaturated....g	1.900		0	MC	9		0.513		
Fatty acids, total polyunsaturated....g	3.900		0	MC	9		1.053		
Fatty acids, total trans....g	0.280		0	MC	9		0.076		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28085

KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28086

KEEBLER, FUDGE SHOPPE, Fudge Sticks

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		0	MC	9		0.29		
Energy....kcal	529		0	MC	9		153		
Energy....kJ	2213		0	MC	9		642		
Protein (N x 6.25)....g	2.60		0	MC	9		0.75		
Total lipid (fat)....g	27.10		0	MC	9		7.86		
Ash....g									
Carbohydrate, by difference....g	68.80		0	MC	9		19.95		
Fiber, total dietary....g	1.3		0	MC	9		0.4		
Sugars, total....g	53.00		0	MC	9		15.37		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.30		0	MC	9		0.38		
Magnesium, Mg....mg	19		0	MC	9		6		
Phosphorus, P....mg	49		0	MC	9		14		
Potassium, K....mg	184		0	MC	9		53		
Sodium, Na....mg	131		0	MC	9		38		
Zinc, Zn....mg	0.30		0	MC	9		0.09		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	MC	9		0.041		
Riboflavin....mg	0.110		0	MC	9		0.032		
Niacin....mg	1.100		0	MC	9		0.319		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	27		0	MC	9		8		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	1		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	16.900		0	MC	9		4.901		
Fatty acids, total monounsaturated....g	3.200		0	MC	9		0.928		
Fatty acids, total polyunsaturated....g	5.900		0	MC	9		1.711		
Fatty acids, total trans....g	0.570		0	MC	9		0.165		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28086
KEEBLER, FUDGE SHOPPE, Fudge Sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28100

KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.00		0	MC	9		0.29		
Energy ... kcal	544		0	MC	9		158		
Energy ... kJ	2276		0	MC	9		660		
Protein (N x 6.25) ... g	6.80		0	MC	9		1.97		
Total lipid (fat) ... g	31.40		0	MC	9		9.11		
Ash ... g									
Carbohydrate, by difference ... g	60.00		0	MC	9		17.40		
Fiber, total dietary ... g	2.7		0	MC	9		0.8		
Sugars, total ... g	41.40		0	MC	9		12.01		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	1.80		0	MC	9		0.52		
Magnesium, Mg ... mg	47		0	MC	9		14		
Phosphorus, P ... mg	106		0	MC	9		31		
Potassium, K ... mg	296		0	MC	9		86		
Sodium, Na ... mg	138		0	MC	9		40		
Zinc, Zn ... mg	0.90		0	MC	9		0.26		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.210		0	MC	9		0.061		
Riboflavin ... mg	0.120		0	MC	9		0.035		
Niacin ... mg	3.300		0	MC	9		0.957		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.050		0	MC	9		0.015		
Folate, total ... µg	52		0	MC	9		15		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	17.400		0	MC	9		5.046		
Fatty acids, total monounsaturated ... g	6.300		0	MC	9		1.827		
Fatty acids, total polyunsaturated ... g	6.500		0	MC	9		1.885		
Fatty acids, total trans ... g	0.500		0	MC	9		0.145		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28100
KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28087

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.77		0	MC	9		0.55		
Energy ... kcal	487		0	MC	9		151		
Energy ... kJ	2038		0	MC	9		632		
Protein (N x 6.25) ... g	4.30		0	MC	9		1.33		
Total lipid (fat) ... g	21.50		0	MC	9		6.67		
Ash ... g									
Carbohydrate, by difference ... g	70.10		0	MC	9		21.73		
Fiber, total dietary ... g	3.1		0	MC	9		1.0		
Sugars, total ... g	39.90		0	MC	9		12.37		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.10		0	MC	9		0.65		
Magnesium, Mg ... mg	43		0	MC	9		13		
Phosphorus, P ... mg	68		0	MC	9		21		
Potassium, K ... mg	360		0	MC	9		112		
Sodium, Na ... mg	370		0	MC	9		115		
Zinc, Zn ... mg	0.40		0	MC	9		0.12		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.270		0	MC	9		0.084		
Riboflavin ... mg	0.180		0	MC	9		0.056		
Niacin ... mg	2.000		0	MC	9		0.620		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.003		
Folate, total ... µg	57		0	MC	9		18		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	NR	4		0.0		
Vitamin D ... IU	2		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.500		0	MC	9		4.495		
Fatty acids, total monounsaturated ... g	2.500		0	MC	9		0.775		
Fatty acids, total polyunsaturated ... g	3.800		0	MC	9		1.178		
Fatty acids, total trans ... g	0.400		0	MC	9		0.124		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28087
KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28088

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.62		
Energy ... kcal	498		0	MC	9		154		
Energy ... kJ	2084		0	MC	9		646		
Protein (N x 6.25) ... g	4.10		0	MC	9		1.27		
Total lipid (fat) ... g	23.60		0	MC	9		7.32		
Ash ... g									
Carbohydrate, by difference ... g	68.80		0	MC	9		21.33		
Fiber, total dietary ... g	1.9		0	MC	9		0.6		
Sugars, total ... g	33.80		0	MC	9		10.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg	13		0	MC	9		4		
Phosphorus, P ... mg	74		0	MC	9		23		
Potassium, K ... mg	235		0	MC	9		73		
Sodium, Na ... mg	271		0	MC	9		84		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.340		0	MC	9		0.105		
Riboflavin ... mg	0.200		0	MC	9		0.062		
Niacin ... mg	2.100		0	MC	9		0.651		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	72		0	MC	9		22		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.800		0	MC	9		4.588		
Fatty acids, total monounsaturated ... g	2.700		0	MC	9		0.837		
Fatty acids, total polyunsaturated ... g	5.100		0	MC	9		1.581		
Fatty acids, total trans ... g	0.500		0	MC	9		0.155		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28088
KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28089

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.80	0.60	
Energy....kcal	497		0	MC	9		199	149	
Energy....kJ	2079		0	MC	9		832	624	
Protein (N x 6.25)....g	4.20		0	MC	9		1.68	1.26	
Total lipid (fat)....g	23.10		0	MC	9		9.24	6.93	
Ash....g									
Carbohydrate, by difference....g	68.70		0	MC	9		27.48	20.61	
Fiber, total dietary....g	1.8		0	MC	9		0.7	0.5	
Sugars, total....g	31.80		0	MC	9		12.72	9.54	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.00		0	MC	9		0.40	0.30	
Magnesium, Mg....mg	12		0	MC	9		5	4	
Phosphorus, P....mg	75		0	MC	9		30	23	
Potassium, K....mg	222		0	MC	9		89	67	
Sodium, Na....mg	367		0	MC	9		147	110	
Zinc, Zn....mg	0.20		0	MC	9		0.08	0.06	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.144	0.108	
Riboflavin....mg	0.210		0	MC	9		0.084	0.063	
Niacin....mg	2.200		0	MC	9		0.880	0.660	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	76		0	MC	9		30	23	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.800		0	MC	9		5.520	4.140	
Fatty acids, total monounsaturated....g	2.900		0	MC	9		1.160	0.870	
Fatty acids, total polyunsaturated....g	5.500		0	MC	9		2.200	1.650	
Fatty acids, total trans....g	0.470		0	MC	9		0.188	0.141	
Cholesterol....mg	1		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28089
KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 package

Measure 2 = 30g: 14 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28091

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.90		0	MC	9		0.59		
Energy....kcal	478		0	MC	9		148		
Energy....kJ	2000		0	MC	9		620		
Protein (N x 6.25)....g	5.50		0	MC	9		1.71		
Total lipid (fat)....g	23.80		0	MC	9		7.38		
Ash....g									
Carbohydrate, by difference....g	66.40		0	MC	9		20.58		
Fiber, total dietary....g	7.1		0	MC	9		2.2		
Sugars, total....g	33.10		0	MC	9		10.26		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.30		0	MC	9		0.40		
Magnesium, Mg....mg	13		0	MC	9		4		
Phosphorus, P....mg	72		0	MC	9		22		
Potassium, K....mg	252		0	MC	9		78		
Sodium, Na....mg	367		0	MC	9		114		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.220		0	MC	9		0.068		
Riboflavin....mg	0.120		0	MC	9		0.037		
Niacin....mg	1.200		0	MC	9		0.372		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	33		0	MC	9		10		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	1		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	14.700		0	MC	9		4.557		
Fatty acids, total monounsaturated....g	3.100		0	MC	9		0.961		
Fatty acids, total polyunsaturated....g	5.200		0	MC	9		1.612		
Fatty acids, total trans....g	0.500		0	MC	9		0.155		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28091
KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28092

KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.62		
Energy ... kcal	500		0	MC	9		155		
Energy ... kJ	2092		0	MC	9		649		
Protein (N x 6.25) ... g	4.10		0	MC	9		1.27		
Total lipid (fat) ... g	23.50		0	MC	9		7.29		
Ash ... g									
Carbohydrate, by difference ... g	68.60		0	MC	9		21.27		
Fiber, total dietary ... g	1.9		0	MC	9		0.6		
Sugars, total ... g	33.80		0	MC	9		10.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg	13		0	MC	9		4		
Phosphorus, P ... mg	74		0	MC	9		23		
Potassium, K ... mg	234		0	MC	9		73		
Sodium, Na ... mg	348		0	MC	9		108		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.340		0	MC	9		0.105		
Riboflavin ... mg	0.190		0	MC	9		0.059		
Niacin ... mg	2.100		0	MC	9		0.651		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	71		0	MC	9		22		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	14.800		0	MC	9		4.588		
Fatty acids, total monounsaturated ... g	2.700		0	MC	9		0.837		
Fatty acids, total polyunsaturated ... g	5.100		0	MC	9		1.581		
Fatty acids, total trans ... g	0.490		0	MC	9		0.152		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28092
KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28084

KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.00		0	MC	9		0.08		
Energy ... kcal	485		0	MC	9		39		
Energy ... kJ	2029		0	MC	9		162		
Protein (N x 6.25) ... g	6.00		0	MC	9		0.48		
Total lipid (fat) ... g	18.80		0	MC	9		1.50		
Ash ... g									
Carbohydrate, by difference ... g	73.10		0	MC	9		5.85		
Fiber, total dietary ... g	2.2		0	MC	9		0.2		
Sugars, total ... g	25.70		0	MC	9		2.06		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg									
Phosphorus, P ... mg	55		0	MC	9		4		
Potassium, K ... mg	78		0	MC	9		6		
Sodium, Na ... mg	136		0	MC	9		11		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.440		0	MC	9		0.035		
Riboflavin ... mg	0.260		0	MC	9		0.021		
Niacin ... mg	3.520		0	MC	9		0.282		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	101		0	MC	9		8		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	16.800		0	MC	9		1.344		
Fatty acids, total monounsaturated ... g	0.500		0	MC	9		0.040		
Fatty acids, total polyunsaturated ... g	1.100		0	MC	9		0.088		
Fatty acids, total trans ... g	0.380		0	MC	9		0.030		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28084
KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28093

KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.58		
Energy ... kcal	499		0	MC	9		145		
Energy ... kJ	2088		0	MC	9		606		
Protein (N x 6.25) ... g	4.00		0	MC	9		1.16		
Total lipid (fat) ... g	23.70		0	MC	9		6.87		
Ash ... g									
Carbohydrate, by difference ... g	68.30		0	MC	9		19.81		
Fiber, total dietary ... g	2.4		0	MC	9		0.7		
Sugars, total ... g	39.70		0	MC	9		11.51		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	1.70		0	MC	9		0.49		
Magnesium, Mg ... mg	31		0	MC	9		9		
Phosphorus, P ... mg	76		0	MC	9		22		
Potassium, K ... mg	306		0	MC	9		89		
Sodium, Na ... mg	266		0	MC	9		77		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.260		0	MC	9		0.075		
Riboflavin ... mg	0.170		0	MC	9		0.049		
Niacin ... mg	1.900		0	MC	9		0.551		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	56		0	MC	9		16		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	16.400		0	MC	9		4.756		
Fatty acids, total monounsaturated ... g	2.400		0	MC	9		0.696		
Fatty acids, total polyunsaturated ... g	4.100		0	MC	9		1.189		
Fatty acids, total trans ... g	0.500		0	MC	9		0.145		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28093
KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28095

KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		0	MC	9		0.31		
Energy....kcal	537		0	MC	9		166		
Energy....kJ	2247		0	MC	9		697		
Protein (N x 6.25)....g	7.10		0	MC	9		2.20		
Total lipid (fat)....g	30.20		0	MC	9		9.36		
Ash....g									
Carbohydrate, by difference....g	60.60		0	MC	9		18.79		
Fiber, total dietary....g	3.2		0	MC	9		1.0		
Sugars, total....g	40.80		0	MC	9		12.65		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.90		0	MC	9		0.59		
Magnesium, Mg....mg	31		0	MC	9		10		
Phosphorus, P....mg	69		0	MC	9		21		
Potassium, K....mg	119		0	MC	9		37		
Sodium, Na....mg	121		0	MC	9		38		
Zinc, Zn....mg	0.60		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.080		0	MC	9		0.025		
Riboflavin....mg	0.020		0	MC	9		0.006		
Niacin....mg	2.400		0	MC	9		0.744		
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0	MC	9		0.016		
Folate, total....µg	26		0	MC	9		8		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.700		0	MC	9		4.867		
Fatty acids, total monounsaturated....g	9.000		0	MC	9		2.790		
Fatty acids, total polyunsaturated....g	4.100		0	MC	9		1.271		
Fatty acids, total trans....g	0.400		0	MC	9		0.124		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28095
KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28094

KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		0	MC	9		0.31		
Energy....kcal	530		0	MC	9		164		
Energy....kJ	2218		0	MC	9		688		
Protein (N x 6.25)....g	2.40		0	MC	9		0.74		
Total lipid (fat)....g	27.30		0	MC	9		8.46		
Ash....g									
Carbohydrate, by difference....g	68.60		0	MC	9		21.27		
Fiber, total dietary....g	1.7		0	MC	9		0.5		
Sugars, total....g	51.20		0	MC	9		15.87		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.50		0	MC	9		0.47		
Magnesium, Mg....mg									
Phosphorus, P....mg	4		0	MC	9		1		
Potassium, K....mg	2		0	MC	9		1		
Sodium, Na....mg	113		0	MC	9		35		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg									
Riboflavin....mg	0.010		0	MC	9		0.003		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.000		0	MC	9		5.270		
Fatty acids, total monounsaturated....g	7.400		0	MC	9		2.294		
Fatty acids, total polyunsaturated....g	2.000		0	MC	9		0.620		
Fatty acids, total trans....g	0.400		0	MC	9		0.124		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28094
KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 cookie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28096

KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.80		0	MC	9		1.14		
Energy ... kcal	521		0	MC	9		156		
Energy ... kJ	2180		0	MC	9		654		
Protein (N x 6.25) ... g	5.00		0	MC	9		1.50		
Total lipid (fat) ... g	28.20		0	MC	9		8.46		
Ash ... g									
Carbohydrate, by difference ... g	62.50		0	MC	9		18.75		
Fiber, total dietary ... g	1.9		0	MC	9		0.6		
Sugars, total ... g	33.00		0	MC	9		9.90		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	1.20		0	MC	9		0.36		
Magnesium, Mg ... mg	8		0	MC	9		2		
Phosphorus, P ... mg	41		0	MC	9		12		
Potassium, K ... mg	45		0	MC	9		14		
Sodium, Na ... mg	187		0	MC	9		56		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.090		
Riboflavin ... mg	0.200		0	MC	9		0.060		
Niacin ... mg	2.200		0	MC	9		0.660		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.006		
Folate, total ... µg	58		0	MC	9		17		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	9.900		0	MC	9		2.970		
Fatty acids, total monounsaturated ... g	4.800		0	MC	9		1.440		
Fatty acids, total polyunsaturated ... g	7.800		0	MC	9		2.340		
Fatty acids, total trans ... g	0.400		0	MC	9		0.120		
Cholesterol ... mg	14		0	MC	9		4		
Phytosterols ... mg									

NDB No. 28096

KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28098

KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.80		0	MC	9		1.14		
Energy ... kcal	514		0	MC	9		154		
Energy ... kJ	2151		0	MC	9		645		
Protein (N x 6.25) ... g	6.90		0	MC	9		2.07		
Total lipid (fat) ... g	28.40		0	MC	9		8.52		
Ash ... g									
Carbohydrate, by difference ... g	59.20		0	MC	9		17.76		
Fiber, total dietary ... g	2.7		0	MC	9		0.8		
Sugars, total ... g	34.50		0	MC	9		10.35		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	1.20		0	MC	9		0.36		
Magnesium, Mg ... mg	6		0	MC	9		2		
Phosphorus, P ... mg	87		0	MC	9		26		
Potassium, K ... mg	50		0	MC	9		15		
Sodium, Na ... mg	479		0	MC	9		144		
Zinc, Zn ... mg	0.20		0	MC	9		0.06		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.230		0	MC	9		0.069		
Riboflavin ... mg	0.160		0	MC	9		0.048		
Niacin ... mg	1.700		0	MC	9		0.510		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.003		
Folate, total ... µg	44		0	MC	9		13		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	8.900		0	MC	9		2.670		
Fatty acids, total monounsaturated ... g	6.300		0	MC	9		1.890		
Fatty acids, total polyunsaturated ... g	6.000		0	MC	9		1.800		
Fatty acids, total trans ... g	0.300		0	MC	9		0.090		
Cholesterol ... mg	14		0	MC	9		4		
Phytosterols ... mg									

NDB No. 28098

KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28097

KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.00		0	MC	9		0.26		
Energy ... kcal	528		0	MC	9		137		
Energy ... kJ	2209		0	MC	9		574		
Protein (N x 6.25) ... g	2.90		0	MC	9		0.75		
Total lipid (fat) ... g	27.70		0	MC	9		7.20		
Ash ... g									
Carbohydrate, by difference ... g	66.70		0	MC	9		17.34		
Fiber, total dietary ... g	1.4		0	MC	9		0.4		
Sugars, total ... g	44.30		0	MC	9		11.52		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.20		0	MC	9		0.57		
Magnesium, Mg ... mg	16		0	MC	9		4		
Phosphorus, P ... mg	60		0	MC	9		16		
Potassium, K ... mg	159		0	MC	9		41		
Sodium, Na ... mg	249		0	MC	9		65		
Zinc, Zn ... mg	0.40		0	MC	9		0.10		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.160		0	MC	9		0.042		
Riboflavin ... mg	0.110		0	MC	9		0.029		
Niacin ... mg	1.200		0	MC	9		0.312		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.003		
Folate, total ... µg	44		0	MC	9		11		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	23.300		0	MC	9		6.058		
Fatty acids, total monounsaturated ... g	3.200		0	MC	9		0.832		
Fatty acids, total polyunsaturated ... g	1.000		0	MC	9		0.260		
Fatty acids, total trans ... g	0.500		0	MC	9		0.130		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28097
KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28078

KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.40		0	MC	9		0.36		
Energy	kcal	516		0	MC	9		134		
Energy	kJ	2159		0	MC	9		561		
Protein (N x 6.25)	g	4.30		0	MC	9		1.12		
Total lipid (fat)	g	27.20		0	MC	9		7.07		
Ash	g									
Carbohydrate, by difference	g	65.40		0	MC	9		17.00		
Fiber, total dietary	g	3.2		0	MC	9		0.8		
Sugars, total	g	38.90		0	MC	9		10.11		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.70		0	MC	9		0.44		
Magnesium, Mg	mg	41		0	MC	9		11		
Phosphorus, P	mg	83		0	MC	9		22		
Potassium, K	mg	221		0	MC	9		57		
Sodium, Na	mg	283		0	MC	9		74		
Zinc, Zn	mg	0.50		0	MC	9		0.13		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.210		0	MC	9		0.055		
Riboflavin	mg	0.130		0	MC	9		0.034		
Niacin	mg	2.000		0	MC	9		0.520		
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0	MC	9		0.013		
Folate, total	µg	38		0	MC	9		10		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	15.600		0	MC	9		4.056		
Fatty acids, total monounsaturated	g	3.700		0	MC	9		0.962		
Fatty acids, total polyunsaturated	g	6.600		0	MC	9		1.716		
Fatty acids, total trans	g	0.600		0	MC	9		0.156		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28078

KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28082

KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.60		
Energy ... kcal	537		0	MC	9		161		
Energy ... kJ	2247		0	MC	9		674		
Protein (N x 6.25) ... g	7.20		0	MC	9		2.16		
Total lipid (fat) ... g	31.10		0	MC	9		9.33		
Ash ... g									
Carbohydrate, by difference ... g	57.60		0	MC	9		17.28		
Fiber, total dietary ... g	3.3		0	MC	9		1.0		
Sugars, total ... g	30.30		0	MC	9		9.09		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.70		0	MC	9		0.81		
Magnesium, Mg ... mg	25		0	MC	9		8		
Phosphorus, P ... mg	62		0	MC	9		19		
Potassium, K ... mg	196		0	MC	9		59		
Sodium, Na ... mg	354		0	MC	9		106		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.190		0	MC	9		0.057		
Riboflavin ... mg	0.130		0	MC	9		0.039		
Niacin ... mg	1.800		0	MC	9		0.540		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	62		0	MC	9		19		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	16.900		0	MC	9		5.070		
Fatty acids, total monounsaturated ... g	6.800		0	MC	9		2.040		
Fatty acids, total polyunsaturated ... g	6.000		0	MC	9		1.800		
Fatty acids, total trans ... g	0.300		0	MC	9		0.090		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28082
KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28083

KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.20		0	MC	9		0.37		
Energy ... kcal	533		0	MC	9		165		
Energy ... kJ	2230		0	MC	9		691		
Protein (N x 6.25) ... g	3.60		0	MC	9		1.12		
Total lipid (fat) ... g	29.40		0	MC	9		9.11		
Ash ... g									
Carbohydrate, by difference ... g	64.20		0	MC	9		19.90		
Fiber, total dietary ... g	3.0		0	MC	9		0.9		
Sugars, total ... g	42.70		0	MC	9		13.24		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.20		0	MC	9		0.99		
Magnesium, Mg ... mg	45		0	MC	9		14		
Phosphorus, P ... mg	91		0	MC	9		28		
Potassium, K ... mg	173		0	MC	9		54		
Sodium, Na ... mg	235		0	MC	9		73		
Zinc, Zn ... mg	0.50		0	MC	9		0.16		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.150		0	MC	9		0.047		
Riboflavin ... mg	0.100		0	MC	9		0.031		
Niacin ... mg	1.200		0	MC	9		0.372		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	28		0	MC	9		9		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	17.100		0	MC	9		5.301		
Fatty acids, total monounsaturated ... g	4.300		0	MC	9		1.333		
Fatty acids, total polyunsaturated ... g	6.300		0	MC	9		1.953		
Fatty acids, total trans ... g	0.440		0	MC	9		0.136		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28083
KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28102

KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		0.68		
Energy ... kcal	473		0	MC	9		118		
Energy ... kJ	1979		0	MC	9		495		
Protein (N x 6.25) ... g	5.30		0	MC	9		1.33		
Total lipid (fat) ... g	19.30		0	MC	9		4.82		
Ash ... g									
Carbohydrate, by difference ... g	71.30		0	MC	9		17.83		
Fiber, total dietary ... g	2.5		0	MC	9		0.6		
Sugars, total ... g	31.40		0	MC	9		7.85		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.70		0	MC	9		0.93		
Magnesium, Mg ... mg	36		0	MC	9		9		
Phosphorus, P ... mg	83		0	MC	9		21		
Potassium, K ... mg	152		0	MC	9		38		
Sodium, Na ... mg	385		0	MC	9		96		
Zinc, Zn ... mg	0.80		0	MC	9		0.20		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.367		0	MC	9		0.092		
Riboflavin ... mg	0.230		0	MC	9		0.058		
Niacin ... mg	3.000		0	MC	9		0.750		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.005		
Folate, total ... µg	85		0	MC	9		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.700		0	MC	9		1.925		
Fatty acids, total monounsaturated ... g	4.900		0	MC	9		1.225		
Fatty acids, total polyunsaturated ... g	5.600		0	MC	9		1.400		
Fatty acids, total trans ... g	0.200		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28102
KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28103

KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.70		0	MC	9		0.68		
Energy ... kcal	470		0	MC	9		118		
Energy ... kJ	1966		0	MC	9		492		
Protein (N x 6.25) ... g	4.70		0	MC	9		1.17		
Total lipid (fat) ... g	17.70		0	MC	9		4.43		
Ash ... g									
Carbohydrate, by difference ... g	74.30		0	MC	9		18.58		
Fiber, total dietary ... g	1.8		0	MC	9		0.4		
Sugars, total ... g	33.50		0	MC	9		8.38		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.10		0	MC	9		0.77		
Magnesium, Mg ... mg	23		0	MC	9		6		
Phosphorus, P ... mg	63		0	MC	9		16		
Potassium, K ... mg	108		0	MC	9		27		
Sodium, Na ... mg	383		0	MC	9		96		
Zinc, Zn ... mg	0.60		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.360		0	MC	9		0.090		
Riboflavin ... mg	0.220		0	MC	9		0.055		
Niacin ... mg	2.900		0	MC	9		0.725		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.005		
Folate, total ... µg	83		0	MC	9		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.100		0	MC	9		1.775		
Fatty acids, total monounsaturated ... g	4.000		0	MC	9		1.000		
Fatty acids, total polyunsaturated ... g	5.500		0	MC	9		1.375		
Fatty acids, total trans ... g	0.200		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28103

KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28104

KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.63		
Energy	kcal	433		0	MC	9		108		
Energy	kJ	1812		0	MC	9		453		
Protein (N x 6.25)	g	7.40		0	MC	9		1.85		
Total lipid (fat)	g	12.90		0	MC	9		3.22		
Ash	g									
Carbohydrate, by difference	g	75.60		0	MC	9		18.90		
Fiber, total dietary	g	11.0		0	MC	9		2.8		
Sugars, total	g	22.80		0	MC	9		5.70		
Starch	g									
Minerals:										
Calcium, Ca	mg	400		0	MC	9		100		
Iron, Fe	mg	3.70		0	MC	9		0.93		
Magnesium, Mg	mg	67		0	MC	9		17		
Phosphorus, P	mg	166		0	MC	9		42		
Potassium, K	mg	222		0	MC	9		56		
Sodium, Na	mg	289		0	MC	9		72		
Zinc, Zn	mg	1.40		0	MC	9		0.35		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.360		0	MC	9		0.090		
Riboflavin	mg	0.200		0	MC	9		0.050		
Niacin	mg	3.800		0	MC	9		0.950		
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0	MC	9		0.030		
Folate, total	µg	63		0	MC	9		16		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	600		0	NR	4		150		
Vitamin A, IU	IU	2000		0	MC	9		500		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.800		0	MC	9		1.200		
Fatty acids, total monounsaturated	g	3.100		0	MC	9		0.775		
Fatty acids, total polyunsaturated	g	4.000		0	MC	9		1.000		
Fatty acids, total trans	g	0.100		0	MC	9		0.025		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28104
KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28105

KEEBLER, GRIPZ, Cinnamon Grahams, bite-size

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.63		
Energy ... kcal	415		0	MC	9		104		
Energy ... kJ	1736		0	MC	9		434		
Protein (N x 6.25) ... g	7.40		0	MC	9		1.85		
Total lipid (fat) ... g	12.90		0	MC	9		3.22		
Ash ... g									
Carbohydrate, by difference ... g	75.60		0	MC	9		18.90		
Fiber, total dietary ... g	10.4		0	MC	9		2.6		
Sugars, total ... g	20.50		0	MC	9		5.13		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	400		0	MC	9		100		
Iron, Fe ... mg	3.80		0	MC	9		0.95		
Magnesium, Mg ... mg	56		0	MC	9		14		
Phosphorus, P ... mg	149		0	MC	9		37		
Potassium, K ... mg	189		0	MC	9		47		
Sodium, Na ... mg	324		0	MC	9		81		
Zinc, Zn ... mg	1.30		0	MC	9		0.32		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.380		0	MC	9		0.095		
Riboflavin ... mg	0.220		0	MC	9		0.055		
Niacin ... mg	4.000		0	MC	9		1.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.120		0	MC	9		0.030		
Folate, total ... µg	69		0	MC	9		17		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	901		0	NR	4		225		
Vitamin A, IU ... IU	3000		0	MC	9		750		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.100		0	MC	9		1.025		
Fatty acids, total monounsaturated ... g	2.800		0	MC	9		0.700		
Fatty acids, total polyunsaturated ... g	4.900		0	MC	9		1.225		
Fatty acids, total trans ... g	0.200		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28105
KEEBLER, GRIPZ, Cinnamon Grahams, bite-size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28107

KEEBLER, Gingerbread Men Cookies, Holiday

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.50		0	MC	9		1.16		
Energy ... kcal	444		0	MC	9		147		
Energy ... kJ	1858		0	MC	9		613		
Protein (N x 6.25) ... g	4.90		0	MC	9		1.62		
Total lipid (fat) ... g	12.80		0	MC	9		4.22		
Ash ... g									
Carbohydrate, by difference ... g	77.90		0	MC	9		25.71		
Fiber, total dietary ... g	2.1		0	MC	9		0.7		
Sugars, total ... g	32.90		0	MC	9		10.86		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.50		0	MC	9		1.16		
Magnesium, Mg ... mg	6		0	MC	9		2		
Phosphorus, P ... mg	5		0	MC	9		2		
Potassium, K ... mg	35		0	MC	9		12		
Sodium, Na ... mg	420		0	MC	9		139		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.400		0	MC	9		0.132		
Riboflavin ... mg	0.250		0	MC	9		0.083		
Niacin ... mg	3.300		0	MC	9		1.089		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	79		0	MC	9		26		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.900		0	MC	9		1.287		
Fatty acids, total monounsaturated ... g	2.700		0	MC	9		0.891		
Fatty acids, total polyunsaturated ... g	4.500		0	MC	9		1.485		
Fatty acids, total trans ... g	0.200		0	MC	9		0.066		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28107
KEEBLER, Gingerbread Men Cookies, Holiday

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 5 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28263
KEEBLER, Grahams, Cinnamon Crisp
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.75		
Energy....kcal	430		0	MC	9		129		
Energy....kJ	1799		0	MC	9		540		
Protein (N x 6.25)....g	5.90		0	MC	9		1.77		
Total lipid (fat)....g	12.20		0	MC	9		3.66		
Ash....g									
Carbohydrate, by difference....g	76.30		0	MC	9		22.89		
Fiber, total dietary....g	3.3		0	MC	9		1.0		
Sugars, total....g	26.90		0	MC	9		8.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	381		0	MC	9		114		
Iron, Fe....mg	3.50		0	MC	9		1.05		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	110		0	MC	9		33		
Potassium, K....mg	133		0	MC	9		40		
Sodium, Na....mg	474		0	MC	9		142		
Zinc, Zn....mg	0.50		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.440		0	MC	9		0.132		
Riboflavin....mg	0.240		0	MC	9		0.072		
Niacin....mg	3.500		0	MC	9		1.050		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	81		0	MC	9		24		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.700		0	MC	9		0.810		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		0.870		
Fatty acids, total polyunsaturated....g	5.700		0	MC	9		1.710		
Fatty acids, total trans....g	0.570		0	MC	9		0.171		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28263
KEEBLER, Grahams, Cinnamon Crisp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28108
KEEBLER, Holiday Jingles Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.87		
Energy....kcal	470		0	MC	9		136		
Energy....kJ	1966		0	MC	9		570		
Protein (N x 6.25)....g	5.00		0	MC	9		1.45		
Total lipid (fat)....g	17.40		0	MC	9		5.05		
Ash....g									
Carbohydrate, by difference....g	73.90		0	MC	9		21.43		
Fiber, total dietary....g	1.5		0	MC	9		0.4		
Sugars, total....g	28.20		0	MC	9		8.18		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.90		0	MC	9		0.84		
Magnesium, Mg....mg									
Phosphorus, P....mg	3		0	MC	9		1		
Potassium, K....mg	0		0	MC	9		0		
Sodium, Na....mg	380		0	MC	9		110		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.122		
Riboflavin....mg	0.260		0	MC	9		0.075		
Niacin....mg	3.500		0	MC	9		1.015		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	83		0	MC	9		24		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.500		0	MC	9		1.595		
Fatty acids, total monounsaturated....g	3.800		0	MC	9		1.102		
Fatty acids, total polyunsaturated....g	6.200		0	MC	9		1.798		
Fatty acids, total trans....g	0.250		0	MC	9		0.073		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28108
KEEBLER, Holiday Jingles Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28109
KEEBLER, Iced Oatmeal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.50		0	MC	9		1.31		
Energy....kcal	467		0	MC	9		135		
Energy....kJ	1954		0	MC	9		567		
Protein (N x 6.25)....g	6.50		0	MC	9		1.89		
Total lipid (fat)....g	18.30		0	MC	9		5.31		
Ash....g									
Carbohydrate, by difference....g	69.50		0	MC	9		20.16		
Fiber, total dietary....g	4.1		0	MC	9		1.2		
Sugars, total....g	35.60		0	MC	9		10.32		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.90		0	MC	9		0.55		
Magnesium, Mg....mg	5		0	MC	9		1		
Phosphorus, P....mg	26		0	MC	9		8		
Potassium, K....mg	112		0	MC	9		32		
Sodium, Na....mg	297		0	MC	9		86		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.260		0	MC	9		0.075		
Riboflavin....mg	0.150		0	MC	9		0.044		
Niacin....mg	1.600		0	MC	9		0.464		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	35		0	MC	9		10		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.800		0	MC	9		1.682		
Fatty acids, total monounsaturated....g	4.400		0	MC	9		1.276		
Fatty acids, total polyunsaturated....g	6.900		0	MC	9		2.001		
Fatty acids, total trans....g	0.240		0	MC	9		0.070		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28109
KEEBLER, Iced Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18608

KEEBLER, KEEBLER Chocolate Graham SELECTS

Keebler, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10		1	A	1		0.96		
Energy....kcal	465		0	NC	4		144		
Energy....kJ	1946		0		4		603		
Protein....g	7.10		1	A	1		2.20		
Total lipid (fat)....g	16.60		1	A	1		5.15		
Ash....g	1.40		1	A	1		0.43		
Carbohydrate, by difference....g	71.80		0	NC	4		22.26		
Fiber, total dietary....g									
Sugars, total....g	26.50		1	A	1		8.22		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	357		1	A	1		111		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	3.150		0	NC	4		0.977		
4:0....g									
6:0....g									
8:0....g	0.009		1	A	1		0.003		
10:0....g	0.009		1	A	1		0.003		
12:0....g	0.009		1	A	1		0.003		
13:0....g									
14:0....g	0.009		1	A	1		0.003		
15:0....g	0.010		1	A	1		0.003		
16:0....g	1.782		1	A	1		0.552		
17:0....g	0.010		1	A	1		0.003		
18:0....g	1.206		1	A	1		0.374		
20:0....g	0.058		1	A	1		0.018		
22:0....g	0.048		1	A	1		0.015		
24:0....g									
Fatty acids, total monounsaturated....g	8.431		0	NC	4		2.614		
14:1....g	0.009		1	A	1		0.003		
15:1....g									
16:1 undifferentiated....g	0.019		1	A	1		0.006		
17:1....g	0.010		1	A	1		0.003		
18:1 undifferentiated....g	8.326		1	A	1		2.581		
20:1....g	0.067		1	A	1		0.021		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.201		0	NC	4		0.682		
18:2 undifferentiated....g	2.076		1	A	1		0.644		
18:3 undifferentiated....g	0.105		1	A	1		0.033		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.003		
20:4 undifferentiated....g	0.010		1	A	1		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									

NDB No. 18608
KEEBLER, KEEBLER Chocolate Graham SELECTS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28264
KEEBLER, Oatmeal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	MC	9		1.16		
Energy	kcal	478		0	MC	9		139		
Energy	kJ	2000		0	MC	9		580		
Protein (N x 6.25)	g	7.10		0	MC	9		2.06		
Total lipid (fat)	g	20.10		0	MC	9		5.83		
Ash	g									
Carbohydrate, by difference	g	67.70		0	MC	9		19.63		
Fiber, total dietary	g	4.5		0	MC	9		1.3		
Sugars, total	g	30.90		0	MC	9		8.96		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.10		0	MC	9		0.61		
Magnesium, Mg	mg	6		0	MC	9		2		
Phosphorus, P	mg	28		0	MC	9		8		
Potassium, K	mg	123		0	MC	9		36		
Sodium, Na	mg	325		0	MC	9		94		
Zinc, Zn	mg	0.20		0	MC	9		0.06		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.290		0	MC	9		0.084		
Riboflavin	mg	0.160		0	MC	9		0.046		
Niacin	mg	1.700		0	MC	9		0.493		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0	MC	9		0.003		
Folate, total	µg	39		0	MC	9		11		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	6.300		0	MC	9		1.827		
Fatty acids, total monounsaturated	g	4.900		0	MC	9		1.421		
Fatty acids, total polyunsaturated	g	7.500		0	MC	9		2.175		
Fatty acids, total trans	g	0.270		0	MC	9		0.078		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28264
KEEBLER, Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28111

KEEBLER, READY CRUST, Chocolate Pie Crust

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.63	0.69	
Energy....kcal	490		0	MC	9		103	113	
Energy....kJ	2048		0	MC	9		430	471	
Protein....g	5.10		0	MC	9		1.07	1.17	
Total lipid (fat)....g	22.05		0	MC	9		4.63	5.07	
Ash....g									
Carbohydrate, by difference....g	67.70		0	MC	9		14.22	15.57	
Fiber, total dietary....g	1.8		0	MC	9		0.4	0.4	
Sugars, total....g	28.70		0	MC	9		6.03	6.60	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.92		0	MC	9		0.61	0.67	
Magnesium, Mg....mg	29		0	MC	9		6	7	
Phosphorus, P....mg	138		0	MC	9		29	32	
Potassium, K....mg	123		0	MC	9		26	28	
Sodium, Na....mg	507		0	MC	9		106	117	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.061	0.067	
Riboflavin....mg	0.195		0	MC	9		0.041	0.045	
Niacin....mg	2.450		0	MC	9		0.515	0.564	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	70		0	MC	9		15	16	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.000		0	MC	9		1.050	1.150	
Fatty acids, total monounsaturated....g	6.650		0	MC	9		1.396	1.529	
Fatty acids, total polyunsaturated....g	0.750		0	MC	9		0.158	0.173	
Fatty acids, total trans....g	9.400		0	MC	9		1.974	2.162	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28111
KEEBLER, READY CRUST, Chocolate Pie Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: .125 crust 1 serving (from 9" shell)

Measure 2 = 23g: 1 shell 1 serving (from 3" mini shell)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28266

KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		0	MC	9		0.46		
Energy ... kcal	472		0	MC	9		99		
Energy ... kJ	1975		0	MC	9		415		
Protein (N x 6.25) ... g	4.90		0	MC	9		1.03		
Total lipid (fat) ... g	17.50		0	MC	9		3.68		
Ash ... g									
Carbohydrate, by difference ... g	73.50		0	MC	9		15.44		
Fiber, total dietary ... g	2.5		0	MC	9		0.5		
Sugars, total ... g	29.70		0	MC	9		6.24		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.60		0	MC	9		0.55		
Magnesium, Mg ... mg	5		0	MC	9		1		
Phosphorus, P ... mg	109		0	MC	9		23		
Potassium, K ... mg	73		0	MC	9		15		
Sodium, Na ... mg	483		0	MC	9		101		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.350		0	MC	9		0.073		
Riboflavin ... mg	0.200		0	MC	9		0.042		
Niacin ... mg	2.800		0	MC	9		0.588		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	66		0	MC	9		14		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.800		0	MC	9		0.798		
Fatty acids, total monounsaturated ... g	5.200		0	MC	9		1.092		
Fatty acids, total polyunsaturated ... g	0.500		0	MC	9		0.105		
Fatty acids, total trans ... g	7.540		0	MC	9		1.583		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28266

KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: .125 crust

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28112

KEEBLER, READY CRUST, Shortbread Pie Crust

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.42		
Energy	kcal	502		0	MC	9		105		
Energy	kJ	2100		0	MC	9		441		
Protein (N x 6.25)	g	4.40		0	MC	9		0.92		
Total lipid (fat)	g	23.10		0	MC	9		4.85		
Ash	g									
Carbohydrate, by difference	g	69.10		0	MC	9		14.51		
Fiber, total dietary	g	1.3		0	MC	9		0.3		
Sugars, total	g	26.60		0	MC	9		5.59		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.30		0	MC	9		0.48		
Magnesium, Mg	mg	0		0	MC	9		0		
Phosphorus, P	mg	89		0	MC	9		19		
Potassium, K	mg	8		0	MC	9		2		
Sodium, Na	mg	430		0	MC	9		90		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.300		0	MC	9		0.063		
Riboflavin	mg	0.220		0	MC	9		0.046		
Niacin	mg	2.600		0	MC	9		0.546		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	75		0	MC	9		16		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	5.100		0	MC	9		1.071		
Fatty acids, total monounsaturated	g	6.900		0	MC	9		1.449		
Fatty acids, total polyunsaturated	g	0.500		0	MC	9		0.105		
Fatty acids, total trans	g	0.000		0	NR	4		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28112
KEEBLER, READY CRUST, Shortbread Pie Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: .125 crust 9" crust

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28124

KEEBLER, SANDIES, Cashew Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.90		
Energy ... kcal	535		0	MC	9		161		
Energy ... kJ	2238		0	MC	9		671		
Protein (N x 6.25) ... g	6.30		0	MC	9		1.89		
Total lipid (fat) ... g	30.60		0	MC	9		9.18		
Ash ... g									
Carbohydrate, by difference ... g	59.30		0	MC	9		17.79		
Fiber, total dietary ... g	1.5		0	MC	9		0.5		
Sugars, total ... g	23.20		0	MC	9		6.96		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.70		0	MC	9		0.81		
Magnesium, Mg ... mg	33		0	MC	9		10		
Phosphorus, P ... mg	93		0	MC	9		28		
Potassium, K ... mg	103		0	MC	9		31		
Sodium, Na ... mg	370		0	MC	9		111		
Zinc, Zn ... mg	0.80		0	MC	9		0.24		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.370		0	MC	9		0.111		
Riboflavin ... mg	0.250		0	MC	9		0.075		
Niacin ... mg	2.800		0	MC	9		0.840		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.040		0	MC	9		0.012		
Folate, total ... µg	76		0	MC	9		23		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	9.500		0	MC	9		2.850		
Fatty acids, total monounsaturated ... g	8.300		0	MC	9		2.490		
Fatty acids, total polyunsaturated ... g	10.200		0	MC	9		3.060		
Fatty acids, total trans ... g	0.440		0	MC	9		0.132		
Cholesterol ... mg	11		0	MC	9		3		
Phytosterols ... mg									

NDB No. 28124
KEEBLER, SANDIES, Cashew Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28125

KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.78		
Energy	kcal	546		0	MC	9		169		
Energy	kJ	2284		0	MC	9		708		
Protein (N x 6.25)	g	5.60		0	MC	9		1.74		
Total lipid (fat)	g	32.10		0	MC	9		9.95		
Ash	g									
Carbohydrate, by difference	g	59.20		0	MC	9		18.35		
Fiber, total dietary	g	2.4		0	MC	9		0.7		
Sugars, total	g	26.50		0	MC	9		8.22		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.90		0	MC	9		0.90		
Magnesium, Mg	mg	32		0	MC	9		10		
Phosphorus, P	mg	83		0	MC	9		26		
Potassium, K	mg	123		0	MC	9		38		
Sodium, Na	mg	304		0	MC	9		94		
Zinc, Zn	mg	0.70		0	MC	9		0.22		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.360		0	MC	9		0.112		
Riboflavin	mg	0.220		0	MC	9		0.068		
Niacin	mg	2.500		0	MC	9		0.775		
Pantothenic acid	mg									
Vitamin B-6	mg	0.030		0	MC	9		0.009		
Folate, total	µg	66		0	MC	9		20		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.2		0	NR	4		0.0		
Vitamin D	IU	6		0	MC	9		2		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	10.700		0	MC	9		3.317		
Fatty acids, total monounsaturated	g	8.900		0	MC	9		2.759		
Fatty acids, total polyunsaturated	g	10.400		0	MC	9		3.224		
Fatty acids, total trans	g	0.370		0	MC	9		0.115		
Cholesterol	mg	11		0	MC	9		3		
Phytosterols	mg									

NDB No. 28125

KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28126

KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	540		0	MC	9		162		
Energy ... kJ	2259		0	MC	9		678		
Protein (N x 6.25) ... g	6.10		0	MC	9		1.83		
Total lipid (fat) ... g	31.00		0	MC	9		9.30		
Ash ... g									
Carbohydrate, by difference ... g	59.90		0	MC	9		17.97		
Fiber, total dietary ... g	2.6		0	MC	9		0.8		
Sugars, total ... g	26.50		0	MC	9		7.95		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.10		0	MC	9		0.93		
Magnesium, Mg ... mg	32		0	MC	9		10		
Phosphorus, P ... mg	77		0	MC	9		23		
Potassium, K ... mg	121		0	MC	9		36		
Sodium, Na ... mg	303		0	MC	9		91		
Zinc, Zn ... mg	0.60		0	MC	9		0.18		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.330		0	MC	9		0.099		
Riboflavin ... mg	0.220		0	MC	9		0.066		
Niacin ... mg	2.500		0	MC	9		0.750		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.006		
Folate, total ... µg	65		0	MC	9		20		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.45		0	MC	9		0.14		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	10.800		0	MC	9		3.240		
Fatty acids, total monounsaturated ... g	7.000		0	MC	9		2.100		
Fatty acids, total polyunsaturated ... g	9.400		0	MC	9		2.820		
Fatty acids, total trans ... g	0.370		0	MC	9		0.111		
Cholesterol ... mg	9		0	MC	9		3		
Phytosterols ... mg									

NDB No. 28126

KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28127

KEEBLER, SANDIES, Pecan Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	541		0	MC	9		168		
Energy	kJ	2264		0	MC	9		702		
Protein (N x 6.25)	g	5.00		0	MC	9		1.55		
Total lipid (fat)	g	31.70		0	MC	9		9.83		
Ash	g									
Carbohydrate, by difference	g	59.00		0	MC	9		18.29		
Fiber, total dietary	g	1.9		0	MC	9		0.6		
Sugars, total	g	22.50		0	MC	9		6.98		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	3.40		0	MC	9		1.05		
Magnesium, Mg	mg	16		0	MC	9		5		
Phosphorus, P	mg	54		0	MC	9		17		
Potassium, K	mg	87		0	MC	9		27		
Sodium, Na	mg	354		0	MC	9		110		
Zinc, Zn	mg	0.70		0	MC	9		0.22		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.320		0	MC	9		0.099		
Riboflavin	mg	0.210		0	MC	9		0.065		
Niacin	mg	2.300		0	MC	9		0.713		
Pantothenic acid	mg									
Vitamin B-6	mg	0.030		0	MC	9		0.009		
Folate, total	µg	81		0	MC	9		25		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	9.500		0	MC	9		2.945		
Fatty acids, total monounsaturated	g	8.400		0	MC	9		2.604		
Fatty acids, total polyunsaturated	g	11.400		0	MC	9		3.534		
Fatty acids, total trans	g	0.400		0	MC	9		0.124		
Cholesterol	mg	12		0	MC	9		4		
Phytosterols	mg									

NDB No. 28127
KEEBLER, SANDIES, Pecan Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28129

KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90		0	MC	9		1.21		
Energy....kcal	488		0	MC	9		151		
Energy....kJ	2042		0	MC	9		633		
Protein (N x 6.25)....g	6.70		0	MC	9		2.08		
Total lipid (fat)....g	21.80		0	MC	9		6.76		
Ash....g									
Carbohydrate, by difference....g	67.10		0	MC	9		20.80		
Fiber, total dietary....g	2.1		0	MC	9		0.7		
Sugars, total....g	23.90		0	MC	9		7.41		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.80		0	MC	9		0.87		
Magnesium, Mg....mg	16		0	MC	9		5		
Phosphorus, P....mg	70		0	MC	9		22		
Potassium, K....mg	74		0	MC	9		23		
Sodium, Na....mg	401		0	MC	9		124		
Zinc, Zn....mg	0.50		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.460		0	MC	9		0.143		
Riboflavin....mg	0.290		0	MC	9		0.090		
Niacin....mg	3.400		0	MC	9		1.054		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009		
Folate, total....µg	88		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.600		0	MC	9		2.046		
Fatty acids, total monounsaturated....g	5.600		0	MC	9		1.736		
Fatty acids, total polyunsaturated....g	7.800		0	MC	9		2.418		
Fatty acids, total trans....g	0.280		0	MC	9		0.087		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28129
KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28128

KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.78	0.95	
Energy....kcal	547		0	MC	9		153	186	
Energy....kJ	2289		0	MC	9		641	778	
Protein....g	5.00		0	MC	9		1.40	1.70	
Total lipid (fat)....g	32.60		0	MC	9		9.13	11.08	
Ash....g									
Carbohydrate, by difference....g	58.70		0	MC	9		16.44	19.96	
Fiber, total dietary....g	1.6		0	MC	9		0.4	0.5	
Sugars, total....g	22.50		0	MC	9		6.30	7.65	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.70	0.85	
Magnesium, Mg....mg	17		0	MC	9		5	6	
Phosphorus, P....mg	64		0	MC	9		18	22	
Potassium, K....mg	79		0	MC	9		22	27	
Sodium, Na....mg	333		0	MC	9		93	113	
Zinc, Zn....mg	0.60		0	MC	9		0.17	0.20	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.101	0.122	
Riboflavin....mg	0.220		0	MC	9		0.062	0.075	
Niacin....mg	2.800		0	MC	9		0.784	0.952	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.008	0.010	
Folate, total....µg	85		0	MC	9		24	29	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00	0.00	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0	MC	9		0.13	0.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D....IU	0		0	MC	9		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.500		0	MC	9		2.660	3.230	
Fatty acids, total monounsaturated....g	9.000		0	MC	9		2.520	3.060	
Fatty acids, total polyunsaturated....g	11.700		0	MC	9		3.276	3.978	
Fatty acids, total trans....g	0.400		0	MC	9		0.112	0.136	
Cholesterol....mg	5		0	MC	9		1	2	
Phytosterols....mg									

NDB No. 28128
KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 5 cookies 28 g package

Measure 2 = 34g: 1 package (34 g)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28267

KEEBLER, SANDIES, Simply Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.93		
Energy....kcal	528		0	MC	9		164		
Energy....kJ	2209		0	MC	9		685		
Protein (N x 6.25)....g	6.00		0	MC	9		1.86		
Total lipid (fat)....g	28.80		0	MC	9		8.93		
Ash....g									
Carbohydrate, by difference....g	62.20		0	MC	9		19.28		
Fiber, total dietary....g	1.4		0	MC	9		0.4		
Sugars, total....g	22.60		0	MC	9		7.01		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.60		0	MC	9		0.81		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	61		0	MC	9		19		
Potassium, K....mg	65		0	MC	9		20		
Sodium, Na....mg	291		0	MC	9		90		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.130		
Riboflavin....mg	0.280		0	MC	9		0.087		
Niacin....mg	3.100		0	MC	9		0.961		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	82		0	MC	9		25		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	119		0	NR	4		37		
Vitamin A, IU....IU	397		0	MC	9		123		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	NR	4		0.1		
Vitamin D....IU	9		0	MC	9		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.200		0	MC	9		4.092		
Fatty acids, total monounsaturated....g	6.400		0	MC	9		1.984		
Fatty acids, total polyunsaturated....g	6.400		0	MC	9		1.984		
Fatty acids, total trans....g	0.690		0	MC	9		0.214		
Cholesterol....mg	45		0	MC	9		14		
Phytosterols....mg									

NDB No. 28267
KEEBLER, SANDIES, Simply Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28130

KEEBLER, SOFT BATCH, Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		1.92		
Energy	kcal	477		0	MC	9		153		
Energy	kJ	1996		0	MC	9		639		
Protein (N x 6.25)	g	3.60		0	MC	9		1.15		
Total lipid (fat)	g	22.10		0	MC	9		7.07		
Ash	g									
Carbohydrate, by difference	g	66.20		0	MC	9		21.18		
Fiber, total dietary	g	1.7		0	MC	9		0.5		
Sugars, total	g	36.90		0	MC	9		11.81		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.10		0	MC	9		0.67		
Magnesium, Mg	mg	17		0	MC	9		5		
Phosphorus, P	mg	138		0	MC	9		44		
Potassium, K	mg	81		0	MC	9		26		
Sodium, Na	mg	350		0	MC	9		112		
Zinc, Zn	mg	0.50		0	MC	9		0.16		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.250		0	MC	9		0.080		
Riboflavin	mg	0.150		0	MC	9		0.048		
Niacin	mg	2.000		0	MC	9		0.640		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0	MC	9		0.003		
Folate, total	µg	57		0	MC	9		18		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	9.000		0	MC	9		2.880		
Fatty acids, total monounsaturated	g	4.700		0	MC	9		1.504		
Fatty acids, total polyunsaturated	g	6.800		0	MC	9		2.176		
Fatty acids, total trans	g	0.300		0	MC	9		0.096		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28130
KEEBLER, SOFT BATCH, Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28268
KEEBLER, Sugar Cones
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		0	MC	9		0.13		
Energy	kcal	375		0	MC	9		49		
Energy	kJ	1569		0	MC	9		204		
Protein (N x 6.25)	g	7.30		0	MC	9		0.95		
Total lipid (fat)	g	3.70		0	MC	9		0.48		
Ash	g									
Carbohydrate, by difference	g	78.00		0	MC	9		10.14		
Fiber, total dietary	g	2.1		0	MC	9		0.3		
Sugars, total	g	26.40		0	MC	9		3.43		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	3.20		0	MC	9		0.42		
Magnesium, Mg	mg	9		0	MC	9		1		
Phosphorus, P	mg	2		0	MC	9		0		
Potassium, K	mg	119		0	MC	9		15		
Sodium, Na	mg	326		0	MC	9		42		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.420		0	MC	9		0.055		
Riboflavin	mg	0.280		0	MC	9		0.036		
Niacin	mg	3.700		0	MC	9		0.481		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	0		0	MC	9		0		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.104		
Fatty acids, total monounsaturated	g	2.000		0	MC	9		0.260		
Fatty acids, total polyunsaturated	g	0.800		0	MC	9		0.104		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28268
KEEBLER, Sugar Cones

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.0g: 1 cone

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28131
KEEBLER, Sweet Cremes Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.40		0	MC	9		0.91		
Energy....kcal	469		0	MC	9		178		
Energy....kJ	1962		0	MC	9		746		
Protein (N x 6.25)....g	4.50		0	MC	9		1.71		
Total lipid (fat)....g	19.30		0	MC	9		7.33		
Ash....g									
Carbohydrate, by difference....g	71.00		0	MC	9		26.98		
Fiber, total dietary....g	1.3		0	MC	9		0.5		
Sugars, total....g	32.00		0	MC	9		12.16		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.95		
Magnesium, Mg....mg	10		0	MC	9		4		
Phosphorus, P....mg	43		0	MC	9		16		
Potassium, K....mg	94		0	MC	9		36		
Sodium, Na....mg	267		0	MC	9		101		
Zinc, Zn....mg	0.50		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.137		
Riboflavin....mg	0.220		0	MC	9		0.084		
Niacin....mg	2.900		0	MC	9		1.102		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.008		
Folate, total....µg	83		0	MC	9		32		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.500		0	MC	9		2.470		
Fatty acids, total monounsaturated....g	6.400		0	MC	9		2.432		
Fatty acids, total polyunsaturated....g	1.400		0	MC	9		0.532		
Fatty acids, total trans....g	5.420		0	MC	9		2.060		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28131
KEEBLER, Sweet Cremes Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28133
KEEBLER, TOASTEDS, Buttercrisps Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.40		
Energy ... kcal	495		0	MC	9		79		
Energy ... kJ	2071		0	MC	9		331		
Protein (N x 6.25) ... g	5.50		0	MC	9		0.88		
Total lipid (fat) ... g	23.70		0	MC	9		3.79		
Ash ... g									
Carbohydrate, by difference ... g	65.00		0	MC	9		10.40		
Fiber, total dietary ... g	1.8		0	MC	9		0.3		
Sugars, total ... g	8.40		0	MC	9		1.34		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg									
Phosphorus, P ... mg	18		0	MC	9		3		
Potassium, K ... mg	115		0	MC	9		18		
Sodium, Na ... mg	930		0	MC	9		149		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.570		0	MC	9		0.091		
Riboflavin ... mg	0.300		0	MC	9		0.048		
Niacin ... mg	3.530		0	MC	9		0.565		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	118		0	MC	9		19		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.000		0	MC	9		0.640		
Fatty acids, total monounsaturated ... g	5.800		0	MC	9		0.928		
Fatty acids, total polyunsaturated ... g	13.700		0	MC	9		2.192		
Fatty acids, total trans ... g	0.240		0	MC	9		0.038		
Cholesterol ... mg	2		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28133
KEEBLER, TOASTEDS, Buttercrisps Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28135
KEEBLER, TOASTEDS, Onion Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.32		
Energy....kcal	479		0	MC	9		77		
Energy....kJ	2004		0	MC	9		321		
Protein (N x 6.25)....g	5.70		0	MC	9		0.91		
Total lipid (fat)....g	20.60		0	MC	9		3.30		
Ash....g									
Carbohydrate, by difference....g	67.70		0	MC	9		10.83		
Fiber, total dietary....g	2.2		0	MC	9		0.4		
Sugars, total....g	9.70		0	MC	9		1.55		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	243		0	MC	9		39		
Potassium, K....mg	117		0	MC	9		19		
Sodium, Na....mg	1006		0	MC	9		161		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.560		0	MC	9		0.090		
Riboflavin....mg	0.300		0	MC	9		0.048		
Niacin....mg	3.470		0	MC	9		0.555		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	116		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.400		0	MC	9		0.544		
Fatty acids, total monounsaturated....g	5.000		0	MC	9		0.800		
Fatty acids, total polyunsaturated....g	12.000		0	MC	9		1.920		
Fatty acids, total trans....g	0.200		0	MC	9		0.032		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28135
KEEBLER, TOASTEDS, Onion Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28134

KEEBLER, TOASTEDS, Party Pack Cracker Assortment

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.40		
Energy....kcal	483		0	MC	9		77		
Energy....kJ	2021		0	MC	9		323		
Protein (N x 6.25)....g	6.50		0	MC	9		1.04		
Total lipid (fat)....g	23.00		0	MC	9		3.68		
Ash....g									
Carbohydrate, by difference....g	64.40		0	MC	9		10.30		
Fiber, total dietary....g	2.9		0	MC	9		0.5		
Sugars, total....g	7.20		0	MC	9		1.15		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg	13		0	MC	9		2		
Phosphorus, P....mg	261		0	MC	9		42		
Potassium, K....mg	153		0	MC	9		24		
Sodium, Na....mg	904		0	MC	9		145		
Zinc, Zn....mg	0.50		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.570		0	MC	9		0.091		
Riboflavin....mg	0.300		0	MC	9		0.048		
Niacin....mg	3.700		0	MC	9		0.592		
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0	MC	9		0.008		
Folate, total....µg	115		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.800		0	MC	9		0.608		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		0.928		
Fatty acids, total polyunsaturated....g	13.100		0	MC	9		2.096		
Fatty acids, total trans....g	0.200		0	MC	9		0.032		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28134
KEEBLER, TOASTEDS, Party Pack Cracker Assortment

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28136
KEEBLER, TOASTEDS, Sesame Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.32		
Energy....kcal	496		0	MC	9		79		
Energy....kJ	2075		0	MC	9		332		
Protein (N x 6.25)....g	6.60		0	MC	9		1.06		
Total lipid (fat)....g	24.30		0	MC	9		3.89		
Ash....g									
Carbohydrate, by difference....g	62.60		0	MC	9		10.02		
Fiber, total dietary....g	2.8		0	MC	9		0.4		
Sugars, total....g	4.10		0	MC	9		0.66		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	281		0	MC	9		45		
Potassium, K....mg	141		0	MC	9		23		
Sodium, Na....mg	887		0	MC	9		142		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.610		0	MC	9		0.098		
Riboflavin....mg	0.310		0	MC	9		0.050		
Niacin....mg	3.700		0	MC	9		0.592		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	115		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		0.560		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		0.832		
Fatty acids, total polyunsaturated....g	15.400		0	MC	9		2.464		
Fatty acids, total trans....g	0.200		0	MC	9		0.032		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28136
KEEBLER, TOASTEDS, Sesame Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28137
KEEBLER, TOASTEDS, Wheat Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.48		
Energy....kcal	466		0	MC	9		75		
Energy....kJ	1950		0	MC	9		312		
Protein (N x 6.25)....g	8.30		0	MC	9		1.33		
Total lipid (fat)....g	20.00		0	MC	9		3.20		
Ash....g									
Carbohydrate, by difference....g	66.10		0	MC	9		10.58		
Fiber, total dietary....g	4.0		0	MC	9		0.6		
Sugars, total....g	9.00		0	MC	9		1.44		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.20		0	MC	9		0.67		
Magnesium, Mg....mg	33		0	MC	9		5		
Phosphorus, P....mg	367		0	MC	9		59		
Potassium, K....mg	197		0	MC	9		32		
Sodium, Na....mg	875		0	MC	9		140		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.520		0	MC	9		0.083		
Riboflavin....mg	0.300		0	MC	9		0.048		
Niacin....mg	4.300		0	MC	9		0.688		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	103		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.200		0	MC	9		0.512		
Fatty acids, total monounsaturated....g	5.000		0	MC	9		0.800		
Fatty acids, total polyunsaturated....g	11.400		0	MC	9		1.824		
Fatty acids, total trans....g	0.180		0	MC	9		0.029		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28137
KEEBLER, TOASTEDS, Wheat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28138

KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		0	MC	9		0.35		
Energy ... kcal	460		0	MC	9		74		
Energy ... kJ	1925		0	MC	9		308		
Protein (N x 6.25) ... g	7.30		0	MC	9		1.17		
Total lipid (fat) ... g	19.50		0	MC	9		3.12		
Ash ... g									
Carbohydrate, by difference ... g	67.00		0	MC	9		10.72		
Fiber, total dietary ... g	3.4		0	MC	9		0.5		
Sugars, total ... g	8.60		0	MC	9		1.38		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.00		0	MC	9		0.48		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	47		0	MC	9		8		
Sodium, Na ... mg	797		0	MC	9		128		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.420		0	MC	9		0.067		
Riboflavin ... mg	0.260		0	MC	9		0.042		
Niacin ... mg	3.400		0	MC	9		0.544		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	83		0	MC	9		13		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.300		0	MC	9		0.688		
Fatty acids, total monounsaturated ... g	6.600		0	MC	9		1.056		
Fatty acids, total polyunsaturated ... g	3.500		0	MC	9		0.560		
Fatty acids, total trans ... g	5.100		0	MC	9		0.816		
Cholesterol ... mg	4		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28138
KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 2 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28149

KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.34		
Energy....kcal	443		0	MC	9		66		
Energy....kJ	1854		0	MC	9		278		
Protein (N x 6.25)....g	8.00		0	MC	9		1.20		
Total lipid (fat)....g	14.00		0	MC	9		2.10		
Ash....g									
Carbohydrate, by difference....g	72.80		0	MC	9		10.92		
Fiber, total dietary....g	3.6		0	MC	9		0.5		
Sugars, total....g	5.20		0	MC	9		0.78		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg	16		0	MC	9		2		
Phosphorus, P....mg	53		0	MC	9		8		
Potassium, K....mg	73		0	MC	9		11		
Sodium, Na....mg	942		0	MC	9		141		
Zinc, Zn....mg	0.30		0	MC	9		0.05		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.440		0	MC	9		0.066		
Riboflavin....mg	0.250		0	MC	9		0.038		
Niacin....mg	3.300		0	MC	9		0.495		
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		0	MC	9		0.008		
Folate, total....µg	5		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									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.100		0	MC	9		0.315		
Fatty acids, total monounsaturated....g	3.100		0	MC	9		0.465		
Fatty acids, total polyunsaturated....g	7.200		0	MC	9		1.080		
Fatty acids, total trans....g	0.100		0	MC	9		0.015		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28149

KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 8 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28139

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.40		0	MC	9		0.36		
Energy....kcal	476		0	MC	9		71		
Energy....kJ	1992		0	MC	9		299		
Protein (N x 6.25)....g	8.00		0	MC	9		1.20		
Total lipid (fat)....g	22.50		0	MC	9		3.38		
Ash....g									
Carbohydrate, by difference....g	61.30		0	MC	9		9.19		
Fiber, total dietary....g	2.1		0	MC	9		0.3		
Sugars, total....g	5.40		0	MC	9		0.81		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.70		0	MC	9		0.56		
Magnesium, Mg....mg	14		0	MC	9		2		
Phosphorus, P....mg	265		0	MC	9		40		
Potassium, K....mg	93		0	MC	9		14		
Sodium, Na....mg	1454		0	MC	9		218		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.510		0	MC	9		0.076		
Riboflavin....mg	0.310		0	MC	9		0.047		
Niacin....mg	4.200		0	MC	9		0.630		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	119		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.000		0	MC	9		0.600		
Fatty acids, total monounsaturated....g	5.000		0	MC	9		0.750		
Fatty acids, total polyunsaturated....g	11.900		0	MC	9		1.785		
Fatty acids, total trans....g	0.200		0	MC	9		0.030		
Cholesterol....mg	5		0	MC	9		1		
Phytosterols....mg									

NDB No. 28139
KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28140

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.34		
Energy....kcal	486		0	MC	9		73		
Energy....kJ	2033		0	MC	9		305		
Protein (N x 6.25)....g	6.50		0	MC	9		0.98		
Total lipid (fat)....g	23.60		0	MC	9		3.54		
Ash....g									
Carbohydrate, by difference....g	63.00		0	MC	9		9.45		
Fiber, total dietary....g	2.2		0	MC	9		0.3		
Sugars, total....g	6.60		0	MC	9		0.99		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.00		0	MC	9		0.60		
Magnesium, Mg....mg	15		0	MC	9		2		
Phosphorus, P....mg	260		0	MC	9		39		
Potassium, K....mg	108		0	MC	9		16		
Sodium, Na....mg	1517		0	MC	9		228		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.530		0	MC	9		0.079		
Riboflavin....mg	0.320		0	MC	9		0.048		
Niacin....mg	4.300		0	MC	9		0.645		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	122		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.100		0	MC	9		0.615		
Fatty acids, total monounsaturated....g	5.600		0	MC	9		0.840		
Fatty acids, total polyunsaturated....g	13.300		0	MC	9		1.995		
Fatty acids, total trans....g	0.230		0	MC	9		0.035		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28140
KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28141

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.38		
Energy....kcal	487		0	MC	9		73		
Energy....kJ	2038		0	MC	9		306		
Protein (N x 6.25)....g	6.60		0	MC	9		0.99		
Total lipid (fat)....g	23.10		0	MC	9		3.47		
Ash....g									
Carbohydrate, by difference....g	64.30		0	MC	9		9.65		
Fiber, total dietary....g	2.1		0	MC	9		0.3		
Sugars, total....g	6.80		0	MC	9		1.02		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.90		0	MC	9		0.59		
Magnesium, Mg....mg	15		0	MC	9		2		
Phosphorus, P....mg	268		0	MC	9		40		
Potassium, K....mg	99		0	MC	9		15		
Sodium, Na....mg	1240		0	MC	9		186		
Zinc, Zn....mg	0.70		0	MC	9		0.10		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.550		0	MC	9		0.083		
Riboflavin....mg	0.330		0	MC	9		0.050		
Niacin....mg	4.400		0	MC	9		0.660		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.004		
Folate, total....µg	127		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.800		0	MC	9		0.570		
Fatty acids, total monounsaturated....g	5.600		0	MC	9		0.840		
Fatty acids, total polyunsaturated....g	13.200		0	MC	9		1.980		
Fatty acids, total trans....g	0.220		0	MC	9		0.033		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28141
KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28144

KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.30		0	MC	9		0.32		
Energy ... kcal	450		0	MC	9		63		
Energy ... kJ	1883		0	MC	9		264		
Protein (N x 6.25) ... g	7.20		0	MC	9		1.01		
Total lipid (fat) ... g	16.00		0	MC	9		2.24		
Ash ... g									
Carbohydrate, by difference ... g	70.40		0	MC	9		9.86		
Fiber, total dietary ... g	2.3		0	MC	9		0.3		
Sugars, total ... g	7.50		0	MC	9		1.05		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.30		0	MC	9		0.60		
Magnesium, Mg ... mg	16		0	MC	9		2		
Phosphorus, P ... mg	293		0	MC	9		41		
Potassium, K ... mg	108		0	MC	9		15		
Sodium, Na ... mg	1288		0	MC	9		180		
Zinc, Zn ... mg	0.80		0	MC	9		0.11		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.600		0	MC	9		0.084		
Riboflavin ... mg	0.360		0	MC	9		0.050		
Niacin ... mg	4.800		0	MC	9		0.672		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.030		0	MC	9		0.004		
Folate, total ... µg	138		0	MC	9		19		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.600		0	MC	9		0.364		
Fatty acids, total monounsaturated ... g	3.800		0	MC	9		0.532		
Fatty acids, total polyunsaturated ... g	9.100		0	MC	9		1.274		
Fatty acids, total trans ... g	0.100		0	MC	9		0.014		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28144
KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28142

KEEBLER, TOWN HOUSE, Original Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.48		
Energy....kcal	526		0	MC	9		84		
Energy....kJ	2201		0	MC	9		352		
Protein (N x 6.25)....g	5.10		0	MC	9		0.82		
Total lipid (fat)....g	29.60		0	MC	9		4.74		
Ash....g									
Carbohydrate, by difference....g	59.80		0	MC	9		9.57		
Fiber, total dietary....g	1.7		0	MC	9		0.3		
Sugars, total....g	6.50		0	MC	9		1.04		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	202		0	MC	9		32		
Potassium, K....mg	103		0	MC	9		16		
Sodium, Na....mg	826		0	MC	9		132		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.540		0	MC	9		0.086		
Riboflavin....mg	0.280		0	MC	9		0.045		
Niacin....mg	3.250		0	MC	9		0.520		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	111		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.800		0	MC	9		0.768		
Fatty acids, total monounsaturated....g	7.900		0	MC	9		1.264		
Fatty acids, total polyunsaturated....g	16.600		0	MC	9		2.656		
Fatty acids, total trans....g	0.290		0	MC	9		0.046		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28142
KEEBLER, TOWN HOUSE, Original Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28143

KEEBLER, TOWN HOUSE, Reduced Fat Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.65		0	MC	9		0.40		
Energy....kcal	431		0	MC	9		65		
Energy....kJ	1803		0	MC	9		270		
Protein (N x 6.25)....g	6.60		0	MC	9		0.99		
Total lipid (fat)....g	11.30		0	MC	9		1.70		
Ash....g									
Carbohydrate, by difference....g	77.10		0	MC	9		11.56		
Fiber, total dietary....g	2.2		0	MC	9		0.3		
Sugars, total....g	8.40		0	MC	9		1.26		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg	0		0	MC	9		0		
Phosphorus, P....mg	220		0	MC	9		33		
Potassium, K....mg	133		0	MC	9		20		
Sodium, Na....mg	868		0	MC	9		130		
Zinc, Zn....mg	0.00		0	MC	9		0.00		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.690		0	MC	9		0.103		
Riboflavin....mg	0.360		0	MC	9		0.054		
Niacin....mg	4.200		0	MC	9		0.630		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	MC	9		0.000		
Folate, total....µg	144		0	MC	9		22		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.000		0	MC	9		0.300		
Fatty acids, total monounsaturated....g	2.600		0	MC	9		0.390		
Fatty acids, total polyunsaturated....g	6.500		0	MC	9		0.975		
Fatty acids, total trans....g	0.100		0	MC	9		0.015		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28143
KEEBLER, TOWN HOUSE, Reduced Fat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 6 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28145

KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.90		0	MC	9		0.27		
Energy....kcal	483		0	MC	9		68		
Energy....kJ	2021		0	MC	9		283		
Protein (N x 6.25)....g	6.40		0	MC	9		0.90		
Total lipid (fat)....g	19.00		0	MC	9		2.66		
Ash....g									
Carbohydrate, by difference....g	71.60		0	MC	9		10.02		
Fiber, total dietary....g	2.8		0	MC	9		0.4		
Sugars, total....g	8.00		0	MC	9		1.12		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	110		0	MC	9		15		
Sodium, Na....mg	958		0	MC	9		134		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.570		0	MC	9		0.080		
Riboflavin....mg	0.300		0	MC	9		0.042		
Niacin....mg	3.500		0	MC	9		0.490		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	119		0	MC	9		17		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.000		0	MC	9		0.420		
Fatty acids, total monounsaturated....g	5.400		0	MC	9		0.756		
Fatty acids, total polyunsaturated....g	10.500		0	MC	9		1.470		
Fatty acids, total trans....g	0.120		0	MC	9		0.017		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28145
KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28146

KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.35		
Energy....kcal	462		0	MC	9		65		
Energy....kJ	1933		0	MC	9		271		
Protein (N x 6.25)....g	7.60		0	MC	9		1.06		
Total lipid (fat)....g	18.50		0	MC	9		2.59		
Ash....g									
Carbohydrate, by difference....g	68.40		0	MC	9		9.58		
Fiber, total dietary....g	3.4		0	MC	9		0.5		
Sugars, total....g	13.70		0	MC	9		1.92		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.60		0	MC	9		0.50		
Magnesium, Mg....mg	34		0	MC	9		5		
Phosphorus, P....mg	287		0	MC	9		40		
Potassium, K....mg	168		0	MC	9		24		
Sodium, Na....mg	871		0	MC	9		122		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.460		0	MC	9		0.064		
Riboflavin....mg	0.300		0	MC	9		0.042		
Niacin....mg	3.900		0	MC	9		0.546		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	104		0	MC	9		15		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.000		0	MC	9		0.420		
Fatty acids, total monounsaturated....g	4.500		0	MC	9		0.630		
Fatty acids, total polyunsaturated....g	10.600		0	MC	9		1.484		
Fatty acids, total trans....g	0.170		0	MC	9		0.024		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28146
KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28147

KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.31		
Energy....kcal	483		0	MC	9		68		
Energy....kJ	2021		0	MC	9		283		
Protein (N x 6.25)....g	7.60		0	MC	9		1.06		
Total lipid (fat)....g	20.50		0	MC	9		2.87		
Ash....g									
Carbohydrate, by difference....g	66.80		0	MC	9		9.35		
Fiber, total dietary....g	2.6		0	MC	9		0.4		
Sugars, total....g	8.00		0	MC	9		1.12		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.80		0	MC	9		0.53		
Magnesium, Mg....mg									
Phosphorus, P....mg	227		0	MC	9		32		
Potassium, K....mg	112		0	MC	9		16		
Sodium, Na....mg	967		0	MC	9		135		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.580		0	MC	9		0.081		
Riboflavin....mg	0.300		0	MC	9		0.042		
Niacin....mg	3.500		0	MC	9		0.490		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	120		0	MC	9		17		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.900		0	MC	9		0.406		
Fatty acids, total monounsaturated....g	5.700		0	MC	9		0.798		
Fatty acids, total polyunsaturated....g	11.800		0	MC	9		1.652		
Fatty acids, total trans....g	0.110		0	MC	9		0.015		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28147
KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28148

KEEBLER, TOWN HOUSE, Wheat Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.48		
Energy....kcal	489		0	MC	9		78		
Energy....kJ	2046		0	MC	9		327		
Protein (N x 6.25)....g	6.30		0	MC	9		1.01		
Total lipid (fat)....g	24.40		0	MC	9		3.90		
Ash....g									
Carbohydrate, by difference....g	63.20		0	MC	9		10.11		
Fiber, total dietary....g	2.8		0	MC	9		0.4		
Sugars, total....g	3.10		0	MC	9		0.50		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg	5		0	MC	9		1		
Phosphorus, P....mg	333		0	MC	9		53		
Potassium, K....mg	134		0	MC	9		21		
Sodium, Na....mg	876		0	MC	9		140		
Zinc, Zn....mg	0.10		0	MC	9		0.02		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.560		0	MC	9		0.090		
Riboflavin....mg	0.310		0	MC	9		0.050		
Niacin....mg	3.800		0	MC	9		0.608		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.002		
Folate, total....µg	113		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.000		0	MC	9		0.640		
Fatty acids, total monounsaturated....g	6.000		0	MC	9		0.960		
Fatty acids, total polyunsaturated....g	14.100		0	MC	9		2.256		
Fatty acids, total trans....g	0.200		0	MC	9		0.032		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28148
KEEBLER, TOWN HOUSE, Wheat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28150
KEEBLER, TRADITIONS, Iced Lemonade Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.40		0	MC	9		0.99		
Energy....kcal	502		0	MC	9		146		
Energy....kJ	2100		0	MC	9		609		
Protein (N x 6.25)....g	4.50		0	MC	9		1.31		
Total lipid (fat)....g	24.40		0	MC	9		7.08		
Ash....g									
Carbohydrate, by difference....g	66.30		0	MC	9		19.23		
Fiber, total dietary....g	1.0		0	MC	9		0.3		
Sugars, total....g	29.90		0	MC	9		8.67		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.40		0	MC	9		0.70		
Magnesium, Mg....mg	9		0	MC	9		3		
Phosphorus, P....mg	60		0	MC	9		17		
Potassium, K....mg	60		0	MC	9		17		
Sodium, Na....mg	262		0	MC	9		76		
Zinc, Zn....mg	0.30		0	MC	9		0.09		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.320		0	MC	9		0.093		
Riboflavin....mg	0.220		0	MC	9		0.064		
Niacin....mg	2.800		0	MC	9		0.812		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	85		0	MC	9		25		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.000		0	MC	9		2.320		
Fatty acids, total monounsaturated....g	5.500		0	MC	9		1.595		
Fatty acids, total polyunsaturated....g	9.000		0	MC	9		2.610		
Fatty acids, total trans....g	0.360		0	MC	9		0.104		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28150
KEEBLER, TRADITIONS, Iced Lemonade Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28151
KEEBLER, TRADITIONS, Iced Oatmeal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0	MC	9		1.12		
Energy....kcal	463		0	MC	9		148		
Energy....kJ	1937		0	MC	9		620		
Protein (N x 6.25)....g	5.40		0	MC	9		1.73		
Total lipid (fat)....g	18.00		0	MC	9		5.76		
Ash....g									
Carbohydrate, by difference....g	71.00		0	MC	9		22.72		
Fiber, total dietary....g	2.7		0	MC	9		0.9		
Sugars, total....g	36.30		0	MC	9		11.62		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.30		0	MC	9		0.74		
Magnesium, Mg....mg	6		0	MC	9		2		
Phosphorus, P....mg	33		0	MC	9		11		
Potassium, K....mg	110		0	MC	9		35		
Sodium, Na....mg	493		0	MC	9		158		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.270		0	MC	9		0.086		
Riboflavin....mg	0.170		0	MC	9		0.054		
Niacin....mg	2.100		0	MC	9		0.672		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	60		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.800		0	MC	9		1.856		
Fatty acids, total monounsaturated....g	4.200		0	MC	9		1.344		
Fatty acids, total polyunsaturated....g	6.700		0	MC	9		2.144		
Fatty acids, total trans....g	0.250		0	MC	9		0.080		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28151
KEEBLER, TRADITIONS, Iced Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28110

KEEBLER, Toast & Peanut Butter Sandwich Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.70		0	MC	9		1.05		
Energy	kcal	489		0	MC	9		191		
Energy	kJ	2046		0	MC	9		798		
Protein (N x 6.25)	g	10.60		0	MC	9		4.13		
Total lipid (fat)	g	23.80		0	MC	9		9.28		
Ash	g									
Carbohydrate, by difference	g	60.20		0	MC	9		23.48		
Fiber, total dietary	g	3.2		0	MC	9		1.2		
Sugars, total	g	11.60		0	MC	9		4.52		
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0	MC	9		21		
Iron, Fe	mg	3.30		0	MC	9		1.29		
Magnesium, Mg	mg	12		0	MC	9		4		
Phosphorus, P	mg	118		0	MC	9		46		
Potassium, K	mg	66		0	MC	9		26		
Sodium, Na	mg	772		0	MC	9		301		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.410		0	MC	9		0.160		
Riboflavin	mg	0.270		0	MC	9		0.105		
Niacin	mg	3.500		0	MC	9		1.365		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	108		0	MC	9		42		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.600		0	MC	9		1.404		
Fatty acids, total monounsaturated	g	8.200		0	MC	9		3.198		
Fatty acids, total polyunsaturated	g	8.500		0	MC	9		3.315		
Fatty acids, total trans	g	0.140		0	MC	9		0.055		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28110
KEEBLER, Toast & Peanut Butter Sandwich Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28132
KEEBLER, Toasted Coconut Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.95		
Energy....kcal	475		0	MC	9		181		
Energy....kJ	1987		0	MC	9		755		
Protein (N x 6.25)....g	3.80		0	MC	9		1.44		
Total lipid (fat)....g	20.20		0	MC	9		7.68		
Ash....g									
Carbohydrate, by difference....g	69.90		0	MC	9		26.56		
Fiber, total dietary....g	2.3		0	MC	9		0.9		
Sugars, total....g	41.20		0	MC	9		15.66		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.80		
Magnesium, Mg....mg	15		0	MC	9		6		
Phosphorus, P....mg	49		0	MC	9		19		
Potassium, K....mg	121		0	MC	9		46		
Sodium, Na....mg	324		0	MC	9		123		
Zinc, Zn....mg	0.50		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.260		0	MC	9		0.099		
Riboflavin....mg	0.170		0	MC	9		0.065		
Niacin....mg	2.100		0	MC	9		0.798		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.015		
Folate, total....µg	59		0	MC	9		22		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.300		0	MC	9		3.914		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		1.976		
Fatty acids, total polyunsaturated....g	1.100		0	MC	9		0.418		
Fatty acids, total trans....g	4.270		0	MC	9		1.623		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28132
KEEBLER, Toasted Coconut Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18609
KEEBLER, Vanilla Wafers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.10		0	MC	9		1.23		
Energy....kcal	462		0	MC	9		139		
Energy....kJ	1933		0	MC	9		580		
Protein (N x 6.25)....g	4.00		0	MC	9		1.20		
Total lipid (fat)....g	17.40		0	MC	9		5.22		
Ash....g	1.40		1	A	1		0.42		
Carbohydrate, by difference....g	73.10		0	MC	9		21.93		
Fiber, total dietary....g	1.4		0	MC	9		0.4		
Sugars, total....g	31.60		0	MC	9		9.48		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	42		0	MC	9		13		
Potassium, K....mg	84		0	MC	9		25		
Sodium, Na....mg	402		0	MC	9		121		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.126		
Riboflavin....mg	0.230		0	MC	9		0.069		
Niacin....mg	2.600		0	MC	9		0.780		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	88		0	MC	9		26		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.700		0	MC	9		1.710		
Fatty acids, total monounsaturated....g	3.900		0	MC	9		1.170		
Fatty acids, total polyunsaturated....g	6.600		0	MC	9		1.980		
Fatty acids, total trans....g	0.250		0	MC	9		0.075		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 18609
KEEBLER, Vanilla Wafers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28152
KEEBLER, Vanilla Wafers Minis, Rainbow
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.10		0	MC	9		1.23		
Energy ... kcal	466		0	MC	9		140		
Energy ... kJ	1950		0	MC	9		585		
Protein (N x 6.25) ... g	4.00		0	MC	9		1.20		
Total lipid (fat) ... g	18.30		0	MC	9		5.49		
Ash ... g									
Carbohydrate, by difference ... g	72.30		0	MC	9		21.69		
Fiber, total dietary ... g	1.3		0	MC	9		0.4		
Sugars, total ... g	31.10		0	MC	9		9.33		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg									
Magnesium, Mg ... mg									
Phosphorus, P ... mg	41		0	MC	9		12		
Potassium, K ... mg	83		0	MC	9		25		
Sodium, Na ... mg	400		0	MC	9		120		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.420		0	MC	9		0.126		
Riboflavin ... mg	0.230		0	MC	9		0.069		
Niacin ... mg	2.500		0	MC	9		0.750		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	87		0	MC	9		26		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.000		0	MC	9		1.800		
Fatty acids, total monounsaturated ... g	4.100		0	MC	9		1.230		
Fatty acids, total polyunsaturated ... g	6.800		0	MC	9		2.040		
Fatty acids, total trans ... g	0.280		0	MC	9		0.084		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28152
KEEBLER, Vanilla Wafers Minis, Rainbow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 18 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28153

KEEBLER, Vienna Fingers with Creme Filling

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.78		
Energy....kcal	492		0	MC	9		153		
Energy....kJ	2059		0	MC	9		638		
Protein (N x 6.25)....g	4.50		0	MC	9		1.40		
Total lipid (fat)....g	20.10		0	MC	9		6.23		
Ash....g									
Carbohydrate, by difference....g	73.20		0	MC	9		22.69		
Fiber, total dietary....g	1.5		0	MC	9		0.5		
Sugars, total....g	33.60		0	MC	9		10.42		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.35		0	MC	9		1.04		
Magnesium, Mg....mg									
Phosphorus, P....mg	54		0	MC	9		17		
Potassium, K....mg	7		0	MC	9		2		
Sodium, Na....mg	301		0	MC	9		93		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.093		
Riboflavin....mg	0.200		0	MC	9		0.062		
Niacin....mg	2.200		0	MC	9		0.682		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	71		0	MC	9		22		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.700		0	MC	9		2.077		
Fatty acids, total monounsaturated....g	3.700		0	MC	9		1.147		
Fatty acids, total polyunsaturated....g	9.300		0	MC	9		2.883		
Fatty acids, total trans....g	0.370		0	MC	9		0.115		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28153
KEEBLER, Vienna Fingers with Creme Filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28154

KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.87		
Energy....kcal	465		0	MC	9		144		
Energy....kJ	1946		0	MC	9		603		
Protein (N x 6.25)....g	4.50		0	MC	9		1.40		
Total lipid (fat)....g	15.00		0	MC	9		4.65		
Ash....g									
Carbohydrate, by difference....g	78.10		0	MC	9		24.21		
Fiber, total dietary....g	1.5		0	MC	9		0.5		
Sugars, total....g	37.20		0	MC	9		11.53		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.40		0	MC	9		1.05		
Magnesium, Mg....mg									
Phosphorus, P....mg	91		0	MC	9		28		
Potassium, K....mg	9		0	MC	9		3		
Sodium, Na....mg	366		0	MC	9		113		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.093		
Riboflavin....mg	0.200		0	MC	9		0.062		
Niacin....mg	2.280		0	MC	9		0.707		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	72		0	MC	9		22		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.900		0	MC	9		1.519		
Fatty acids, total monounsaturated....g	2.700		0	MC	9		0.837		
Fatty acids, total polyunsaturated....g	7.100		0	MC	9		2.201		
Fatty acids, total trans....g	0.270		0	MC	9		0.084		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28154
KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28157
KEEBLER, WHEATABLES, Honey Wheat Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.70		0	MC	9		0.51		
Energy ... kcal	482		0	NC	4		145		
Energy ... kJ	2017		0	NC	4		605		
Protein (N x 6.25) ... g	7.60		0	MC	9		2.28		
Total lipid (fat) ... g	20.40		0	MC	9		6.12		
Ash ... g									
Carbohydrate, by difference ... g	67.00		0	MC	9		20.10		
Fiber, total dietary ... g	3.3		0	MC	9		1.0		
Sugars, total ... g	15.00		0	MC	9		4.50		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.90		0	MC	9		0.87		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	679		0	MC	9		204		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.420		0	MC	9		0.126		
Riboflavin ... mg	0.240		0	MC	9		0.072		
Niacin ... mg	3.710		0	MC	9		1.113		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	87		0	MC	9		26		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.700		0	MC	9		1.410		
Fatty acids, total monounsaturated ... g	6.500		0	MC	9		1.950		
Fatty acids, total polyunsaturated ... g	7.900		0	MC	9		2.370		
Fatty acids, total trans ... g	1.260		0	MC	9		0.378		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28157
KEEBLER, WHEATABLES, Honey Wheat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 17 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28158

KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70		0	MC	9		0.51		
Energy....kcal	472		0	MC	9		142		
Energy....kJ	1975		0	MC	9		593		
Protein (N x 6.25)....g	8.40		0	MC	9		2.52		
Total lipid (fat)....g	20.40		0	MC	9		6.12		
Ash....g									
Carbohydrate, by difference....g	66.50		0	MC	9		19.95		
Fiber, total dietary....g	3.9		0	MC	9		1.2		
Sugars, total....g	11.70		0	MC	9		3.51		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.90		0	MC	9		0.87		
Magnesium, Mg....mg	43		0	MC	9		13		
Phosphorus, P....mg	185		0	MC	9		56		
Potassium, K....mg	165		0	MC	9		50		
Sodium, Na....mg	743		0	MC	9		223		
Zinc, Zn....mg	1.10		0	MC	9		0.33		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.510		0	MC	9		0.153		
Riboflavin....mg	0.330		0	MC	9		0.099		
Niacin....mg	4.500		0	MC	9		1.350		
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0	MC	9		0.021		
Folate, total....µg	107		0	MC	9		32		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0	MC	9		0.14		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.100		0	MC	9		0.930		
Fatty acids, total monounsaturated....g	6.100		0	MC	9		1.830		
Fatty acids, total polyunsaturated....g	10.600		0	MC	9		3.180		
Fatty acids, total trans....g	0.200		0	MC	9		0.060		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28158

KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 16 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28159

KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.70		0	MC	9		0.51		
Energy ... kcal	483		0	MC	9		145		
Energy ... kJ	2021		0	MC	9		606		
Protein (N x 6.25) ... g	7.60		0	MC	9		2.28		
Total lipid (fat) ... g	22.00		0	MC	9		6.60		
Ash ... g									
Carbohydrate, by difference ... g	65.70		0	MC	9		19.71		
Fiber, total dietary ... g	3.8		0	MC	9		1.1		
Sugars, total ... g	11.60		0	MC	9		3.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.60		0	MC	9		1.38		
Magnesium, Mg ... mg	34		0	MC	9		10		
Phosphorus, P ... mg	172		0	MC	9		52		
Potassium, K ... mg	145		0	MC	9		44		
Sodium, Na ... mg	654		0	MC	9		196		
Zinc, Zn ... mg	1.20		0	MC	9		0.36		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.450		0	MC	9		0.135		
Riboflavin ... mg	0.260		0	MC	9		0.078		
Niacin ... mg	3.600		0	MC	9		1.080		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.070		0	MC	9		0.021		
Folate, total ... µg	106		0	MC	9		32		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.600		0	MC	9		1.080		
Fatty acids, total monounsaturated ... g	6.600		0	MC	9		1.980		
Fatty acids, total polyunsaturated ... g	11.200		0	MC	9		3.360		
Fatty acids, total trans ... g	0.200		0	MC	9		0.060		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28159
KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 16 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28155
KEEBLER, Waffle Bowls
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.24		
Energy....kcal	424		0	MC	9		51		
Energy....kJ	1774		0	MC	9		213		
Protein (N x 6.25)....g	6.50		0	MC	9		0.78		
Total lipid (fat)....g	5.30		0	MC	9		0.64		
Ash....g									
Carbohydrate, by difference....g	87.70		0	MC	9		10.52		
Fiber, total dietary....g	1.8		0	MC	9		0.2		
Sugars, total....g	31.60		0	MC	9		3.79		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.36		
Magnesium, Mg....mg	15		0	MC	9		2		
Phosphorus, P....mg	80		0	MC	9		10		
Potassium, K....mg	100		0	MC	9		12		
Sodium, Na....mg	149		0	MC	9		18		
Zinc, Zn....mg	0.70		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.540		0	MC	9		0.065		
Riboflavin....mg	0.330		0	MC	9		0.040		
Niacin....mg	4.340		0	MC	9		0.521		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.004		
Folate, total....µg	124		0	MC	9		15		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.05		0	MC	9		0.01		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.860		0	MC	9		0.103		
Fatty acids, total monounsaturated....g	1.860		0	MC	9		0.223		
Fatty acids, total polyunsaturated....g	1.350		0	MC	9		0.162		
Fatty acids, total trans....g	0.920		0	MC	9		0.110		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 28155
KEEBLER, Waffle Bowls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 waffle

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28156
KEEBLER, Waffle Cones
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.24		
Energy....kcal	424		0	MC	9		51		
Energy....kJ	1774		0	MC	9		213		
Protein (N x 6.25)....g	6.50		0	MC	9		0.78		
Total lipid (fat)....g	5.30		0	MC	9		0.64		
Ash....g									
Carbohydrate, by difference....g	87.70		0	MC	9		10.52		
Fiber, total dietary....g	1.8		0	MC	9		0.2		
Sugars, total....g	31.60		0	MC	9		3.79		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.36		
Magnesium, Mg....mg	15		0	MC	9		2		
Phosphorus, P....mg	80		0	MC	9		10		
Potassium, K....mg	100		0	MC	9		12		
Sodium, Na....mg	149		0	MC	9		18		
Zinc, Zn....mg	0.70		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.540		0	MC	9		0.065		
Riboflavin....mg	0.330		0	MC	9		0.040		
Niacin....mg	4.340		0	MC	9		0.521		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.004		
Folate, total....µg	124		0	MC	9		15		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.05		0	MC	9		0.01		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.860		0	MC	9		0.103		
Fatty acids, total monounsaturated....g	1.860		0	MC	9		0.223		
Fatty acids, total polyunsaturated....g	1.350		0	MC	9		0.162		
Fatty acids, total trans....g	0.920		0	MC	9		0.110		
Cholesterol....mg									
Phytosterols....mg									

NDB No. 28156
KEEBLER, Waffle Cones

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 cone

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28255
KEEBLER, ZESTA, Export Sodas Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.42		
Energy....kcal	414		0	MC	9		58		
Energy....kJ	1732		0	MC	9		242		
Protein (N x 6.25)....g	5.60		0	MC	9		0.78		
Total lipid (fat)....g	11.50		0	MC	9		1.61		
Ash....g									
Carbohydrate, by difference....g	74.00		0	MC	9		10.36		
Fiber, total dietary....g	3.3		0	MC	9		0.5		
Sugars, total....g	2.30		0	MC	9		0.32		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.30		0	MC	9		0.60		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	597		0	MC	9		84		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.620		0	MC	9		0.087		
Riboflavin....mg	0.390		0	MC	9		0.055		
Niacin....mg	5.100		0	MC	9		0.714		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	145		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.330		0	MC	9		0.326		
Fatty acids, total monounsaturated....g	3.600		0	MC	9		0.504		
Fatty acids, total polyunsaturated....g	1.070		0	MC	9		0.150		
Fatty acids, total trans....g	4.500		0	MC	9		0.630		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28255
KEEBLER, ZESTA, Export Sodas Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28284

KEEBLER, ZESTA, Saltines with Whole Wheat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.42		
Energy....kcal	416		0	MC	9		62		
Energy....kJ	1741		0	MC	9		261		
Protein (N x 6.25)....g	8.40		0	MC	9		1.26		
Total lipid (fat)....g	9.60		0	MC	9		1.44		
Ash....g									
Carbohydrate, by difference....g	75.10		0	MC	9		11.26		
Fiber, total dietary....g	3.2		0	MC	9		0.5		
Sugars, total....g	2.10		0	MC	9		0.31		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.89		0	MC	9		0.58		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	43		0	MC	9		6		
Sodium, Na....mg	1532		0	MC	9		230		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.610		0	MC	9		0.092		
Riboflavin....mg	0.390		0	MC	9		0.058		
Niacin....mg	5.200		0	MC	9		0.780		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	139		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.400		0	MC	9		0.210		
Fatty acids, total monounsaturated....g	2.400		0	MC	9		0.360		
Fatty acids, total polyunsaturated....g	5.800		0	MC	9		0.870		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28284
KEEBLER, ZESTA, Saltines with Whole Wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28283
KEEBLER, ZESTA, Saltines, Original
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.38		
Energy ... kcal	418		0	MC	9		63		
Energy ... kJ	1749		0	MC	9		262		
Protein (N x 6.25) ... g	8.20		0	MC	9		1.23		
Total lipid (fat) ... g	9.00		0	MC	9		1.35		
Ash ... g									
Carbohydrate, by difference ... g	76.10		0	MC	9		11.41		
Fiber, total dietary ... g	2.5		0	MC	9		0.4		
Sugars, total ... g	1.60		0	MC	9		0.24		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.00		0	MC	9		0.60		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	0		0	MC	9		0		
Sodium, Na ... mg	1021		0	MC	9		153		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.630		0	MC	9		0.094		
Riboflavin ... mg	0.410		0	MC	9		0.061		
Niacin ... mg	5.200		0	MC	9		0.780		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	150		0	MC	9		23		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.300		0	MC	9		0.195		
Fatty acids, total monounsaturated ... g	2.200		0	MC	9		0.330		
Fatty acids, total polyunsaturated ... g	5.500		0	MC	9		0.825		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28283
KEEBLER, ZESTA, Saltines, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 5 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18507

KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	46.06		0	MC	9		16.12	32.24	
Energy ... kcal	208		0	MC	9		73	146	
Energy ... kJ	870		0	MC	9		305	609	
Protein ... g	5.95		0	MC	9		2.08	4.17	
Total lipid (fat) ... g	2.83		0	MC	9		0.99	1.98	
Ash ... g	2.45		0	MC	9		0.86	1.72	
Carbohydrate, by difference ... g	42.71		0	MC	9		14.95	29.90	
Fiber, total dietary ... g	3.5		0	MC	9		1.2	2.5	
Sugars, total ... g	8.89		0	MC	9		3.11	6.22	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	61		0	MC	9		21	43	
Iron, Fe ... mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg ... mg	54		0	MC	9		19	38	
Phosphorus, P ... mg	77		0	MC	9		27	54	
Potassium, K ... mg	68		0	MC	9		24	48	
Sodium, Na ... mg	591		0	MC	9		207	414	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0	0.0	
Thiamin ... mg	0.380		0	MC	9		0.133	0.266	
Riboflavin ... mg	0.440		0	MC	9		0.154	0.308	
Niacin ... mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.510		0	MC	9		0.179	0.357	
Folate, total ... µg	51		0	MC	9		18	36	
Folic acid ... µg									
Folate, food ... µg	51		0	MC	9		18	36	
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.54		0	MC	9		0.54	1.08	
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	1282		0	MC	9		449	897	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.410		0	MC	9		0.144	0.287	

NDB No. 18507
KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.150		0	MC	9		0.403	0.805	
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.280	0.560	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	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 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28160

KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.75		
Energy	kcal	467		0	MC	9		140		
Energy	kJ	1954		0	MC	9		586		
Protein (N x 6.25)	g	8.60		0	MC	9		2.58		
Total lipid (fat)	g	19.90		0	MC	9		5.97		
Ash	g									
Carbohydrate, by difference	g	63.50		0	MC	9		19.05		
Fiber, total dietary	g	16.3		0	MC	9		4.9		
Sugars, total	g	10.00		0	MC	9		3.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	67		0	MC	9		20		
Iron, Fe	mg	3.50		0	MC	9		1.05		
Magnesium, Mg	mg	21		0	MC	9		6		
Phosphorus, P	mg	364		0	MC	9		109		
Potassium, K	mg	224		0	MC	9		67		
Sodium, Na	mg	850		0	MC	9		255		
Zinc, Zn	mg	0.87		0	MC	9		0.26		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.300		0	MC	9		0.090		
Riboflavin	mg	0.220		0	MC	9		0.066		
Niacin	mg	4.300		0	MC	9		1.290		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	49		0	MC	9		15		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.200		0	MC	9		0.960		
Fatty acids, total monounsaturated	g	5.200		0	MC	9		1.560		
Fatty acids, total polyunsaturated	g	11.500		0	MC	9		3.450		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28160
KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 18 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28161
KELLOGG'S, ALL-BRAN, Multigrain Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	415		0	MC	9		125		
Energy ... kJ	1736		0	MC	9		521		
Protein (N x 6.25) ... g	8.60		0	MC	9		2.58		
Total lipid (fat) ... g	20.00		0	MC	9		6.00		
Ash ... g									
Carbohydrate, by difference ... g	65.70		0	MC	9		19.71		
Fiber, total dietary ... g	16.4		0	MC	9		4.9		
Sugars, total ... g	12.90		0	MC	9		3.87		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.50		0	MC	9		0.75		
Magnesium, Mg ... mg	71		0	MC	9		21		
Phosphorus, P ... mg	363		0	MC	9		109		
Potassium, K ... mg	219		0	MC	9		66		
Sodium, Na ... mg	690		0	MC	9		207		
Zinc, Zn ... mg	2.00		0	MC	9		0.60		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.240		0	MC	9		0.072		
Riboflavin ... mg	0.200		0	MC	9		0.060		
Niacin ... mg	3.700		0	MC	9		1.110		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.230		0	MC	9		0.069		
Folate, total ... µg	26		0	MC	9		8		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.10		0	MC	9		0.03		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.45		0	MC	9		0.14		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.200		0	MC	9		0.960		
Fatty acids, total monounsaturated ... g	4.800		0	MC	9		1.440		
Fatty acids, total polyunsaturated ... g	11.300		0	MC	9		3.390		
Fatty acids, total trans ... g	0.200		0	MC	9		0.060		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28161
KELLOGG'S, ALL-BRAN, Multigrain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 18 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18992

KELLOGG'S, BEANATURAL, Original 3-Bean Chips

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.62		
Energy....kcal	487		0	MC	9		136		
Energy....kJ	2038		0	MC	9		571		
Protein (N x 6.25)....g	22.90		0	MC	9		6.41		
Total lipid (fat)....g	25.30		0	MC	9		7.08		
Ash....g									
Carbohydrate, by difference....g	46.50		0	MC	9		13.02		
Fiber, total dietary....g	14.2		0	MC	9		4.0		
Sugars, total....g	5.30		0	MC	9		1.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	197		0	MC	9		55		
Iron, Fe....mg	4.70		0	MC	9		1.32		
Magnesium, Mg....mg	95		0	MC	9		27		
Phosphorus, P....mg	216		0	MC	9		60		
Potassium, K....mg	986		0	MC	9		276		
Sodium, Na....mg	794		0	MC	9		222		
Zinc, Zn....mg	2.20		0	MC	9		0.62		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.170		0	MC	9		0.048		
Riboflavin....mg	0.090		0	MC	9		0.025		
Niacin....mg	0.900		0	MC	9		0.252		
Pantothenic acid....mg									
Vitamin B-6....mg	0.150		0	MC	9		0.042		
Folate, total....µg	88		0	MC	9		25		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.000		0	MC	9		0.560		
Fatty acids, total monounsaturated....g	19.500		0	MC	9		5.460		
Fatty acids, total polyunsaturated....g	2.600		0	MC	9		0.728		
Fatty acids, total trans....g	0.100		0	MC	9		0.028		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18992
KELLOGG'S, BEANATURAL, Original 3-Bean Chips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 12 chips

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28005

KELLOGG'S, CINNABON, Pancakes, Caramel

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.90		0	MC	9		44.00		
Energy ... kcal	255		0	MC	9		268		
Energy ... kJ	1067		0	MC	9		1120		
Protein (N x 6.25) ... g	5.00		0	MC	9		5.25		
Total lipid (fat) ... g	7.10		0	MC	9		7.45		
Ash ... g									
Carbohydrate, by difference ... g	43.40		0	MC	9		45.57		
Fiber, total dietary ... g	1.0		0	MC	9		1.1		
Sugars, total ... g	15.60		0	MC	9		16.38		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	57		0	MC	9		60		
Iron, Fe ... mg	4.30		0	MC	9		4.52		
Magnesium, Mg ... mg	0		0	MC	9		0		
Phosphorus, P ... mg	190		0	MC	9		200		
Potassium, K ... mg	48		0	MC	9		50		
Sodium, Na ... mg	456		0	MC	9		479		
Zinc, Zn ... mg	0.00		0	MC	9		0.00		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.304		
Riboflavin ... mg	0.320		0	MC	9		0.336		
Niacin ... mg	3.800		0	MC	9		3.990		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.420		
Folate, total ... µg	57		0	MC	9		60		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.10		0	MC	9		1.16		
Vitamin A, RAE ... µg	286		0	NR	4		300		
Vitamin A, IU ... IU	952		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.200		0	MC	9		1.260		
Fatty acids, total monounsaturated ... g	1.600		0	MC	9		1.680		
Fatty acids, total polyunsaturated ... g	3.600		0	MC	9		3.780		
Fatty acids, total trans ... g	0.100		0	MC	9		0.105		
Cholesterol ... mg	14		0	MC	9		15		
Phytosterols ... mg									

NDB No. 28005
KELLOGG'S, CINNABON, Pancakes, Caramel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 3 pancakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28006

KELLOGG'S, CINNABON, Pancakes, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.60		0	MC	9		43.68		
Energy ... kcal	258		0	MC	9		271		
Energy ... kJ	1079		0	MC	9		1133		
Protein (N x 6.25) ... g	5.00		0	MC	9		5.25		
Total lipid (fat) ... g	7.70		0	MC	9		8.08		
Ash ... g									
Carbohydrate, by difference ... g	43.10		0	MC	9		45.25		
Fiber, total dietary ... g	1.1		0	MC	9		1.2		
Sugars, total ... g	14.90		0	MC	9		15.64		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	76		0	MC	9		80		
Iron, Fe ... mg	4.30		0	MC	9		4.52		
Magnesium, Mg ... mg	0		0	MC	9		0		
Phosphorus, P ... mg	190		0	MC	9		200		
Potassium, K ... mg	50		0	MC	9		53		
Sodium, Na ... mg	456		0	MC	9		479		
Zinc, Zn ... mg	0.00		0	MC	9		0.00		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.304		
Riboflavin ... mg	0.320		0	MC	9		0.336		
Niacin ... mg	3.800		0	MC	9		3.990		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.420		
Folate, total ... µg	57		0	MC	9		60		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.10		0	MC	9		1.16		
Vitamin A, RAE ... µg	286		0	NR	4		300		
Vitamin A, IU ... IU	952		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.600		0	MC	9		1.680		
Fatty acids, total monounsaturated ... g	1.700		0	MC	9		1.785		
Fatty acids, total polyunsaturated ... g	3.600		0	MC	9		3.780		
Fatty acids, total trans ... g	0.100		0	MC	9		0.105		
Cholesterol ... mg	14		0	MC	9		15		
Phytosterols ... mg									

NDB No. 28006
KELLOGG'S, CINNABON, Pancakes, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 3 pancakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28162
KELLOGG'S, Corn Flakes Crumbs
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.99		
Energy....kcal	367		0	MC	9		121		
Energy....kJ	1536		0	MC	9		507		
Protein (N x 6.25)....g	7.50		0	MC	9		2.48		
Total lipid (fat)....g	0.40		0	MC	9		0.13		
Ash....g									
Carbohydrate, by difference....g	84.40		0	MC	9		27.85		
Fiber, total dietary....g	1.2		0	MC	9		0.4		
Sugars, total....g	9.30		0	MC	9		3.07		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	13.30		0	MC	9		4.39		
Magnesium, Mg....mg	40		0	MC	9		13		
Phosphorus, P....mg	87		0	MC	9		29		
Potassium, K....mg	169		0	MC	9		56		
Sodium, Na....mg	638		0	MC	9		211		
Zinc, Zn....mg	1.00		0	MC	9		0.33		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	2.020		0	MC	9		0.667		
Riboflavin....mg	2.600		0	MC	9		0.858		
Niacin....mg	4.800		0	MC	9		1.584		
Pantothenic acid....mg									
Vitamin B-6....mg	0.600		0	MC	9		0.198		
Folate, total....µg	60		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	64		0	NR	4		21		
Vitamin A, IU....IU	212		0	MC	9		70		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.100		0	MC	9		0.033		
Fatty acids, total monounsaturated....g	0.100		0	MC	9		0.033		
Fatty acids, total polyunsaturated....g	0.200		0	MC	9		0.066		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28162
KELLOGG'S, Corn Flakes Crumbs

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 6 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28259

KELLOGG'S, EGGO Minis, Pancakes, Buttermilk

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.20		0	MC	9		48.62		
Energy....kcal	251		0	MC	9		276		
Energy....kJ	1050		0	MC	9		1155		
Protein (N x 6.25)....g	5.50		0	MC	9		6.05		
Total lipid (fat)....g	8.20		0	MC	9		9.02		
Ash....g									
Carbohydrate, by difference....g	39.60		0	MC	9		43.56		
Fiber, total dietary....g	1.0		0	MC	9		1.1		
Sugars, total....g	10.30		0	MC	9		11.33		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0	MC	9		40		
Iron, Fe....mg	4.10		0	MC	9		4.51		
Magnesium, Mg....mg	1		0	MC	9		1		
Phosphorus, P....mg	182		0	MC	9		200		
Potassium, K....mg	58		0	MC	9		64		
Sodium, Na....mg	521		0	MC	9		573		
Zinc, Zn....mg	0.00		0	MC	9		0.00		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.270		0	MC	9		0.297		
Riboflavin....mg	0.310		0	MC	9		0.341		
Niacin....mg	3.600		0	MC	9		3.960		
Pantothenic acid....mg									
Vitamin B-6....mg	0.360		0	MC	9		0.396		
Folate, total....µg	55		0	MC	9		61		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.10		0	MC	9		1.21		
Vitamin A, RAE....µg	273		0	NR	4		300		
Vitamin A, IU....IU	909		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.300		0	MC	9		1.430		
Fatty acids, total monounsaturated....g	1.900		0	MC	9		2.090		
Fatty acids, total polyunsaturated....g	4.400		0	MC	9		4.840		
Fatty acids, total trans....g	0.100		0	MC	9		0.110		
Cholesterol....mg	11		0	MC	9		12		
Phytosterols....mg									

NDB No. 28259
KELLOGG'S, EGGO Minis, Pancakes, Buttermilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 11 pancakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28016

KELLOGG'S, EGGO Protein, Waffles, Homestyle

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	36.90		0	MC	9		25.83		
Energy ... kcal	281		0	MC	9		197		
Energy ... kJ	1176		0	MC	9		823		
Protein (N x 6.25) ... g	10.80		0	MC	9		7.56		
Total lipid (fat) ... g	10.20		0	MC	9		7.14		
Ash ... g									
Carbohydrate, by difference ... g	37.00		0	MC	9		25.90		
Fiber, total dietary ... g	1.2		0	MC	9		0.8		
Sugars, total ... g	2.70		0	MC	9		1.89		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	357		0	MC	9		250		
Iron, Fe ... mg	6.40		0	MC	9		4.48		
Magnesium, Mg ... mg	18		0	MC	9		13		
Phosphorus, P ... mg	286		0	MC	9		200		
Potassium, K ... mg	113		0	MC	9		79		
Sodium, Na ... mg	562		0	MC	9		393		
Zinc, Zn ... mg	0.40		0	MC	9		0.28		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.430		0	MC	9		0.301		
Riboflavin ... mg	0.490		0	MC	9		0.343		
Niacin ... mg	5.700		0	MC	9		3.990		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.570		0	MC	9		0.399		
Folate, total ... µg	57		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.70		0	MC	9		1.19		
Vitamin A, RAE ... µg	429		0	NR	4		300		
Vitamin A, IU ... IU	1429		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	3.60		0	MC	9		2.52		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.500		0	MC	9		1.750		
Fatty acids, total monounsaturated ... g	2.600		0	MC	9		1.820		
Fatty acids, total polyunsaturated ... g	4.200		0	MC	9		2.940		
Fatty acids, total trans ... g	0.200		0	MC	9		0.140		
Cholesterol ... mg	29		0	MC	9		20		
Phytosterols ... mg									

NDB No. 28016
KELLOGG'S, EGGO Protein, Waffles, Homestyle

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28022

KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.50		0	MC	9		26.25		
Energy	kcal	296		0	MC	9		207		
Energy	kJ	1238		0	MC	9		867		
Protein (N x 6.25)	g	5.50		0	MC	9		3.85		
Total lipid (fat)	g	12.20		0	MC	9		8.54		
Ash	g									
Carbohydrate, by difference	g	41.40		0	MC	9		28.98		
Fiber, total dietary	g	1.5		0	MC	9		1.1		
Sugars, total	g	9.20		0	MC	9		6.44		
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	MC	9		100		
Iron, Fe	mg	6.40		0	MC	9		4.48		
Magnesium, Mg	mg	23		0	MC	9		16		
Phosphorus, P	mg	325		0	MC	9		228		
Potassium, K	mg	86		0	MC	9		60		
Sodium, Na	mg	540		0	MC	9		378		
Zinc, Zn	mg	0.40		0	MC	9		0.28		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.301		
Riboflavin	mg	0.490		0	MC	9		0.343		
Niacin	mg	5.700		0	MC	9		3.990		
Pantothenic acid	mg									
Vitamin B-6	mg	0.570		0	MC	9		0.399		
Folate, total	µg	75		0	MC	9		53		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.70		0	MC	9		1.19		
Vitamin A, RAE	µg	429		0	NR	4		300		
Vitamin A, IU	IU	1429		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D	IU	1		0	MC	9		1		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.100		0	MC	9		2.170		
Fatty acids, total monounsaturated	g	3.100		0	MC	9		2.170		
Fatty acids, total polyunsaturated	g	5.200		0	MC	9		3.640		
Fatty acids, total trans	g	0.200		0	MC	9		0.140		
Cholesterol	mg	16		0	MC	9		11		
Phytosterols	mg									

NDB No. 28022
KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18995

KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	42.90		0	MC	9		45.05		
Energy ... kcal	258		0	MC	9		271		
Energy ... kJ	1079		0	MC	9		1133		
Protein (N x 6.25) ... g	8.80		0	MC	9		9.24		
Total lipid (fat) ... g	7.90		0	MC	9		8.30		
Ash ... g									
Carbohydrate, by difference ... g	38.30		0	MC	9		40.21		
Fiber, total dietary ... g	2.1		0	MC	9		2.2		
Sugars, total ... g	4.70		0	MC	9		4.93		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	124		0	MC	9		131		
Iron, Fe ... mg	2.70		0	MC	9		2.84		
Magnesium, Mg ... mg	14		0	MC	9		15		
Phosphorus, P ... mg	215		0	MC	9		226		
Potassium, K ... mg	225		0	MC	9		236		
Sodium, Na ... mg	610		0	MC	9		641		
Zinc, Zn ... mg	0.50		0	MC	9		0.53		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.315		
Riboflavin ... mg	0.260		0	MC	9		0.273		
Niacin ... mg	2.400		0	MC	9		2.520		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.021		
Folate, total ... µg	75		0	MC	9		79		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.10		0	MC	9		0.11		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.100		0	MC	9		4.305		
Fatty acids, total monounsaturated ... g	1.500		0	MC	9		1.575		
Fatty acids, total polyunsaturated ... g	1.100		0	MC	9		1.155		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	27		0	MC	9		28		
Phytosterols ... mg									

NDB No. 18995
KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 bscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18996

KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.30		0	MC	9		45.46		
Energy ... kcal	254		0	MC	9		267		
Energy ... kJ	1063		0	MC	9		1116		
Protein (N x 6.25) ... g	8.80		0	MC	9		9.24		
Total lipid (fat) ... g	7.60		0	MC	9		7.98		
Ash ... g									
Carbohydrate, by difference ... g	38.30		0	MC	9		40.21		
Fiber, total dietary ... g	2.3		0	MC	9		2.4		
Sugars, total ... g	4.70		0	MC	9		4.93		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	133		0	MC	9		140		
Iron, Fe ... mg	2.70		0	MC	9		2.84		
Magnesium, Mg ... mg	14		0	MC	9		15		
Phosphorus, P ... mg	217		0	MC	9		228		
Potassium, K ... mg	234		0	MC	9		246		
Sodium, Na ... mg	583		0	MC	9		612		
Zinc, Zn ... mg	0.50		0	MC	9		0.53		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.315		
Riboflavin ... mg	0.270		0	MC	9		0.284		
Niacin ... mg	2.400		0	MC	9		2.520		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.030		0	MC	9		0.031		
Folate, total ... µg	75		0	MC	9		79		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.10		0	MC	9		0.11		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.000		0	MC	9		4.200		
Fatty acids, total monounsaturated ... g	1.500		0	MC	9		1.575		
Fatty acids, total polyunsaturated ... g	1.100		0	MC	9		1.155		
Fatty acids, total trans ... g	0.000		0	MC	9		0.000		
Cholesterol ... mg	28		0	MC	9		29		
Phytosterols ... mg									

NDB No. 18996
KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 bscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28012

KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	41.00		0	MC	9		28.70		
Energy ... kcal	227		0	MC	9		159		
Energy ... kJ	950		0	MC	9		665		
Protein (N x 6.25) ... g	4.70		0	MC	9		3.29		
Total lipid (fat) ... g	7.90		0	MC	9		5.53		
Ash ... g									
Carbohydrate, by difference ... g	41.80		0	MC	9		29.26		
Fiber, total dietary ... g	13.2		0	MC	9		9.2		
Sugars, total ... g	4.70		0	MC	9		3.29		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	500		0	MC	9		350		
Iron, Fe ... mg	6.40		0	MC	9		4.48		
Magnesium, Mg ... mg	14		0	MC	9		10		
Phosphorus, P ... mg	311		0	MC	9		218		
Potassium, K ... mg	66		0	MC	9		46		
Sodium, Na ... mg	559		0	MC	9		391		
Zinc, Zn ... mg	0.40		0	MC	9		0.28		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.430		0	MC	9		0.301		
Riboflavin ... mg	0.490		0	MC	9		0.343		
Niacin ... mg	5.700		0	MC	9		3.990		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.600		0	MC	9		0.420		
Folate, total ... µg	59		0	MC	9		41		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.70		0	MC	9		1.19		
Vitamin A, RAE ... µg	429		0	NR	4		300		
Vitamin A, IU ... IU	1429		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	NR	4		0.0		
Vitamin D ... IU	2		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.100		0	MC	9		1.470		
Fatty acids, total monounsaturated ... g	2.000		0	MC	9		1.400		
Fatty acids, total polyunsaturated ... g	3.200		0	MC	9		2.240		
Fatty acids, total trans ... g	0.200		0	MC	9		0.140		
Cholesterol ... mg	20		0	MC	9		14		
Phytosterols ... mg									

NDB No. 28012
KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28013

KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	36.80		0	MC	9		25.76		
Energy ... kcal	259		0	MC	9		181		
Energy ... kJ	1084		0	MC	9		759		
Protein (N x 6.25) ... g	4.30		0	MC	9		3.01		
Total lipid (fat) ... g	10.50		0	MC	9		7.35		
Ash ... g									
Carbohydrate, by difference ... g	44.40		0	MC	9		31.08		
Fiber, total dietary ... g	12.9		0	MC	9		9.0		
Sugars, total ... g	10.90		0	MC	9		7.63		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	357		0	MC	9		250		
Iron, Fe ... mg	6.40		0	MC	9		4.48		
Magnesium, Mg ... mg	18		0	MC	9		13		
Phosphorus, P ... mg	256		0	MC	9		179		
Potassium, K ... mg	76		0	MC	9		53		
Sodium, Na ... mg	503		0	MC	9		352		
Zinc, Zn ... mg	4.30		0	MC	9		3.01		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.430		0	MC	9		0.301		
Riboflavin ... mg	0.490		0	MC	9		0.343		
Niacin ... mg	5.700		0	MC	9		3.990		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.600		0	MC	9		0.420		
Folate, total ... µg	51		0	MC	9		36		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.70		0	MC	9		1.19		
Vitamin A, RAE ... µg	429		0	NR	4		300		
Vitamin A, IU ... IU	1429		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	4.05		0	MC	9		2.84		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	NR	4		0.0		
Vitamin D ... IU	2		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.300		0	MC	9		2.310		
Fatty acids, total monounsaturated ... g	2.800		0	MC	9		1.960		
Fatty acids, total polyunsaturated ... g	3.700		0	MC	9		2.590		
Fatty acids, total trans ... g	0.200		0	MC	9		0.140		
Cholesterol ... mg	20		0	MC	9		14		
Phytosterols ... mg									

NDB No. 28013
KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18997

KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.44		0	MC	9		38.20		
Energy....kcal	250		0	MC	9		225		
Energy....kJ	1046		0	MC	9		941		
Protein (N x 6.25)....g	4.80		0	MC	9		4.32		
Total lipid (fat)....g	6.90		0	MC	9		6.21		
Ash....g									
Carbohydrate, by difference....g	42.60		0	MC	9		38.34		
Fiber, total dietary....g	1.0		0	MC	9		0.9		
Sugars, total....g	16.20		0	MC	9		14.58		
Starch....g									
Minerals:									
Calcium, Ca....mg	111		0	MC	9		100		
Iron, Fe....mg	5.00		0	MC	9		4.50		
Magnesium, Mg....mg	12		0	MC	9		11		
Phosphorus, P....mg	300		0	MC	9		270		
Potassium, K....mg	66		0	MC	9		59		
Sodium, Na....mg	550		0	MC	9		495		
Zinc, Zn....mg	0.40		0	MC	9		0.36		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.297		
Riboflavin....mg	0.380		0	MC	9		0.342		
Niacin....mg	4.400		0	MC	9		3.960		
Pantothenic acid....mg									
Vitamin B-6....mg	0.440		0	MC	9		0.396		
Folate, total....µg	64		0	MC	9		58		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.30		0	MC	9		1.17		
Vitamin A, RAE....µg	334		0	NR	4		300		
Vitamin A, IU....IU	1111		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0		
Vitamin D....IU	2		0	MC	9		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.900		0	MC	9		1.710		
Fatty acids, total monounsaturated....g	1.800		0	MC	9		1.620		
Fatty acids, total polyunsaturated....g	2.700		0	MC	9		2.430		
Fatty acids, total trans....g	0.100		0	MC	9		0.090		
Cholesterol....mg	24		0	MC	9		22		
Phytosterols....mg									

NDB No. 18997
KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 2 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18998

KELLOGG'S, EGGO, French Toaster Sticks, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.99		0	MC	9		40.49		
Energy	kcal	239		0	MC	9		215		
Energy	kJ	1000		0	MC	9		900		
Protein (N x 6.25)	g	5.30		0	MC	9		4.77		
Total lipid (fat)	g	7.00		0	MC	9		6.30		
Ash	g									
Carbohydrate, by difference	g	39.40		0	MC	9		35.46		
Fiber, total dietary	g	0.9		0	MC	9		0.8		
Sugars, total	g	10.90		0	MC	9		9.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0	MC	9		100		
Iron, Fe	mg	5.00		0	MC	9		4.50		
Magnesium, Mg	mg	13		0	MC	9		12		
Phosphorus, P	mg	326		0	MC	9		293		
Potassium, K	mg	70		0	MC	9		63		
Sodium, Na	mg	598		0	MC	9		538		
Zinc, Zn	mg	0.40		0	MC	9		0.36		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.330		0	MC	9		0.297		
Riboflavin	mg	0.380		0	MC	9		0.342		
Niacin	mg	4.400		0	MC	9		3.960		
Pantothenic acid	mg									
Vitamin B-6	mg	0.440		0	MC	9		0.396		
Folate, total	µg	70		0	MC	9		63		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.30		0	MC	9		1.17		
Vitamin A, RAE	µg	334		0	NR	4		300		
Vitamin A, IU	IU	1111		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	NR	4		0.0		
Vitamin D	IU	2		0	MC	9		2		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.700		0	MC	9		1.530		
Fatty acids, total monounsaturated	g	1.800		0	MC	9		1.620		
Fatty acids, total polyunsaturated	g	2.900		0	MC	9		2.610		
Fatty acids, total trans	g	0.100		0	MC	9		0.090		
Cholesterol	mg	26		0	MC	9		23		
Phytosterols	mg									

NDB No. 18998
KELLOGG'S, EGGO, French Toaster Sticks, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 2 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18999

KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	35.29		0	MC	9		16.23		
Energy ... kcal	293		0	MC	9		135		
Energy ... kJ	1226		0	MC	9		564		
Protein (N x 6.25) ... g	5.00		0	MC	9		2.30		
Total lipid (fat) ... g	10.20		0	MC	9		4.69		
Ash ... g									
Carbohydrate, by difference ... g	45.80		0	MC	9		21.07		
Fiber, total dietary ... g	1.0		0	MC	9		0.5		
Sugars, total ... g	18.10		0	MC	9		8.33		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	217		0	MC	9		100		
Iron, Fe ... mg	5.90		0	MC	9		2.71		
Magnesium, Mg ... mg	13		0	MC	9		6		
Phosphorus, P ... mg	342		0	MC	9		157		
Potassium, K ... mg	66		0	MC	9		30		
Sodium, Na ... mg	586		0	MC	9		270		
Zinc, Zn ... mg	0.40		0	MC	9		0.18		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.330		0	MC	9		0.152		
Riboflavin ... mg	0.370		0	MC	9		0.170		
Niacin ... mg	4.300		0	MC	9		1.978		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.430		0	MC	9		0.198		
Folate, total ... µg	64		0	MC	9		29		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.30		0	MC	9		0.60		
Vitamin A, RAE ... µg	326		0	NR	4		150		
Vitamin A, IU ... IU	1087		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	NR	4		0.0		
Vitamin D ... IU	2		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.800		0	MC	9		1.288		
Fatty acids, total monounsaturated ... g	2.500		0	MC	9		1.150		
Fatty acids, total polyunsaturated ... g	4.000		0	MC	9		1.840		
Fatty acids, total trans ... g	0.200		0	MC	9		0.092		
Cholesterol ... mg	28		0	MC	9		13		
Phytosterols ... mg									

NDB No. 18999
KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 set

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28000

KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.70		0	MC	9		15.96		
Energy....kcal	300		0	MC	9		138		
Energy....kJ	1255		0	MC	9		577		
Protein (N x 6.25)....g	5.20		0	MC	9		2.39		
Total lipid (fat)....g	11.20		0	MC	9		5.15		
Ash....g									
Carbohydrate, by difference....g	45.00		0	MC	9		20.70		
Fiber, total dietary....g	1.2		0	MC	9		0.6		
Sugars, total....g	18.50		0	MC	9		8.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	217		0	MC	9		100		
Iron, Fe....mg	3.90		0	MC	9		1.79		
Magnesium, Mg....mg	18		0	MC	9		8		
Phosphorus, P....mg	351		0	MC	9		161		
Potassium, K....mg	84		0	MC	9		39		
Sodium, Na....mg	582		0	MC	9		268		
Zinc, Zn....mg	0.50		0	MC	9		0.23		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.152		
Riboflavin....mg	0.370		0	MC	9		0.170		
Niacin....mg	4.300		0	MC	9		1.978		
Pantothenic acid....mg									
Vitamin B-6....mg	0.430		0	MC	9		0.198		
Folate, total....µg	64		0	MC	9		29		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.30		0	MC	9		0.60		
Vitamin A, RAE....µg	326		0	NR	4		150		
Vitamin A, IU....IU	1087		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0		
Vitamin D....IU	2		0	MC	9		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		1.610		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		1.334		
Fatty acids, total polyunsaturated....g	4.000		0	MC	9		1.840		
Fatty acids, total trans....g	0.200		0	MC	9		0.092		
Cholesterol....mg	28		0	MC	9		13		
Phytosterols....mg									

NDB No. 28000
KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 set

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28001

KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.43		0	MC	9		59.15		
Energy....kcal	259		0	MC	9		389		
Energy....kJ	1084		0	MC	9		1626		
Protein (N x 6.25)....g	6.40		0	MC	9		9.60		
Total lipid (fat)....g	8.40		0	MC	9		12.60		
Ash....g									
Carbohydrate, by difference....g	41.40		0	MC	9		62.10		
Fiber, total dietary....g	3.0		0	MC	9		4.5		
Sugars, total....g	11.50		0	MC	9		17.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	47		0	MC	9		71		
Iron, Fe....mg	1.10		0	MC	9		1.65		
Magnesium, Mg....mg	14		0	MC	9		21		
Phosphorus, P....mg	51		0	MC	9		77		
Potassium, K....mg	72		0	MC	9		108		
Sodium, Na....mg	262		0	MC	9		393		
Zinc, Zn....mg	0.40		0	MC	9		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	MC	9		0.210		
Riboflavin....mg	0.080		0	MC	9		0.120		
Niacin....mg	0.800		0	MC	9		1.200		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.015		
Folate, total....µg	20		0	MC	9		30		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.800		0	MC	9		5.700		
Fatty acids, total monounsaturated....g	1.600		0	MC	9		2.400		
Fatty acids, total polyunsaturated....g	1.900		0	MC	9		2.850		
Fatty acids, total trans....g	0.000		0	MC	9		0.000		
Cholesterol....mg	8		0	MC	9		12		
Phytosterols....mg									

NDB No. 28001

KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28002

KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.80		0	MC	9		61.20		
Energy....kcal	266		0	MC	9		399		
Energy....kJ	1113		0	MC	9		1670		
Protein (N x 6.25)....g	6.50		0	MC	9		9.75		
Total lipid (fat)....g	8.10		0	MC	9		12.15		
Ash....g									
Carbohydrate, by difference....g	43.70		0	MC	9		65.55		
Fiber, total dietary....g	2.7		0	MC	9		4.1		
Sugars, total....g	11.90		0	MC	9		17.85		
Starch....g									
Minerals:									
Calcium, Ca....mg	46		0	MC	9		69		
Iron, Fe....mg	1.10		0	MC	9		1.65		
Magnesium, Mg....mg	13		0	MC	9		20		
Phosphorus, P....mg	49		0	MC	9		74		
Potassium, K....mg	65		0	MC	9		98		
Sodium, Na....mg	263		0	MC	9		395		
Zinc, Zn....mg	0.40		0	MC	9		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	MC	9		0.210		
Riboflavin....mg	0.070		0	MC	9		0.105		
Niacin....mg	0.800		0	MC	9		1.200		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.015		
Folate, total....µg	18		0	MC	9		27		
Folic acid....µg									
Folate, food....µg	18		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.700		0	MC	9				

NDB No. 28002
KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.700			MC	9		5.550		
Fatty acids, total monounsaturated.....g	1.600		0	MC	9		2.400		
Fatty acids, total polyunsaturated.....g	1.900		0	MC	9		2.850		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	7		0	MC	9		11		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 pizza

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28018

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.25		0	MC	9		27.48		
Energy	kcal	257		0	MC	9		180		
Energy	kJ	1075		0	MC	9		753		
Protein (N x 6.25)	g	6.20		0	MC	9		4.34		
Total lipid (fat)	g	7.80		0	MC	9		5.46		
Ash	g									
Carbohydrate, by difference	g	43.60		0	MC	9		30.52		
Fiber, total dietary	g	3.9		0	MC	9		2.7		
Sugars, total	g	10.00		0	MC	9		7.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	MC	9		100		
Iron, Fe	mg	6.40		0	MC	9		4.48		
Magnesium, Mg	mg	50		0	MC	9		35		
Phosphorus, P	mg	319		0	MC	9		223		
Potassium, K	mg	151		0	MC	9		106		
Sodium, Na	mg	527		0	MC	9		369		
Zinc, Zn	mg	0.90		0	MC	9		0.63		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.301		
Riboflavin	mg	0.490		0	MC	9		0.343		
Niacin	mg	5.700		0	MC	9		3.990		
Pantothenic acid	mg									
Vitamin B-6	mg	0.570		0	MC	9		0.399		
Folate, total	µg	59		0	MC	9		41		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.70		0	MC	9		1.19		
Vitamin A, RAE	µg	429		0	NR	4		300		
Vitamin A, IU	IU	1429		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D	IU	0		0	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.800		0	MC	9		1.260		
Fatty acids, total monounsaturated	g	1.900		0	MC	9		1.330		
Fatty acids, total polyunsaturated	g	3.300		0	MC	9		2.310		
Fatty acids, total trans	g	0.200		0	MC	9		0.140		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28018
KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28019

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.50		0	MC	9		26.25		
Energy....kcal	268		0	MC	9		188		
Energy....kJ	1121		0	MC	9		785		
Protein (N x 6.25)....g	6.60		0	MC	9		4.62		
Total lipid (fat)....g	8.60		0	MC	9		6.02		
Ash....g									
Carbohydrate, by difference....g	44.10		0	MC	9		30.87		
Fiber, total dietary....g	3.8		0	MC	9		2.7		
Sugars, total....g	10.50		0	MC	9		7.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	184		0	MC	9		129		
Iron, Fe....mg	6.40		0	MC	9		4.48		
Magnesium, Mg....mg	26		0	MC	9		18		
Phosphorus, P....mg	286		0	MC	9		200		
Potassium, K....mg	139		0	MC	9		97		
Sodium, Na....mg	544		0	MC	9		381		
Zinc, Zn....mg	0.60		0	MC	9		0.42		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301		
Riboflavin....mg	0.490		0	MC	9		0.343		
Niacin....mg	5.700		0	MC	9		3.990		
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399		
Folate, total....µg	54		0	MC	9		38		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19		
Vitamin A, RAE....µg	429		0	NR	4		300		
Vitamin A, IU....IU	1429		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.000		0	MC	9		1.400		
Fatty acids, total monounsaturated....g	2.200		0	MC	9		1.540		
Fatty acids, total polyunsaturated....g	3.700		0	MC	9		2.590		
Fatty acids, total trans....g	0.200		0	MC	9		0.140		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28019
KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18506

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.66		0	MC	9		33.36	16.68	
Energy....kcal	201		0	MC	9		141	70	
Energy....kJ	841		0	MC	9		589	294	
Protein (N x 6.25)....g	6.50		0	MC	9		4.55	2.28	
Total lipid (fat)....g	3.50		0	MC	9		2.45	1.23	
Ash....g									
Carbohydrate, by difference....g	39.00		0	MC	9		27.30	13.65	
Fiber, total dietary....g	4.0		0	MC	9		2.8	1.4	
Sugars, total....g	3.90		0	MC	9		2.73	1.37	
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0	MC	9		100	50	
Iron, Fe....mg	6.40		0	MC	9		4.48	2.24	
Magnesium, Mg....mg	53		0	MC	9		37	19	
Phosphorus, P....mg	351		0	MC	9		246	123	
Potassium, K....mg	162		0	MC	9		113	57	
Sodium, Na....mg	559		0	MC	9		391	196	
Zinc, Zn....mg	0.90		0	MC	9		0.63	0.31	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301	0.151	
Riboflavin....mg	0.490		0	MC	9		0.343	0.172	
Niacin....mg	5.700		0	MC	9		3.990	1.995	
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399	0.199	
Folate, total....µg	67		0	MC	9		47	23	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19	0.60	
Vitamin A, RAE....µg									
Vitamin A, IU....IU	1429		0	MC	9		1000	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D....IU	0		0	MC	9		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.800		0	MC	9		0.560	0.280	
Fatty acids, total monounsaturated....g	0.800		0	MC	9		0.560	0.280	
Fatty acids, total polyunsaturated....g	1.500		0	MC	9		1.050	0.525	
Fatty acids, total trans....g	0.100		0	MC	9		0.070	0.035	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 18506
KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles 1 serving

Measure 2 = 35g: 1 waffle, round (4" dia) (include frozen)

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28021

KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.30		0	MC	9		31.01		
Energy....kcal	239		0	MC	9		167		
Energy....kJ	1000		0	MC	9		700		
Protein (N x 6.25)....g	6.60		0	MC	9		4.62		
Total lipid (fat)....g	8.30		0	MC	9		5.81		
Ash....g									
Carbohydrate, by difference....g	37.60		0	MC	9		26.32		
Fiber, total dietary....g	3.9		0	MC	9		2.7		
Sugars, total....g	3.60		0	MC	9		2.52		
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0	MC	9		100		
Iron, Fe....mg	6.40		0	MC	9		4.48		
Magnesium, Mg....mg	51		0	MC	9		36		
Phosphorus, P....mg	286		0	MC	9		200		
Potassium, K....mg	157		0	MC	9		110		
Sodium, Na....mg	567		0	MC	9		397		
Zinc, Zn....mg	0.90		0	MC	9		0.63		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301		
Riboflavin....mg	0.490		0	MC	9		0.343		
Niacin....mg	5.700		0	MC	9		3.990		
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399		
Folate, total....µg	57		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19		
Vitamin A, RAE....µg	429		0	NR	4		300		
Vitamin A, IU....IU	1429		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.000		0	MC	9		1.400		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		1.470		
Fatty acids, total polyunsaturated....g	3.700		0	MC	9		2.590		
Fatty acids, total trans....g	0.200		0	MC	9		0.140		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28021
KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28003
KELLOGG'S, EGGO, Pancakes, Blueberry
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.94		0	MC	9		47.19		
Energy	kcal	245		0	MC	9		257		
Energy	kJ	1025		0	MC	9		1076		
Protein (N x 6.25)	g	5.30		0	MC	9		5.57		
Total lipid (fat)	g	7.40		0	MC	9		7.77		
Ash	g									
Carbohydrate, by difference	g	39.90		0	MC	9		41.90		
Fiber, total dietary	g	1.0		0	MC	9		1.1		
Sugars, total	g	10.10		0	MC	9		10.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	76		0	MC	9		80		
Iron, Fe	mg	5.10		0	MC	9		5.35		
Magnesium, Mg	mg	0		0	MC	9		0		
Phosphorus, P	mg	190		0	MC	9		200		
Potassium, K	mg	50		0	MC	9		53		
Sodium, Na	mg	480		0	MC	9		504		
Zinc, Zn	mg	0.00		0	MC	9		0.00		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.290		0	MC	9		0.304		
Riboflavin	mg	0.320		0	MC	9		0.336		
Niacin	mg	3.800		0	MC	9		3.990		
Pantothenic acid	mg									
Vitamin B-6	mg	0.380		0	MC	9		0.399		
Folate, total	µg	57		0	MC	9		60		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.10		0	MC	9		1.16		
Vitamin A, RAE	µg	286		0	NR	4		300		
Vitamin A, IU	IU	952		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0		
Vitamin D	IU	0		0	MC	9		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.200		0	MC	9		1.260		
Fatty acids, total monounsaturated	g	1.600		0	MC	9		1.680		
Fatty acids, total polyunsaturated	g	3.800		0	MC	9		3.990		
Fatty acids, total trans	g	0.100		0	MC	9		0.105		
Cholesterol	mg	15		0	MC	9		16		
Phytosterols	mg									

NDB No. 28003
KELLOGG'S, EGGO, Pancakes, Blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 3 pancakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28004

KELLOGG'S, EGGO, Pancakes, Chocolate Chip

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.84		0	MC	9		46.03		
Energy ... kcal	253		0	MC	9		266		
Energy ... kJ	1059		0	MC	9		1112		
Protein (N x 6.25) ... g	5.50		0	MC	9		5.78		
Total lipid (fat) ... g	8.20		0	MC	9		8.61		
Ash ... g									
Carbohydrate, by difference ... g	39.90		0	MC	9		41.90		
Fiber, total dietary ... g	1.3		0	MC	9		1.4		
Sugars, total ... g	11.20		0	MC	9		11.76		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	76		0	MC	9		80		
Iron, Fe ... mg	4.30		0	MC	9		4.52		
Magnesium, Mg ... mg	5		0	MC	9		5		
Phosphorus, P ... mg	190		0	MC	9		200		
Potassium, K ... mg	66		0	MC	9		69		
Sodium, Na ... mg	471		0	MC	9		495		
Zinc, Zn ... mg	0.10		0	MC	9		0.11		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.304		
Riboflavin ... mg	0.320		0	MC	9		0.336		
Niacin ... mg	3.800		0	MC	9		3.990		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.380		0	MC	9		0.399		
Folate, total ... µg	57		0	MC	9		60		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.10		0	MC	9		1.16		
Vitamin A, RAE ... µg	286		0	NR	4		300		
Vitamin A, IU ... IU	952		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.800		0	MC	9		1.890		
Fatty acids, total monounsaturated ... g	2.000		0	MC	9		2.100		
Fatty acids, total polyunsaturated ... g	3.800		0	MC	9		3.990		
Fatty acids, total trans ... g	0.100		0	MC	9		0.105		
Cholesterol ... mg	14		0	MC	9		15		
Phytosterols ... mg									

NDB No. 28004
KELLOGG'S, EGGO, Pancakes, Chocolate Chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 3 pancakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28025

KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	33.60		0	MC	9		18.48		
Energy ... kcal	307		0	MC	9		169		
Energy ... kJ	1284		0	MC	9		706		
Protein (N x 6.25) ... g	5.80		0	MC	9		3.19		
Total lipid (fat) ... g	11.90		0	MC	9		6.54		
Ash ... g									
Carbohydrate, by difference ... g	44.50		0	MC	9		24.48		
Fiber, total dietary ... g	1.1		0	MC	9		0.6		
Sugars, total ... g	15.80		0	MC	9		8.69		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	455		0	MC	9		250		
Iron, Fe ... mg	8.20		0	MC	9		4.51		
Magnesium, Mg ... mg	16		0	MC	9		9		
Phosphorus, P ... mg	342		0	MC	9		188		
Potassium, K ... mg	89		0	MC	9		49		
Sodium, Na ... mg	490		0	MC	9		270		
Zinc, Zn ... mg	0.30		0	MC	9		0.17		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.550		0	MC	9		0.303		
Riboflavin ... mg	0.620		0	MC	9		0.341		
Niacin ... mg	7.300		0	MC	9		4.015		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.730		0	MC	9		0.402		
Folate, total ... µg	66		0	MC	9		36		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.20		0	MC	9		1.21		
Vitamin A, RAE ... µg	546		0	NR	4		300		
Vitamin A, IU ... IU	1818		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.200		0	MC	9		1.760		
Fatty acids, total monounsaturated ... g	3.100		0	MC	9		1.705		
Fatty acids, total polyunsaturated ... g	5.000		0	MC	9		2.750		
Fatty acids, total trans ... g	0.200		0	MC	9		0.110		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28025
KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 waffle

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28026

KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.23		0	MC	9		21.02		
Energy....kcal	295		0	MC	9		162		
Energy....kJ	1234		0	MC	9		679		
Protein (N x 6.25)....g	6.50		0	MC	9		3.58		
Total lipid (fat)....g	13.60		0	MC	9		7.48		
Ash....g									
Carbohydrate, by difference....g	37.40		0	MC	9		20.57		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	4.70		0	MC	9		2.58		
Starch....g									
Minerals:									
Calcium, Ca....mg	455		0	MC	9		250		
Iron, Fe....mg	8.20		0	MC	9		4.51		
Magnesium, Mg....mg	16		0	MC	9		9		
Phosphorus, P....mg	368		0	MC	9		202		
Potassium, K....mg	92		0	MC	9		51		
Sodium, Na....mg	553		0	MC	9		304		
Zinc, Zn....mg	0.40		0	MC	9		0.22		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.550		0	MC	9		0.303		
Riboflavin....mg	0.620		0	MC	9		0.341		
Niacin....mg	7.300		0	MC	9		4.015		
Pantothenic acid....mg									
Vitamin B-6....mg	0.730		0	MC	9		0.402		
Folate, total....µg	76		0	MC	9		42		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.20		0	MC	9		1.21		
Vitamin A, RAE....µg	546		0	NR	4		300		
Vitamin A, IU....IU	1818		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.300		0	MC	9		1.815		
Fatty acids, total monounsaturated....g	3.500		0	MC	9		1.925		
Fatty acids, total polyunsaturated....g	6.000		0	MC	9		3.300		
Fatty acids, total trans....g	0.200		0	MC	9		0.110		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28026
KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 waffle

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28007

KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	27.10		0	MC	9		20.60		
Energy ... kcal	331		0	MC	9		252		
Energy ... kJ	1385		0	MC	9		1053		
Protein (N x 6.25) ... g	4.80		0	MC	9		3.65		
Total lipid (fat) ... g	11.60		0	MC	9		8.82		
Ash ... g									
Carbohydrate, by difference ... g	52.20		0	MC	9		39.67		
Fiber, total dietary ... g	1.3		0	MC	9		1.0		
Sugars, total ... g	21.00		0	MC	9		15.96		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	293		0	MC	9		223		
Iron, Fe ... mg	5.90		0	MC	9		4.48		
Magnesium, Mg ... mg	13		0	MC	9		10		
Phosphorus, P ... mg	263		0	MC	9		200		
Potassium, K ... mg	71		0	MC	9		54		
Sodium, Na ... mg	672		0	MC	9		511		
Zinc, Zn ... mg	0.40		0	MC	9		0.30		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.390		0	MC	9		0.296		
Riboflavin ... mg	0.450		0	MC	9		0.342		
Niacin ... mg	5.300		0	MC	9		4.028		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.530		0	MC	9		0.403		
Folate, total ... µg	72		0	MC	9		55		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.60		0	MC	9		1.22		
Vitamin A, RAE ... µg	395		0	NR	4		300		
Vitamin A, IU ... IU	1316		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.400		0	MC	9		2.584		
Fatty acids, total monounsaturated ... g	2.900		0	MC	9		2.204		
Fatty acids, total polyunsaturated ... g	4.600		0	MC	9		3.496		
Fatty acids, total trans ... g	0.200		0	MC	9		0.152		
Cholesterol ... mg	12		0	MC	9		9		
Phytosterols ... mg									

NDB No. 28007
KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28008

KELLOGG'S, EGGO, Wafflers, Strawberry Strudel

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	29.20		0	MC	9		22.19		
Energy ... kcal	318		0	MC	9		242		
Energy ... kJ	1331		0	MC	9		1012		
Protein (N x 6.25) ... g	5.00		0	MC	9		3.80		
Total lipid (fat) ... g	11.00		0	MC	9		8.36		
Ash ... g									
Carbohydrate, by difference ... g	50.00		0	MC	9		38.00		
Fiber, total dietary ... g	1.2		0	MC	9		0.9		
Sugars, total ... g	16.80		0	MC	9		12.77		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	293		0	MC	9		222		
Iron, Fe ... mg	5.90		0	MC	9		4.48		
Magnesium, Mg ... mg	13		0	MC	9		10		
Phosphorus, P ... mg	263		0	MC	9		200		
Potassium, K ... mg	71		0	MC	9		54		
Sodium, Na ... mg	691		0	MC	9		525		
Zinc, Zn ... mg	0.40		0	MC	9		0.30		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.390		0	MC	9		0.296		
Riboflavin ... mg	0.450		0	MC	9		0.342		
Niacin ... mg	5.300		0	MC	9		4.028		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.530		0	MC	9		0.403		
Folate, total ... µg	74		0	MC	9		56		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.60		0	MC	9		1.22		
Vitamin A, RAE ... µg	395		0	NR	4		300		
Vitamin A, IU ... IU	1316		0	MC	9		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	1		0	MC	9		1		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.700		0	MC	9		2.052		
Fatty acids, total monounsaturated ... g	2.800		0	MC	9		2.128		
Fatty acids, total polyunsaturated ... g	4.600		0	MC	9		3.496		
Fatty acids, total trans ... g	0.200		0	MC	9		0.152		
Cholesterol ... mg	12		0	MC	9		9		
Phytosterols ... mg									

NDB No. 28008
KELLOGG'S, EGGO, Wafflers, Strawberry Strudel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28009
KELLOGG'S, EGGO, Waffles, Blueberry
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.50		0	MC	9		28.35		
Energy....kcal	265		0	MC	9		186		
Energy....kJ	1109		0	MC	9		776		
Protein (N x 6.25)....g	5.50		0	MC	9		3.85		
Total lipid (fat)....g	8.70		0	MC	9		6.09		
Ash....g									
Carbohydrate, by difference....g	41.70		0	MC	9		29.19		
Fiber, total dietary....g	1.1		0	MC	9		0.8		
Sugars, total....g	9.10		0	MC	9		6.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	357		0	MC	9		250		
Iron, Fe....mg	6.40		0	MC	9		4.48		
Magnesium, Mg....mg	15		0	MC	9		11		
Phosphorus, P....mg	279		0	MC	9		195		
Potassium, K....mg	71		0	MC	9		50		
Sodium, Na....mg	520		0	MC	9		364		
Zinc, Zn....mg	0.40		0	MC	9		0.28		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301		
Riboflavin....mg	0.490		0	MC	9		0.343		
Niacin....mg	5.700		0	MC	9		3.990		
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399		
Folate, total....µg	73		0	MC	9		51		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19		
Vitamin A, RAE....µg	429		0	NR	4		300		
Vitamin A, IU....IU	1429		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0		
Vitamin D....IU	2		0	MC	9		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.100		0	MC	9		1.470		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		1.470		
Fatty acids, total polyunsaturated....g	3.500		0	MC	9		2.450		
Fatty acids, total trans....g	0.200		0	MC	9		0.140		
Cholesterol....mg	21		0	MC	9		15		
Phytosterols....mg									

NDB No. 28009
KELLOGG'S, EGGO, Waffles, Blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28010
KELLOGG'S, EGGO, Waffles, Buttermilk
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.75		0	MC	9		27.83		
Energy....kcal	278		0	MC	9		195		
Energy....kJ	1163		0	MC	9		814		
Protein (N x 6.25)....g	6.60		0	MC	9		4.62		
Total lipid (fat)....g	10.90		0	MC	9		7.63		
Ash....g									
Carbohydrate, by difference....g	39.00		0	MC	9		27.30		
Fiber, total dietary....g	1.2		0	MC	9		0.8		
Sugars, total....g	2.90		0	MC	9		2.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	357		0	MC	9		250		
Iron, Fe....mg	6.40		0	MC	9		4.48		
Magnesium, Mg....mg	18		0	MC	9		13		
Phosphorus, P....mg	286		0	MC	9		200		
Potassium, K....mg	90		0	MC	9		63		
Sodium, Na....mg	526		0	MC	9		368		
Zinc, Zn....mg	0.50		0	MC	9		0.35		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301		
Riboflavin....mg	0.490		0	MC	9		0.343		
Niacin....mg	5.700		0	MC	9		3.990		
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399		
Folate, total....µg	86		0	MC	9		60		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19		
Vitamin A, RAE....µg	429		0	NR	4		300		
Vitamin A, IU....IU	1429		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0		
Vitamin D....IU	2		0	MC	9		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.700		0	MC	9		1.890		
Fatty acids, total monounsaturated....g	2.800		0	MC	9		1.960		
Fatty acids, total polyunsaturated....g	4.600		0	MC	9		3.220		
Fatty acids, total trans....g	0.200		0	MC	9		0.140		
Cholesterol....mg	25		0	MC	9		18		
Phytosterols....mg									

NDB No. 28010
KELLOGG'S, EGGO, Waffles, Buttermilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28260

KELLOGG'S, EGGO, Waffles, Chocolate Chip

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.62		0	MC	9		24.93		
Energy	kcal	291		0	MC	9		204		
Energy	kJ	1218		0	MC	9		853		
Protein (N x 6.25)	g	5.80		0	MC	9		4.06		
Total lipid (fat)	g	10.10		0	MC	9		7.07		
Ash	g									
Carbohydrate, by difference	g	44.80		0	MC	9		31.36		
Fiber, total dietary	g	1.5		0	MC	9		1.1		
Sugars, total	g	13.10		0	MC	9		9.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	357		0	MC	9		250		
Iron, Fe	mg	6.40		0	MC	9		4.48		
Magnesium, Mg	mg	16		0	MC	9		11		
Phosphorus, P	mg	272		0	MC	9		190		
Potassium, K	mg	74		0	MC	9		52		
Sodium, Na	mg	529		0	MC	9		370		
Zinc, Zn	mg	0.40		0	MC	9		0.28		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.301		
Riboflavin	mg	0.490		0	MC	9		0.343		
Niacin	mg	5.700		0	MC	9		3.990		
Pantothenic acid	mg									
Vitamin B-6	mg	0.570		0	MC	9		0.399		
Folate, total	µg	75		0	MC	9		53		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.70		0	MC	9		1.19		
Vitamin A, RAE	µg	429		0	NR	4		300		
Vitamin A, IU	IU	1429		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	NR	4		0.0		
Vitamin D	IU	2		0	MC	9		1		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.800		0	MC	9		2.660		
Fatty acids, total monounsaturated	g	2.100		0	MC	9		1.470		
Fatty acids, total polyunsaturated	g	3.400		0	MC	9		2.380		
Fatty acids, total trans	g	0.200		0	MC	9		0.140		
Cholesterol	mg	21		0	MC	9		15		
Phytosterols	mg									

NDB No. 28260
KELLOGG'S, EGGO, Waffles, Chocolate Chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28011

KELLOGG'S, EGGO, Waffles, Cinnamon Toast

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	29.60		0	MC	9		27.23		
Energy ... kcal	325		0	MC	9		299		
Energy ... kJ	1360		0	MC	9		1251		
Protein (N x 6.25) ... g	5.50		0	MC	9		5.06		
Total lipid (fat) ... g	11.90		0	MC	9		10.95		
Ash ... g									
Carbohydrate, by difference ... g	49.50		0	MC	9		45.54		
Fiber, total dietary ... g	1.4		0	MC	9		1.3		
Sugars, total ... g	18.20		0	MC	9		16.74		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	272		0	MC	9		250		
Iron, Fe ... mg	6.80		0	MC	9		6.26		
Magnesium, Mg ... mg	15		0	MC	9		14		
Phosphorus, P ... mg	277		0	MC	9		255		
Potassium, K ... mg	76		0	MC	9		70		
Sodium, Na ... mg	524		0	MC	9		482		
Zinc, Zn ... mg	0.40		0	MC	9		0.37		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.490		0	MC	9		0.451		
Riboflavin ... mg	0.550		0	MC	9		0.506		
Niacin ... mg	6.500		0	MC	9		5.980		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.650		0	MC	9		0.598		
Folate, total ... µg	75		0	MC	9		69		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.30		0	MC	9		2.12		
Vitamin A, RAE ... µg	489		0	NR	4		450		
Vitamin A, IU ... IU	1630		0	MC	9		1500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	NR	4		0.0		
Vitamin D ... IU	2		0	MC	9		2		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.400		0	MC	9		3.128		
Fatty acids, total monounsaturated ... g	3.100		0	MC	9		2.852		
Fatty acids, total polyunsaturated ... g	4.600		0	MC	9		4.232		
Fatty acids, total trans ... g	0.200		0	MC	9		0.184		
Cholesterol ... mg	22		0	MC	9		20		
Phytosterols ... mg									

NDB No. 28011
KELLOGG'S, EGGO, Waffles, Cinnamon Toast

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 3 sets

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28014

KELLOGG'S, EGGO, Waffles, French Toast

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.10		0	MC	9		15.79		
Energy	kcal	305		0	MC	9		137		
Energy	kJ	1276		0	MC	9		574		
Protein (N x 6.25)	g	5.80		0	MC	9		2.61		
Total lipid (fat)	g	12.20		0	MC	9		5.49		
Ash	g									
Carbohydrate, by difference	g	43.40		0	MC	9		19.53		
Fiber, total dietary	g	1.2		0	MC	9		0.5		
Sugars, total	g	11.50		0	MC	9		5.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	222		0	MC	9		100		
Iron, Fe	mg	8.00		0	MC	9		3.60		
Magnesium, Mg	mg	15		0	MC	9		7		
Phosphorus, P	mg	290		0	MC	9		131		
Potassium, K	mg	76		0	MC	9		34		
Sodium, Na	mg	537		0	MC	9		242		
Zinc, Zn	mg	0.40		0	MC	9		0.18		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.670		0	MC	9		0.302		
Riboflavin	mg	0.380		0	MC	9		0.171		
Niacin	mg	4.400		0	MC	9		1.980		
Pantothenic acid	mg									
Vitamin B-6	mg	0.440		0	MC	9		0.198		
Folate, total	µg	77		0	MC	9		35		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.00		0	MC	9		0.90		
Vitamin A, RAE	µg	667		0	NR	4		300		
Vitamin A, IU	IU	2222		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	NR	4		0.0		
Vitamin D	IU	2		0	MC	9		1		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.000		0	MC	9		1.800		
Fatty acids, total monounsaturated	g	2.900		0	MC	9		1.305		
Fatty acids, total polyunsaturated	g	4.600		0	MC	9		2.070		
Fatty acids, total trans	g	0.200		0	MC	9		0.090		
Cholesterol	mg	26		0	MC	9		12		
Phytosterols	mg									

NDB No. 28014
KELLOGG'S, EGGO, Waffles, French Toast

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 waffle

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28015
KELLOGG'S, EGGO, Waffles, Homestyle
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.43		0	MC	9		27.60	36.67	
Energy....kcal	278		0	MC	9		195	259	
Energy....kJ	1163		0	MC	9		814	1082	
Protein (N x 6.25)....g	6.60		0	MC	9		4.62	6.14	
Total lipid (fat)....g	10.55		0	MC	9		7.39	9.81	
Ash....g									
Carbohydrate, by difference....g	39.80		0	MC	9		27.86	37.01	
Fiber, total dietary....g	1.2		0	MC	9		0.8	1.1	
Sugars, total....g	2.70		0	MC	9		1.89	2.51	
Starch....g									
Minerals:									
Calcium, Ca....mg	232		0	MC	9		163	216	
Iron, Fe....mg	6.60		0	MC	9		4.62	6.14	
Magnesium, Mg....mg	17		0	MC	9		12	16	
Phosphorus, P....mg	313		0	MC	9		219	291	
Potassium, K....mg	86		0	MC	9		60	80	
Sodium, Na....mg	586		0	MC	9		410	545	
Zinc, Zn....mg	0.50		0	MC	9		0.35	0.47	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.455		0	MC	9		0.318	0.423	
Riboflavin....mg	0.520		0	MC	9		0.364	0.484	
Niacin....mg	6.100		0	MC	9		4.270	5.673	
Pantothenic acid....mg									
Vitamin B-6....mg	0.610		0	MC	9		0.427	0.567	
Folate, total....µg	90		0	MC	9		63	83	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.80		0	MC	9		1.26	1.67	
Vitamin A, RAE....µg	457		0	NR	4		320	425	
Vitamin A, IU....IU	1521		0	MC	9		1065	1415	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.0	
Vitamin D....IU	2		0	MC	9		1	2	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.600		0	MC	9		1.820	2.418	
Fatty acids, total monounsaturated....g	2.750		0	MC	9		1.925	2.557	
Fatty acids, total polyunsaturated....g	4.450		0	MC	9		3.115	4.139	
Fatty acids, total trans....g	0.200		0	MC	9		0.140	0.186	
Cholesterol....mg	26		0	MC	9		18	24	
Phytosterols....mg									

NDB No. 28015
KELLOGG'S, EGGO, Waffles, Homestyle

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Measure 2 = 93g: 3 sets waffle minis

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18505

KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.80		0	MC	9		29.26	14.63	
Energy....kcal	229		0	MC	9		160	80	
Energy....kJ	958		0	MC	9		671	335	
Protein (N x 6.25)....g	6.30		0	MC	9		4.41	2.21	
Total lipid (fat)....g	3.50		0	MC	9		2.45	1.23	
Ash....g									
Carbohydrate, by difference....g	44.90		0	MC	9		31.43	15.72	
Fiber, total dietary....g	1.3		0	MC	9		0.9	0.5	
Sugars, total....g	4.50		0	MC	9		3.15	1.58	
Starch....g									
Minerals:									
Calcium, Ca....mg	378		0	MC	9		264	132	
Iron, Fe....mg	6.40		0	MC	9		4.48	2.24	
Magnesium, Mg....mg	17		0	MC	9		12	6	
Phosphorus, P....mg	286		0	MC	9		200	100	
Potassium, K....mg	88		0	MC	9		62	31	
Sodium, Na....mg	393		0	MC	9		275	138	
Zinc, Zn....mg	0.50		0	MC	9		0.35	0.18	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301	0.151	
Riboflavin....mg	0.490		0	MC	9		0.343	0.172	
Niacin....mg	5.700		0	MC	9		3.990	1.995	
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399	0.199	
Folate, total....µg	92		0	MC	9		64	32	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19	0.60	
Vitamin A, RAE....µg	429		0	NR	4		300	150	
Vitamin A, IU....IU	1429		0	MC	9		1000	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.0	
Vitamin D....IU	2		0	MC	9		1	1	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	MC	9		0.630	0.315	
Fatty acids, total monounsaturated....g	0.800		0	MC	9		0.560	0.280	
Fatty acids, total polyunsaturated....g	1.400		0	MC	9		0.980	0.490	
Fatty acids, total trans....g	0.100		0	MC	9		0.070	0.035	
Cholesterol....mg	23		0	MC	9		16	8	
Phytosterols....mg									

NDB No. 18505
KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles 1 serving

Measure 2 = 35g: 1 round waffle (4" dia) (include frozen)

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28024

KELLOGG'S, EGGO, Waffles, Strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.90		0	MC	9		28.63		
Energy	kcal	265		0	MC	9		186		
Energy	kJ	1109		0	MC	9		776		
Protein (N x 6.25)	g	5.50		0	MC	9		3.85		
Total lipid (fat)	g	8.70		0	MC	9		6.09		
Ash	g									
Carbohydrate, by difference	g	41.60		0	MC	9		29.12		
Fiber, total dietary	g	1.1		0	MC	9		0.8		
Sugars, total	g	9.30		0	MC	9		6.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	MC	9		100		
Iron, Fe	mg	6.40		0	MC	9		4.48		
Magnesium, Mg	mg	14		0	MC	9		10		
Phosphorus, P	mg	281		0	MC	9		197		
Potassium, K	mg	71		0	MC	9		50		
Sodium, Na	mg	525		0	MC	9		368		
Zinc, Zn	mg	0.40		0	MC	9		0.28		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.430		0	MC	9		0.301		
Riboflavin	mg	0.490		0	MC	9		0.343		
Niacin	mg	5.700		0	MC	9		3.990		
Pantothenic acid	mg									
Vitamin B-6	mg	0.570		0	MC	9		0.399		
Folate, total	µg	73		0	MC	9		51		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.70		0	MC	9		1.19		
Vitamin A, RAE	µg	429		0	NR	4		300		
Vitamin A, IU	IU	1429		0	MC	9		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	NR	4		0.0		
Vitamin D	IU	2		0	MC	9		1		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.100		0	MC	9		1.470		
Fatty acids, total monounsaturated	g	2.200		0	MC	9		1.540		
Fatty acids, total polyunsaturated	g	3.500		0	MC	9		2.450		
Fatty acids, total trans	g	0.200		0	MC	9		0.140		
Cholesterol	mg	21		0	MC	9		15		
Phytosterols	mg									

NDB No. 28024
KELLOGG'S, EGGO, Waffles, Strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28183

KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.58		
Energy....kcal	433		0	MC	9		100		
Energy....kJ	1812		0	MC	9		417		
Protein (N x 6.25)....g	4.80		0	MC	9		1.10		
Total lipid (fat)....g	11.00		0	MC	9		2.53		
Ash....g									
Carbohydrate, by difference....g	79.00		0	MC	9		18.17		
Fiber, total dietary....g	1.7		0	MC	9		0.4		
Sugars, total....g	33.40		0	MC	9		7.68		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	7.80		0	MC	9		1.79		
Magnesium, Mg....mg	11		0	MC	9		3		
Phosphorus, P....mg	45		0	MC	9		10		
Potassium, K....mg	71		0	MC	9		16		
Sodium, Na....mg	525		0	MC	9		121		
Zinc, Zn....mg	0.50		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.650		0	MC	9		0.149		
Riboflavin....mg	0.740		0	MC	9		0.170		
Niacin....mg	8.700		0	MC	9		2.001		
Pantothenic acid....mg									
Vitamin B-6....mg	0.870		0	MC	9		0.200		
Folate, total....µg	174		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	653		0	NR	4		150		
Vitamin A, IU....IU	2174		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		0.805		
Fatty acids, total monounsaturated....g	2.500		0	MC	9		0.575		
Fatty acids, total polyunsaturated....g	4.100		0	MC	9		0.943		
Fatty acids, total trans....g	0.200		0	MC	9		0.046		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28183

KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28184

KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.58		
Energy ... kcal	438		0	MC	9		101		
Energy ... kJ	1833		0	MC	9		422		
Protein (N x 6.25) ... g	5.00		0	MC	9		1.15		
Total lipid (fat) ... g	11.60		0	MC	9		2.67		
Ash ... g									
Carbohydrate, by difference ... g	78.90		0	MC	9		18.15		
Fiber, total dietary ... g	2.2		0	MC	9		0.5		
Sugars, total ... g	35.80		0	MC	9		8.23		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	7.80		0	MC	9		1.79		
Magnesium, Mg ... mg	21		0	MC	9		5		
Phosphorus, P ... mg	58		0	MC	9		13		
Potassium, K ... mg	160		0	MC	9		37		
Sodium, Na ... mg	487		0	MC	9		112		
Zinc, Zn ... mg	0.60		0	MC	9		0.14		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.650		0	MC	9		0.149		
Riboflavin ... mg	0.740		0	MC	9		0.170		
Niacin ... mg	8.700		0	MC	9		2.001		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.900		0	MC	9		0.207		
Folate, total ... µg	174		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	653		0	NR	4		150		
Vitamin A, IU ... IU	2174		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.900		0	MC	9		0.897		
Fatty acids, total monounsaturated ... g	2.500		0	MC	9		0.575		
Fatty acids, total polyunsaturated ... g	3.900		0	MC	9		0.897		
Fatty acids, total trans ... g	0.200		0	MC	9		0.046		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28184
KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28185

KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.25		
Energy....kcal	440		0	MC	9		44		
Energy....kJ	1841		0	MC	9		184		
Protein (N x 6.25)....g	4.70		0	MC	9		0.47		
Total lipid (fat)....g	11.80		0	MC	9		1.18		
Ash....g									
Carbohydrate, by difference....g	79.10		0	MC	9		7.91		
Fiber, total dietary....g	1.5		0	MC	9		0.2		
Sugars, total....g	35.30		0	MC	9		3.53		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	9.40		0	MC	9		0.94		
Magnesium, Mg....mg	10		0	MC	9		1		
Phosphorus, P....mg	44		0	MC	9		4		
Potassium, K....mg	68		0	MC	9		7		
Sodium, Na....mg	510		0	MC	9		51		
Zinc, Zn....mg	0.50		0	MC	9		0.05		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	1.110		0	MC	9		0.111		
Riboflavin....mg	1.120		0	MC	9		0.112		
Niacin....mg	10.900		0	MC	9		1.090		
Pantothenic acid....mg									
Vitamin B-6....mg	0.990		0	MC	9		0.099		
Folate, total....µg	251		0	MC	9		25		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	1026		0	NR	4		103		
Vitamin A, IU....IU	3416		0	MC	9		342		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.500		0	MC	9		0.450		
Fatty acids, total monounsaturated....g	2.400		0	MC	9		0.240		
Fatty acids, total polyunsaturated....g	4.000		0	MC	9		0.400		
Fatty acids, total trans....g	0.100		0	MC	9		0.010		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28185
KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28165

KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.80		0	MC	9		6.40		
Energy....kcal	387		0	MC	9		194		
Energy....kJ	1619		0	MC	9		810		
Protein (N x 6.25)....g	4.50		0	MC	9		2.25		
Total lipid (fat)....g	10.50		0	MC	9		5.25		
Ash....g									
Carbohydrate, by difference....g	69.40		0	MC	9		34.70		
Fiber, total dietary....g	1.5		0	MC	9		0.8		
Sugars, total....g	35.50		0	MC	9		17.75		
Starch....g									
Minerals:									
Calcium, Ca....mg	200		0	MC	9		100		
Iron, Fe....mg	3.60		0	MC	9		1.80		
Magnesium, Mg....mg	12		0	MC	9		6		
Phosphorus, P....mg	83		0	MC	9		42		
Potassium, K....mg	71		0	MC	9		36		
Sodium, Na....mg	382		0	MC	9		191		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.150		
Riboflavin....mg	0.340		0	MC	9		0.170		
Niacin....mg	4.000		0	MC	9		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0	MC	9		0.200		
Folate, total....µg	80		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	300		0	NR	4		150		
Vitamin A, IU....IU	1000		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.800		0	MC	9		1.900		
Fatty acids, total monounsaturated....g	2.400		0	MC	9		1.200		
Fatty acids, total polyunsaturated....g	3.400		0	MC	9		1.700		
Fatty acids, total trans....g	0.200		0	MC	9		0.100		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28165

KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28163

KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.80		0	MC	9		6.40		
Energy....kcal	395		0	MC	9		198		
Energy....kJ	1653		0	MC	9		827		
Protein (N x 6.25)....g	4.40		0	MC	9		2.20		
Total lipid (fat)....g	10.80		0	MC	9		5.40		
Ash....g									
Carbohydrate, by difference....g	70.50		0	MC	9		35.25		
Fiber, total dietary....g	1.5		0	MC	9		0.8		
Sugars, total....g	28.00		0	MC	9		14.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.90		0	MC	9		2.45		
Magnesium, Mg....mg	6		0	MC	9		3		
Phosphorus, P....mg	45		0	MC	9		23		
Potassium, K....mg	60		0	MC	9		30		
Sodium, Na....mg	329		0	MC	9		165		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.400		0	MC	9		0.200		
Riboflavin....mg	0.480		0	MC	9		0.240		
Niacin....mg	4.900		0	MC	9		2.450		
Pantothenic acid....mg									
Vitamin B-6....mg	0.710		0	MC	9		0.355		
Folate, total....µg	94		0	MC	9		47		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	363		0	NR	4		182		
Vitamin A, IU....IU	1209		0	MC	9		605		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		1.750		
Fatty acids, total monounsaturated....g	2.400		0	MC	9		1.200		
Fatty acids, total polyunsaturated....g	4.000		0	MC	9		2.000		
Fatty acids, total trans....g	0.200		0	MC	9		0.100		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28163
KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28164

KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.80		0	MC	9		6.40		
Energy ... kcal	397		0	MC	9		199		
Energy ... kJ	1661		0	MC	9		831		
Protein (N x 6.25) ... g	4.00		0	MC	9		2.00		
Total lipid (fat) ... g	10.90		0	MC	9		5.45		
Ash ... g									
Carbohydrate, by difference ... g	70.90		0	MC	9		35.45		
Fiber, total dietary ... g	1.1		0	MC	9		0.6		
Sugars, total ... g	27.60		0	MC	9		13.80		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	6		0	MC	9		3		
Phosphorus, P ... mg	45		0	MC	9		23		
Potassium, K ... mg	65		0	MC	9		33		
Sodium, Na ... mg	398		0	MC	9		199		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.500		0	MC	9		1.750		
Fatty acids, total monounsaturated ... g	2.400		0	MC	9		1.200		
Fatty acids, total polyunsaturated ... g	4.000		0	MC	9		2.000		
Fatty acids, total trans ... g	0.200		0	MC	9		0.100		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28164

KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28167

KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.00		0	MC	9		6.00		
Energy ... kcal	416		0	MC	9		208		
Energy ... kJ	1741		0	MC	9		871		
Protein (N x 6.25) ... g	4.70		0	MC	9		2.35		
Total lipid (fat) ... g	14.10		0	MC	9		7.05		
Ash ... g									
Carbohydrate, by difference ... g	67.80		0	MC	9		33.90		
Fiber, total dietary ... g	1.4		0	MC	9		0.7		
Sugars, total ... g	26.20		0	MC	9		13.10		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	7		0	MC	9		4		
Phosphorus, P ... mg	43		0	MC	9		22		
Potassium, K ... mg	74		0	MC	9		37		
Sodium, Na ... mg	329		0	MC	9		165		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.600		0	MC	9		2.300		
Fatty acids, total monounsaturated ... g	3.100		0	MC	9		1.550		
Fatty acids, total polyunsaturated ... g	5.300		0	MC	9		2.650		
Fatty acids, total trans ... g	0.200		0	MC	9		0.100		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28167

KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28168

KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	375		0	MC	9		188		
Energy ... kJ	1569		0	MC	9		785		
Protein (N x 6.25) ... g	4.40		0	MC	9		2.20		
Total lipid (fat) ... g	7.40		0	MC	9		3.70		
Ash ... g									
Carbohydrate, by difference ... g	73.00		0	MC	9		36.50		
Fiber, total dietary ... g	1.3		0	MC	9		0.6		
Sugars, total ... g	29.30		0	MC	9		14.65		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	209		0	MC	9		104		
Iron, Fe ... mg	5.10		0	MC	9		2.55		
Magnesium, Mg ... mg	8		0	MC	9		4		
Phosphorus, P ... mg	120		0	MC	9		60		
Potassium, K ... mg	55		0	MC	9		28		
Sodium, Na ... mg	460		0	MC	9		230		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.440		0	MC	9		0.220		
Riboflavin ... mg	0.490		0	MC	9		0.245		
Niacin ... mg	5.000		0	MC	9		2.500		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.580		0	MC	9		0.290		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	355		0	NR	4		177		
Vitamin A, IU ... IU	1182		0	MC	9		591		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.500		0	MC	9		1.250		
Fatty acids, total monounsaturated ... g	1.500		0	MC	9		0.750		
Fatty acids, total polyunsaturated ... g	2.600		0	MC	9		1.300		
Fatty acids, total trans ... g	0.100		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28168
KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28169

KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.80		0	MC	9		6.40		
Energy ... kcal	379		0	MC	9		190		
Energy ... kJ	1586		0	MC	9		793		
Protein (N x 6.25) ... g	4.90		0	MC	9		2.45		
Total lipid (fat) ... g	9.80		0	MC	9		4.90		
Ash ... g									
Carbohydrate, by difference ... g	69.30		0	MC	9		34.65		
Fiber, total dietary ... g	2.6		0	MC	9		1.3		
Sugars, total ... g	38.30		0	MC	9		19.15		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	241		0	MC	9		121		
Iron, Fe ... mg	8.40		0	MC	9		4.20		
Magnesium, Mg ... mg	32		0	MC	9		16		
Phosphorus, P ... mg	141		0	MC	9		71		
Potassium, K ... mg	178		0	MC	9		89		
Sodium, Na ... mg	597		0	MC	9		299		
Zinc, Zn ... mg	0.50		0	MC	9		0.25		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.700		0	MC	9		0.350		
Riboflavin ... mg	0.490		0	MC	9		0.245		
Niacin ... mg	4.800		0	MC	9		2.400		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.780		0	MC	9		0.390		
Folate, total ... µg	82		0	MC	9		41		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	397		0	NR	4		198		
Vitamin A, IU ... IU	1321		0	MC	9		661		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.400		0	MC	9		1.700		
Fatty acids, total monounsaturated ... g	2.200		0	MC	9		1.100		
Fatty acids, total polyunsaturated ... g	3.400		0	MC	9		1.700		
Fatty acids, total trans ... g	0.200		0	MC	9		0.100		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28169
KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28170

KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	401		0	MC	9		201		
Energy ... kJ	1678		0	MC	9		839		
Protein (N x 6.25) ... g	3.90		0	MC	9		1.95		
Total lipid (fat) ... g	11.50		0	MC	9		5.75		
Ash ... g									
Carbohydrate, by difference ... g	70.60		0	MC	9		35.30		
Fiber, total dietary ... g	1.1		0	MC	9		0.6		
Sugars, total ... g	31.80		0	MC	9		15.90		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.60		0	MC	9		2.30		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	44		0	MC	9		22		
Potassium, K ... mg	47		0	MC	9		24		
Sodium, Na ... mg	387		0	MC	9		194		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	92		0	MC	9		46		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.900		0	MC	9		1.950		
Fatty acids, total monounsaturated ... g	2.400		0	MC	9		1.200		
Fatty acids, total polyunsaturated ... g	4.000		0	MC	9		2.000		
Fatty acids, total trans ... g	0.150		0	MC	9		0.075		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28170
KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28171

KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	394		0	MC	9		197		
Energy ... kJ	1648		0	MC	9		824		
Protein (N x 6.25) ... g	4.70		0	MC	9		2.35		
Total lipid (fat) ... g	10.50		0	MC	9		5.25		
Ash ... g									
Carbohydrate, by difference ... g	70.60		0	MC	9		35.30		
Fiber, total dietary ... g	1.5		0	MC	9		0.8		
Sugars, total ... g	28.60		0	MC	9		14.30		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	30		0	MC	9		15		
Phosphorus, P ... mg	58		0	MC	9		29		
Potassium, K ... mg	97		0	MC	9		49		
Sodium, Na ... mg	345		0	MC	9		173		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.400		0	MC	9		1.700		
Fatty acids, total monounsaturated ... g	2.300		0	MC	9		1.150		
Fatty acids, total polyunsaturated ... g	3.900		0	MC	9		1.950		
Fatty acids, total trans ... g	0.100		0	MC	9		0.050		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28171
KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28172

KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.75		0	MC	9		6.63		
Energy....kcal	390		0	MC	9		203		
Energy....kJ	1632		0	MC	9		849		
Protein (N x 6.25)....g	4.00		0	MC	9		2.08		
Total lipid (fat)....g	9.60		0	MC	9		4.99		
Ash....g									
Carbohydrate, by difference....g	72.30		0	MC	9		37.60		
Fiber, total dietary....g	1.3		0	MC	9		0.7		
Sugars, total....g	31.30		0	MC	9		16.28		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	6		0	MC	9		3		
Phosphorus, P....mg	43		0	MC	9		22		
Potassium, K....mg	52		0	MC	9		27		
Sodium, Na....mg	321		0	MC	9		167		
Zinc, Zn....mg	0.30		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg									
Vitamin B-6....mg	0.380		0	MC	9		0.198		
Folate, total....µg	77		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	289		0	NR	4		150		
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.100		0	MC	9		1.612		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		1.092		
Fatty acids, total polyunsaturated....g	3.600		0	MC	9		1.872		
Fatty acids, total trans....g	0.100		0	MC	9		0.052		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28172
KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28173

KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.80		0	MC	9		6.40	12.80	
Energy....kcal	393		0	MC	9		197	393	
Energy....kJ	1644		0	MC	9		822	1644	
Protein (N x 6.25)....g	4.50		0	MC	9		2.25	4.50	
Total lipid (fat)....g	10.60		0	MC	9		5.30	10.60	
Ash....g									
Carbohydrate, by difference....g	70.20		0	MC	9		35.10	70.20	
Fiber, total dietary....g	1.3		0	MC	9		0.6	1.3	
Sugars, total....g	27.50		0	MC	9		13.75	27.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	200		0	MC	9		100	200	
Iron, Fe....mg	3.60		0	MC	9		1.80	3.60	
Magnesium, Mg....mg	8		0	MC	9		4	8	
Phosphorus, P....mg	66		0	MC	9		33	66	
Potassium, K....mg	56		0	MC	9		28	56	
Sodium, Na....mg	393		0	MC	9		197	393	
Zinc, Zn....mg	0.30		0	MC	9		0.15	0.30	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.150	0.300	
Riboflavin....mg	0.340		0	MC	9		0.170	0.340	
Niacin....mg	4.000		0	MC	9		2.000	4.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0	MC	9		0.200	0.400	
Folate, total....µg	80		0	MC	9		40	80	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00	0.00	
Vitamin A, RAE....µg	300		0	NR	4		150	300	
Vitamin A, IU....IU	1000		0	MC	9		500	1000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D....IU	0		0	MC	9		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		1.750	3.500	
Fatty acids, total monounsaturated....g	2.300		0	MC	9		1.150	2.300	
Fatty acids, total polyunsaturated....g	3.800		0	MC	9		1.900	3.800	
Fatty acids, total trans....g	0.100		0	MC	9		0.050	0.100	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28173

KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Measure 2 = 100g: 1 package (2-count)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28174

KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	373		0	MC	9		187		
Energy ... kJ	1561		0	MC	9		781		
Protein (N x 6.25) ... g	3.90		0	MC	9		1.95		
Total lipid (fat) ... g	6.80		0	MC	9		3.40		
Ash ... g									
Carbohydrate, by difference ... g	74.30		0	MC	9		37.15		
Fiber, total dietary ... g	1.2		0	MC	9		0.6		
Sugars, total ... g	32.40		0	MC	9		16.20		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	200		0	MC	9		100		
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	10		0	MC	9		5		
Phosphorus, P ... mg	45		0	MC	9		23		
Potassium, K ... mg	84		0	MC	9		42		
Sodium, Na ... mg	432		0	MC	9		216		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.300		0	MC	9		1.150		
Fatty acids, total monounsaturated ... g	1.400		0	MC	9		0.700		
Fatty acids, total polyunsaturated ... g	2.400		0	MC	9		1.200		
Fatty acids, total trans ... g	0.100		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28174
KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28175

KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.75		0	MC	9		6.38		
Energy....kcal	391		0	MC	9		196		
Energy....kJ	1636		0	MC	9		818		
Protein (N x 6.25)....g	3.90		0	MC	9		1.95		
Total lipid (fat)....g	9.70		0	MC	9		4.85		
Ash....g									
Carbohydrate, by difference....g	72.30		0	MC	9		36.15		
Fiber, total dietary....g	1.3		0	MC	9		0.6		
Sugars, total....g	30.80		0	MC	9		15.40		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.60		0	MC	9		1.80		
Magnesium, Mg....mg	6		0	MC	9		3		
Phosphorus, P....mg	47		0	MC	9		24		
Potassium, K....mg	53		0	MC	9		27		
Sodium, Na....mg	334		0	MC	9		167		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.150		
Riboflavin....mg	0.340		0	MC	9		0.170		
Niacin....mg	4.000		0	MC	9		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0	MC	9		0.200		
Folate, total....µg	80		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	300		0	NR	4		150		
Vitamin A, IU....IU	1000		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.100		0	MC	9		1.550		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		1.050		
Fatty acids, total polyunsaturated....g	3.600		0	MC	9		1.800		
Fatty acids, total trans....g	0.200		0	MC	9		0.100		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28175
KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28176

KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.80		0	MC	9		6.40		
Energy....kcal	390		0	MC	9		195		
Energy....kJ	1632		0	MC	9		816		
Protein (N x 6.25)....g	4.10		0	MC	9		2.05		
Total lipid (fat)....g	9.80		0	MC	9		4.90		
Ash....g									
Carbohydrate, by difference....g	71.80		0	MC	9		35.90		
Fiber, total dietary....g	1.3		0	MC	9		0.6		
Sugars, total....g	30.50		0	MC	9		15.25		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.80		0	MC	9		2.40		
Magnesium, Mg....mg	6		0	MC	9		3		
Phosphorus, P....mg	45		0	MC	9		23		
Potassium, K....mg	53		0	MC	9		27		
Sodium, Na....mg	334		0	MC	9		167		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.390		0	MC	9		0.195		
Riboflavin....mg	0.480		0	MC	9		0.240		
Niacin....mg	4.900		0	MC	9		2.450		
Pantothenic acid....mg									
Vitamin B-6....mg	0.730		0	MC	9		0.365		
Folate, total....µg	93		0	MC	9		47		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	370		0	NR	4		185		
Vitamin A, IU....IU	1232		0	MC	9		616		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.100		0	MC	9		1.550		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		1.050		
Fatty acids, total polyunsaturated....g	3.600		0	MC	9		1.800		
Fatty acids, total trans....g	0.200		0	MC	9		0.100		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28176
KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28177

KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	391		0	MC	9		196		
Energy ... kJ	1636		0	MC	9		818		
Protein (N x 6.25) ... g	3.90		0	MC	9		1.95		
Total lipid (fat) ... g	9.70		0	MC	9		4.85		
Ash ... g									
Carbohydrate, by difference ... g	72.10		0	MC	9		36.05		
Fiber, total dietary ... g	1.3		0	MC	9		0.6		
Sugars, total ... g	30.60		0	MC	9		15.30		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	6		0	MC	9		3		
Phosphorus, P ... mg	47		0	MC	9		24		
Potassium, K ... mg	53		0	MC	9		27		
Sodium, Na ... mg	333		0	MC	9		167		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.100		0	MC	9		1.550		
Fatty acids, total monounsaturated ... g	2.100		0	MC	9		1.050		
Fatty acids, total polyunsaturated ... g	3.600		0	MC	9		1.800		
Fatty acids, total trans ... g	0.100		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28177
KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28192

KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.75		0	MC	9		6.38	12.75	
Energy....kcal	393		0	MC	9		196	393	
Energy....kJ	1642		0	MC	9		821	1642	
Protein (N x 6.25)....g	4.10		0	MC	9		2.05	4.10	
Total lipid (fat)....g	10.50		0	MC	9		5.25	10.50	
Ash....g									
Carbohydrate, by difference....g	70.80		0	MC	9		35.40	70.80	
Fiber, total dietary....g	1.4		0	MC	9		0.7	1.4	
Sugars, total....g	28.60		0	MC	9		14.30	28.60	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	MC	9		13	25	
Iron, Fe....mg	3.60		0	MC	9		1.80	3.60	
Magnesium, Mg....mg	12		0	MC	9		6	12	
Phosphorus, P....mg	81		0	MC	9		41	81	
Potassium, K....mg	77		0	MC	9		39	77	
Sodium, Na....mg	433		0	MC	9		217	433	
Zinc, Zn....mg	0.30		0	MC	9		0.15	0.30	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.150	0.300	
Riboflavin....mg	0.340		0	MC	9		0.170	0.340	
Niacin....mg	4.000		0	MC	9		2.000	4.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0	MC	9		0.200	0.400	
Folate, total....µg	80		0	MC	9		40	80	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00	0.00	
Vitamin A, RAE....µg	300		0	NR	4		150	300	
Vitamin A, IU....IU	1000		0	MC	9		500	1000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D....IU	0		0	MC	9		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		1.750	3.500	
Fatty acids, total monounsaturated....g	2.200		0	MC	9		1.100	2.200	
Fatty acids, total polyunsaturated....g	3.800		0	MC	9		1.900	3.800	
Fatty acids, total trans....g	0.200		0	MC	9		0.100	0.200	
Cholesterol....mg	0		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28192
KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Measure 2 = 100g: 1 package (2-count)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28178

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	13.60		0	MC	9		6.53		
Energy ... kcal	391		0	MC	9		188		
Energy ... kJ	1636		0	MC	9		785		
Protein (N x 6.25) ... g	4.40		0	MC	9		2.11		
Total lipid (fat) ... g	10.80		0	MC	9		5.18		
Ash ... g									
Carbohydrate, by difference ... g	69.80		0	MC	9		33.50		
Fiber, total dietary ... g	3.3		0	MC	9		1.6		
Sugars, total ... g	24.70		0	MC	9		11.86		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	200		0	MC	9		96		
Iron, Fe ... mg	3.60		0	MC	9		1.73		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	45		0	MC	9		22		
Potassium, K ... mg	125		0	MC	9		60		
Sodium, Na ... mg	399		0	MC	9		192		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.144		
Riboflavin ... mg	0.340		0	MC	9		0.163		
Niacin ... mg	4.200		0	MC	9		2.016		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.192		
Folate, total ... µg	80		0	MC	9		38		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	300		0	NR	4		144		
Vitamin A, IU ... IU	1000		0	MC	9		480		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.900		0	MC	9		1.872		
Fatty acids, total monounsaturated ... g	2.200		0	MC	9		1.056		
Fatty acids, total polyunsaturated ... g	3.600		0	MC	9		1.728		
Fatty acids, total trans ... g	0.200		0	MC	9		0.096		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28178

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28179

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	13.00		0	MC	9		6.24		
Energy ... kcal	390		0	MC	9		187		
Energy ... kJ	1632		0	MC	9		783		
Protein (N x 6.25) ... g	4.60		0	MC	9		2.21		
Total lipid (fat) ... g	10.90		0	MC	9		5.23		
Ash ... g									
Carbohydrate, by difference ... g	69.40		0	MC	9		33.31		
Fiber, total dietary ... g	3.5		0	MC	9		1.7		
Sugars, total ... g	23.50		0	MC	9		11.28		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	208		0	MC	9		100		
Iron, Fe ... mg	3.80		0	MC	9		1.82		
Magnesium, Mg ... mg	18		0	MC	9		9		
Phosphorus, P ... mg	101		0	MC	9		48		
Potassium, K ... mg	104		0	MC	9		50		
Sodium, Na ... mg	374		0	MC	9		180		
Zinc, Zn ... mg	0.50		0	MC	9		0.24		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.310		0	MC	9		0.149		
Riboflavin ... mg	0.350		0	MC	9		0.168		
Niacin ... mg	4.200		0	MC	9		2.016		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.192		
Folate, total ... µg	83		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	313		0	NR	4		150		
Vitamin A, IU ... IU	1042		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.800		0	MC	9		1.824		
Fatty acids, total monounsaturated ... g	2.200		0	MC	9		1.056		
Fatty acids, total polyunsaturated ... g	3.700		0	MC	9		1.776		
Fatty acids, total trans ... g	0.200		0	MC	9		0.096		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28179

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28180

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.80		0	MC	9		6.40		
Energy ... kcal	400		0	MC	9		200		
Energy ... kJ	1674		0	MC	9		837		
Protein (N x 6.25) ... g	4.00		0	MC	9		2.00		
Total lipid (fat) ... g	11.20		0	MC	9		5.60		
Ash ... g									
Carbohydrate, by difference ... g	70.80		0	MC	9		35.40		
Fiber, total dietary ... g	1.1		0	MC	9		0.6		
Sugars, total ... g	30.30		0	MC	9		15.15		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	200		0	MC	9		100		
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	8		0	MC	9		4		
Phosphorus, P ... mg	87		0	MC	9		44		
Potassium, K ... mg	65		0	MC	9		33		
Sodium, Na ... mg	391		0	MC	9		196		
Zinc, Zn ... mg	0.30		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.000		0	MC	9		2.000		
Fatty acids, total monounsaturated ... g	2.300		0	MC	9		1.150		
Fatty acids, total polyunsaturated ... g	3.800		0	MC	9		1.900		
Fatty acids, total trans ... g	0.200		0	MC	9		0.100		
Cholesterol ... mg	3		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28180

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28181

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.80		0	MC	9		6.14		
Energy ... kcal	397		0	MC	9		191		
Energy ... kJ	1661		0	MC	9		797		
Protein (N x 6.25) ... g	4.00		0	MC	9		1.92		
Total lipid (fat) ... g	11.30		0	MC	9		5.42		
Ash ... g									
Carbohydrate, by difference ... g	70.00		0	MC	9		33.60		
Fiber, total dietary ... g	2.7		0	MC	9		1.3		
Sugars, total ... g	23.90		0	MC	9		11.47		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	208		0	MC	9		100		
Iron, Fe ... mg	3.80		0	MC	9		1.82		
Magnesium, Mg ... mg	7		0	MC	9		3		
Phosphorus, P ... mg	45		0	MC	9		22		
Potassium, K ... mg	48		0	MC	9		23		
Sodium, Na ... mg	390		0	MC	9		187		
Zinc, Zn ... mg	0.30		0	MC	9		0.14		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.310		0	MC	9		0.149		
Riboflavin ... mg	0.350		0	MC	9		0.168		
Niacin ... mg	4.200		0	MC	9		2.016		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.192		
Folate, total ... µg	83		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	313		0	NR	4		150		
Vitamin A, IU ... IU	1042		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.900		0	MC	9		1.872		
Fatty acids, total monounsaturated ... g	2.400		0	MC	9		1.152		
Fatty acids, total polyunsaturated ... g	4.000		0	MC	9		1.920		
Fatty acids, total trans ... g	0.200		0	MC	9		0.096		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28181

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28182

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.80		0	MC	9		6.14		
Energy ... kcal	398		0	MC	9		191		
Energy ... kJ	1665		0	MC	9		799		
Protein (N x 6.25) ... g	4.00		0	MC	9		1.92		
Total lipid (fat) ... g	11.30		0	MC	9		5.42		
Ash ... g									
Carbohydrate, by difference ... g	70.10		0	MC	9		33.65		
Fiber, total dietary ... g	2.7		0	MC	9		1.3		
Sugars, total ... g	23.90		0	MC	9		11.47		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	208		0	MC	9		100		
Iron, Fe ... mg	3.80		0	MC	9		1.82		
Magnesium, Mg ... mg	7		0	MC	9		3		
Phosphorus, P ... mg	45		0	MC	9		22		
Potassium, K ... mg	49		0	MC	9		24		
Sodium, Na ... mg	391		0	MC	9		188		
Zinc, Zn ... mg	0.30		0	MC	9		0.14		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.310		0	MC	9		0.149		
Riboflavin ... mg	0.350		0	MC	9		0.168		
Niacin ... mg	4.200		0	MC	9		2.016		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.192		
Folate, total ... µg	83		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	313		0	NR	4		150		
Vitamin A, IU ... IU	1042		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.000		0	MC	9		1.920		
Fatty acids, total monounsaturated ... g	2.400		0	MC	9		1.152		
Fatty acids, total polyunsaturated ... g	4.000		0	MC	9		1.920		
Fatty acids, total trans ... g	0.200		0	MC	9		0.096		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28182

KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28193

KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.75		0	MC	9		6.38		
Energy....kcal	398		0	MC	9		199		
Energy....kJ	1665		0	MC	9		833		
Protein (N x 6.25)....g	4.10		0	MC	9		2.05		
Total lipid (fat)....g	11.30		0	MC	9		5.65		
Ash....g									
Carbohydrate, by difference....g	70.20		0	MC	9		35.10		
Fiber, total dietary....g	2.7		0	MC	9		1.4		
Sugars, total....g	23.40		0	MC	9		11.70		
Starch....g									
Minerals:									
Calcium, Ca....mg	200		0	MC	9		100		
Iron, Fe....mg	3.60		0	MC	9		1.80		
Magnesium, Mg....mg	7		0	MC	9		4		
Phosphorus, P....mg	45		0	MC	9		23		
Potassium, K....mg	48		0	MC	9		24		
Sodium, Na....mg	389		0	MC	9		195		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.150		
Riboflavin....mg	0.340		0	MC	9		0.170		
Niacin....mg	4.000		0	MC	9		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0	MC	9		0.200		
Folate, total....µg	80		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	300		0	NR	4		150		
Vitamin A, IU....IU	1000		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.800		0	MC	9		1.900		
Fatty acids, total monounsaturated....g	2.300		0	MC	9		1.150		
Fatty acids, total polyunsaturated....g	3.900		0	MC	9		1.950		
Fatty acids, total trans....g	0.200		0	MC	9		0.100		
Cholesterol....mg	2		0	MC	9		1		
Phytosterols....mg									

NDB No. 28193

KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28023
KELLOGG'S, SIMPLY EGGO, Original
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.60		0	MC	9		25.62		
Energy....kcal	294		0	MC	9		206		
Energy....kJ	1230		0	MC	9		861		
Protein (N x 6.25)....g	6.20		0	MC	9		4.34		
Total lipid (fat)....g	10.90		0	MC	9		7.63		
Ash....g									
Carbohydrate, by difference....g	43.30		0	MC	9		30.31		
Fiber, total dietary....g	1.3		0	MC	9		0.9		
Sugars, total....g	5.90		0	MC	9		4.13		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	6.40		0	MC	9		4.48		
Magnesium, Mg....mg	14		0	MC	9		10		
Phosphorus, P....mg	286		0	MC	9		200		
Potassium, K....mg	79		0	MC	9		55		
Sodium, Na....mg	636		0	MC	9		445		
Zinc, Zn....mg	0.40		0	MC	9		0.28		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.301		
Riboflavin....mg	0.490		0	MC	9		0.343		
Niacin....mg	5.700		0	MC	9		3.990		
Pantothenic acid....mg									
Vitamin B-6....mg	0.570		0	MC	9		0.399		
Folate, total....µg	86		0	MC	9		60		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.70		0	MC	9		1.19		
Vitamin A, RAE....µg	429		0	NR	4		300		
Vitamin A, IU....IU	1429		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.800		0	MC	9		1.960		
Fatty acids, total monounsaturated....g	2.000		0	MC	9		1.400		
Fatty acids, total polyunsaturated....g	4.900		0	MC	9		3.430		
Fatty acids, total trans....g	0.200		0	MC	9		0.140		
Cholesterol....mg	26		0	MC	9		18		
Phytosterols....mg									

NDB No. 28023
KELLOGG'S, SIMPLY EGGO, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28186

KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.84		
Energy....kcal	382		0	MC	9		115		
Energy....kJ	1598		0	MC	9		479		
Protein (N x 6.25)....g	6.40		0	MC	9		1.92		
Total lipid (fat)....g	9.40		0	MC	9		2.82		
Ash....g									
Carbohydrate, by difference....g	73.70		0	MC	9		22.11		
Fiber, total dietary....g	9.2		0	MC	9		2.8		
Sugars, total....g	4.30		0	MC	9		1.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	81		0	MC	9		24		
Iron, Fe....mg	1.80		0	MC	9		0.54		
Magnesium, Mg....mg	52		0	MC	9		16		
Phosphorus, P....mg	120		0	MC	9		36		
Potassium, K....mg	569		0	MC	9		171		
Sodium, Na....mg	750		0	MC	9		225		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.570		0	MC	9		0.171		
Riboflavin....mg	0.080		0	MC	9		0.024		
Niacin....mg	4.100		0	MC	9		1.230		
Pantothenic acid....mg									
Vitamin B-6....mg	0.360		0	MC	9		0.108		
Folate, total....µg	36		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	129		0	NR	4		39		
Vitamin A, IU....IU	431		0	MC	9		129		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.400		0	MC	9		0.720		
Fatty acids, total monounsaturated....g	1.800		0	MC	9		0.540		
Fatty acids, total polyunsaturated....g	4.100		0	MC	9		1.230		
Fatty acids, total trans....g	0.100		0	MC	9		0.030		
Cholesterol....mg	3		0	MC	9		1		
Phytosterols....mg									

NDB No. 28186
KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 27 chips

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28187

KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.84		
Energy....kcal	361		0	MC	9		108		
Energy....kJ	1510		0	MC	9		453		
Protein (N x 6.25)....g	6.80		0	MC	9		2.04		
Total lipid (fat)....g	7.60		0	MC	9		2.28		
Ash....g									
Carbohydrate, by difference....g	75.40		0	MC	9		22.62		
Fiber, total dietary....g	10.8		0	MC	9		3.2		
Sugars, total....g	0.60		0	MC	9		0.18		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.80		0	MC	9		0.54		
Magnesium, Mg....mg	72		0	MC	9		22		
Phosphorus, P....mg	190		0	MC	9		57		
Potassium, K....mg	870		0	MC	9		261		
Sodium, Na....mg	760		0	MC	9		228		
Zinc, Zn....mg	1.00		0	MC	9		0.30		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.610		0	MC	9		0.183		
Riboflavin....mg	0.080		0	MC	9		0.024		
Niacin....mg	4.400		0	MC	9		1.320		
Pantothenic acid....mg									
Vitamin B-6....mg	0.390		0	MC	9		0.117		
Folate, total....µg	38		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									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.400		0	MC	9		0.420		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		0.630		
Fatty acids, total polyunsaturated....g	4.000		0	MC	9		1.200		
Fatty acids, total trans....g	0.100		0	MC	9		0.030		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28187
KELLOGG'S, SPECIAL K, Cracker Chips, Sea 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 30 chips

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28188

KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.80		0	MC	9		0.84		
Energy ... kcal	365		0	MC	9		110		
Energy ... kJ	1527		0	MC	9		458		
Protein (N x 6.25) ... g	7.10		0	MC	9		2.13		
Total lipid (fat) ... g	8.00		0	MC	9		2.40		
Ash ... g									
Carbohydrate, by difference ... g	74.30		0	MC	9		22.29		
Fiber, total dietary ... g	9.8		0	MC	9		2.9		
Sugars, total ... g	3.50		0	MC	9		1.05		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	69		0	MC	9		21		
Iron, Fe ... mg	1.70		0	MC	9		0.51		
Magnesium, Mg ... mg	67		0	MC	9		20		
Phosphorus, P ... mg	202		0	MC	9		61		
Potassium, K ... mg	783		0	MC	9		235		
Sodium, Na ... mg	764		0	MC	9		229		
Zinc, Zn ... mg	1.00		0	MC	9		0.30		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.580		0	MC	9		0.174		
Riboflavin ... mg	0.180		0	MC	9		0.054		
Niacin ... mg	4.100		0	MC	9		1.230		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.380		0	MC	9		0.114		
Folate, total ... µg	38		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									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	1.35		0	MC	9		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	NR	4		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.200		0	MC	9		0.660		
Fatty acids, total monounsaturated ... g	2.000		0	MC	9		0.600		
Fatty acids, total polyunsaturated ... g	3.700		0	MC	9		1.110		
Fatty acids, total trans ... g	0.100		0	MC	9		0.030		
Cholesterol ... mg	2		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28188
KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 27 chips

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28189

KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80		0	MC	9		0.84		
Energy....kcal	380		0	MC	9		114		
Energy....kJ	1590		0	MC	9		477		
Protein (N x 6.25)....g	6.20		0	MC	9		1.86		
Total lipid (fat)....g	8.70		0	MC	9		2.61		
Ash....g									
Carbohydrate, by difference....g	74.80		0	MC	9		22.44		
Fiber, total dietary....g	9.3		0	MC	9		2.8		
Sugars, total....g	4.30		0	MC	9		1.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	74		0	MC	9		22		
Iron, Fe....mg	2.00		0	MC	9		0.60		
Magnesium, Mg....mg	52		0	MC	9		16		
Phosphorus, P....mg	119		0	MC	9		36		
Potassium, K....mg	566		0	MC	9		170		
Sodium, Na....mg	750		0	MC	9		225		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.560		0	MC	9		0.168		
Riboflavin....mg	0.080		0	MC	9		0.024		
Niacin....mg	4.100		0	MC	9		1.230		
Pantothenic acid....mg									
Vitamin B-6....mg	0.360		0	MC	9		0.108		
Folate, total....µg	36		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									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.800		0	MC	9		0.540		
Fatty acids, total monounsaturated....g	1.900		0	MC	9		0.570		
Fatty acids, total polyunsaturated....g	4.300		0	MC	9		1.290		
Fatty acids, total trans....g	0.100		0	MC	9		0.030		
Cholesterol....mg	2		0	MC	9		1		
Phytosterols....mg									

NDB No. 28189
KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 27 chips

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28190
KELLOGG'S, SPECIAL K, Multigrain Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	401		0	MC	9		120		
Energy ... kJ	1678		0	MC	9		503		
Protein (N x 6.25) ... g	9.00		0	MC	9		2.70		
Total lipid (fat) ... g	9.40		0	MC	9		2.82		
Ash ... g									
Carbohydrate, by difference ... g	75.40		0	MC	9		22.62		
Fiber, total dietary ... g	8.6		0	MC	9		2.6		
Sugars, total ... g	20.80		0	MC	9		6.24		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.50		0	MC	9		0.75		
Magnesium, Mg ... mg	30		0	MC	9		9		
Phosphorus, P ... mg	97		0	MC	9		29		
Potassium, K ... mg	243		0	MC	9		73		
Sodium, Na ... mg	848		0	MC	9		254		
Zinc, Zn ... mg	1.10		0	MC	9		0.33		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.350		0	MC	9		0.105		
Riboflavin ... mg	0.190		0	MC	9		0.057		
Niacin ... mg	2.700		0	MC	9		0.810		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.120		0	MC	9		0.036		
Folate, total ... µg	13		0	MC	9		4		
Folic acid ... µg									
Folate, food ... µg	13		0	MC	9		4		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.400		0	MC	9		0.420		

NDB No. 28190
KELLOGG'S, SPECIAL K, Multigrain Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.200		0	MC	9		0.660		
Fatty acids, total polyunsaturated.....g	4.900		0	MC	9		1.470		
Fatty acids, total trans.....g	0.100		0	MC	9		0.030		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 24 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28191

KELLOGG'S, SPECIAL K, Savory Herb Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.75		
Energy....kcal	406		0	MC	9		122		
Energy....kJ	1699		0	MC	9		510		
Protein (N x 6.25)....g	10.90		0	MC	9		3.27		
Total lipid (fat)....g	10.00		0	MC	9		3.00		
Ash....g									
Carbohydrate, by difference....g	73.80		0	MC	9		22.14		
Fiber, total dietary....g	9.8		0	MC	9		2.9		
Sugars, total....g	10.60		0	MC	9		3.18		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.90		0	MC	9		1.17		
Magnesium, Mg....mg	80		0	MC	9		24		
Phosphorus, P....mg	264		0	MC	9		79		
Potassium, K....mg	253		0	MC	9		76		
Sodium, Na....mg	809		0	MC	9		243		
Zinc, Zn....mg	2.30		0	MC	9		0.69		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.370		0	MC	9		0.111		
Riboflavin....mg	0.250		0	MC	9		0.075		
Niacin....mg	3.800		0	MC	9		1.140		
Pantothenic acid....mg									
Vitamin B-6....mg	0.250		0	MC	9		0.075		
Folate, total....µg	30		0	MC	9		9		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0	MC	9		0.03		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.500		0	MC	9		0.450		
Fatty acids, total monounsaturated....g	2.200		0	MC	9		0.660		
Fatty acids, total polyunsaturated....g	5.100		0	MC	9		1.530		
Fatty acids, total trans....g	0.100		0	MC	9		0.030		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28191
KELLOGG'S, SPECIAL K, Savory Herb Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 24 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18501

KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.50		0	MC	9		16.82		
Energy....kcal	370		0	MC	9		429		
Energy....kJ	1548		0	MC	9		1796		
Protein....g	4.30		0	MC	9		4.99		
Total lipid (fat)....g	7.60		0	MC	9		8.82		
Ash....g	0.80		0	MC	9		0.93		
Carbohydrate, by difference....g	72.80		0	MC	9		84.45		
Fiber, total dietary....g	1.9		0	MC	9		2.2		
Sugars, total....g	33.60		0	MC	9		38.98		
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0	MC	9		45		
Iron, Fe....mg	4.90		0	MC	9		5.68		
Magnesium, Mg....mg	26		0	MC	9		30		
Phosphorus, P....mg	98		0	MC	9		114		
Potassium, K....mg	188		0	MC	9		218		
Sodium, Na....mg	284		0	MC	9		329		
Zinc, Zn....mg	4.10		0	MC	9		4.76		
Copper, Cu....mg	0.100		0	MC	9		0.116		
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	1.000		0	MC	9		1.160		
Riboflavin....mg	1.100		0	MC	9		1.276		
Niacin....mg	13.500		0	MC	9		15.660		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	1.400		0	MC	9		1.624		
Folate, total....µg	108		0	MC	9		125		
Folic acid....µg									
Folate, food....µg	108		0	MC	9		125		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2027		0	MC	9		2351		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.500		0	MC	9				

NDB No. 18501
KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.500			MC	9		1.740		
Fatty acids, total monounsaturated.....g	5.000		0	MC	9		5.800		
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		1.276		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 bar (NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18499

KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.60		0	MC	9		52.90		
Energy....kcal	245		0	MC	9		284		
Energy....kJ	1025		0	MC	9		1189		
Protein....g	5.30		0	MC	9		6.15		
Total lipid (fat)....g	8.00		0	MC	9		9.28		
Ash....g	1.96		0	MC	9		2.27		
Carbohydrate, by difference....g	38.60		0	MC	9		44.78		
Fiber, total dietary....g	1.0		0	MC	9		1.2		
Sugars, total....g	10.00		0	MC	9		11.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	78		0	MC	9		90		
Iron, Fe....mg	3.90		0	MC	9		4.52		
Magnesium, Mg....mg	1		0	MC	9		1		
Phosphorus, P....mg	194		0	MC	9		225		
Potassium, K....mg	57		0	MC	9		66		
Sodium, Na....mg	508		0	MC	9		589		
Zinc, Zn....mg	0.10		0	MC	9		0.12		
Copper, Cu....mg	0.000		0	MC	9		0.000		
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0	MC	9		1.6		
Thiamin....mg	0.260		0	MC	9		0.301		
Riboflavin....mg	0.290		0	MC	9		0.336		
Niacin....mg	3.400		0	MC	9		3.944		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.340		0	MC	9		0.394		
Folate, total....µg	62		0	MC	9		72		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.00		0	MC	9		1.16		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	862		0	MC	9		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.300		0	MC	9		1.508		
Fatty acids, total monounsaturated....g	2.000		0	MC	9		2.320		
Fatty acids, total polyunsaturated....g	4.400		0	MC	9		5.104		
Fatty acids, total trans....g	0.100		0	MC	9		0.116		
Cholesterol....mg	11		0	MC	9		13		
Phytosterols....mg									

NDB No. 18499
KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 3 pancakes (NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18637

KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20		1	A	1		0.90		
Energy....kcal	377		0	NC	4		106		
Energy....kJ	1577		0		4		442		
Protein....g	6.10		1	A	1		1.71		
Total lipid (fat)....g	3.70		1	A	1		1.04		
Ash....g	7.20		1	A	1		2.02		
Carbohydrate, by difference....g	79.80		0	NC	4		22.34		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2182		0	LC	8		611		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18567

KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.30		0	MC	9		1.48		
Energy ... kcal	381		0	MC	9		107		
Energy ... kJ	1594				9		446		
Protein ... g	12.60		0	MC	9		3.53		
Total lipid (fat) ... g	4.10		0	NR	4		1.15		
Ash ... g	4.80		0	MC	9		1.34		
Carbohydrate, by difference ... g	73.10		0	MC	9		20.47		
Fiber, total dietary ... g	2.5		0	MC	9		0.7		
Sugars, total ... g	10.10		0	MC	9		2.83		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	63		0	MC	9		18		
Iron, Fe ... mg	4.32		0	MC	9		1.21		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	129		0	MC	9		36		
Potassium, K ... mg	267		0	MC	9		75		
Sodium, Na ... mg	1532		0	MC	9		429		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.3		0	MC	9		0.9		
Thiamin ... mg	0.390		0	MC	9		0.109		
Riboflavin ... mg	0.290		0	MC	9		0.081		
Niacin ... mg	3.840		0	MC	9		1.075		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	80		0	MC	9		22		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	107		0	MC	9		30		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.800		0	MC	9		0.224		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0	MC	9		1		
Phytosterols ... mg									

NDB No. 18567
KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 NLEA serving (makes 1/2 cup prepared)

Footnotes:

1 1/6 box (makes 1/2 cup prepared)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18956
Keikitos (muffins), Latino bakery item

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.99		1	A	1		5.46		
Energy....kcal	467		0	NC	4		196		
Energy....kJ	1954		0	NC	4		821		
Protein (N x 6.25)....g	6.81		1	A	1		2.86		
Total lipid (fat)....g	25.24		1	A	1		10.60		
Ash....g	1.80		1	A	1		0.76		
Carbohydrate, by difference....g	53.16		0	NC	4		22.33		
Fiber, total dietary....g	1.2		1	A	1		0.5		
Sugars, total....g	25.81		1	A	1		10.84		
Sucrose....g	25.81		1	A	1		10.84		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	25.20		1	A	1		10.58		
Minerals:									
Calcium, Ca....mg	63		1	A	1		26		
Iron, Fe....mg	2.53		1	A	1		1.06		
Magnesium, Mg....mg	12		1	A	1		5		
Phosphorus, P....mg	255		1	A	1		107		
Potassium, K....mg	90		1	A	1		38		
Sodium, Na....mg	515		1	A	1		216		
Zinc, Zn....mg	0.52		1	A	1		0.22		
Copper, Cu....mg	0.072		1	A	1		0.030		
Manganese, Mn....mg	0.207		1	A	1		0.087		
Selenium, Se....µg	15.3		1	A	1		6.4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum 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
Proximates:									
Water....g	5.00		1		1		0.23	0.12	
Energy....kcal	53		0	NC	4		2	1	
Energy....kJ	222		0		4		10	5	
Protein (N x 6.2)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	67.30		1		1		3.10	1.55	
Carbohydrate, by difference....g	27.70		0	NC	4		1.27	0.64	
Fiber, total dietary....g	0.2		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5876		2		1		270	135	
Iron, Fe....mg	11.02	1.171	4		1		0.51	0.25	
Magnesium, Mg....mg	27	1.895	4		1		1	1	
Phosphorus, P....mg	2191	40.266	4		1		101	50	
Potassium, K....mg	20		1		1		1	0	
Sodium, Na....mg	10600		2		1		488	244	
Zinc, Zn....mg	0.01		0		4		0.00	0.00	
Copper, Cu....mg	0.010		0		4		0.000	0.000	
Manganese, Mn....mg	0.011		0		4		0.001	0.000	
Selenium, Se....µg	0.2		0	T	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg	0.0		0	Z	7		0.0	0.0	
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	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	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.5 **Fat** 8.4 **Carbohydrate** 1.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		2		1		0.18	0.09	
Energy....kcal	51		0	NC	4		2	1	
Energy....kJ	213		0		4		10	5	
Protein (N x 6.2)....g	0.10		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	71.80		1		1		3.30	1.65	
Carbohydrate, by difference....g	24.10		0	NC	4		1.11	0.55	
Fiber, total dietary....g	0.2		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7364	32.166	3		1		339	169	
Iron, Fe....mg	11.27	2.867	3		1		0.52	0.26	
Magnesium, Mg....mg	39	12.657	3		1		2	1	
Phosphorus, P....mg	9918	309.356	3		1		456	228	
Potassium, K....mg	5		1		1		0	0	
Sodium, Na....mg	7893	404.206	3		1		363	182	
Zinc, Zn....mg	0.02		0		4		0.00	0.00	
Copper, Cu....mg	0.013		0		4		0.001	0.000	
Manganese, Mn....mg	0.014		0		4		0.001	0.000	
Selenium, Se....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg	0.0		0	Z	7		0.0	0.0	
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	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	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.8 **Fat** 8.4 **Carbohydrate** 2.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18371
Leavening agents, baking powder, 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
Proximates:									
Water....g	6.20		2		1		0.31	0.16	
Energy....kcal	97		0	NC	4		5	2	
Energy....kJ	406		0		4		20	10	
Protein (N x 6.2)....g	0.10		1		1		0.01	0.00	
Total lipid (fat)....g	0.40	0.033	3		1		0.02	0.01	
Ash....g	46.40		2		1		2.32	1.16	
Carbohydrate, by difference....g	46.90		0	NC	4		2.35	1.17	
Fiber, total dietary....g	2.2		0		4		0.1	0.1	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4332		2		1		217	108	
Iron, Fe....mg	8.17		2		1		0.41	0.20	
Magnesium, Mg....mg	29		2		1		1	1	
Phosphorus, P....mg	6869		2		1		343	172	
Potassium, K....mg	10100		1		1		505	253	
Sodium, Na....mg	90		1		1		5	2	
Zinc, Zn....mg	0.72		2		1		0.04	0.02	
Copper, Cu....mg	0.019		2		1		0.001	0.000	
Manganese, Mn....mg	0.420		2		1		0.021	0.011	
Selenium, Se....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg	0.0		0	Z	7		0.0	0.0	
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	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	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18371

Leavening agents, baking powder, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		4		0.004	0.002	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.002		0		4		0.000	0.000	
12:0....g	0.009		0		4		0.000	0.000	
13:0....g									
14:0....g	0.002		0		4		0.000	0.000	
15:0....g									
16:0....g	0.046		0		4		0.002	0.001	
17:0....g									
18:0....g	0.009		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0		4		0.006	0.003	
18:2 undifferentiated....g	0.090		0		4		0.005	0.002	
18:3 undifferentiated....g	0.029		0		4		0.001	0.001	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tsp

Measure 2 = 2.5g: .5 tsp

Calories Factors: Protein 2.7 **Fat** 8.4 **Carbohydrate** 2

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18372
Leavening agents, baking soda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.20		1		1		0.01	0.00	
Energy....kcal	0		0	NC	4		0	0	
Energy....kJ	0		0		4		0	0	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	36.90		1		1		1.70	0.85	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg....mg	0		1		1		0	0	
Phosphorus, P....mg	0		1		1		0	0	
Potassium, K....mg	0		1		1		0	0	
Sodium, Na....mg	27360		1		1		1259	629	
Zinc, Zn....mg	0.00		1		1		0.00	0.00	
Copper, Cu....mg	0.000		1		1		0.000	0.000	
Manganese, Mn....mg	0.000		1		1		0.000	0.000	
Selenium, Se....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg	0.0		0	Z	7		0.0	0.0	
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	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	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18372
Leavening agents, baking soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18373
Leavening agents, cream of tartar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70		1		1		0.05	0.03	
Energy....kcal	258		0	NC	4		8	4	
Energy....kJ	1079		0		4		32	16	
Protein (N x 6.2)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	36.80		2		1		1.10	0.55	
Carbohydrate, by difference....g	61.50		0	NC	4		1.85	0.92	
Fiber, total dietary....g	0.2		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2		1		0	0	
Iron, Fe....mg	3.72		2		1		0.11	0.06	
Magnesium, Mg....mg	2		2		1		0	0	
Phosphorus, P....mg	5		2		1		0	0	
Potassium, K....mg	16500		1		1		495	248	
Sodium, Na....mg	52		2		1		2	1	
Zinc, Zn....mg	0.42		2		1		0.01	0.01	
Copper, Cu....mg	0.195		2		1		0.006	0.003	
Manganese, Mn....mg	0.205		2		1		0.006	0.003	
Selenium, Se....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg	0.0		0	Z	7		0.0	0.0	
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	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	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18373
Leavening agents, cream of tartar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 1.5g: .5 tsp

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4.2

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18375
Leavening agents, yeast, baker's, active dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.08		1	A	1		0.20	0.61	0.37
Energy....kcal	325		0	NC	4		13	39	23
Energy....kJ	1361		0	NC	4		54	163	98
Protein (N x 6.25)....g	40.44		1	A	1		1.62	4.85	2.91
Total lipid (fat)....g	7.61		1	A	1		0.30	0.91	0.55
Ash....g	5.65		1	A	1		0.23	0.68	0.41
Carbohydrate, by difference....g	41.22		0	NC	4		1.65	4.95	2.97
Fiber, total dietary....g	26.9		1	A	1		1.1	3.2	1.9
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	30		1	A	1		1	4	2
Iron, Fe....mg	2.17		1	A	1		0.09	0.26	0.16
Magnesium, Mg....mg	54		1	A	1		2	7	4
Phosphorus, P....mg	637		1	A	1		25	76	46
Potassium, K....mg	955		1	A	1		38	115	69
Sodium, Na....mg	51		1	A	1		2	6	4
Zinc, Zn....mg	7.94		1	A	1		0.32	0.95	0.57
Copper, Cu....mg	0.436		1	A	1		0.017	0.052	0.031
Manganese, Mn....mg	0.312		1	A	1		0.012	0.037	0.022
Selenium, Se....µg	7.9		1	A	1		0.3	0.9	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1		1		0.0	0.0	0.0
Thiamin....mg	10.990		1	A	1		0.440	1.319	0.791
Riboflavin....mg	4.000		1	A	1		0.160	0.480	0.288
Niacin....mg	40.200		1	A	1		1.608	4.824	2.894
Pantothenic acid....mg	13.500		1	A	1		0.540	1.620	0.972
Vitamin B-6....mg	1.500		1	A	1		0.060	0.180	0.108
Folate, total....µg	2340		1		1		94	281	168
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2340		1		1		94	281	168
Folate, DFE....µg	2340		0	NC	4		94	281	168
Choline, total....mg	32.0		0	AS	1		1.3	3.8	2.3
Betaine....mg	3.4		1	A	1		0.1	0.4	0.2
Vitamin B-12....µg	0.07		1	A	1		0.00	0.01	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 18375
Leavening agents, yeast, baker's, active dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.001		0		1		0.040	0.120	0.072
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.049		0		1		0.002	0.006	0.004
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.706		0		1		0.028	0.085	0.051
17:0....g									
18:0....g	0.246		0		1		0.010	0.029	0.018
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.309		0		1		0.172	0.517	0.310
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.289		0		1		0.092	0.275	0.165
17:1....g									
18:1 undifferentiated....g	2.020		0		1		0.081	0.242	0.145
20:1....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.017		0		1		0.001	0.002	0.001
18:2 undifferentiated....g	0.017		0		1		0.001	0.002	0.001
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.540		0	A	1		0.022	0.065	0.039
Threonine....g	1.990		0	A	1		0.080	0.239	0.143
Isoleucine....g	1.890		0	A	1		0.076	0.227	0.136
Leucine....g	2.920		0	A	1		0.117	0.350	0.210
Lysine....g	3.280		0	A	1		0.131	0.394	0.236
Methionine....g	0.590		0	A	1		0.024	0.071	0.042
Cystine....g	0.500		0	A	1		0.020	0.060	0.036
Phenylalanine....g	1.750		0	A	1		0.070	0.210	0.126
Tyrosine....g	1.130		0	A	1		0.045	0.136	0.081
Valine....g	2.310		0	A	1		0.092	0.277	0.166
Arginine....g	2.030		0	A	1		0.081	0.244	0.146
Histidine....g	0.910		0	A	1		0.036	0.109	0.066
Alanine....g	2.320		0	A	1		0.093	0.278	0.167
Aspartic acid....g	4.150		0	A	1		0.166	0.498	0.299
Glutamic acid....g	6.470		0	A	1		0.259	0.776	0.466
Glycine....g	1.930		0	A	1		0.077	0.232	0.139
Proline....g	1.650		0	A	1		0.066	0.198	0.119
Serine....g	1.980		0	A	1		0.079	0.238	0.143
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 18375
Leavening agents, yeast, baker's, active dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number 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 = 4.0g: 1 tsp

Measure 2 = 12.0g: 1 tbsp

Measure 3 = 7.2g: 1 packet

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18374
Leavening agents, yeast, baker's, compressed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.00		1		1		11.73		
Energy....kcal	105		0	NC	4		18		
Energy....kJ	439		0	NC	4		75		
Protein (N x 6.2)....g	8.40		1		1		1.43		
Total lipid (fat)....g	1.90		1		1		0.32		
Ash....g	1.80		2		1		0.31		
Carbohydrate, by difference....g	18.10		0	NC	4		3.08		
Fiber, total dietary....g	8.1		0		1		1.4		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		2		1		3		
Iron, Fe....mg	3.25		2		1		0.55		
Magnesium, Mg....mg	40		2		1		7		
Phosphorus, P....mg	336		1		1		57		
Potassium, K....mg	601		1		1		102		
Sodium, Na....mg	30		1		1		5		
Zinc, Zn....mg	9.97		1		1		1.69		
Copper, Cu....mg	0.148		1		1		0.025		
Manganese, Mn....mg	0.200		1		1		0.034		
Selenium, Se....µg	8.1		2	A	1		1.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		4		0.0		
Thiamin....mg	1.880		1		1		0.320		
Riboflavin....mg	1.130		2		1		0.192		
Niacin....mg	12.300		1		1		2.091		
Pantothenic acid....mg	4.900		1		1		0.833		
Vitamin B-6....mg	0.430		1		1		0.073		
Folate, total....µg	785		1		1		133		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	785		1		1		133		
Folate, DFE....µg	785		0	NC	4		133		
Choline, total....mg	32.0		0	BFZN	4		5.4		
Betaine....mg									
Vitamin B-12....µg	0.01		0		4		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18374
Leavening agents, yeast, baker's, compressed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.243		0		1		0.041		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.012		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.172		0		1		0.029		
17:0....g									
18:0....g	0.060		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.047		0		1		0.178		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.556		0		1		0.095		
17:1....g									
18:1 undifferentiated....g	0.491		0		1		0.083		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.001		
18:2 undifferentiated....g	0.004		0		1		0.001		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		1		0.018		
Threonine....g	0.435		0		1		0.074		
Isoleucine....g	0.476		0		1		0.081		
Leucine....g	0.668		0		1		0.114		
Lysine....g	0.690		0		1		0.117		
Methionine....g	0.166		0		1		0.028		
Cystine....g	0.112		0		1		0.019		
Phenylalanine....g	0.407		0		1		0.069		
Tyrosine....g	0.345		0		1		0.059		
Valine....g	0.512		0		1		0.087		
Arginine....g	0.462		0		1		0.079		
Histidine....g	0.217		0		1		0.037		
Alanine....g	0.553		0		1		0.094		
Aspartic acid....g	0.853		0		1		0.145		
Glutamic acid....g	1.235		0		1		0.210		
Glycine....g	0.407		0		1		0.069		
Proline....g	0.357		0		1		0.061		
Serine....g	0.413		0		1		0.070		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 18374
Leavening agents, yeast, baker's, compressed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 cake (0.6 oz)

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18615

MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry

The J.M. Smucker Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.00		1	MC	9		4.10		
Energy ... kcal	388		0	NC	4		159		
Energy ... kJ	1623		0	NC	4		666		
Protein (N x 6.25) ... g	7.81		1	MC	9		3.20		
Total lipid (fat) ... g	13.23		1	MC	9		5.42		
Ash ... g	9.55		1	MC	9		3.92		
Carbohydrate, by difference ... g	59.41		0	NC	4		24.36		
Fiber, total dietary ... g	1.5		1	MC	9		0.6		
Sugars, total ... g	4.46		1	MC	9		1.83		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	168		1	MC	9		69		
Iron, Fe ... mg	4.06		1	MC	9		1.66		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	212		1	MC	9		87		
Sodium, Na ... mg	1295		1	MC	9		531		
Zinc, Zn ... mg	0.90		1	MC	9		0.37		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		1	MC	9		0.1		
Thiamin ... mg	0.490		1	MC	9		0.201		
Riboflavin ... mg	0.380		1	MC	9		0.156		
Niacin ... mg	3.930		1	MC	9		1.611		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		1	MC	9		0.008		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.16		1	MC	9		0.07		
Vitamin A, RAE ... µg	0		1	NR	4		0		
Vitamin A, IU ... IU	7		1	MC	9		3		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.070		1	MC	9		1.669		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	3.770		1	MC	9		1.546		
Cholesterol ... mg	3		1	MC	9		1		
Phytosterols ... mg									

NDB No. 18615
MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18614

MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry

The J.M. Smucker Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		1	MC	9		1.12		
Energy	kcal	407		0	NC	4		114		
Energy	kJ	1705		0	NC	4		477		
Protein (N x 6.25)	g	4.42		1	MC	9		1.24		
Total lipid (fat)	g	6.16		1	MC	9		1.72		
Ash	g	1.84		1	MC	9		0.52		
Carbohydrate, by difference	g	83.58		0	NC	4		23.40		
Fiber, total dietary	g	2.9		1	MC	9		0.8		
Sugars, total	g	54.76		1	MC	9		15.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1	MC	9		5		
Iron, Fe	mg	3.81		1	MC	9		1.07		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	51		1	MC	9		14		
Sodium, Na	mg	457		1	MC	9		128		
Zinc, Zn	mg	0.26		1	MC	9		0.07		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg	0.200		1	MC	9		0.056		
Riboflavin	mg	0.130		1	MC	9		0.036		
Niacin	mg	1.670		1	MC	9		0.468		
Pantothenic acid	mg	0.000		1	MC	9		0.000		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	µg	49		1	MC	9		14		
Folic acid	µg									
Folate, food	µg	49		1	MC	9		14		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1	MC	9		0.00		
Vitamin A, RAE	µg	0		1	NR	4		0		
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		1	MC	9		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18614
MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.700		1	MC	9		0.476		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28360

MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free

Mary's Gone Crackers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.29		1	A	1		0.32		
Energy....kcal	446		0	NC	4		33		
Energy....kJ	1866		0	NC	4		138		
Protein (N x 6.25)....g	12.06		1	A	1		0.89		
Total lipid (fat)....g	15.63		1	A	1		1.16		
Ash....g	3.73		1	A	1		0.28		
Carbohydrate, by difference....g	64.29		0	NC	4		4.76		
Fiber, total dietary....g	16.2		1	A	1		1.2		
Sugars, total....g	1.00		1	A	1		0.07		
Sucrose....g	1.00		1	A	1		0.07		
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	47.70		1	A	1		3.53		
Minerals:									
Calcium, Ca....mg	223		1	A	1		17		
Iron, Fe....mg	3.17		1	A	1		0.23		
Magnesium, Mg....mg	198		1	A	1		15		
Phosphorus, P....mg	422		1	A	1		31		
Potassium, K....mg	477		1	A	1		35		
Sodium, Na....mg	587		1	A	1		43		
Zinc, Zn....mg	2.95		1	A	1		0.22		
Copper, Cu....mg	0.644		1	A	1		0.048		
Manganese, Mn....mg	2.520		1	A	1		0.186		
Selenium, Se....µg	19.7		1	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.210		1	A	1		0.016		
Riboflavin....mg	0.220		1	A	1		0.016		
Niacin....mg	5.390		1	A	1		0.399		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 28360
MARY'S GONE CRACKERS, Original Crackers, Organic Gluten 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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.4g: 3 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

McKee Baking, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		1	A	1		1.71		
Energy....kcal	548		0	NC	4		312		
Energy....kJ	2293				4		1307		
Protein....g	8.00		1	A	1		4.56		
Total lipid (fat)....g	32.80		1	A	1		18.70		
Ash....g	1.00		1	A	1		0.57		
Carbohydrate, by difference....g	55.20		0	NC	4		31.46		
Fiber, total dietary....g									
Sugars, total....g	34.00		1	A	1		19.38		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	223		1	A	1		127		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	A	1		1.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.290		1	A	1		3.585		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18616

MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

Mission Foods

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.60		1	A	1		17.14		
Energy....kcal	287		0	NC	4		146		
Energy....kJ	1202		0		4		613		
Protein....g	8.70		1	A	1		4.44		
Total lipid (fat)....g	6.00		1	A	1		3.06		
Ash....g	2.10		1	A	1		1.07		
Carbohydrate, by difference....g	49.60		0	NC	4		25.30		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	191		1	A	1		97		
Iron, Fe....mg	1.99		1	A	1		1.01		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	898		0	LC	8		458		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.695		0	NC	4		0.354		
4:0....g									
6:0....g									
8:0....g	0.005		1	A	1		0.003		
10:0....g	0.005		1	A	1		0.003		
12:0....g	0.005		1	A	1		0.003		
13:0....g									
14:0....g	0.005		1	A	1		0.003		
15:0....g	0.005		1	A	1		0.003		
16:0....g	0.072		1	A	1		0.037		
17:0....g	0.005		1	A	1		0.003		
18:0....g	0.555		1	A	1		0.283		
20:0....g	0.019		1	A	1		0.010		
22:0....g	0.019		1	A	1		0.010		
24:0....g									
Fatty acids, total monounsaturated....g	2.771		0	NC	4		1.413		
14:1....g	0.005		1	A	1		0.003		
15:1....g									
16:1 undifferentiated....g	0.005		1	A	1		0.003		
17:1....g	0.005		1	A	1		0.003		
18:1 undifferentiated....g	2.737		1	A	1		1.396		
20:1....g	0.019		1	A	1		0.010		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.924		0	NC	4		0.471		
18:2 undifferentiated....g	0.871		1	A	1		0.444		
18:3 undifferentiated....g	0.043		1	A	1		0.022		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.005		1	A	1		0.002		
20:4 undifferentiated....g	0.005		1	A	1		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									

NDB No. 18616
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28194
MOTHER'S, 4th of July Circus Animal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		0	MC	9		0.64		
Energy	kcal	487		0	MC	9		141		
Energy	kJ	2038		0	MC	9		591		
Protein (N x 6.25)	g	3.80		0	MC	9		1.10		
Total lipid (fat)	g	25.40		0	MC	9		7.37		
Ash	g									
Carbohydrate, by difference	g	68.30		0	MC	9		19.81		
Fiber, total dietary	g	0.8		0	MC	9		0.2		
Sugars, total	g	44.20		0	MC	9		12.82		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.50		0	MC	9		0.44		
Magnesium, Mg	mg	10		0	MC	9		3		
Phosphorus, P	mg	63		0	MC	9		18		
Potassium, K	mg	98		0	MC	9		28		
Sodium, Na	mg	192		0	MC	9		56		
Zinc, Zn	mg	0.40		0	MC	9		0.12		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.230		0	MC	9		0.067		
Riboflavin	mg	0.200		0	MC	9		0.058		
Niacin	mg	1.800		0	MC	9		0.522		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.006		
Folate, total	µg	51		0	MC	9		15		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	24.700		0	MC	9		7.163		
Fatty acids, total monounsaturated	g	0.200		0	MC	9		0.058		
Fatty acids, total polyunsaturated	g	0.300		0	MC	9		0.087		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28194
MOTHER'S, 4th of July Circus Animal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28195
MOTHER'S, Chocolate Chip Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.10		0	MC	9		0.93		
Energy ... kcal	490		0	MC	9		147		
Energy ... kJ	2050		0	MC	9		615		
Protein (N x 6.25) ... g	5.70		0	MC	9		1.71		
Total lipid (fat) ... g	22.00		0	MC	9		6.60		
Ash ... g									
Carbohydrate, by difference ... g	67.60		0	MC	9		20.28		
Fiber, total dietary ... g	1.7		0	MC	9		0.5		
Sugars, total ... g	32.90		0	MC	9		9.87		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.70		0	MC	9		0.81		
Magnesium, Mg ... mg	8		0	MC	9		2		
Phosphorus, P ... mg	42		0	MC	9		13		
Potassium, K ... mg	122		0	MC	9		37		
Sodium, Na ... mg	527		0	MC	9		158		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.090		
Riboflavin ... mg	0.220		0	MC	9		0.066		
Niacin ... mg	2.500		0	MC	9		0.750		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.003		
Folate, total ... µg	77		0	MC	9		23		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	8.100		0	MC	9		2.430		
Fatty acids, total monounsaturated ... g	5.200		0	MC	9		1.560		
Fatty acids, total polyunsaturated ... g	6.800		0	MC	9		2.040		
Fatty acids, total trans ... g	0.270		0	MC	9		0.081		
Cholesterol ... mg	34		0	MC	9		10		
Phytosterols ... mg									

NDB No. 28195
MOTHER'S, Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28196
MOTHER'S, Circus Animal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		0	MC	9		0.64		
Energy	kcal	515		0	MC	9		149		
Energy	kJ	2155		0	MC	9		625		
Protein (N x 6.25)	g	3.80		0	MC	9		1.10		
Total lipid (fat)	g	25.30		0	MC	9		7.34		
Ash	g									
Carbohydrate, by difference	g	68.30		0	MC	9		19.81		
Fiber, total dietary	g	0.8		0	MC	9		0.2		
Sugars, total	g	43.50		0	MC	9		12.62		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.50		0	MC	9		0.44		
Magnesium, Mg	mg	10		0	MC	9		3		
Phosphorus, P	mg	63		0	MC	9		18		
Potassium, K	mg	98		0	MC	9		28		
Sodium, Na	mg	192		0	MC	9		56		
Zinc, Zn	mg	0.40		0	MC	9		0.12		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.230		0	MC	9		0.067		
Riboflavin	mg	0.200		0	MC	9		0.058		
Niacin	mg	1.800		0	MC	9		0.522		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.006		
Folate, total	µg	51		0	MC	9		15		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	24.700		0	MC	9		7.163		
Fatty acids, total monounsaturated	g	0.200		0	MC	9		0.058		
Fatty acids, total polyunsaturated	g	0.300		0	MC	9		0.087		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28196
MOTHER'S, Circus Animal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28197
MOTHER'S, Coconut Cocadas Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.60		0	MC	9		0.83		
Energy....kcal	500		0	MC	9		160		
Energy....kJ	2092		0	MC	9		669		
Protein (N x 6.25)....g	5.70		0	MC	9		1.82		
Total lipid (fat)....g	25.10		0	MC	9		8.03		
Ash....g									
Carbohydrate, by difference....g	65.10		0	MC	9		20.83		
Fiber, total dietary....g	3.0		0	MC	9		1.0		
Sugars, total....g	27.80		0	MC	9		8.90		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.80		0	MC	9		0.90		
Magnesium, Mg....mg	21		0	MC	9		7		
Phosphorus, P....mg	81		0	MC	9		26		
Potassium, K....mg	138		0	MC	9		44		
Sodium, Na....mg	430		0	MC	9		138		
Zinc, Zn....mg	0.60		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.330		0	MC	9		0.106		
Riboflavin....mg	0.250		0	MC	9		0.080		
Niacin....mg	2.800		0	MC	9		0.896		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0	MC	9		0.019		
Folate, total....µg	84		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0	MC	9		0.14		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.800		0	MC	9		4.096		
Fatty acids, total monounsaturated....g	4.100		0	MC	9		1.312		
Fatty acids, total polyunsaturated....g	6.200		0	MC	9		1.984		
Fatty acids, total trans....g	0.200		0	MC	9		0.064		
Cholesterol....mg	11		0	MC	9		4		
Phytosterols....mg									

NDB No. 28197
MOTHER'S, Coconut Cocadas Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 5 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28198

MOTHER'S, Double Fudge Creme Sandwich Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.00		0	MC	9		0.76		
Energy ... kcal	457		0	MC	9		174		
Energy ... kJ	1912		0	MC	9		727		
Protein (N x 6.25) ... g	5.30		0	MC	9		2.01		
Total lipid (fat) ... g	20.40		0	MC	9		7.75		
Ash ... g									
Carbohydrate, by difference ... g	70.00		0	MC	9		26.60		
Fiber, total dietary ... g	3.3		0	MC	9		1.3		
Sugars, total ... g	33.10		0	MC	9		12.58		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.80		0	MC	9		1.44		
Magnesium, Mg ... mg	45		0	MC	9		17		
Phosphorus, P ... mg	84		0	MC	9		32		
Potassium, K ... mg	405		0	MC	9		154		
Sodium, Na ... mg	245		0	MC	9		93		
Zinc, Zn ... mg	0.40		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.310		0	MC	9		0.118		
Riboflavin ... mg	0.190		0	MC	9		0.072		
Niacin ... mg	2.500		0	MC	9		0.950		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.008		
Folate, total ... µg	72		0	MC	9		27		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.700		0	MC	9		2.926		
Fatty acids, total monounsaturated ... g	4.900		0	MC	9		1.862		
Fatty acids, total polyunsaturated ... g	2.770		0	MC	9		1.053		
Fatty acids, total trans ... g	4.090		0	MC	9		1.554		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28198
MOTHER'S, Double Fudge Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28199
MOTHER'S, English Tea Sandwich Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.40		0	MC	9		0.91		
Energy....kcal	469		0	MC	9		178		
Energy....kJ	1962		0	MC	9		746		
Protein (N x 6.25)....g	4.50		0	MC	9		1.71		
Total lipid (fat)....g	19.30		0	MC	9		7.33		
Ash....g									
Carbohydrate, by difference....g	71.00		0	MC	9		26.98		
Fiber, total dietary....g	1.3		0	MC	9		0.5		
Sugars, total....g	32.00		0	MC	9		12.16		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.95		
Magnesium, Mg....mg	10		0	MC	9		4		
Phosphorus, P....mg	43		0	MC	9		16		
Potassium, K....mg	94		0	MC	9		36		
Sodium, Na....mg	267		0	MC	9		101		
Zinc, Zn....mg	0.50		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.137		
Riboflavin....mg	0.220		0	MC	9		0.084		
Niacin....mg	2.900		0	MC	9		1.102		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.008		
Folate, total....µg	83		0	MC	9		32		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.500		0	MC	9		2.470		
Fatty acids, total monounsaturated....g	6.400		0	MC	9		2.432		
Fatty acids, total polyunsaturated....g	1.400		0	MC	9		0.532		
Fatty acids, total trans....g	5.420		0	MC	9		2.060		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28199
MOTHER'S, English Tea Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28200
MOTHER'S, Halloween Circus Animals Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		0	MC	9		0.64		
Energy	kcal	514		0	MC	9		149		
Energy	kJ	2151		0	MC	9		624		
Protein (N x 6.25)	g	3.80		0	MC	9		1.10		
Total lipid (fat)	g	25.30		0	MC	9		7.34		
Ash	g									
Carbohydrate, by difference	g	68.10		0	MC	9		19.75		
Fiber, total dietary	g	0.8		0	MC	9		0.2		
Sugars, total	g	43.90		0	MC	9		12.73		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.50		0	MC	9		0.44		
Magnesium, Mg	mg	10		0	MC	9		3		
Phosphorus, P	mg	63		0	MC	9		18		
Potassium, K	mg	98		0	MC	9		28		
Sodium, Na	mg	191		0	MC	9		55		
Zinc, Zn	mg	0.40		0	MC	9		0.12		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.230		0	MC	9		0.067		
Riboflavin	mg	0.200		0	MC	9		0.058		
Niacin	mg	1.800		0	MC	9		0.522		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.006		
Folate, total	µg	51		0	MC	9		15		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	24.700		0	MC	9		7.163		
Fatty acids, total monounsaturated	g	0.200		0	MC	9		0.058		
Fatty acids, total polyunsaturated	g	0.300		0	MC	9		0.087		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28200
MOTHER'S, Halloween Circus Animals Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28201
MOTHER'S, Holiday Circus Animal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.20		0	MC	9		0.64		
Energy....kcal	515		0	MC	9		149		
Energy....kJ	2155		0	MC	9		625		
Protein (N x 6.25)....g	3.80		0	MC	9		1.10		
Total lipid (fat)....g	25.30		0	MC	9		7.34		
Ash....g									
Carbohydrate, by difference....g	68.30		0	MC	9		19.81		
Fiber, total dietary....g	0.8		0	MC	9		0.2		
Sugars, total....g	44.30		0	MC	9		12.85		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.50		0	MC	9		0.44		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	63		0	MC	9		18		
Potassium, K....mg	98		0	MC	9		28		
Sodium, Na....mg	192		0	MC	9		56		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.230		0	MC	9		0.067		
Riboflavin....mg	0.200		0	MC	9		0.058		
Niacin....mg	1.800		0	MC	9		0.522		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	51		0	MC	9		15		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	24.700		0	MC	9		7.163		
Fatty acids, total monounsaturated....g	0.200		0	MC	9		0.058		
Fatty acids, total polyunsaturated....g	0.300		0	MC	9		0.087		
Fatty acids, total trans....g	0.010		0	MC	9		0.003		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28201
MOTHER'S, Holiday Circus Animal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28202
MOTHER'S, Iced Lemonade Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40		0	MC	9		0.99		
Energy	kcal	502		0	MC	9		146		
Energy	kJ	2100		0	MC	9		609		
Protein (N x 6.25)	g	4.50		0	MC	9		1.31		
Total lipid (fat)	g	24.40		0	MC	9		7.08		
Ash	g									
Carbohydrate, by difference	g	66.30		0	MC	9		19.23		
Fiber, total dietary	g	1.0		0	MC	9		0.3		
Sugars, total	g	29.90		0	MC	9		8.67		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.40		0	MC	9		0.70		
Magnesium, Mg	mg	9		0	MC	9		3		
Phosphorus, P	mg	60		0	MC	9		17		
Potassium, K	mg	60		0	MC	9		17		
Sodium, Na	mg	262		0	MC	9		76		
Zinc, Zn	mg	0.30		0	MC	9		0.09		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.320		0	MC	9		0.093		
Riboflavin	mg	0.220		0	MC	9		0.064		
Niacin	mg	2.800		0	MC	9		0.812		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0	MC	9		0.003		
Folate, total	µg	85		0	MC	9		25		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	8.000		0	MC	9		2.320		
Fatty acids, total monounsaturated	g	5.500		0	MC	9		1.595		
Fatty acids, total polyunsaturated	g	9.000		0	MC	9		2.610		
Fatty acids, total trans	g	0.360		0	MC	9		0.104		
Cholesterol	mg	7		0	MC	9		2		
Phytosterols	mg									

NDB No. 28202
MOTHER'S, Iced Lemonade Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28203
MOTHER'S, Iced Oatmeal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0	MC	9		1.12		
Energy....kcal	463		0	MC	9		148		
Energy....kJ	1937		0	MC	9		620		
Protein (N x 6.25)....g	5.40		0	MC	9		1.73		
Total lipid (fat)....g	18.00		0	MC	9		5.76		
Ash....g									
Carbohydrate, by difference....g	71.00		0	MC	9		22.72		
Fiber, total dietary....g	2.7		0	MC	9		0.9		
Sugars, total....g	36.30		0	MC	9		11.62		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.30		0	MC	9		0.74		
Magnesium, Mg....mg	6		0	MC	9		2		
Phosphorus, P....mg	33		0	MC	9		11		
Potassium, K....mg	110		0	MC	9		35		
Sodium, Na....mg	493		0	MC	9		158		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.270		0	MC	9		0.086		
Riboflavin....mg	0.170		0	MC	9		0.054		
Niacin....mg	2.100		0	MC	9		0.672		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	60		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.800		0	MC	9		1.856		
Fatty acids, total monounsaturated....g	4.200		0	MC	9		1.344		
Fatty acids, total polyunsaturated....g	6.700		0	MC	9		2.144		
Fatty acids, total trans....g	0.250		0	MC	9		0.080		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28203
MOTHER'S, Iced Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28204
MOTHER'S, Jungle Animal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.58		
Energy	kcal	514		0	MC	9		149		
Energy	kJ	2151		0	MC	9		624		
Protein (N x 6.25)	g	3.80		0	MC	9		1.10		
Total lipid (fat)	g	25.30		0	MC	9		7.34		
Ash	g									
Carbohydrate, by difference	g	68.30		0	MC	9		19.81		
Fiber, total dietary	g	0.8		0	MC	9		0.2		
Sugars, total	g	44.20		0	MC	9		12.82		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.50		0	MC	9		0.44		
Magnesium, Mg	mg	10		0	MC	9		3		
Phosphorus, P	mg	63		0	MC	9		18		
Potassium, K	mg	98		0	MC	9		28		
Sodium, Na	mg	192		0	MC	9		56		
Zinc, Zn	mg	0.40		0	MC	9		0.12		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.230		0	MC	9		0.067		
Riboflavin	mg	0.200		0	MC	9		0.058		
Niacin	mg	1.800		0	MC	9		0.522		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.006		
Folate, total	µg	51		0	MC	9		15		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	24.300		0	MC	9		7.047		
Fatty acids, total monounsaturated	g	0.400		0	MC	9		0.116		
Fatty acids, total polyunsaturated	g	0.300		0	MC	9		0.087		
Fatty acids, total trans	g	0.100		0	MC	9		0.029		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28204
MOTHER'S, Jungle Animal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28205
MOTHER'S, Macaroon Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20		0	MC	9		0.99		
Energy....kcal	552		0	MC	9		171		
Energy....kJ	2310		0	MC	9		716		
Protein (N x 6.25)....g	6.10		0	MC	9		1.89		
Total lipid (fat)....g	34.10		0	MC	9		10.57		
Ash....g									
Carbohydrate, by difference....g	55.70		0	MC	9		17.27		
Fiber, total dietary....g	4.1		0	MC	9		1.3		
Sugars, total....g	25.40		0	MC	9		7.87		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.40		0	MC	9		0.74		
Magnesium, Mg....mg	26		0	MC	9		8		
Phosphorus, P....mg	116		0	MC	9		36		
Potassium, K....mg	152		0	MC	9		47		
Sodium, Na....mg	284		0	MC	9		88		
Zinc, Zn....mg	0.70		0	MC	9		0.22		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.093		
Riboflavin....mg	0.240		0	MC	9		0.074		
Niacin....mg	2.300		0	MC	9		0.713		
Pantothenic acid....mg									
Vitamin B-6....mg	0.210		0	MC	9		0.065		
Folate, total....µg	58		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0	MC	9		0.03		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.100		0	MC	9		5.611		
Fatty acids, total monounsaturated....g	5.400		0	MC	9		1.674		
Fatty acids, total polyunsaturated....g	8.100		0	MC	9		2.511		
Fatty acids, total trans....g	0.320		0	MC	9		0.099		
Cholesterol....mg	3		0	MC	9		1		
Phytosterols....mg									

NDB No. 28205
MOTHER'S, Macaroon Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28206

MOTHER'S, Old Fashioned Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.30		0	MC	9		1.06		
Energy....kcal	500		0	MC	9		160		
Energy....kJ	2092		0	MC	9		669		
Protein (N x 6.25)....g	5.40		0	MC	9		1.73		
Total lipid (fat)....g	24.10		0	MC	9		7.71		
Ash....g									
Carbohydrate, by difference....g	66.00		0	MC	9		21.12		
Fiber, total dietary....g	2.2		0	MC	9		0.7		
Sugars, total....g	34.00		0	MC	9		10.88		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.80		
Magnesium, Mg....mg	9		0	MC	9		3		
Phosphorus, P....mg	44		0	MC	9		14		
Potassium, K....mg	125		0	MC	9		40		
Sodium, Na....mg	383		0	MC	9		123		
Zinc, Zn....mg	0.30		0	MC	9		0.10		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.310		0	MC	9		0.099		
Riboflavin....mg	0.210		0	MC	9		0.067		
Niacin....mg	2.400		0	MC	9		0.768		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	62		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.100		0	MC	9		2.912		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		1.888		
Fatty acids, total polyunsaturated....g	7.400		0	MC	9		2.368		
Fatty acids, total trans....g	0.290		0	MC	9		0.093		
Cholesterol....mg	10		0	MC	9		3		
Phytosterols....mg									

NDB No. 28206
MOTHER'S, Old Fashioned Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28207

MOTHER'S, Old Fashioned Iced Oatmeal Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.78		
Energy ... kcal	461		0	MC	9		143		
Energy ... kJ	1929		0	MC	9		598		
Protein (N x 6.25) ... g	6.00		0	MC	9		1.86		
Total lipid (fat) ... g	16.90		0	MC	9		5.24		
Ash ... g									
Carbohydrate, by difference ... g	72.80		0	MC	9		22.57		
Fiber, total dietary ... g	2.7		0	MC	9		0.8		
Sugars, total ... g	35.80		0	MC	9		11.10		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.30		0	MC	9		0.71		
Magnesium, Mg ... mg	9		0	MC	9		3		
Phosphorus, P ... mg	42		0	MC	9		13		
Potassium, K ... mg	92		0	MC	9		29		
Sodium, Na ... mg	597		0	MC	9		185		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.340		0	MC	9		0.105		
Riboflavin ... mg	0.210		0	MC	9		0.065		
Niacin ... mg	2.400		0	MC	9		0.744		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.006		
Folate, total ... µg	59		0	MC	9		18		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.400		0	MC	9		1.674		
Fatty acids, total monounsaturated ... g	4.000		0	MC	9		1.240		
Fatty acids, total polyunsaturated ... g	6.300		0	MC	9		1.953		
Fatty acids, total trans ... g	0.230		0	MC	9		0.071		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28207
MOTHER'S, Old Fashioned Iced Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28269

MOTHER'S, Old Fashioned Oatmeal Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.54		
Energy....kcal	470		0	MC	9		127		
Energy....kJ	1966		0	MC	9		531		
Protein (N x 6.25)....g	6.50		0	MC	9		1.76		
Total lipid (fat)....g	18.40		0	MC	9		4.97		
Ash....g									
Carbohydrate, by difference....g	71.20		0	MC	9		19.22		
Fiber, total dietary....g	3.0		0	MC	9		0.8		
Sugars, total....g	31.30		0	MC	9		8.45		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.68		
Magnesium, Mg....mg	9		0	MC	9		2		
Phosphorus, P....mg	46		0	MC	9		12		
Potassium, K....mg	100		0	MC	9		27		
Sodium, Na....mg	640		0	MC	9		173		
Zinc, Zn....mg	0.30		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.370		0	MC	9		0.100		
Riboflavin....mg	0.230		0	MC	9		0.062		
Niacin....mg	2.600		0	MC	9		0.702		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.005		
Folate, total....µg	65		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.900		0	MC	9		1.593		
Fatty acids, total monounsaturated....g	4.300		0	MC	9		1.161		
Fatty acids, total polyunsaturated....g	6.900		0	MC	9		1.863		
Fatty acids, total trans....g	0.260		0	MC	9		0.070		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28269
MOTHER'S, Old Fashioned Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28208

MOTHER'S, Peanut Butter Gauchos Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		1.14		
Energy....kcal	482		0	MC	9		183		
Energy....kJ	2017		0	MC	9		766		
Protein (N x 6.25)....g	7.40		0	MC	9		2.81		
Total lipid (fat)....g	22.00		0	MC	9		8.36		
Ash....g									
Carbohydrate, by difference....g	65.70		0	MC	9		24.97		
Fiber, total dietary....g	2.7		0	MC	9		1.0		
Sugars, total....g	32.30		0	MC	9		12.27		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.30		0	MC	9		0.87		
Magnesium, Mg....mg	7		0	MC	9		3		
Phosphorus, P....mg	33		0	MC	9		13		
Potassium, K....mg	178		0	MC	9		68		
Sodium, Na....mg	434		0	MC	9		165		
Zinc, Zn....mg	0.40		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.280		0	MC	9		0.106		
Riboflavin....mg	0.170		0	MC	9		0.065		
Niacin....mg	4.100		0	MC	9		1.558		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.004		
Folate, total....µg	82		0	MC	9		31		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0	MC	9		0.17		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.200		0	MC	9		1.596		
Fatty acids, total monounsaturated....g	8.500		0	MC	9		3.230		
Fatty acids, total polyunsaturated....g	3.400		0	MC	9		1.292		
Fatty acids, total trans....g	4.000		0	MC	9		1.520		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28208
MOTHER'S, Peanut Butter Gauchos Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28209
MOTHER'S, Taffy Sandwich Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.95		
Energy....kcal	475		0	MC	9		181		
Energy....kJ	1987		0	MC	9		755		
Protein (N x 6.25)....g	3.80		0	MC	9		1.44		
Total lipid (fat)....g	20.20		0	MC	9		7.68		
Ash....g									
Carbohydrate, by difference....g	69.90		0	MC	9		26.56		
Fiber, total dietary....g	2.3		0	MC	9		0.9		
Sugars, total....g	41.20		0	MC	9		15.66		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.80		
Magnesium, Mg....mg	15		0	MC	9		6		
Phosphorus, P....mg	49		0	MC	9		19		
Potassium, K....mg	121		0	MC	9		46		
Sodium, Na....mg	324		0	MC	9		123		
Zinc, Zn....mg	0.50		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.260		0	MC	9		0.099		
Riboflavin....mg	0.170		0	MC	9		0.065		
Niacin....mg	2.100		0	MC	9		0.798		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.015		
Folate, total....µg	59		0	MC	9		22		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.300		0	MC	9		3.914		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		1.976		
Fatty acids, total polyunsaturated....g	1.100		0	MC	9		0.418		
Fatty acids, total trans....g	4.270		0	MC	9		1.623		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28209
MOTHER'S, Taffy Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28270
MOTHER'S, Vanilla Sandwich Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.40		0	MC	9		0.91		
Energy	kcal	469		0	MC	9		178		
Energy	kJ	1962		0	MC	9		746		
Protein (N x 6.25)	g	4.80		0	MC	9		1.82		
Total lipid (fat)	g	20.10		0	MC	9		7.64		
Ash	g									
Carbohydrate, by difference	g	68.90		0	MC	9		26.18		
Fiber, total dietary	g	1.3		0	MC	9		0.5		
Sugars, total	g	30.10		0	MC	9		11.44		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.50		0	MC	9		0.95		
Magnesium, Mg	mg	11		0	MC	9		4		
Phosphorus, P	mg	55		0	MC	9		21		
Potassium, K	mg	87		0	MC	9		33		
Sodium, Na	mg	276		0	MC	9		105		
Zinc, Zn	mg	0.50		0	MC	9		0.19		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.360		0	MC	9		0.137		
Riboflavin	mg	0.250		0	MC	9		0.095		
Niacin	mg	2.900		0	MC	9		1.102		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0	MC	9		0.008		
Folate, total	µg	84		0	MC	9		32		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	7.300		0	MC	9		2.774		
Fatty acids, total monounsaturated	g	4.780		0	MC	9		1.816		
Fatty acids, total polyunsaturated	g	2.860		0	MC	9		1.087		
Fatty acids, total trans	g	4.240		0	MC	9		1.611		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28270
MOTHER'S, Vanilla Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28271
MURRAY, COOKIE JAR CLASSICS, Butter Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.75		
Energy ... kcal	463		0	MC	9		139		
Energy ... kJ	1937		0	MC	9		581		
Protein (N x 6.25) ... g	7.20		0	MC	9		2.16		
Total lipid (fat) ... g	15.70		0	MC	9		4.71		
Ash ... g									
Carbohydrate, by difference ... g	74.30		0	MC	9		22.29		
Fiber, total dietary ... g	1.9		0	MC	9		0.6		
Sugars, total ... g	22.30		0	MC	9		6.69		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.30		0	MC	9		0.99		
Magnesium, Mg ... mg	15		0	MC	9		5		
Phosphorus, P ... mg	75		0	MC	9		23		
Potassium, K ... mg	75		0	MC	9		23		
Sodium, Na ... mg	441		0	MC	9		132		
Zinc, Zn ... mg	0.50		0	MC	9		0.15		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.540		0	MC	9		0.162		
Riboflavin ... mg	0.340		0	MC	9		0.102		
Niacin ... mg	4.100		0	MC	9		1.230		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.030		0	MC	9		0.009		
Folate, total ... µg	107		0	MC	9		32		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.100		0	MC	9		1.530		
Fatty acids, total monounsaturated ... g	3.500		0	MC	9		1.050		
Fatty acids, total polyunsaturated ... g	5.800		0	MC	9		1.740		
Fatty acids, total trans ... g	0.230		0	MC	9		0.069		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28271
MURRAY, COOKIE JAR CLASSICS, Butter Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28212

MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.80		
Energy....kcal	461		0	MC	9		148		
Energy....kJ	1929		0	MC	9		617		
Protein (N x 6.25)....g	7.10		0	MC	9		2.27		
Total lipid (fat)....g	15.70		0	MC	9		5.02		
Ash....g									
Carbohydrate, by difference....g	73.90		0	MC	9		23.65		
Fiber, total dietary....g	2.0		0	MC	9		0.6		
Sugars, total....g	22.60		0	MC	9		7.23		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.30		0	MC	9		1.06		
Magnesium, Mg....mg	16		0	MC	9		5		
Phosphorus, P....mg	79		0	MC	9		25		
Potassium, K....mg	79		0	MC	9		25		
Sodium, Na....mg	488		0	MC	9		156		
Zinc, Zn....mg	0.50		0	MC	9		0.16		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.530		0	MC	9		0.170		
Riboflavin....mg	0.340		0	MC	9		0.109		
Niacin....mg	4.000		0	MC	9		1.280		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.010		
Folate, total....µg	105		0	MC	9		34		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.300		0	MC	9		1.696		
Fatty acids, total monounsaturated....g	3.400		0	MC	9		1.088		
Fatty acids, total polyunsaturated....g	5.700		0	MC	9		1.824		
Fatty acids, total trans....g	0.220		0	MC	9		0.070		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28212
MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 6 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28272

MURRAY, Chocolate Creme Sandwich Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.73		
Energy....kcal	473		0	MC	9		137		
Energy....kJ	1979		0	MC	9		574		
Protein (N x 6.25)....g	4.90		0	MC	9		1.42		
Total lipid (fat)....g	19.40		0	MC	9		5.63		
Ash....g									
Carbohydrate, by difference....g	71.30		0	MC	9		20.68		
Fiber, total dietary....g	2.2		0	MC	9		0.6		
Sugars, total....g	38.40		0	MC	9		11.14		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.20		0	MC	9		0.93		
Magnesium, Mg....mg	36		0	MC	9		10		
Phosphorus, P....mg	113		0	MC	9		33		
Potassium, K....mg	134		0	MC	9		39		
Sodium, Na....mg	507		0	MC	9		147		
Zinc, Zn....mg	0.30		0	MC	9		0.09		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.310		0	MC	9		0.090		
Riboflavin....mg	0.220		0	MC	9		0.064		
Niacin....mg	2.800		0	MC	9		0.812		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	61		0	MC	9		18		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.500		0	MC	9		1.885		
Fatty acids, total monounsaturated....g	4.500		0	MC	9		1.305		
Fatty acids, total polyunsaturated....g	7.000		0	MC	9		2.030		
Fatty acids, total trans....g	0.280		0	MC	9		0.081		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28272
MURRAY, Chocolate Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28211

MURRAY, Chocolatey Chip Thins Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.75		
Energy....kcal	466		0	MC	9		140		
Energy....kJ	1950		0	MC	9		585		
Protein (N x 6.25)....g	7.10		0	MC	9		2.13		
Total lipid (fat)....g	16.40		0	MC	9		4.92		
Ash....g									
Carbohydrate, by difference....g	73.60		0	MC	9		22.08		
Fiber, total dietary....g	2.0		0	MC	9		0.6		
Sugars, total....g	23.20		0	MC	9		6.96		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.30		0	MC	9		0.99		
Magnesium, Mg....mg	19		0	MC	9		6		
Phosphorus, P....mg	80		0	MC	9		24		
Potassium, K....mg	93		0	MC	9		28		
Sodium, Na....mg	439		0	MC	9		132		
Zinc, Zn....mg	0.50		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.520		0	MC	9		0.156		
Riboflavin....mg	0.330		0	MC	9		0.099		
Niacin....mg	4.000		0	MC	9		1.200		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009		
Folate, total....µg	103		0	MC	9		31		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0		
Vitamin D....IU	2		0	MC	9		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.500		0	MC	9		1.950		
Fatty acids, total monounsaturated....g	3.300		0	MC	9		0.990		
Fatty acids, total polyunsaturated....g	5.400		0	MC	9		1.620		
Fatty acids, total trans....g	0.230		0	MC	9		0.069		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28211
MURRAY, Chocolatey Chip Thins Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28213
MURRAY, Duplex Creme Sandwich Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.50		0	MC	9		0.73		
Energy ... kcal	475		0	MC	9		138		
Energy ... kJ	1987		0	MC	9		576		
Protein (N x 6.25) ... g	4.90		0	MC	9		1.42		
Total lipid (fat) ... g	18.80		0	MC	9		5.45		
Ash ... g									
Carbohydrate, by difference ... g	72.60		0	MC	9		21.05		
Fiber, total dietary ... g	1.8		0	MC	9		0.5		
Sugars, total ... g	37.60		0	MC	9		10.90		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.70		0	MC	9		0.78		
Magnesium, Mg ... mg	23		0	MC	9		7		
Phosphorus, P ... mg	83		0	MC	9		24		
Potassium, K ... mg	93		0	MC	9		27		
Sodium, Na ... mg	412		0	MC	9		119		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.340		0	MC	9		0.099		
Riboflavin ... mg	0.230		0	MC	9		0.067		
Niacin ... mg	2.800		0	MC	9		0.812		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0	MC	9		0.006		
Folate, total ... µg	67		0	MC	9		19		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.200		0	MC	9		1.798		
Fatty acids, total monounsaturated ... g	4.300		0	MC	9		1.247		
Fatty acids, total polyunsaturated ... g	6.900		0	MC	9		2.001		
Fatty acids, total trans ... g	0.270		0	MC	9		0.078		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28213
MURRAY, Duplex Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28274
MURRAY, Honey Graham
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		0	MC	9		1.09		
Energy....kcal	445		0	MC	9		138		
Energy....kJ	1862		0	MC	9		577		
Protein (N x 6.25)....g	5.90		0	MC	9		1.83		
Total lipid (fat)....g	13.20		0	MC	9		4.09		
Ash....g									
Carbohydrate, by difference....g	75.70		0	MC	9		23.47		
Fiber, total dietary....g	2.7		0	MC	9		0.8		
Sugars, total....g	22.00		0	MC	9		6.82		
Starch....g									
Minerals:									
Calcium, Ca....mg	379		0	MC	9		117		
Iron, Fe....mg	3.80		0	MC	9		1.18		
Magnesium, Mg....mg									
Phosphorus, P....mg	45		0	MC	9		14		
Potassium, K....mg	76		0	MC	9		24		
Sodium, Na....mg	477		0	MC	9		148		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.130		
Riboflavin....mg	0.250		0	MC	9		0.078		
Niacin....mg	3.100		0	MC	9		0.961		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	88		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.200		0	MC	9		0.992		
Fatty acids, total monounsaturated....g	5.500		0	MC	9		1.705		
Fatty acids, total polyunsaturated....g	3.800		0	MC	9		1.178		
Fatty acids, total trans....g	0.700		0	MC	9		0.217		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28274
MURRAY, Honey Graham

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 8 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28215
MURRAY, JACKS Vanilla Wafers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.50		0	MC	9		1.44		
Energy....kcal	438		0	MC	9		140		
Energy....kJ	1833		0	MC	9		587		
Protein (N x 6.25)....g	4.80		0	MC	9		1.54		
Total lipid (fat)....g	11.90		0	MC	9		3.81		
Ash....g									
Carbohydrate, by difference....g	78.10		0	MC	9		24.99		
Fiber, total dietary....g	1.1		0	MC	9		0.4		
Sugars, total....g	37.60		0	MC	9		12.03		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.60		0	MC	9		0.83		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	50		0	MC	9		16		
Potassium, K....mg	57		0	MC	9		18		
Sodium, Na....mg	331		0	MC	9		106		
Zinc, Zn....mg	0.40		0	MC	9		0.13		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.112		
Riboflavin....mg	0.230		0	MC	9		0.074		
Niacin....mg	3.000		0	MC	9		0.960		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	92		0	MC	9		29		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.800		0	MC	9		1.216		
Fatty acids, total monounsaturated....g	2.600		0	MC	9		0.832		
Fatty acids, total polyunsaturated....g	4.400		0	MC	9		1.408		
Fatty acids, total trans....g	0.170		0	MC	9		0.054		
Cholesterol....mg	6		0	MC	9		2		
Phytosterols....mg									

NDB No. 28215
MURRAY, JACKS Vanilla Wafers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 9 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28214
MURRAY, Lemon Creme Sandwich Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.73		
Energy....kcal	479		0	MC	9		139		
Energy....kJ	2004		0	MC	9		581		
Protein (N x 6.25)....g	4.70		0	MC	9		1.36		
Total lipid (fat)....g	18.80		0	MC	9		5.45		
Ash....g									
Carbohydrate, by difference....g	73.70		0	MC	9		21.37		
Fiber, total dietary....g	1.2		0	MC	9		0.3		
Sugars, total....g	37.80		0	MC	9		10.96		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.20		0	MC	9		0.64		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	51		0	MC	9		15		
Potassium, K....mg	50		0	MC	9		15		
Sodium, Na....mg	308		0	MC	9		89		
Zinc, Zn....mg	0.30		0	MC	9		0.09		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.101		
Riboflavin....mg	0.230		0	MC	9		0.067		
Niacin....mg	2.700		0	MC	9		0.783		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	70		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.100		0	MC	9		1.769		
Fatty acids, total monounsaturated....g	4.300		0	MC	9		1.247		
Fatty acids, total polyunsaturated....g	7.000		0	MC	9		2.030		
Fatty acids, total trans....g	0.270		0	MC	9		0.078		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28214
MURRAY, Lemon Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28275

MURRAY, Old Fashioned Gingersnaps Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.90		
Energy....kcal	463		0	MC	9		139		
Energy....kJ	1937		0	MC	9		581		
Protein (N x 6.25)....g	5.10		0	MC	9		1.53		
Total lipid (fat)....g	16.40		0	MC	9		4.92		
Ash....g									
Carbohydrate, by difference....g	73.90		0	MC	9		22.17		
Fiber, total dietary....g	1.3		0	MC	9		0.4		
Sugars, total....g	31.40		0	MC	9		9.42		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.20		0	MC	9		0.96		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	55		0	MC	9		17		
Potassium, K....mg	144		0	MC	9		43		
Sodium, Na....mg	541		0	MC	9		162		
Zinc, Zn....mg	0.40		0	MC	9		0.12		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.370		0	MC	9		0.111		
Riboflavin....mg	0.240		0	MC	9		0.072		
Niacin....mg	3.200		0	MC	9		0.960		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	97		0	MC	9		29		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.300		0	MC	9		1.590		
Fatty acids, total monounsaturated....g	3.700		0	MC	9		1.110		
Fatty acids, total polyunsaturated....g	6.100		0	MC	9		1.830		
Fatty acids, total trans....g	0.240		0	MC	9		0.072		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28275
MURRAY, Old Fashioned Gingersnaps Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 5 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28216

MURRAY, Old Fashioned Iced Oatmeal Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.50		0	MC	9		1.49		
Energy ... kcal	459		0	MC	9		151		
Energy ... kJ	1920		0	MC	9		634		
Protein (N x 6.25) ... g	5.00		0	MC	9		1.65		
Total lipid (fat) ... g	17.50		0	MC	9		5.78		
Ash ... g									
Carbohydrate, by difference ... g	71.00		0	MC	9		23.43		
Fiber, total dietary ... g	1.7		0	MC	9		0.6		
Sugars, total ... g	32.50		0	MC	9		10.73		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.50		0	MC	9		0.83		
Magnesium, Mg ... mg	9		0	MC	9		3		
Phosphorus, P ... mg	48		0	MC	9		16		
Potassium, K ... mg	64		0	MC	9		21		
Sodium, Na ... mg	589		0	MC	9		194		
Zinc, Zn ... mg	0.30		0	MC	9		0.10		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.330		0	MC	9		0.109		
Riboflavin ... mg									
Niacin ... mg	2.700		0	MC	9		0.891		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.010		0	MC	9		0.003		
Folate, total ... µg	81		0	MC	9		27		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.600		0	MC	9		1.848		
Fatty acids, total monounsaturated ... g	4.000		0	MC	9		1.320		
Fatty acids, total polyunsaturated ... g	6.600		0	MC	9		2.178		
Fatty acids, total trans ... g	0.250		0	MC	9		0.083		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28216
MURRAY, Old Fashioned Iced Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 5 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28217

MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.84		
Energy....kcal	493		0	MC	9		138		
Energy....kJ	2063		0	MC	9		578		
Protein (N x 6.25)....g	5.50		0	MC	9		1.54		
Total lipid (fat)....g	23.70		0	MC	9		6.64		
Ash....g									
Carbohydrate, by difference....g	66.50		0	MC	9		18.62		
Fiber, total dietary....g	2.5		0	MC	9		0.7		
Sugars, total....g	30.50		0	MC	9		8.54		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.30		0	MC	9		0.92		
Magnesium, Mg....mg	36		0	MC	9		10		
Phosphorus, P....mg	130		0	MC	9		36		
Potassium, K....mg	134		0	MC	9		38		
Sodium, Na....mg	493		0	MC	9		138		
Zinc, Zn....mg	0.70		0	MC	9		0.20		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.101		
Riboflavin....mg	0.230		0	MC	9		0.064		
Niacin....mg	2.700		0	MC	9		0.756		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	71		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.100		0	MC	9		2.548		
Fatty acids, total monounsaturated....g	6.000		0	MC	9		1.680		
Fatty acids, total polyunsaturated....g	7.200		0	MC	9		2.016		
Fatty acids, total trans....g	0.300		0	MC	9		0.084		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28217
MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28218
MURRAY, SOUTHERN KITCHEN, Coconut Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.87		
Energy....kcal	511		0	MC	9		148		
Energy....kJ	2138		0	MC	9		620		
Protein (N x 6.25)....g	5.70		0	MC	9		1.65		
Total lipid (fat)....g	25.50		0	MC	9		7.40		
Ash....g									
Carbohydrate, by difference....g	65.50		0	MC	9		19.00		
Fiber, total dietary....g	3.0		0	MC	9		0.9		
Sugars, total....g	30.40		0	MC	9		8.82		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.40		0	MC	9		0.70		
Magnesium, Mg....mg	17		0	MC	9		5		
Phosphorus, P....mg	65		0	MC	9		19		
Potassium, K....mg	104		0	MC	9		30		
Sodium, Na....mg	202		0	MC	9		59		
Zinc, Zn....mg	0.50		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.101		
Riboflavin....mg	0.230		0	MC	9		0.067		
Niacin....mg	2.600		0	MC	9		0.754		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.012		
Folate, total....µg	66		0	MC	9		19		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.500		0	MC	9		3.335		
Fatty acids, total monounsaturated....g	4.700		0	MC	9		1.363		
Fatty acids, total polyunsaturated....g	7.300		0	MC	9		2.117		
Fatty acids, total trans....g	0.280		0	MC	9		0.081		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28218
MURRAY, SOUTHERN KITCHEN, Coconut Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28219

MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.50		0	MC	9		1.31		
Energy....kcal	467		0	MC	9		135		
Energy....kJ	1954		0	MC	9		567		
Protein (N x 6.25)....g	6.50		0	MC	9		1.89		
Total lipid (fat)....g	18.30		0	MC	9		5.31		
Ash....g									
Carbohydrate, by difference....g	69.50		0	MC	9		20.16		
Fiber, total dietary....g	4.1		0	MC	9		1.2		
Sugars, total....g	35.60		0	MC	9		10.32		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.90		0	MC	9		0.55		
Magnesium, Mg....mg	5		0	MC	9		1		
Phosphorus, P....mg	26		0	MC	9		8		
Potassium, K....mg	112		0	MC	9		32		
Sodium, Na....mg	297		0	MC	9		86		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.260		0	MC	9		0.075		
Riboflavin....mg	0.150		0	MC	9		0.044		
Niacin....mg	1.600		0	MC	9		0.464		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	35		0	MC	9		10		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.800		0	MC	9		1.682		
Fatty acids, total monounsaturated....g	4.400		0	MC	9		1.276		
Fatty acids, total polyunsaturated....g	6.900		0	MC	9		2.001		
Fatty acids, total trans....g	0.240		0	MC	9		0.070		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28219
MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28276
MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00		0	MC	9		1.16		
Energy....kcal	478		0	MC	9		139		
Energy....kJ	2000		0	MC	9		580		
Protein (N x 6.25)....g	7.10		0	MC	9		2.06		
Total lipid (fat)....g	20.10		0	MC	9		5.83		
Ash....g									
Carbohydrate, by difference....g	67.70		0	MC	9		19.63		
Fiber, total dietary....g	4.5		0	MC	9		1.3		
Sugars, total....g	30.90		0	MC	9		8.96		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.10		0	MC	9		0.61		
Magnesium, Mg....mg	6		0	MC	9		2		
Phosphorus, P....mg	28		0	MC	9		8		
Potassium, K....mg	123		0	MC	9		36		
Sodium, Na....mg	325		0	MC	9		94		
Zinc, Zn....mg	0.20		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.084		
Riboflavin....mg	0.160		0	MC	9		0.046		
Niacin....mg	1.700		0	MC	9		0.493		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.003		
Folate, total....µg	39		0	MC	9		11		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.300		0	MC	9		1.827		
Fatty acids, total monounsaturated....g	4.900		0	MC	9		1.421		
Fatty acids, total polyunsaturated....g	7.500		0	MC	9		2.175		
Fatty acids, total trans....g	0.270		0	MC	9		0.078		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28276
MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28221

MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.20		0	MC	9		1.02		
Energy....kcal	497		0	MC	9		159		
Energy....kJ	2079		0	MC	9		665		
Protein (N x 6.25)....g	6.00		0	MC	9		1.92		
Total lipid (fat)....g	31.40		0	MC	9		10.05		
Ash....g									
Carbohydrate, by difference....g	58.60		0	MC	9		18.75		
Fiber, total dietary....g	5.1		0	MC	9		1.6		
Sugars, total....g	1.50		0	MC	9		0.48		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.96		
Magnesium, Mg....mg	37		0	MC	9		12		
Phosphorus, P....mg	124		0	MC	9		40		
Potassium, K....mg	157		0	MC	9		50		
Sodium, Na....mg	390		0	MC	9		125		
Zinc, Zn....mg	1.00		0	MC	9		0.32		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.400		0	MC	9		0.128		
Riboflavin....mg	0.230		0	MC	9		0.074		
Niacin....mg	2.600		0	MC	9		0.832		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.013		
Folate, total....µg	67		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	NR	4		0.1		
Vitamin D....IU	7		0	MC	9		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.600		0	MC	9		3.072		
Fatty acids, total monounsaturated....g	9.900		0	MC	9		3.168		
Fatty acids, total polyunsaturated....g	9.800		0	MC	9		3.136		
Fatty acids, total trans....g	0.320		0	MC	9		0.102		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28221
MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28277
MURRAY, SUGAR FREE, Chocolate Chip Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.96		
Energy....kcal	469		0	MC	9		150		
Energy....kJ	1962		0	MC	9		628		
Protein (N x 6.25)....g	5.60		0	MC	9		1.79		
Total lipid (fat)....g	27.00		0	MC	9		8.64		
Ash....g									
Carbohydrate, by difference....g	63.60		0	MC	9		20.35		
Fiber, total dietary....g	4.8		0	MC	9		1.5		
Sugars, total....g	1.20		0	MC	9		0.38		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.20		0	MC	9		1.02		
Magnesium, Mg....mg	33		0	MC	9		11		
Phosphorus, P....mg	111		0	MC	9		36		
Potassium, K....mg	147		0	MC	9		47		
Sodium, Na....mg	411		0	MC	9		132		
Zinc, Zn....mg	0.60		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.115		
Riboflavin....mg	0.230		0	MC	9		0.074		
Niacin....mg	2.700		0	MC	9		0.864		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	70		0	MC	9		22		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	NR	4		0.1		
Vitamin D....IU	10		0	MC	9		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.500		0	MC	9		3.360		
Fatty acids, total monounsaturated....g	6.700		0	MC	9		2.144		
Fatty acids, total polyunsaturated....g	8.100		0	MC	9		2.592		
Fatty acids, total trans....g	0.310		0	MC	9		0.099		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28277
MURRAY, SUGAR FREE, Chocolate Chip Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28279

MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.70		
Energy....kcal	465		0	MC	9		130		
Energy....kJ	1946		0	MC	9		545		
Protein (N x 6.25)....g	5.30		0	MC	9		1.48		
Total lipid (fat)....g	24.80		0	MC	9		6.94		
Ash....g									
Carbohydrate, by difference....g	65.90		0	MC	9		18.45		
Fiber, total dietary....g	4.5		0	MC	9		1.3		
Sugars, total....g	1.10		0	MC	9		0.31		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.50		0	MC	9		0.98		
Magnesium, Mg....mg	43		0	MC	9		12		
Phosphorus, P....mg	110		0	MC	9		31		
Potassium, K....mg	174		0	MC	9		49		
Sodium, Na....mg	329		0	MC	9		92		
Zinc, Zn....mg	0.30		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.290		0	MC	9		0.081		
Riboflavin....mg	0.220		0	MC	9		0.062		
Niacin....mg	2.800		0	MC	9		0.784		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0	MC	9		0.017		
Folate, total....µg	58		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.300		0	MC	9		2.324		
Fatty acids, total monounsaturated....g	5.600		0	MC	9		1.568		
Fatty acids, total polyunsaturated....g	8.800		0	MC	9		2.464		
Fatty acids, total trans....g	0.380		0	MC	9		0.106		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28279
MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28222

MURRAY, SUGAR FREE, Fudge Dipped Grahams

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.50		0	MC	9		0.45		
Energy ... kcal	483		0	MC	9		145		
Energy ... kJ	2021		0	MC	9		606		
Protein (N x 6.25) ... g	5.70		0	MC	9		1.71		
Total lipid (fat) ... g	27.50		0	MC	9		8.25		
Ash ... g									
Carbohydrate, by difference ... g	63.30		0	MC	9		18.99		
Fiber, total dietary ... g	3.8		0	MC	9		1.1		
Sugars, total ... g	0.40		0	MC	9		0.12		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.10		0	MC	9		0.93		
Magnesium, Mg ... mg	24		0	MC	9		7		
Phosphorus, P ... mg	117		0	MC	9		35		
Potassium, K ... mg	229		0	MC	9		69		
Sodium, Na ... mg	278		0	MC	9		83		
Zinc, Zn ... mg	0.60		0	MC	9		0.18		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.230		0	MC	9		0.069		
Riboflavin ... mg	0.160		0	MC	9		0.048		
Niacin ... mg	1.900		0	MC	9		0.570		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.040		0	MC	9		0.012		
Folate, total ... µg	57		0	MC	9		17		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	19.100		0	MC	9		5.730		
Fatty acids, total monounsaturated ... g	2.900		0	MC	9		0.870		
Fatty acids, total polyunsaturated ... g	4.200		0	MC	9		1.260		
Fatty acids, total trans ... g	0.430		0	MC	9		0.129		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28222
MURRAY, SUGAR FREE, Fudge Dipped Grahams

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28223

MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.50		0	MC	9		0.39		
Energy....kcal	481		0	MC	9		125		
Energy....kJ	2013		0	MC	9		523		
Protein (N x 6.25)....g	6.00		0	MC	9		1.56		
Total lipid (fat)....g	27.00		0	MC	9		7.02		
Ash....g									
Carbohydrate, by difference....g	63.50		0	MC	9		16.51		
Fiber, total dietary....g	4.6		0	MC	9		1.2		
Sugars, total....g	0.60		0	MC	9		0.16		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.60		0	MC	9		0.94		
Magnesium, Mg....mg	45		0	MC	9		12		
Phosphorus, P....mg	96		0	MC	9		25		
Potassium, K....mg	249		0	MC	9		65		
Sodium, Na....mg	364		0	MC	9		95		
Zinc, Zn....mg	0.30		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.250		0	MC	9		0.065		
Riboflavin....mg	0.190		0	MC	9		0.049		
Niacin....mg	2.600		0	MC	9		0.676		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.008		
Folate, total....µg	50		0	MC	9		13		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.900		0	MC	9		4.914		
Fatty acids, total monounsaturated....g	2.900		0	MC	9		0.754		
Fatty acids, total polyunsaturated....g	3.800		0	MC	9		0.988		
Fatty acids, total trans....g	0.420		0	MC	9		0.109		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28223
MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28224

MURRAY, SUGAR FREE, Fudge Dipped Wafers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	1.50		0	MC	9		0.47		
Energy ... kcal	486		0	MC	9		151		
Energy ... kJ	2033		0	MC	9		630		
Protein (N x 6.25) ... g	3.40		0	MC	9		1.05		
Total lipid (fat) ... g	33.50		0	MC	9		10.39		
Ash ... g									
Carbohydrate, by difference ... g	61.20		0	MC	9		18.97		
Fiber, total dietary ... g	13.3		0	MC	9		4.1		
Sugars, total ... g	0.40		0	MC	9		0.12		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	1.40		0	MC	9		0.43		
Magnesium, Mg ... mg	17		0	MC	9		5		
Phosphorus, P ... mg	45		0	MC	9		14		
Potassium, K ... mg	159		0	MC	9		49		
Sodium, Na ... mg	71		0	MC	9		22		
Zinc, Zn ... mg	0.30		0	MC	9		0.09		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.110		0	MC	9		0.034		
Riboflavin ... mg	0.080		0	MC	9		0.025		
Niacin ... mg	1.000		0	MC	9		0.310		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	23		0	MC	9		7		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	21.200		0	MC	9		6.572		
Fatty acids, total monounsaturated ... g	3.900		0	MC	9		1.209		
Fatty acids, total polyunsaturated ... g	7.100		0	MC	9		2.201		
Fatty acids, total trans ... g	0.590		0	MC	9		0.183		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28224
MURRAY, SUGAR FREE, Fudge Dipped Wafers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28227

MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.84		
Energy....kcal	469		0	MC	9		131		
Energy....kJ	1962		0	MC	9		549		
Protein (N x 6.25)....g	4.90		0	MC	9		1.37		
Total lipid (fat)....g	23.90		0	MC	9		6.69		
Ash....g									
Carbohydrate, by difference....g	68.30		0	MC	9		19.12		
Fiber, total dietary....g	3.3		0	MC	9		0.9		
Sugars, total....g	1.20		0	MC	9		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.20		0	MC	9		0.62		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	53		0	MC	9		15		
Potassium, K....mg	62		0	MC	9		17		
Sodium, Na....mg	189		0	MC	9		53		
Zinc, Zn....mg	0.30		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.350		0	MC	9		0.098		
Riboflavin....mg	0.230		0	MC	9		0.064		
Niacin....mg	2.700		0	MC	9		0.756		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.011		
Folate, total....µg	70		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.800		0	MC	9		2.184		
Fatty acids, total monounsaturated....g	5.400		0	MC	9		1.512		
Fatty acids, total polyunsaturated....g	8.800		0	MC	9		2.464		
Fatty acids, total trans....g	0.370		0	MC	9		0.104		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28227
MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28278
MURRAY, SUGAR FREE, Oatmeal Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.96		
Energy....kcal	451		0	MC	9		144		
Energy....kJ	1887		0	MC	9		604		
Protein (N x 6.25)....g	6.70		0	MC	9		2.14		
Total lipid (fat)....g	22.70		0	MC	9		7.26		
Ash....g									
Carbohydrate, by difference....g	66.60		0	MC	9		21.31		
Fiber, total dietary....g	8.5		0	MC	9		2.7		
Sugars, total....g	1.20		0	MC	9		0.38		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.80		0	MC	9		0.90		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	85		0	MC	9		27		
Potassium, K....mg	94		0	MC	9		30		
Sodium, Na....mg	410		0	MC	9		131		
Zinc, Zn....mg	0.30		0	MC	9		0.10		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.370		0	MC	9		0.118		
Riboflavin....mg	0.230		0	MC	9		0.074		
Niacin....mg	2.600		0	MC	9		0.832		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	65		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.200		0	MC	9		2.304		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		1.664		
Fatty acids, total polyunsaturated....g	8.300		0	MC	9		2.656		
Fatty acids, total trans....g	0.340		0	MC	9		0.109		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28278
MURRAY, SUGAR FREE, Oatmeal Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28225

MURRAY, SUGAR FREE, Peanut Butter Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.73		
Energy....kcal	505		0	MC	9		146		
Energy....kJ	2113		0	MC	9		613		
Protein (N x 6.25)....g	9.50		0	MC	9		2.76		
Total lipid (fat)....g	30.80		0	MC	9		8.93		
Ash....g									
Carbohydrate, by difference....g	55.80		0	MC	9		16.18		
Fiber, total dietary....g	5.7		0	MC	9		1.7		
Sugars, total....g	1.70		0	MC	9		0.49		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.50		0	MC	9		0.73		
Magnesium, Mg....mg	43		0	MC	9		12		
Phosphorus, P....mg	172		0	MC	9		50		
Potassium, K....mg	191		0	MC	9		55		
Sodium, Na....mg	458		0	MC	9		133		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.410		0	MC	9		0.119		
Riboflavin....mg	0.230		0	MC	9		0.067		
Niacin....mg	5.200		0	MC	9		1.508		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	93		0	MC	9		27		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.300		0	MC	9		2.407		
Fatty acids, total monounsaturated....g	10.900		0	MC	9		3.161		
Fatty acids, total polyunsaturated....g	11.200		0	MC	9		3.248		
Fatty acids, total trans....g	0.400		0	MC	9		0.116		
Cholesterol....mg	7		0	MC	9		2		
Phytosterols....mg									

NDB No. 28225
MURRAY, SUGAR FREE, Peanut Butter Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28226

MURRAY, SUGAR FREE, Pecan Shortbread Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.00		0	MC	9		0.96		
Energy ... kcal	514		0	MC	9		164		
Energy ... kJ	2151		0	MC	9		688		
Protein (N x 6.25) ... g	5.90		0	MC	9		1.89		
Total lipid (fat) ... g	33.50		0	MC	9		10.72		
Ash ... g									
Carbohydrate, by difference ... g	57.30		0	MC	9		18.34		
Fiber, total dietary ... g	4.6		0	MC	9		1.5		
Sugars, total ... g	1.10		0	MC	9		0.35		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	2.50		0	MC	9		0.80		
Magnesium, Mg ... mg	17		0	MC	9		5		
Phosphorus, P ... mg	99		0	MC	9		32		
Potassium, K ... mg	80		0	MC	9		26		
Sodium, Na ... mg	351		0	MC	9		112		
Zinc, Zn ... mg	0.60		0	MC	9		0.19		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.420		0	MC	9		0.134		
Riboflavin ... mg	0.260		0	MC	9		0.083		
Niacin ... mg	3.000		0	MC	9		0.960		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.030		0	MC	9		0.010		
Folate, total ... µg	77		0	MC	9		25		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	10.100		0	MC	9		3.232		
Fatty acids, total monounsaturated ... g	8.800		0	MC	9		2.816		
Fatty acids, total polyunsaturated ... g	12.100		0	MC	9		3.872		
Fatty acids, total trans ... g	0.440		0	MC	9		0.141		
Cholesterol ... mg	12		0	MC	9		4		
Phytosterols ... mg									

NDB No. 28226
MURRAY, SUGAR FREE, Pecan Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28230
MURRAY, SUGAR FREE, Shortbread Bites
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.48		
Energy....kcal	371		0	MC	9		78		
Energy....kJ	1552		0	MC	9		326		
Protein (N x 6.25)....g	6.50		0	MC	9		1.37		
Total lipid (fat)....g	15.50		0	MC	9		3.26		
Ash....g									
Carbohydrate, by difference....g	75.30		0	MC	9		15.81		
Fiber, total dietary....g	14.9		0	MC	9		3.1		
Sugars, total....g	1.20		0	MC	9		0.25		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.00		0	MC	9		0.63		
Magnesium, Mg....mg	24		0	MC	9		5		
Phosphorus, P....mg	109		0	MC	9		23		
Potassium, K....mg	104		0	MC	9		22		
Sodium, Na....mg	518		0	MC	9		109		
Zinc, Zn....mg	0.40		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.480		0	MC	9		0.101		
Riboflavin....mg	0.300		0	MC	9		0.063		
Niacin....mg	3.600		0	MC	9		0.756		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.004		
Folate, total....µg	95		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.900		0	MC	9		1.029		
Fatty acids, total monounsaturated....g	3.100		0	MC	9		0.651		
Fatty acids, total polyunsaturated....g	5.300		0	MC	9		1.113		
Fatty acids, total trans....g	0.400		0	MC	9		0.084		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28230
MURRAY, SUGAR FREE, Shortbread Bites

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28229
MURRAY, SUGAR FREE, Shortbread Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.90		
Energy....kcal	431		0	MC	9		129		
Energy....kJ	1803		0	MC	9		541		
Protein (N x 6.25)....g	7.00		0	MC	9		2.10		
Total lipid (fat)....g	17.80		0	MC	9		5.34		
Ash....g									
Carbohydrate, by difference....g	71.60		0	MC	9		21.48		
Fiber, total dietary....g	5.7		0	MC	9		1.7		
Sugars, total....g	1.30		0	MC	9		0.39		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.10		0	MC	9		0.93		
Magnesium, Mg....mg	15		0	MC	9		5		
Phosphorus, P....mg	98		0	MC	9		29		
Potassium, K....mg	81		0	MC	9		24		
Sodium, Na....mg	476		0	MC	9		143		
Zinc, Zn....mg	0.50		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.510		0	MC	9		0.153		
Riboflavin....mg	0.330		0	MC	9		0.099		
Niacin....mg	3.800		0	MC	9		1.140		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0	MC	9		0.018		
Folate, total....µg	100		0	MC	9		30		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.700		0	MC	9		1.710		
Fatty acids, total monounsaturated....g	3.900		0	MC	9		1.170		
Fatty acids, total polyunsaturated....g	6.400		0	MC	9		1.920		
Fatty acids, total trans....g	0.300		0	MC	9		0.090		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28229
MURRAY, SUGAR FREE, Shortbread Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28228

MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		0	MC	9		0.56		
Energy....kcal	467		0	MC	9		131		
Energy....kJ	1954		0	MC	9		547		
Protein (N x 6.25)....g	4.90		0	MC	9		1.37		
Total lipid (fat)....g	23.10		0	MC	9		6.47		
Ash....g									
Carbohydrate, by difference....g	70.00		0	MC	9		19.60		
Fiber, total dietary....g	3.4		0	MC	9		1.0		
Sugars, total....g	1.20		0	MC	9		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.20		0	MC	9		0.62		
Magnesium, Mg....mg	11		0	MC	9		3		
Phosphorus, P....mg	54		0	MC	9		15		
Potassium, K....mg	63		0	MC	9		18		
Sodium, Na....mg	192		0	MC	9		54		
Zinc, Zn....mg	0.30		0	MC	9		0.08		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360		0	MC	9		0.101		
Riboflavin....mg	0.230		0	MC	9		0.064		
Niacin....mg	2.700		0	MC	9		0.756		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	MC	9		0.011		
Folate, total....µg	71		0	MC	9		20		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.500		0	MC	9		2.100		
Fatty acids, total monounsaturated....g	5.200		0	MC	9		1.456		
Fatty acids, total polyunsaturated....g	8.500		0	MC	9		2.380		
Fatty acids, total trans....g	0.360		0	MC	9		0.101		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28228
MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28210
MURRAY, SUGAR FREE, Vanilla Sugar Wafer
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.70		0	MC	9		0.20		
Energy....kcal	458		0	MC	9		128		
Energy....kJ	1916		0	MC	9		536		
Protein (N x 6.25)....g	3.20		0	MC	9		0.90		
Total lipid (fat)....g	27.60		0	MC	9		7.73		
Ash....g									
Carbohydrate, by difference....g	68.50		0	MC	9		19.18		
Fiber, total dietary....g	14.3		0	NR	4		4.0		
Sugars, total....g	0.80		0	MC	9		0.22		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.50		0	MC	9		0.42		
Magnesium, Mg....mg	7		0	MC	9		2		
Phosphorus, P....mg	40		0	MC	9		11		
Potassium, K....mg	57		0	MC	9		16		
Sodium, Na....mg	81		0	MC	9		23		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.240		0	MC	9		0.067		
Riboflavin....mg	0.150		0	MC	9		0.042		
Niacin....mg	1.800		0	MC	9		0.504		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	47		0	MC	9		13		
Folic acid....µg									
Folate, food....µg	47		0	MC	9		13		
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									
Lipids:									
Fatty acids, total saturated....g	9.300		0	MC	9		2.604		

NDB No. 28210
MURRAY, SUGAR FREE, Vanilla Sugar Wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.900		0	MC	9		1.932		
Fatty acids, total polyunsaturated.....g	10.900		0	MC	9		3.052		
Fatty acids, total trans.....g	0.500		0	MC	9		0.140		
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 = 28g: 4 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28231
MURRAY, SUGAR FREE, Vanilla Wafer
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.96		
Energy....kcal	412		0	MC	9		132		
Energy....kJ	1724		0	MC	9		552		
Protein (N x 6.25)....g	5.90		0	MC	9		1.89		
Total lipid (fat)....g	16.80		0	MC	9		5.38		
Ash....g									
Carbohydrate, by difference....g	74.00		0	MC	9		23.68		
Fiber, total dietary....g	5.6		0	MC	9		1.8		
Sugars, total....g	1.40		0	MC	9		0.45		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.40		0	MC	9		0.77		
Magnesium, Mg....mg	12		0	MC	9		4		
Phosphorus, P....mg	59		0	MC	9		19		
Potassium, K....mg	82		0	MC	9		26		
Sodium, Na....mg	281		0	MC	9		90		
Zinc, Zn....mg	0.40		0	MC	9		0.13		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.390		0	MC	9		0.125		
Riboflavin....mg	0.270		0	MC	9		0.086		
Niacin....mg	3.000		0	MC	9		0.960		
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0	MC	9		0.026		
Folate, total....µg	77		0	MC	9		25		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.400		0	MC	9		1.728		
Fatty acids, total monounsaturated....g	3.700		0	MC	9		1.184		
Fatty acids, total polyunsaturated....g	6.100		0	MC	9		1.952		
Fatty acids, total trans....g	0.260		0	MC	9		0.083		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28231
MURRAY, SUGAR FREE, Vanilla Wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 9 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28273
MURRAY, Vanilla Creme Sandwich Cookies
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.73		
Energy....kcal	477		0	MC	9		138		
Energy....kJ	1996		0	MC	9		579		
Protein (N x 6.25)....g	4.90		0	MC	9		1.42		
Total lipid (fat)....g	18.30		0	MC	9		5.31		
Ash....g									
Carbohydrate, by difference....g	73.90		0	MC	9		21.43		
Fiber, total dietary....g	1.3		0	MC	9		0.4		
Sugars, total....g	36.90		0	MC	9		10.70		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.20		0	MC	9		0.64		
Magnesium, Mg....mg	10		0	MC	9		3		
Phosphorus, P....mg	53		0	MC	9		15		
Potassium, K....mg	52		0	MC	9		15		
Sodium, Na....mg	317		0	MC	9		92		
Zinc, Zn....mg	0.30		0	MC	9		0.09		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.370		0	MC	9		0.107		
Riboflavin....mg	0.240		0	MC	9		0.070		
Niacin....mg	2.800		0	MC	9		0.812		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	73		0	MC	9		21		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.000		0	MC	9		1.740		
Fatty acids, total monounsaturated....g	4.100		0	MC	9		1.189		
Fatty acids, total polyunsaturated....g	6.800		0	MC	9		1.972		
Fatty acids, total trans....g	0.300		0	MC	9		0.087		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28273
MURRAY, Vanilla Creme Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28232
MURRAY, Vanilla Sugar Wafer
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.40		0	MC	9		0.11		
Energy....kcal	527		0	MC	9		148		
Energy....kJ	2205		0	MC	9		617		
Protein (N x 6.25)....g	3.90		0	MC	9		1.09		
Total lipid (fat)....g	25.70		0	MC	9		7.20		
Ash....g									
Carbohydrate, by difference....g	70.00		0	MC	9		19.60		
Fiber, total dietary....g	1.0		0	MC	9		0.3		
Sugars, total....g	41.00		0	MC	9		11.48		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.80		0	MC	9		0.50		
Magnesium, Mg....mg	8		0	MC	9		2		
Phosphorus, P....mg	46		0	MC	9		13		
Potassium, K....mg	42		0	MC	9		12		
Sodium, Na....mg	92		0	MC	9		26		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.300		0	MC	9		0.084		
Riboflavin....mg	0.200		0	MC	9		0.056		
Niacin....mg	2.200		0	MC	9		0.616		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	58		0	MC	9		16		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.600		0	MC	9		2.408		
Fatty acids, total monounsaturated....g	6.500		0	MC	9		1.820		
Fatty acids, total polyunsaturated....g	10.100		0	MC	9		2.828		
Fatty acids, total trans....g	0.500		0	MC	9		0.140		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28232
MURRAY, Vanilla Sugar Wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 5 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28233
MURRAY, Vanilla Wafer
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.10		0	MC	9		1.23		
Energy....kcal	461		0	MC	9		138		
Energy....kJ	1929		0	MC	9		579		
Protein (N x 6.25)....g	4.00		0	MC	9		1.20		
Total lipid (fat)....g	17.40		0	MC	9		5.22		
Ash....g									
Carbohydrate, by difference....g	72.90		0	MC	9		21.87		
Fiber, total dietary....g	1.4		0	MC	9		0.4		
Sugars, total....g	31.50		0	MC	9		9.45		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	42		0	MC	9		13		
Potassium, K....mg	84		0	MC	9		25		
Sodium, Na....mg	401		0	MC	9		120		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.420		0	MC	9		0.126		
Riboflavin....mg	0.230		0	MC	9		0.069		
Niacin....mg	2.600		0	MC	9		0.780		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	88		0	MC	9		26		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.700		0	MC	9		1.710		
Fatty acids, total monounsaturated....g	3.900		0	MC	9		1.170		
Fatty acids, total polyunsaturated....g	6.600		0	MC	9		1.980		
Fatty acids, total trans....g	0.250		0	MC	9		0.075		
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

NDB No. 28233
MURRAY, Vanilla Wafer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 8 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18940
Muffin, blueberry, commercially prepared, low-fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.94		0	FLC	4		28.36	11.32	
Energy....kcal	255		0	NC	4		181	72	
Energy....kJ	1067		0	NC	4		758	303	
Protein....g	4.23		0	FLC	4		3.00	1.20	
Total lipid (fat)....g	4.22		0	FLC	4		3.00	1.20	
Ash....g	1.56		0	FLC	4		1.11	0.44	
Carbohydrate, by difference....g	50.05		0	FLC	4		35.53	14.19	
Fiber, total dietary....g	4.2		1	LC	8		3.0	1.2	
Sugars, total....g	27.05		0	BFZN	4		19.21	7.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	BFZN	4		25	10	
Iron, Fe....mg	2.00		0	BFZN	4		1.42	0.57	
Magnesium, Mg....mg	10		0	BFZN	4		7	3	
Phosphorus, P....mg	125		0	BFZN	4		88	35	
Potassium, K....mg	96		0	BFZN	4		68	27	
Sodium, Na....mg	413		0	LC	8		293	117	
Zinc, Zn....mg	1.27		0	BFZN	4		0.90	0.36	
Copper, Cu....mg	0.080		0	BFZN	4		0.057	0.023	
Manganese, Mn....mg	0.785		0	BFZN	4		0.557	0.223	
Selenium, Se....µg	9.8		0	BFZN	4		6.9	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	BFZN	4		0.6	0.2	
Thiamin....mg	0.163		0	BFZN	4		0.116	0.046	
Riboflavin....mg	0.175		0	BFZN	4		0.124	0.050	
Niacin....mg	1.375		0	BFZN	4		0.976	0.390	
Pantothenic acid....mg	0.251		0	BFZN	4		0.178	0.071	
Vitamin B-6....mg	0.042		0	BFZN	4		0.030	0.012	
Folate, total....µg	48		0	BFZN	4		34	14	
Folic acid....µg	36		0	BFZN	4		26	10	
Folate, food....µg	12		0	FLC	4		9	3	
Folate, DFE....µg	73		0	NC	4		52	21	
Choline, total....mg	51.7		0	BFZN	4		36.7	14.7	
Betaine....mg									
Vitamin B-12....µg	0.16		0	FLC	4		0.11	0.04	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	10		0	FLC	4		7	3	
Retinol....µg	10		0	FLC	4		7	3	
Carotene, beta....µg	3		0	FLC	4		2	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLC	4		1	0	
Vitamin A, IU....IU	39		0	FLC	4		28	11	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	56		0	FLC	4		40	16	
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLC	4		0.27	0.11	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.1	0.0	
Vitamin D....IU	3		0	FLC	4		2	1	
Vitamin K (phylloquinone)....µg	5.7		0	FLC	4		4.1	1.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18940
Muffin, blueberry, commercially prepared, low-fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.549		0	NC	4		1.100	0.439	
4:0....g	0.001		0	FLC	4		0.001	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.014		0	FLC	4		0.010	0.004	
15:0....g	0.000		0	FLC	4		0.000	0.000	
16:0....g	1.135		0	FLC	4		0.806	0.322	
17:0....g	0.004		0	FLC	4		0.003	0.001	
18:0....g	0.366		0	FLC	4		0.260	0.104	
20:0....g	0.013		0	FLC	4		0.010	0.004	
22:0....g	0.014		0	FLC	4		0.010	0.004	
24:0....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.860		0	NC	4		0.610	0.244	
14:1....g	0.000		0	FLC	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.031		0	FLC	4		0.022	0.009	
17:1....g									
18:1 undifferentiated....g	0.824		0	FLC	4		0.585	0.234	
20:1....g	0.004		0	FLC	4		0.003	0.001	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.363		0	NC	4		0.968	0.386	
18:2 undifferentiated....g	1.196		0	FLC	4		0.849	0.339	
18:3 undifferentiated....g	0.137		0	FLC	4		0.097	0.039	
18:4....g	0.002		0	FLC	4		0.001	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	FLC	4		0.011	0.005	
20:5 n-3 (EPA)....g	0.008		0	FLC	4		0.006	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0	FLC	4		0.004	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	28		1	LC	8		20	8	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0	FLC	4		0.034	0.014	
Threonine....g	0.151		0	FLC	4		0.107	0.043	
Isoleucine....g	0.185		0	FLC	4		0.132	0.053	
Leucine....g	0.319		0	FLC	4		0.226	0.090	
Lysine....g	0.201		0	FLC	4		0.143	0.057	
Methionine....g	0.092		0	FLC	4		0.065	0.026	
Cystine....g	0.099		0	FLC	4		0.071	0.028	
Phenylalanine....g	0.197		0	FLC	4		0.140	0.056	
Tyrosine....g	0.109		0	FLC	4		0.078	0.031	
Valine....g	0.213		0	FLC	4		0.151	0.060	
Arginine....g	0.192		0	FLC	4		0.136	0.054	
Histidine....g	0.092		0	FLC	4		0.065	0.026	
Alanine....g	0.171		0	FLC	4		0.121	0.048	
Aspartic acid....g	0.283		0	FLC	4		0.201	0.080	
Glutamic acid....g	0.967		0	FLC	4		0.686	0.274	
Glycine....g	0.139		0	FLC	4		0.099	0.039	
Proline....g	0.327		0	FLC	4		0.232	0.093	
Serine....g	0.235		0	FLC	4		0.167	0.067	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	

NDB No. 18940
Muffin, blueberry, commercially prepared, low-fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 muffin small

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18274
Muffins, blueberry, commercially prepared (Includes mini-muffins)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.96	0.278	15	A	1		7.08	4.24	16.48
Energy....kcal	375		0	NC	4		106	64	247
Energy....kJ	1568		0	NC	4		445	267	1035
Protein....g	4.49	0.069	15	A	1		1.27	0.76	2.97
Total lipid (fat)....g	16.07	0.244	15	A	1		4.56	2.73	10.61
Ash....g	1.46	0.041	15	A	1		0.42	0.25	0.97
Carbohydrate, by difference....g	53.00		0	NC	4		15.03	9.01	34.98
Fiber, total dietary....g	1.1	0.184	9	A	1		0.3	0.2	0.8
Sugars, total....g	31.47	0.349	9	A	1		8.92	5.35	20.77
Sucrose....g	28.01	0.215	9	A	1		7.94	4.76	18.49
Glucose (dextrose)....g	1.23	0.104	9	A	1		0.35	0.21	0.81
Fructose....g	1.21	0.094	9	A	1		0.34	0.21	0.80
Lactose....g	0.54	0.202	9	A	1		0.15	0.09	0.36
Maltose....g	0.47	0.124	9	A	1		0.13	0.08	0.31
Galactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch....g	16.31	0.273	9	A	1		4.62	2.77	10.76
Minerals:									
Calcium, Ca....mg	44	0.959	15	A	1		13	8	29
Iron, Fe....mg	1.30	0.046	15	A	1		0.37	0.22	0.86
Magnesium, Mg....mg	10	0.052	15	A	1		3	2	6
Phosphorus, P....mg	146	4.393	15	A	1		41	25	96
Potassium, K....mg	121	7.180	15	A	1		34	21	80
Sodium, Na....mg	336	4.461	15	A	1		95	57	222
Zinc, Zn....mg	0.37	0.003	15	A	1		0.10	0.06	0.24
Copper, Cu....mg	0.060	0.001	15	A	1		0.017	0.010	0.039
Manganese, Mn....mg	0.449	0.023	15	A	1		0.127	0.076	0.296
Selenium, Se....µg	8.2	0.164	9	A	1		2.3	1.4	5.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		2	A	1		0.2	0.1	0.6
Thiamin....mg	0.168	0.006	8	A	1		0.048	0.029	0.111
Riboflavin....mg	0.163	0.005	8	A	1		0.046	0.028	0.108
Niacin....mg	1.418	0.040	8	A	1		0.402	0.241	0.936
Pantothenic acid....mg	0.470	0.005	6	A	1		0.133	0.080	0.310
Vitamin B-6....mg	0.040	0.002	8	A	1		0.011	0.007	0.027
Folate, total....µg	48		1	A	1		14	8	32
Folic acid....µg	36		1	A	1		10	6	24
Folate, food....µg	12		0	AS	1		3	2	8
Folate, DFE....µg	73		0	NC	4		21	12	48
Choline, total....mg	92.5		0	AS	1		26.2	15.7	61.1
Betaine....mg	6.8		1	A	1		1.9	1.2	4.5
Vitamin B-12....µg	0.16		2	A	1		0.05	0.03	0.11
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	21		0	NC	4		6	4	14
Retinol....µg	21		3	A	1		6	4	14
Carotene, beta....µg	2		0	FLA	4		0	0	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	1
Vitamin A, IU....IU	73		0	NC	4		21	12	48
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	37		0	FLA	4		10	6	24
Vitamin E (alpha-tocopherol)....mg	1.63	0.057	9	A	1		0.46	0.28	1.08
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.19	0.007	9	A	1		0.05	0.03	0.12
Tocopherol, gamma....mg	9.06	0.237	9	A	1		2.57	1.54	5.98
Tocopherol, delta....mg	3.47	0.127	9	A	1		0.98	0.59	2.29
Tocotrienol, alpha....mg	0.03	0.003	9	A	1		0.01	0.01	0.02
Tocotrienol, beta....mg	0.01	0.010	9	A	1		0.00	0.00	0.01

NDB No. 18274
Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.10	0.010	9	A	1		0.03	0.02	0.06
Tocotrienol, delta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.0	0.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	4		0	FLA	4		1	1	3
Vitamin K (phylloquinone)....µg	39.2		2	A	1		11.1	6.7	25.9
Dihydrophylloquinone....µg	0.9		2	A	1		0.3	0.2	0.6
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.844		0	NC	4		0.806	0.484	1.877
4:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
10:0....g	0.002	0.001	9	A	1		0.001	0.000	0.001
12:0....g	0.002	0.001	9	A	1		0.000	0.000	0.001
13:0....g									
14:0....g	0.002	0.002	9	A	1		0.001	0.000	0.002
15:0....g	0.004	0.001	9	A	1		0.001	0.001	0.003
16:0....g	1.865	0.057	9	A	1		0.529	0.317	1.231
17:0....g	0.017	0.001	9	A	1		0.005	0.003	0.011
18:0....g	0.838	0.020	9	A	1		0.238	0.143	0.553
20:0....g	0.051	0.001	9	A	1		0.015	0.009	0.034
22:0....g	0.045	0.002	9	A	1		0.013	0.008	0.030
24:0....g	0.018	0.000	9	A	1		0.005	0.003	0.012
Fatty acids, total monounsaturated....g	4.822		0	NC	4		1.367	0.820	3.182
14:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.047	0.002	9	AS	1		0.013	0.008	0.031
16:1 c....g	0.047	0.002	9	A	1		0.013	0.008	0.031
16:1 t....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1....g	0.010	0.000	9	A	1		0.003	0.002	0.006
18:1 undifferentiated....g	4.661	0.154	9	AS	1		1.321	0.792	3.076
18:1 c....g	4.527	0.150	9	A	1		1.283	0.770	2.988
18:1 t....g	0.134	0.006	9	A	1		0.038	0.023	0.089
18:1-11 t (18:1t n-7)....g									
20:1....g	0.097	0.003	9	A	1		0.027	0.016	0.064
22:1 undifferentiated....g	0.007	0.001	9	AS	1		0.002	0.001	0.005
22:1 c....g	0.004	0.001	9	A	1		0.001	0.001	0.003
22:1 t....g	0.003	0.001	9	A	1		0.001	0.001	0.002
24:1 c....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	8.103		0	NC	4		2.297	1.378	5.348
18:2 undifferentiated....g	6.983	0.245	9	AS	1		1.980	1.187	4.609
18:2 n-6 c,c....g	6.911	0.243	9	A	1		1.959	1.175	4.561
18:2 CLAs....g	0.009	0.001	9	A	1		0.003	0.002	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.063	0.007	9	A	1		0.018	0.011	0.041
18:3 undifferentiated....g	1.070	0.028	9	AS	1		0.303	0.182	0.706
18:3 n-3 c,c,c (ALA)....g	1.022	0.030	9	A	1		0.290	0.174	0.675
18:3 n-6 c,c,c....g	0.048	0.003	9	A	1		0.014	0.008	0.032
18:3i....g									
18:4....g	0.002	0.001	9	A	1		0.001	0.000	0.001
20:2 n-6 c,c....g	0.007	0.001	9	A	1		0.002	0.001	0.005
20:3 undifferentiated....g	0.003	0.001	9	AS	1		0.001	0.000	0.002
20:3 n-3....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6....g	0.002	0.001	9	A	1		0.001	0.000	0.002
20:4 undifferentiated....g	0.029	0.001	9	A	1		0.008	0.005	0.019
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.001	0.000	9	A	1		0.000	0.000	0.000

NDB No. 18274
Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.008	0.001	9	A	1		0.002	0.001	0.005
Fatty acids, total trans....g	0.200		0	NC	4		0.057	0.034	0.132
Fatty acids, total trans-monoenoic....g	0.138		0	NC	4		0.039	0.023	0.091
Fatty acids, total trans-polyenoic....g	0.063		0	NC	4		0.018	0.011	0.041
Cholesterol....mg	30		1		1		9	5	20
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		4		0.019	0.011	0.044
Threonine....g	0.181		0		4		0.051	0.031	0.119
Isoleucine....g	0.224		0		4		0.064	0.038	0.148
Leucine....g	0.421		0		4		0.119	0.072	0.278
Lysine....g	0.199		0		4		0.056	0.034	0.131
Methionine....g	0.115		0		4		0.033	0.020	0.076
Cystine....g	0.112		0		4		0.032	0.019	0.074
Phenylalanine....g	0.277		0		4		0.079	0.047	0.183
Tyrosine....g	0.184		0		4		0.052	0.031	0.121
Valine....g	0.257		0		4		0.073	0.044	0.170
Arginine....g	0.243		0		4		0.069	0.041	0.160
Histidine....g	0.128		0		4		0.036	0.022	0.084
Alanine....g	0.211		0		4		0.060	0.036	0.139
Aspartic acid....g	0.319		0		4		0.090	0.054	0.211
Glutamic acid....g	1.527		0		4		0.433	0.260	1.008
Glycine....g	0.189		0		4		0.054	0.032	0.125
Proline....g	0.535		0		4		0.152	0.091	0.353
Serine....g	0.299		0		4		0.085	0.051	0.197
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini (1-1/4" dia)

Measure 3 = 66g: 1 small (2-3/4" dia x 2")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18275
Muffins, blueberry, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.18		1	MC	9		12.98	107.43	8.56
Energy....kcal	293		0	NC	4		126	1042	83
Energy....kJ	1224		0	NC	4		526	4357	347
Protein (N x 5.7)....g	3.48		1	MC	9		1.50	12.40	0.99
Total lipid (fat)....g	3.25		1	MC	9		1.40	11.57	0.92
Ash....g	2.09		1	MC	9		0.90	7.44	0.59
Carbohydrate, by difference....g	61.00		0	NC	4		26.23	217.17	17.29
Fiber, total dietary....g	1.4		1	MC	9		0.6	5.0	0.4
Sugars, total....g	32.73		1	MC	9		14.07	116.52	9.28
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1	MC	9		8	64	5
Iron, Fe....mg	1.62		1	MC	9		0.70	5.78	0.46
Magnesium, Mg....mg	13		2		1		6	46	4
Phosphorus, P....mg	220		2		1		95	783	62
Potassium, K....mg	48		1	MC	9		20	169	13
Sodium, Na....mg	479		1	MC	9		206	1704	136
Zinc, Zn....mg	0.33		2		1		0.14	1.17	0.09
Copper, Cu....mg	0.088		2		1		0.038	0.313	0.025
Manganese, Mn....mg	0.276		1		1		0.119	0.983	0.078
Selenium, Se....µg	3.1		0	FLA	4		1.3	11.0	0.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		1	MC	9		1.0	8.3	0.7
Thiamin....mg	0.232		1	MC	9		0.100	0.826	0.066
Riboflavin....mg	0.232		1	MC	9		0.100	0.826	0.066
Niacin....mg	1.857		1	MC	9		0.799	6.611	0.526
Pantothenic acid....mg	0.553	0.263	3		1		0.238	1.969	0.157
Vitamin B-6....mg	0.082		2		1		0.035	0.292	0.023
Folate, total....µg	53		1	MC	9		23	189	15
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NC	4		0	3	0
Vitamin A, IU....IU	18		1	MC	9		8	64	5
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.161		0	NC	4		0.499	4.132	0.329
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									

NDB No. 18275
Muffins, blueberry, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.022		0	FLA	4		0.010	0.080	0.006
15:0....g									
16:0....g	0.605		0	FLA	4		0.260	2.152	0.171
17:0....g									
18:0....g	0.534		0	FLA	4		0.229	1.900	0.151
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.696		0	NC	4		0.299	2.479	0.197
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.001	0.000
17:1....g									
18:1 undifferentiated....g	0.696		0	FLA	4		0.299	2.478	0.197
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.307		0	NC	4		0.562	4.653	0.371
18:2 undifferentiated....g	1.307		0	FLA	4		0.562	4.653	0.371
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.227		1	MC	9		0.097	0.807	0.064
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.030	0.246	0.020
Threonine....g	0.135		0		1		0.058	0.481	0.038
Isoleucine....g	0.184		0		1		0.079	0.655	0.052
Leucine....g	0.330		0		1		0.142	1.175	0.094
Lysine....g	0.168		0		1		0.072	0.598	0.048
Methionine....g	0.082		0		1		0.035	0.292	0.023
Cystine....g	0.106		0		1		0.046	0.377	0.030
Phenylalanine....g	0.229		0		1		0.098	0.815	0.065
Tyrosine....g	0.138		0		1		0.059	0.491	0.039
Valine....g	0.213		0		1		0.092	0.758	0.060
Arginine....g	0.187		0		1		0.080	0.666	0.053
Histidine....g	0.099		0		1		0.043	0.352	0.028
Alanine....g	0.147		0		1		0.063	0.523	0.042
Aspartic acid....g	0.205		0		1		0.088	0.730	0.058
Glutamic acid....g	1.596		0		1		0.686	5.682	0.452
Glycine....g	0.165		0		1		0.071	0.587	0.047
Proline....g	0.538		0		1		0.231	1.915	0.153
Serine....g	0.255		0		1		0.110	0.908	0.072
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 356g: 1 package, mix + drained berries

NDB No. 18275
Muffins, blueberry, dry mix

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate**4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.50		0		1		11.20	22.52	
Energy....kcal	285		0	NC	4		81	162	
Energy....kJ	1192				4		338	680	
Protein (N x 0)....g	6.50		0		1		1.84	3.71	
Total lipid (fat)....g	10.80		0		1		3.06	6.16	
Ash....g	2.50		0		1		0.71	1.43	
Carbohydrate, by difference....g	40.70		0	NC	4		11.54	23.20	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	189		0		1		54	108	
Iron, Fe....mg	2.27		0		1		0.64	1.29	
Magnesium, Mg....mg	16		0		1		5	9	
Phosphorus, P....mg	145		0		1		41	83	
Potassium, K....mg	123		0		1		35	70	
Sodium, Na....mg	441		0		1		125	251	
Zinc, Zn....mg	0.54		0		1		0.15	0.31	
Copper, Cu....mg	0.071		0		1		0.020	0.040	
Manganese, Mn....mg	0.312		0		1		0.088	0.178	
Selenium, Se....µg	17.1		0	RK	4		4.8	9.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		1		0.4	0.9	
Thiamin....mg	0.272		0		1		0.077	0.155	
Riboflavin....mg	0.289		0		1		0.082	0.165	
Niacin....mg	2.211		0		1		0.627	1.260	
Pantothenic acid....mg	0.341		0		1		0.097	0.194	
Vitamin B-6....mg	0.043		0		1		0.012	0.025	
Folate, total....µg	48		0	RK	4		14	27	
Folic acid....µg	36		0	NC	4		10	21	
Folate, food....µg	12		0		1		3	7	
Folate, DFE....µg	73		0	NC	4		21	42	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		0		1		0.04	0.08	
Vitamin A, RAE....µg	38		0	NC	4		11	22	
Retinol....µg	37		0	NC	4		10	21	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	141		0		1		40	80	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18278
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.030		0		1		0.576	1.157	
4:0....g	0.025		0		1		0.007	0.014	
6:0....g	0.015		0		1		0.004	0.009	
8:0....g	0.009		0		1		0.003	0.005	
10:0....g	0.020		0		1		0.006	0.011	
12:0....g	0.022		0		1		0.006	0.013	
13:0....g									
14:0....g	0.090		0		1		0.026	0.051	
15:0....g									
16:0....g	1.349		0		1		0.382	0.769	
17:0....g									
18:0....g	0.494		0		1		0.140	0.282	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.596		0		1		0.736	1.480	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.059		0		1		0.017	0.034	
17:1....g									
18:1 undifferentiated....g	2.515		0		1		0.713	1.434	
20:1....g	0.020		0		1		0.006	0.011	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.388		0		1		1.527	3.071	
18:2 undifferentiated....g	4.752		0		1		1.347	2.709	
18:3 undifferentiated....g	0.621		0		1		0.176	0.354	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.006	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	37		0		1		10	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023	0.046	
Threonine....g	0.219		0		1		0.062	0.125	
Isoleucine....g	0.276		0		1		0.078	0.157	
Leucine....g	0.498		0		1		0.141	0.284	
Lysine....g	0.264		0		1		0.075	0.150	
Methionine....g	0.137		0		1		0.039	0.078	
Cystine....g	0.124		0		1		0.035	0.071	
Phenylalanine....g	0.325		0		1		0.092	0.185	
Tyrosine....g	0.227		0		1		0.064	0.129	
Valine....g	0.314		0		1		0.089	0.179	
Arginine....g	0.277		0		1		0.079	0.158	
Histidine....g	0.151		0		1		0.043	0.086	
Alanine....g	0.235		0		1		0.067	0.134	
Aspartic acid....g	0.376		0		1		0.107	0.214	
Glutamic acid....g	1.799		0		1		0.510	1.025	
Glycine....g	0.213		0		1		0.060	0.121	
Proline....g	0.644		0		1		0.183	0.367	
Serine....g	0.352		0		1		0.100	0.201	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18277
Muffins, blueberry, toaster-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.80		2		1		8.73	10.16	
Energy....kcal	313		0	NC	4		89	103	
Energy....kJ	1310		0		4		371	432	
Protein (N x 5.7)....g	4.60		2		1		1.30	1.52	
Total lipid (fat)....g	9.50		2		1		2.69	3.14	
Ash....g	1.80		2		1		0.51	0.59	
Carbohydrate, by difference....g	53.30		0	NC	4		15.11	17.59	
Fiber, total dietary....g	1.8		0	RA	4		0.5	0.6	
Sugars, total....g	4.85		0	FLC	4		1.37	1.60	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1		1		4	4	
Iron, Fe....mg	0.51		1		1		0.14	0.17	
Magnesium, Mg....mg	12		0	FLA	4		3	4	
Phosphorus, P....mg	59		0	FLA	4		17	19	
Potassium, K....mg	83		1		1		24	27	
Sodium, Na....mg	417		0	LC	8		118	138	
Zinc, Zn....mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu....mg	0.083		0	FLA	4		0.024	0.027	
Manganese, Mn....mg	0.368		0	FLA	4		0.104	0.121	
Selenium, Se....µg	17.6		0	FLA	4		5.0	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.240		1		1		0.068	0.079	
Riboflavin....mg	0.290		1		1		0.082	0.096	
Niacin....mg	2.020		1		1		0.573	0.667	
Pantothenic acid....mg	0.246		0	FLA	4		0.070	0.081	
Vitamin B-6....mg	0.027		0	FLA	4		0.008	0.009	
Folate, total....µg	65		0	FLC	4		18	21	
Folic acid....µg	54		0	NR	4		15	18	
Folate, food....µg	11		0	NC	4		3	4	
Folate, DFE....µg	103		0	NC	4		29	34	
Choline, total....mg	51.7		0	BFZN	4		14.7	17.1	
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	94		0	NC	4		27	31	
Retinol....µg	94		0	FLC	4		27	31	
Carotene, beta....µg	3		0	FLC	4		1	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	318		1		1		90	105	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	19		0	FLC	4		5	6	
Vitamin E (alpha-tocopherol)....mg	0.91		0	FLC	4		0.26	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	19.3		0	FLC	4		5.5	6.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18277
Muffins, blueberry, toaster-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.398		0	FLA	4		0.396	0.461	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.009		0	FLA	4		0.003	0.003	
15:0....g									
16:0....g	1.018		0	FLA	4		0.289	0.336	
17:0....g									
18:0....g	0.351		0	FLA	4		0.100	0.116	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.162		0	FLA	4		0.613	0.713	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0	FLA	4		0.006	0.007	
17:1....g									
18:1 undifferentiated....g	2.113		0	FLA	4		0.599	0.697	
20:1....g	0.018		0	FLA	4		0.005	0.006	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.351		0	FLA	4		1.517	1.766	
18:2 undifferentiated....g	4.722		0	FLA	4		1.339	1.558	
18:3 undifferentiated....g	0.617		0	FLA	4		0.175	0.204	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0	FLA	4		2	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.018	0.020	
Threonine....g	0.180		0		1		0.051	0.059	
Isoleucine....g	0.205		0		1		0.058	0.068	
Leucine....g	0.353		0		1		0.100	0.116	
Lysine....g	0.259		0		1		0.073	0.085	
Methionine....g	0.067		0		1		0.019	0.022	
Cystine....g	0.076		0		1		0.022	0.025	
Phenylalanine....g	0.228		0		1		0.065	0.075	
Tyrosine....g	0.162		0		1		0.046	0.053	
Valine....g	0.217		0		1		0.062	0.072	
Arginine....g	0.304		0		1		0.086	0.100	
Histidine....g	0.115		0		1		0.033	0.038	
Alanine....g	0.196		0		1		0.056	0.065	
Aspartic acid....g	0.479		0		1		0.136	0.158	
Glutamic acid....g	0.967		0		1		0.274	0.319	
Glycine....g	0.192		0		1		0.054	0.063	
Proline....g	0.307		0		1		0.087	0.101	
Serine....g	0.251		0		1		0.071	0.083	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18277
Muffins, blueberry, toaster-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 muffin, toaster

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.40		0		1		7.48	8.18	
Energy....kcal	333		0	NC	4		94	103	
Energy....kJ	1393		0		4		395	432	
Protein (N x 0)....g	4.90		0		1		1.39	1.52	
Total lipid (fat)....g	10.10		0		1		2.86	3.13	
Ash....g	1.90		0		1		0.54	0.59	
Carbohydrate, by difference....g	56.70		0	NC	4		16.07	17.58	
Fiber, total dietary....g	1.9		0	RA	4		0.5	0.6	
Sugars, total....g	12.95		0	RA	4		3.67	4.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		4	4	
Iron, Fe....mg	0.54		0		1		0.15	0.17	
Magnesium, Mg....mg	15		0		4		4	5	
Phosphorus, P....mg	192		0		4		54	60	
Potassium, K....mg	88		0		1		25	27	
Sodium, Na....mg	444		0	BFSN	4		126	138	
Zinc, Zn....mg	0.48		0		4		0.14	0.15	
Copper, Cu....mg	0.100		0		4		0.028	0.031	
Manganese, Mn....mg	0.470		0		4		0.133	0.146	
Selenium, Se....µg	18.7		0	RK	4		5.3	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.204		0		1		0.058	0.063	
Riboflavin....mg	0.278		0		1		0.079	0.086	
Niacin....mg	1.934		0		1		0.548	0.600	
Pantothenic acid....mg	0.205		0		4		0.058	0.064	
Vitamin B-6....mg	0.028		0		4		0.008	0.009	
Folate, total....µg	59		0	RA	4		17	18	
Folic acid....µg	50		0	NR	4		14	16	
Folate, food....µg	9		0	NC	4		3	3	
Folate, DFE....µg	94		0	NC	4		27	29	
Choline, total....mg	55.6		0	RA	4		15.8	17.2	
Betaine....mg									
Vitamin B-12....µg	0.01		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	101		0	NC	4		29	31	
Retinol....µg	101		0	RA	4		29	31	
Carotene, beta....µg	3		0	RA	4		1	1	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	324		0	RA	4		92	101	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	20		0	RA	4		6	6	
Vitamin E (alpha-tocopherol)....mg	0.98		0	RA	4		0.28	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	20.8		0	RA	4		5.9	6.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.551		0		1		0.440	0.481	
4:0....g	0.001		0		1		0.000	0.000	
6:0....g	0.001		0		1		0.000	0.000	
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.015		0		1		0.004	0.005	
15:0....g									
16:0....g	1.135		0		1		0.322	0.352	
17:0....g									
18:0....g	0.397		0		1		0.113	0.123	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.371		0		1		0.672	0.735	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0		1		0.010	0.011	
17:1....g									
18:1 undifferentiated....g	2.314		0		1		0.656	0.717	
20:1....g	0.019		0		1		0.005	0.006	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.477		0		1		1.553	1.698	
18:2 undifferentiated....g	4.839		0		1		1.372	1.500	
18:3 undifferentiated....g	0.627		0		1		0.178	0.194	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		0		1		0.003	0.003	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	5		0		4		1	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.019	0.020	
Threonine....g	0.192		0		1		0.054	0.060	
Isoleucine....g	0.218		0		1		0.062	0.068	
Leucine....g	0.375		0		1		0.106	0.116	
Lysine....g	0.276		0		1		0.078	0.086	
Methionine....g	0.071		0		1		0.020	0.022	
Cystine....g	0.080		0		1		0.023	0.025	
Phenylalanine....g	0.242		0		1		0.069	0.075	
Tyrosine....g	0.172		0		1		0.049	0.053	
Valine....g	0.231		0		1		0.065	0.072	
Arginine....g	0.324		0		1		0.092	0.100	
Histidine....g	0.122		0		1		0.035	0.038	
Alanine....g	0.208		0		1		0.059	0.064	
Aspartic acid....g	0.510		0		1		0.145	0.158	
Glutamic acid....g	1.029		0		1		0.292	0.319	
Glycine....g	0.204		0		1		0.058	0.063	
Proline....g	0.326		0		1		0.092	0.101	
Serine....g	0.267		0		1		0.076	0.083	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18386
Muffins, blueberry, toaster-type, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 31g: 1 muffin, toaster

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18279
Muffins, corn, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.60	1.403	6		1		9.24	5.54	21.52
Energy....kcal	305		0	NC	4		87	52	202
Energy....kJ	1278		0	NC	4		362	217	843
Protein (N x 5.9)....g	5.90		2		1		1.67	1.00	3.89
Total lipid (fat)....g	8.40		2		1		2.38	1.43	5.54
Ash....g	2.10	0.116	3		1		0.60	0.36	1.39
Carbohydrate, by difference....g	51.00		0	NC	4		14.46	8.67	33.66
Fiber, total dietary....g	3.4		0		4		1.0	0.6	2.2
Sugars, total....g	17.78		0	FLC	4		5.04	3.02	11.74
Starch....g									
Minerals:									
Calcium, Ca....mg	74		2		1		21	13	49
Iron, Fe....mg	2.81		1		1		0.80	0.48	1.85
Magnesium, Mg....mg	32		0	FLA	4		9	5	21
Phosphorus, P....mg	284		2		1		81	48	187
Potassium, K....mg	69		1		1		20	12	46
Sodium, Na....mg	467		0	LC	8		132	79	308
Zinc, Zn....mg	0.54		0	FLA	4		0.15	0.09	0.36
Copper, Cu....mg	0.299		0	FLA	4		0.085	0.051	0.197
Manganese, Mn....mg	0.355		0	FLA	4		0.101	0.060	0.234
Selenium, Se....µg	15.2	3.470	3	A	1		4.3	2.6	10.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.273		1		1		0.077	0.046	0.180
Riboflavin....mg	0.326		1		1		0.092	0.055	0.215
Niacin....mg	2.037		1		1		0.577	0.346	1.344
Pantothenic acid....mg	0.444		1		1		0.126	0.075	0.293
Vitamin B-6....mg	0.084		1		1		0.024	0.014	0.055
Folate, total....µg	62		0	FLA	4		18	11	41
Folic acid....µg	28		0	NC	4		8	5	18
Folate, food....µg	34		0	NC	4		10	6	22
Folate, DFE....µg	82		0	NC	4		23	14	54
Choline, total....mg	51.7		0	BFZN	4		14.7	8.8	34.1
Betaine....mg									
Vitamin B-12....µg	0.09		0	FLA	4		0.03	0.02	0.06
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	52		0	NC	4		15	9	34
Retinol....µg	49		0	FLC	4		14	8	33
Carotene, beta....µg	20		0	FLC	4		6	3	13
Carotene, alpha....µg	12		0	FLC	4		3	2	8
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	208		2		1		59	35	137
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	263		0	FLC	4		75	45	174
Vitamin E (alpha-tocopherol)....mg	0.80		0	FLC	4		0.23	0.14	0.53
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.3		0	FLC	4		0.7	0.4	1.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18279
Muffins, corn, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.354		0	FLA	4		0.384	0.230	0.894
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.021		0	FLA	4		0.006	0.004	0.014
15:0....g									
16:0....g	1.048		0	FLA	4		0.297	0.178	0.692
17:0....g									
18:0....g	0.278		0	FLA	4		0.079	0.047	0.183
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.104		0	FLA	4		0.596	0.358	1.389
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	FLA	4		0.009	0.005	0.020
17:1....g									
18:1 undifferentiated....g	2.070		0	FLA	4		0.587	0.352	1.366
20:1....g	0.002		0	FLA	4		0.001	0.000	0.001
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.215		0	FLA	4		0.911	0.547	2.122
18:2 undifferentiated....g	3.021		0	FLA	4		0.856	0.514	1.994
18:3 undifferentiated....g	0.182		0	FLA	4		0.052	0.031	0.120
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		0	FLA	4		0.003	0.002	0.006
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.002		0	FLA	4		0.001	0.000	0.001
Fatty acids, total trans....g									
Cholesterol....mg	26		0	FLA	4		7	4	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		1		0.019	0.012	0.045
Threonine....g	0.226		0		1		0.064	0.038	0.149
Isoleucine....g	0.257		0		1		0.073	0.044	0.170
Leucine....g	0.516		0		1		0.146	0.088	0.341
Lysine....g	0.279		0		1		0.079	0.047	0.184
Methionine....g	0.117		0		1		0.033	0.020	0.077
Cystine....g	0.110		0		1		0.031	0.019	0.073
Phenylalanine....g	0.297		0		1		0.084	0.050	0.196
Tyrosine....g	0.218		0		1		0.062	0.037	0.144
Valine....g	0.294		0		1		0.083	0.050	0.194
Arginine....g	0.319		0		1		0.090	0.054	0.211
Histidine....g	0.151		0		1		0.043	0.026	0.100
Alanine....g	0.285		0		1		0.081	0.048	0.188
Aspartic acid....g	0.480		0		1		0.136	0.082	0.317
Glutamic acid....g	1.326		0		1		0.376	0.225	0.875
Glycine....g	0.224		0		1		0.064	0.038	0.148
Proline....g	0.477		0		1		0.135	0.081	0.315
Serine....g	0.325		0		1		0.092	0.055	0.215
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18279
Muffins, corn, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini

Measure 3 = 66g: 1 small

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18280
Muffins, corn, dry mix, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.50		0		1		8.65		
Energy....kcal	321		0	NC	4		91		
Energy....kJ	1343				4		381		
Protein....g	7.40		0		1		2.10		
Total lipid (fat)....g	10.20		0		1		2.89		
Ash....g	2.80		0		1		0.79		
Carbohydrate, by difference....g	49.10		0	NC	4		13.92		
Fiber, total dietary....g	2.4		0		4		0.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0		1		21		
Iron, Fe....mg	1.94		0		1		0.55		
Magnesium, Mg....mg	21		0		1		6		
Phosphorus, P....mg	384		0		1		109		
Potassium, K....mg	131		0		1		37		
Sodium, Na....mg	795		0		1		225		
Zinc, Zn....mg	0.64		0		1		0.18		
Copper, Cu....mg	0.063		0		1		0.018		
Manganese, Mn....mg	0.221		0		1		0.063		
Selenium, Se....µg	15.2	3.470	3	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.0		
Thiamin....mg	0.249		0		1		0.071		
Riboflavin....mg	0.276		0		1		0.078		
Niacin....mg	2.101		0		1		0.596		
Pantothenic acid....mg	0.451		0		1		0.128		
Vitamin B-6....mg	0.106		0		1		0.030		
Folate, total....µg	57		0	RP	4		16		
Folic acid....µg	46		0	NC	4		13		
Folate, food....µg	11		0		1		3		
Folate, DFE....µg	89		0	NC	4		25		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.16		0		1		0.05		
Vitamin A, RAE....µg	41		0	NC	4		11		
Retinol....µg	36		0	NC	4		10		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	210		0		1		60		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18280
Muffins, corn, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.797		0		1		0.793		
4:0....g	0.017		0		1		0.005		
6:0....g	0.010		0		1		0.003		
8:0....g	0.006		0		1		0.002		
10:0....g	0.013		0		1		0.004		
12:0....g	0.015		0		1		0.004		
13:0....g									
14:0....g	0.096		0		1		0.027		
15:0....g									
16:0....g	1.507		0		1		0.427		
17:0....g									
18:0....g	1.124		0		1		0.319		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.249		0		1		1.488		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0		1		0.015		
17:1....g									
18:1 undifferentiated....g	5.189		0		1		1.471		
20:1....g	0.004		0		1		0.001		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0		1		0.354		
18:2 undifferentiated....g	1.159		0		1		0.329		
18:3 undifferentiated....g	0.064		0		1		0.018		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006		
20:5 n-3 (EPA)....g	0.001		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.005		0		1		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	62		0		1		18		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023		
Threonine....g	0.273		0		1		0.077		
Isoleucine....g	0.317		0		1		0.090		
Leucine....g	0.660		0		1		0.187		
Lysine....g	0.323		0		1		0.092		
Methionine....g	0.166		0		1		0.047		
Cystine....g	0.139		0		1		0.039		
Phenylalanine....g	0.367		0		1		0.104		
Tyrosine....g	0.275		0		1		0.078		
Valine....g	0.379		0		1		0.107		
Arginine....g	0.341		0		1		0.097		
Histidine....g	0.184		0		1		0.052		
Alanine....g	0.356		0		1		0.101		
Aspartic acid....g	0.498		0		1		0.141		
Glutamic acid....g	1.659		0		1		0.470		
Glycine....g	0.251		0		1		0.071		
Proline....g	0.634		0		1		0.180		
Serine....g	0.404		0		1		0.115		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18280

Muffins, corn, dry mix, prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	33.00		0		1		9.36	18.81	
Energy ... kcal	316		0	NC	4		90	180	
Energy ... kJ	1322				4		375	754	
Protein (N x 0) ... g	7.10		0		1		2.01	4.05	
Total lipid (fat) ... g	12.30		0		1		3.49	7.01	
Ash ... g	3.40		0		1		0.96	1.94	
Carbohydrate, by difference ... g	44.20		0	NC	4		12.53	25.19	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	259		0		1		73	148	
Iron, Fe ... mg	2.61		0		1		0.74	1.49	
Magnesium, Mg ... mg	23		0		1		7	13	
Phosphorus, P ... mg	177		0		1		50	101	
Potassium, K ... mg	145		0		1		41	83	
Sodium, Na ... mg	585		0		1		166	333	
Zinc, Zn ... mg	0.61		0		1		0.17	0.35	
Copper, Cu ... mg	0.059		0		1		0.017	0.034	
Manganese, Mn ... mg	0.186		0		1		0.053	0.106	
Selenium, Se ... µg	13.4		0	RK	4		3.8	7.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0		1		0.1	0.2	
Thiamin ... mg	0.303		0		1		0.086	0.173	
Riboflavin ... mg	0.310		0		1		0.088	0.177	
Niacin ... mg	2.382		0		1		0.675	1.358	
Pantothenic acid ... mg	0.359		0		1		0.102	0.205	
Vitamin B-6 ... mg	0.093		0		1		0.026	0.053	
Folate, total ... µg	75		0	FLA	4		21	43	
Folic acid ... µg	57		0	FLA	4		16	32	
Folate, food ... µg	18		0		1		5	10	
Folate, DFE ... µg	115		0	NC	4		33	65	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.16		0		1		0.05	0.09	
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	241		0		1		68	137	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	2.311		0		1		0.655	1.317	
4:0	g	0.028		0		1		0.008	0.016	
6:0	g	0.017		0		1		0.005	0.010	
8:0	g	0.010		0		1		0.003	0.006	
10:0	g	0.022		0		1		0.006	0.013	
12:0	g	0.025		0		1		0.007	0.014	
13:0	g									
14:0	g	0.102		0		1		0.029	0.058	
15:0	g									
16:0	g	1.535		0		1		0.435	0.875	
17:0	g									
18:0	g	0.562		0		1		0.159	0.320	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.012		0		1		0.854	1.717	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.068		0		1		0.019	0.039	
17:1	g									
18:1 undifferentiated	g	2.919		0		1		0.828	1.664	
20:1	g	0.022		0		1		0.006	0.013	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	6.162		0		1		1.747	3.512	
18:2 undifferentiated	g	5.445		0		1		1.544	3.104	
18:3 undifferentiated	g	0.700		0		1		0.198	0.399	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.013		0		1		0.004	0.007	
20:5 n-3 (EPA)	g	0.000		0		1		0.000	0.000	
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)	g	0.003		0		1		0.001	0.002	
Fatty acids, total trans	g									
Cholesterol	mg	42		0		1		12	24	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.077		0		1		0.022	0.044	
Threonine	g	0.261		0		1		0.074	0.149	
Isoleucine	g	0.304		0		1		0.086	0.173	
Leucine	g	0.655		0		1		0.186	0.373	
Lysine	g	0.304		0		1		0.086	0.173	
Methionine	g	0.156		0		1		0.044	0.089	
Cystine	g	0.127		0		1		0.036	0.072	
Phenylalanine	g	0.350		0		1		0.099	0.200	
Tyrosine	g	0.271		0		1		0.077	0.154	
Valine	g	0.364		0		1		0.103	0.207	
Arginine	g	0.319		0		1		0.090	0.182	
Histidine	g	0.182		0		1		0.052	0.104	
Alanine	g	0.345		0		1		0.098	0.197	
Aspartic acid	g	0.466		0		1		0.132	0.266	
Glutamic acid	g	1.628		0		1		0.462	0.928	
Glycine	g	0.239		0		1		0.068	0.136	
Proline	g	0.637		0		1		0.181	0.363	
Serine	g	0.378		0		1		0.107	0.215	
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin (2-3/4" dia x 2")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18281
Muffins, corn, toaster-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.60		2		1		6.69	7.79	
Energy....kcal	346		0	NC	4		98	114	
Energy....kJ	1448				4		410	478	
Protein (N x 5.9)....g	5.30		2		1		1.50	1.75	
Total lipid (fat)....g	11.30		2		1		3.20	3.73	
Ash....g	1.90		2		1		0.54	0.63	
Carbohydrate, by difference....g	57.90		0	NC	4		16.41	19.11	
Fiber, total dietary....g	1.6		0		4		0.5	0.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1		1		5	6	
Iron, Fe....mg	1.47		1		1		0.42	0.49	
Magnesium, Mg....mg	14		0	FLA	4		4	5	
Phosphorus, P....mg	151		0	FLA	4		43	50	
Potassium, K....mg	92		1		1		26	30	
Sodium, Na....mg	430		1		1		122	142	
Zinc, Zn....mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu....mg	0.072		0	FLA	4		0.020	0.024	
Manganese, Mn....mg	0.280		0	FLA	4		0.079	0.092	
Selenium, Se....µg	15.2		0	FLA	4		4.3	5.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.310		1		1		0.088	0.102	
Riboflavin....mg	0.370		1		1		0.105	0.122	
Niacin....mg	2.310		1		1		0.655	0.762	
Pantothenic acid....mg	0.241		0	FLA	4		0.068	0.080	
Vitamin B-6....mg	0.048		0	FLA	4		0.014	0.016	
Folate, total....µg	57		0	FLA	4		16	19	
Folic acid....µg	45		0	NC	4		13	15	
Folate, food....µg	12		0		4		3	4	
Folate, DFE....µg	89		0	NC	4		25	29	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.03		0	FLA	4		0.01	0.01	
Vitamin A, RAE....µg	18		0	NC	4		5	6	
Retinol....µg	16		0	NC	4		5	5	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	97		1		1		27	32	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18281
Muffins, corn, toaster-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.681		0	FLA	4		0.477	0.555	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.012		0	FLA	4		0.003	0.004	
15:0....g									
16:0....g	1.220		0	FLA	4		0.346	0.403	
17:0....g									
18:0....g	0.426		0	FLA	4		0.121	0.141	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.625		0	FLA	4		0.744	0.866	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0	FLA	4		0.009	0.010	
17:1....g									
18:1 undifferentiated....g	2.562		0	FLA	4		0.726	0.845	
20:1....g	0.022		0	FLA	4		0.006	0.007	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.324		0	FLA	4		1.793	2.087	
18:2 undifferentiated....g	5.586		0	FLA	4		1.584	1.843	
18:3 undifferentiated....g	0.722		0	FLA	4		0.205	0.238	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.004		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	13		0	FLA	4		4	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.060		0		1		0.017	0.020	
Threonine....g	0.186		0		1		0.053	0.061	
Isoleucine....g	0.214		0		1		0.061	0.071	
Leucine....g	0.441		0		1		0.125	0.146	
Lysine....g	0.197		0		1		0.056	0.065	
Methionine....g	0.118		0		1		0.033	0.039	
Cystine....g	0.113		0		1		0.032	0.037	
Phenylalanine....g	0.271		0		1		0.077	0.089	
Tyrosine....g	0.186		0		1		0.053	0.061	
Valine....g	0.254		0		1		0.072	0.084	
Arginine....g	0.252		0		1		0.071	0.083	
Histidine....g	0.129		0		1		0.037	0.043	
Alanine....g	0.245		0		1		0.069	0.081	
Aspartic acid....g	0.336		0		1		0.095	0.111	
Glutamic acid....g	1.352		0		1		0.383	0.446	
Glycine....g	0.192		0		1		0.054	0.063	
Proline....g	0.478		0		1		0.136	0.158	
Serine....g	0.300		0		1		0.085	0.099	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18281

Muffins, corn, toaster-type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 muffin, toaster

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18283
Muffins, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	35.00		2		1		9.92	5.95	23.10
Energy ... kcal	270		0	NC	4		77	46	178
Energy ... kJ	1130		0		4		320	192	746
Protein (N x 6.2) ... g	7.00		2		1		1.98	1.19	4.62
Total lipid (fat) ... g	7.40	0.081	3		1		2.10	1.26	4.88
Ash ... g	2.30	0.000	4		1		0.65	0.39	1.52
Carbohydrate, by difference ... g	48.30		0		4		13.69	8.21	31.88
Fiber, total dietary ... g	4.6		0		1		1.3	0.8	3.0
Sugars, total ... g	8.22		0	FLC	4		2.33	1.40	5.42
Starch ... g									
Minerals:									
Calcium, Ca ... mg	63		2		1		18	11	42
Iron, Fe ... mg	4.20		2		1		1.19	0.71	2.77
Magnesium, Mg ... mg	157		2		1		45	27	104
Phosphorus, P ... mg	376		2		1		107	64	248
Potassium, K ... mg	507		2		1		144	86	335
Sodium, Na ... mg	393		2		1		111	67	259
Zinc, Zn ... mg	1.84		2		1		0.52	0.31	1.21
Copper, Cu ... mg	0.330		2		1		0.094	0.056	0.218
Manganese, Mn ... mg	2.630		2		1		0.746	0.447	1.736
Selenium, Se ... µg	11.0		0	FLA	4		3.1	1.9	7.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin ... mg	0.262	0.008	8		1		0.074	0.045	0.173
Riboflavin ... mg	0.095	0.002	8		1		0.027	0.016	0.063
Niacin ... mg	0.420	0.025	8		1		0.119	0.071	0.277
Pantothenic acid ... mg	1.010	0.025	8		1		0.286	0.172	0.667
Vitamin B-6 ... mg	0.161		0		4		0.046	0.027	0.106
Folate, total ... µg	89		0	FLC	4		25	15	59
Folic acid ... µg	71		0		4		20	12	47
Folate, food ... µg	18	0.290	8		1		5	3	12
Folate, DFE ... µg	139		0	NC	4		39	24	92
Choline, total ... mg	6.6		0	FLC	4		1.9	1.1	4.4
Betaine ... mg									
Vitamin B-12 ... µg	0.01		0	FLA	4		0.00	0.00	0.01
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	0		0	NC	4		0	0	0
Retinol ... µg	0		0	FLC	4		0	0	0
Carotene, beta ... µg	0		0	FLC	4		0	0	0
Carotene, alpha ... µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... µg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	0		0	NC	4		0	0	0
Lycopene ... µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... µg	13		0	FLC	4		4	2	8
Vitamin E (alpha-tocopherol) ... mg	0.66		0	FLC	4		0.19	0.11	0.44
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... µg	13.0		0	FLC	4		3.7	2.2	8.6
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 18283
Muffins, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.087		0	FLA	4		0.308	0.185	0.717
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.002		0	FLA	4		0.001	0.000	0.001
13:0....g									
14:0....g	0.008		0	FLA	4		0.002	0.001	0.005
15:0....g									
16:0....g	0.803		0	FLA	4		0.228	0.137	0.530
17:0....g									
18:0....g	0.252		0	FLA	4		0.071	0.043	0.166
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.695		0	FLA	4		0.481	0.288	1.119
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	FLA	4		0.005	0.003	0.011
17:1....g									
18:1 undifferentiated....g	1.661		0	FLA	4		0.471	0.282	1.096
20:1....g	0.013		0	FLA	4		0.004	0.002	0.009
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.129		0	FLA	4		1.171	0.702	2.725
18:2 undifferentiated....g	3.664		0	FLA	4		1.039	0.623	2.418
18:3 undifferentiated....g	0.458		0	FLA	4		0.130	0.078	0.302
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		4		0.030	0.018	0.069
Threonine....g	0.210		0		4		0.060	0.036	0.139
Isoleucine....g	0.262		0		4		0.074	0.045	0.173
Leucine....g	0.506		0		4		0.143	0.086	0.334
Lysine....g	0.277		0		4		0.079	0.047	0.183
Methionine....g	0.123		0		4		0.035	0.021	0.081
Cystine....g	0.182		0		4		0.052	0.031	0.120
Phenylalanine....g	0.346		0		4		0.098	0.059	0.228
Tyrosine....g	0.234		0		4		0.066	0.040	0.154
Valine....g	0.364		0		4		0.103	0.062	0.240
Arginine....g	0.472		0		4		0.134	0.080	0.312
Histidine....g	0.156		0		4		0.044	0.027	0.103
Alanine....g	0.337		0		4		0.096	0.057	0.222
Aspartic acid....g	0.576		0		4		0.163	0.098	0.380
Glutamic acid....g	1.430		0		4		0.405	0.243	0.944
Glycine....g	0.338		0		4		0.096	0.057	0.223
Proline....g	0.365		0		4		0.103	0.062	0.241
Serine....g	0.309		0		4		0.088	0.053	0.204
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18283
Muffins, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini

Measure 3 = 66g: 1 small

Calories Factors: Protein 3.2 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18273
Muffins, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.70		0		1		10.69	21.49	
Energy....kcal	296		0	NC	4		84	169	
Energy....kJ	1238		0		4		351	706	
Protein (N x 0)....g	6.90		0		1		1.96	3.93	
Total lipid (fat)....g	11.40		0		1		3.23	6.50	
Ash....g	2.70		0		1		0.77	1.54	
Carbohydrate, by difference....g	41.40		0	NC	4		11.74	23.60	
Fiber, total dietary....g	2.7		0		4		0.8	1.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	200		0		1		57	114	
Iron, Fe....mg	2.39		0		1		0.68	1.36	
Magnesium, Mg....mg	17		0		1		5	10	
Phosphorus, P....mg	153		0		1		43	87	
Potassium, K....mg	121		0		1		34	69	
Sodium, Na....mg	467		0		1		132	266	
Zinc, Zn....mg	0.56		0		1		0.16	0.32	
Copper, Cu....mg	0.069		0		1		0.020	0.039	
Manganese, Mn....mg	0.296		0		1		0.084	0.169	
Selenium, Se....µg	18.0		0	RK	4		5.1	10.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		1		0.1	0.2	
Thiamin....mg	0.284		0		1		0.081	0.162	
Riboflavin....mg	0.301		0		1		0.085	0.172	
Niacin....mg	2.308		0		1		0.654	1.316	
Pantothenic acid....mg	0.351		0		1		0.100	0.200	
Vitamin B-6....mg	0.042		0		1		0.012	0.024	
Folate, total....µg	51		0	RK	4		14	29	
Folic acid....µg	38		0	NC	4		11	22	
Folate, food....µg	13		0		1		4	7	
Folate, DFE....µg	78		0	NC	4		22	44	
Choline, total....mg	43.4		0	AS	1		12.3	24.7	
Betaine....mg									
Vitamin B-12....µg	0.15		0		1		0.04	0.09	
Vitamin A, RAE....µg	40		0	NC	4		11	23	
Retinol....µg	39		0	NC	4		11	22	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	140		0		1		40	80	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18273
Muffins, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.156		0		1		0.611	1.229	
4:0....g	0.027		0		1		0.008	0.015	
6:0....g	0.016		0		1		0.005	0.009	
8:0....g	0.009		0		1		0.003	0.005	
10:0....g	0.021		0		1		0.006	0.012	
12:0....g	0.024		0		1		0.007	0.014	
13:0....g									
14:0....g	0.095		0		1		0.027	0.054	
15:0....g									
16:0....g	1.433		0		1		0.406	0.817	
17:0....g									
18:0....g	0.525		0		1		0.149	0.299	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.757		0		1		0.782	1.571	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.063		0		1		0.018	0.036	
17:1....g									
18:1 undifferentiated....g	2.671		0		1		0.757	1.522	
20:1....g	0.021		0		1		0.006	0.012	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.721		0		1		1.622	3.261	
18:2 undifferentiated....g	5.046		0		1		1.431	2.876	
18:3 undifferentiated....g	0.659		0		1		0.187	0.376	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.003	0.007	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	39		0		1		11	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0		1		0.024	0.049	
Threonine....g	0.231		0		1		0.065	0.132	
Isoleucine....g	0.290		0		1		0.082	0.165	
Leucine....g	0.523		0		1		0.148	0.298	
Lysine....g	0.279		0		1		0.079	0.159	
Methionine....g	0.144		0		1		0.041	0.082	
Cystine....g	0.130		0		1		0.037	0.074	
Phenylalanine....g	0.342		0		1		0.097	0.195	
Tyrosine....g	0.240		0		1		0.068	0.137	
Valine....g	0.330		0		1		0.094	0.188	
Arginine....g	0.290		0		1		0.082	0.165	
Histidine....g	0.159		0		1		0.045	0.091	
Alanine....g	0.246		0		1		0.070	0.140	
Aspartic acid....g	0.393		0		1		0.111	0.224	
Glutamic acid....g	1.900		0		1		0.539	1.083	
Glycine....g	0.222		0		1		0.063	0.127	
Proline....g	0.681		0		1		0.193	0.388	
Serine....g	0.371		0		1		0.105	0.211	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18284
Muffins, wheat bran, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.80		1		1		1.36	9.50	
Energy....kcal	396		0	NC	4		112	784	
Energy....kJ	1657				4		470	3281	
Protein (N x 6)....g	7.10		1		1		2.01	14.06	
Total lipid (fat)....g	12.00		1		1		3.40	23.76	
Ash....g	3.10		1		1		0.88	6.14	
Carbohydrate, by difference....g	73.00		0	NC	4		20.70	144.54	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1		1		10	71	
Iron, Fe....mg	3.60		1		1		1.02	7.13	
Magnesium, Mg....mg	87		1		1		25	172	
Phosphorus, P....mg	480		1		1		136	950	
Potassium, K....mg	200		1		1		57	396	
Sodium, Na....mg	700		1		1		198	1386	
Zinc, Zn....mg	1.50		1		1		0.43	2.97	
Copper, Cu....mg	0.200		1		1		0.057	0.396	
Manganese, Mn....mg	2.666		0	FLA	4		0.756	5.279	
Selenium, Se....µg	18.0		0	FLA	4		5.1	35.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.360		1		1		0.102	0.713	
Riboflavin....mg	0.280		1		1		0.079	0.554	
Niacin....mg	5.000		1		1		1.418	9.900	
Pantothenic acid....mg	0.669		0	FLA	4		0.190	1.325	
Vitamin B-6....mg	0.282		0	FLA	4		0.080	0.558	
Folate, total....µg	85		0	FLA	4		24	168	
Folic acid....µg	62		0	NC	4		18	123	
Folate, food....µg	23		0		4		7	46	
Folate, DFE....µg	128		0	NC	4		36	254	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18284
Muffins, wheat bran, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.939		0	FLA	4		0.833	5.819	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.056		0	FLA	4		0.016	0.111	
15:0....g									
16:0....g	1.562		0	FLA	4		0.443	3.093	
17:0....g									
18:0....g	1.312		0	FLA	4		0.372	2.598	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.403		0	FLA	4		1.815	12.678	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.001	0.010	
17:1....g									
18:1 undifferentiated....g	6.398		0	FLA	4		1.814	12.668	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.904		0	FLA	4		0.540	3.770	
18:2 undifferentiated....g	1.795		0	FLA	4		0.509	3.554	
18:3 undifferentiated....g	0.108		0	FLA	4		0.031	0.214	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0	FLA	4		0.000	0.002	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.033	0.228	
Threonine....g	0.212		0		1		0.060	0.420	
Isoleucine....g	0.245		0		1		0.069	0.485	
Leucine....g	0.453		0		1		0.128	0.897	
Lysine....g	0.259		0		1		0.073	0.513	
Methionine....g	0.112		0		1		0.032	0.222	
Cystine....g	0.162		0		1		0.046	0.321	
Phenylalanine....g	0.303		0		1		0.086	0.600	
Tyrosine....g	0.201		0		1		0.057	0.398	
Valine....g	0.322		0		1		0.091	0.638	
Arginine....g	0.385		0		1		0.109	0.762	
Histidine....g	0.170		0		1		0.048	0.337	
Alanine....g	0.282		0		1		0.080	0.558	
Aspartic acid....g	0.406		0		1		0.115	0.804	
Glutamic acid....g	1.823		0		1		0.517	3.610	
Glycine....g	0.326		0		1		0.092	0.645	
Proline....g	0.594		0		1		0.168	1.176	
Serine....g	0.343		0		1		0.097	0.679	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18284
Muffins, wheat bran, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 2.9 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18388
Muffins, wheat bran, toaster-type with raisins, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.00		0		1		7.65	9.18	
Energy....kcal	313		0	NC	4		89	106	
Energy....kJ	1310				4		371	445	
Protein (N x 0)....g	5.50		0		1		1.56	1.87	
Total lipid (fat)....g	9.40		0		1		2.66	3.20	
Ash....g	2.60		0		1		0.74	0.88	
Carbohydrate, by difference....g	55.50		0	NC	4		15.73	18.87	
Fiber, total dietary....g	8.2		0	RA	4		2.3	2.8	
Sugars, total....g	23.07		0	RK	4		6.54	7.84	
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0		1		11	13	
Iron, Fe....mg	2.83		0		1		0.80	0.96	
Magnesium, Mg....mg	21		0		4		6	7	
Phosphorus, P....mg	284		0		4		81	97	
Potassium, K....mg	177		0		1		50	60	
Sodium, Na....mg	527		0		1		149	179	
Zinc, Zn....mg	0.44		0		4		0.12	0.15	
Copper, Cu....mg	0.120		0		4		0.034	0.041	
Manganese, Mn....mg	0.433		0		4		0.123	0.147	
Selenium, Se....µg	20.3		0	RK	4		5.8	6.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.204		0		1		0.058	0.069	
Riboflavin....mg	0.287		0		1		0.081	0.098	
Niacin....mg	2.317		0		1		0.657	0.788	
Pantothenic acid....mg	0.180		0		4		0.051	0.061	
Vitamin B-6....mg	0.056		0		4		0.016	0.019	
Folate, total....µg	30		0	RK	4		8	10	
Folic acid....µg	23		0		4		7	8	
Folate, food....µg	7		0		4		2	2	
Folate, DFE....µg	46		0	NC	4		13	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.01	0.01	
Vitamin A, RAE....µg	56		0	NC	4		16	19	
Retinol....µg	56		0	RK	4		16	19	
Carotene, beta....µg	1		0	RK	4		0	0	
Carotene, alpha....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta....µg	0		0	RK	4		0	0	
Vitamin A, IU....IU	190		0	NC	4		54	64	
Lycopene....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin....µg	48		0	RK	4		14	16	
Vitamin E (alpha-tocopherol)....mg	0.98		0	RK	4		0.28	0.33	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	17.4		0	RK	4		4.9	5.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.500		0		1		0.425	0.510	
4:0....g	0.001		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.014		0		1		0.004	0.005	
15:0....g									
16:0....g	1.110		0		1		0.315	0.377	
17:0....g									
18:0....g	0.372		0		1		0.105	0.126	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.221		0		1		0.630	0.755	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.012	0.015	
17:1....g									
18:1 undifferentiated....g	2.158		0		1		0.612	0.734	
20:1....g	0.018		0		1		0.005	0.006	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.918		0		1		1.394	1.672	
18:2 undifferentiated....g	4.350		0		1		1.233	1.479	
18:3 undifferentiated....g	0.551		0		1		0.156	0.187	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		0		1		0.004	0.004	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	9		0		4		3	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0		1		0.021	0.025	
Threonine....g	0.197		0		1		0.056	0.067	
Isoleucine....g	0.219		0		1		0.062	0.074	
Leucine....g	0.394		0		1		0.112	0.134	
Lysine....g	0.250		0		1		0.071	0.085	
Methionine....g	0.094		0		1		0.027	0.032	
Cystine....g	0.106		0		1		0.030	0.036	
Phenylalanine....g	0.263		0		1		0.075	0.089	
Tyrosine....g	0.179		0		1		0.051	0.061	
Valine....g	0.251		0		1		0.071	0.085	
Arginine....g	0.325		0		1		0.092	0.111	
Histidine....g	0.135		0		1		0.038	0.046	
Alanine....g	0.230		0		1		0.065	0.078	
Aspartic acid....g	0.460		0		1		0.130	0.156	
Glutamic acid....g	1.277		0		1		0.362	0.434	
Glycine....g	0.225		0		1		0.064	0.077	
Proline....g	0.412		0		1		0.117	0.140	
Serine....g	0.293		0		1		0.083	0.100	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RK	4		0	0	
Theobromine....mg	0		0	RK	4		0	0	

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 34g: 1 muffin, toaster

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers
Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.60		1	A	1		1.01		
Energy....kcal	424		0	NC	4		119		
Energy....kJ	1776				4		497		
Protein....g	6.99		1	MA	12		1.96		
Total lipid (fat)....g	10.00		1	A	1		2.80		
Ash....g	2.80		1	A	1		0.78		
Carbohydrate, by difference....g	76.20		0	NC	4		21.34		
Fiber, total dietary....g	3.4		0	MA	12		1.0		
Sugars, total....g	23.00		1	MC	9		6.44		
Starch....g									
Minerals:									
Calcium, Ca....mg	79		0	MC	9		22		
Iron, Fe....mg	4.13		1	MA	12		1.16		
Magnesium, Mg....mg	59		0	MC	9		17		
Phosphorus, P....mg	202		0	MC	9		57		
Potassium, K....mg	177		0	MA	12		50		
Sodium, Na....mg	659		1	MA	12		185		
Zinc, Zn....mg	1.94		0	MC	9		0.54		
Copper, Cu....mg	0.030		0	MC	9		0.008		
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.228		0	MC	9		0.064		
Riboflavin....mg	0.240		0	MC	9		0.067		
Niacin....mg	3.780		0	MC	9		1.058		
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0	MC	9		0.028		
Folate, total....µg	46		0	MC	9		13		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.560		1	A	1		0.437		
Fatty acids, total monounsaturated....g	3.600		0	MA	12		1.008		
Fatty acids, total polyunsaturated....g	0.460		0	MA	12		0.129		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18619

NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.57		0	MC	9		0.17		
Energy....kcal	476		0	MC	9		52		
Energy....kJ	1992				9		219		
Protein....g	4.78		0	MC	9		0.53		
Total lipid (fat)....g	21.50		1	A	1		2.37		
Ash....g	1.90		1	A	1		0.21		
Carbohydrate, by difference....g	70.23		0	MC	9		7.73		
Fiber, total dietary....g	3.2		0	MC	9		0.4		
Sugars, total....g	36.00		1	A	1		3.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	MC	9		3		
Iron, Fe....mg	4.90		0	MC	9		0.54		
Magnesium, Mg....mg	48		0	MC	9		5		
Phosphorus, P....mg	103		0	MC	9		11		
Potassium, K....mg	194		0	MC	9		21		
Sodium, Na....mg	528		0	MC	9		58		
Zinc, Zn....mg	1.23		0	MC	9		0.14		
Copper, Cu....mg	0.270		0	MC	9		0.030		
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.122		0	MC	9		0.013		
Riboflavin....mg	0.165		0	MC	9		0.018		
Niacin....mg	1.845		0	MC	9		0.203		
Pantothenic acid....mg	0.036		0	MC	9		0.004		
Vitamin B-6....mg	0.032		0	MC	9		0.004		
Folate, total....µg	30		0	MC	9		3		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	3		0	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.140		1	A	1		0.455		
4:0....g									
6:0....g									
8:0....g	0.009		1	A	1		0.001		
10:0....g	0.009		1	A	1		0.001		
12:0....g	0.009		1	A	1		0.001		

NDB No. 18619
NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g	0.009		1	A	1		0.001		
15:0....g	0.010		1	A	1		0.001		
16:0....g	2.192		1	A	1		0.241		
17:0....g	0.019		1	A	1		0.002		
18:0....g	1.790		1	A	1		0.197		
20:0....g	0.077		1	A	1		0.008		
22:0....g	0.067		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	3.170		0	MC	9		0.349		
14:1....g	0.009		1	A	1		0.001		
15:1....g									
16:1 undifferentiated....g	0.029		1	A	1		0.003		
17:1....g	0.010		1	A	1		0.001		
18:1 undifferentiated....g	11.101		1	A	1		1.221		
20:1....g	0.067		1	A	1		0.007		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.820		0	MC	9		0.090		
18:2 undifferentiated....g	2.066		1	A	1		0.227		
18:3 undifferentiated....g	0.096		1	A	1		0.011		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.010		1	A	1		0.001		
20:4 undifferentiated....g	0.010		1	A	1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18621
NABISCO, NABISCO RITZ Crackers
Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.12	0.164	4	A	1		0.10	0.50	
Energy....kcal	492		0	NC	4		16	79	
Energy....kJ	2058		0	NC	4		68	329	
Protein....g	7.23	0.047	4	A	1		0.24	1.16	
Total lipid (fat)....g	23.21	0.366	4	A	1		0.77	3.71	
Ash....g	2.93	0.079	4	A	1		0.10	0.47	
Carbohydrate, by difference....g	63.51		0	NC	4		2.10	10.16	
Fiber, total dietary....g	2.3	0.075	4	A	1		0.1	0.4	
Sugars, total....g	8.14	0.224	4	A	1		0.27	1.30	
Sucrose....g	6.33	0.233	4	A	1		0.21	1.01	
Glucose (dextrose)....g	0.64	0.044	4	A	1		0.02	0.10	
Fructose....g	0.59	0.030	4	A	1		0.02	0.10	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.58	0.028	4	A	1		0.02	0.09	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	51.32	0.307	4	A	1		1.69	8.21	
Minerals:									
Calcium, Ca....mg	154	1.250	4	A	1		5	25	
Iron, Fe....mg	4.47	0.058	4	A	1		0.15	0.72	
Magnesium, Mg....mg	19	0.238	4	A	1		1	3	
Phosphorus, P....mg	273	2.082	4	A	1		9	44	
Potassium, K....mg	119	4.250	4	A	1		4	19	
Sodium, Na....mg	882	41.357	4	A	1		29	141	
Zinc, Zn....mg	0.61	0.032	4	A	1		0.02	0.10	
Copper, Cu....mg	0.124	0.003	4	A	1		0.004	0.020	
Manganese, Mn....mg	0.540	0.023	4	A	1		0.018	0.086	
Selenium, Se....µg	4.6	0.397	4	A	1		0.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.442	0.021	4	A	1		0.015	0.071	
Riboflavin....mg	0.265	0.044	4	A	1		0.009	0.042	
Niacin....mg	4.880	0.092	4	A	1		0.161	0.781	
Pantothenic acid....mg	0.370		1	A	1		0.012	0.059	
Vitamin B-6....mg	0.060		1	A	1		0.002	0.010	
Folate, total....µg	72		1	A	1		2	12	
Folic acid....µg	55		1	A	1		2	9	
Folate, food....µg	17		0	AS	1		1	3	
Folate, DFE....µg	111		0	NC	4		4	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	3.49		2	A	1		0.12	0.56	
Tocopherol, beta....mg	0.30		2	A	1		0.01	0.05	
Tocopherol, gamma....mg	14.11		2	A	1		0.47	2.26	
Tocopherol, delta....mg	4.12		2	A	1		0.14	0.66	
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									

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	50.0		2	A	1		1.7	8.0	
Dihydrophylloquinone....µg	1.5		2	A	1		0.0	0.2	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.450		0	NC	4		0.180	0.872	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.017	0.006	4	A	1		0.001	0.003	
12:0....g	0.001	0.001	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.046	0.001	4	A	1		0.002	0.007	
15:0....g	0.005	0.000	4	A	1		0.000	0.001	
16:0....g	3.016	0.042	4	A	1		0.100	0.483	
17:0....g	0.024	0.001	4	A	1		0.001	0.004	
18:0....g	2.167	0.045	4	A	1		0.072	0.347	
20:0....g	0.075	0.001	4	A	1		0.002	0.012	
22:0....g	0.069	0.001	4	A	1		0.002	0.011	
24:0....g	0.029	0.000	4	A	1		0.001	0.005	
Fatty acids, total monounsaturated....g	6.276		0	NC	4		0.207	1.004	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.019	0.000	4	AS	1		0.001	0.003	
16:1 c....g	0.019	0.000	4	A	1		0.001	0.003	
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g	0.009	0.000	4	A	1		0.000	0.001	
18:1 undifferentiated....g	6.170	0.105	4	AS	1		0.204	0.987	
18:1 c....g	5.192	0.086	4	A	1		0.171	0.831	
18:1 t....g	0.977	0.022	4	A	1		0.032	0.156	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.077	0.007	4	A	1		0.003	0.012	
22:1 undifferentiated....g	0.002	0.001	4	AS	1		0.000	0.000	
22:1 c....g	0.001	0.000	4	A	1		0.000	0.000	
22:1 t....g	0.001	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	10.896		0	NC	4		0.360	1.743	
18:2 undifferentiated....g	9.650	0.149	4	AS	1		0.318	1.544	
18:2 n-6 c,c....g	9.562	0.151	4	A	1		0.316	1.530	
18:2 CLAs....g	0.015	0.001	4	A	1		0.001	0.002	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.072	0.007	4	A	1		0.002	0.012	
18:3 undifferentiated....g	1.232	0.031	4	AS	1		0.041	0.197	
18:3 n-3 c,c,c (ALA)....g	1.193	0.036	4	A	1		0.039	0.191	
18:3 n-6 c,c,c....g	0.039	0.007	4	A	1		0.001	0.006	
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	4	A	1		0.000	0.001	
20:3 undifferentiated....g	0.003	0.001	4	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.003	0.001	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.004	0.000	4	A	1		0.000	0.001	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	1.050		0	NC	4		0.035	0.168	
Fatty acids, total trans-monoenoic....g	0.978		0	NC	4		0.032	0.156	

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.072		0	NC	4		0.002	0.012	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.3g: 1 cracker

Measure 2 = 16g: 5 cracker (1 NLEA serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18651

NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.65		0	MC	9		2.82		
Energy....kcal	305		0	MC	9		49		
Energy....kJ	1276				9		204		
Protein....g	5.00		0	MC	9		0.80		
Total lipid (fat)....g	1.09		0	MC	9		0.17		
Ash....g	1.02		0	MC	9		0.16		
Carbohydrate, by difference....g	74.25		0	MC	9		11.88		
Fiber, total dietary....g	1.6		0	MC	9		0.3		
Sugars, total....g	43.38		0	MC	9		6.94		
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	MC	9		5		
Iron, Fe....mg	2.78		0	MC	9		0.44		
Magnesium, Mg....mg	25		0	MC	9		4		
Phosphorus, P....mg	71		0	MC	9		11		
Potassium, K....mg	111		0	MC	9		18		
Sodium, Na....mg	174		0	MC	9		28		
Zinc, Zn....mg	0.46		0	MC	9		0.07		
Copper, Cu....mg	0.168		0	MC	9		0.027		
Manganese, Mn....mg									
Selenium, Se....µg	1.7		0	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg	0.087		0	MC	9		0.014		
Riboflavin....mg	0.171		0	MC	9		0.027		
Niacin....mg	1.345		0	MC	9		0.215		
Pantothenic acid....mg	0.057		0	MC	9		0.009		
Vitamin B-6....mg	0.021		0	MC	9		0.003		
Folate, total....µg	19		0	MC	9		3		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.07		0	MC	9		0.01		
Vitamin A, RAE....µg									
Vitamin A, IU....IU	1		0	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.427		0	MC	9		0.068		
Fatty acids, total monounsaturated....g	0.246		0	MC	9		0.039		
Fatty acids, total polyunsaturated....g	0.196		0	MC	9		0.031		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18651
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g									
Caffeine....mg	8		0	MC	9		1		
Theobromine....mg	95		0	MC	9		15		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28377

PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.10		0	LC	8		18.92		
Energy....kcal	257		0	LC	8		131		
Energy....kJ	1075		0	LC	8		548		
Protein (N x 6.25)....g	0.01		0	LC	8		0.01		
Total lipid (fat)....g	3.08		0	LC	8		1.57		
Ash....g	2.47		0	LC	8		1.26		
Carbohydrate, by difference....g	43.20		0	LC	8		22.03		
Fiber, total dietary....g	5.9		0	LC	8		3.0		
Sugars, total....g	5.10		0	LC	8		2.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	195		0	LC	8		99		
Iron, Fe....mg	2.71		0	LC	8		1.38		
Magnesium, Mg....mg	104		0	LC	8		53		
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	371		0	LC	8		189		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	36.4		0	LC	8		18.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	LC	8		0.5		
Thiamin....mg	0.270		0	LC	8		0.138		
Riboflavin....mg	0.280		0	LC	8		0.143		
Niacin....mg	4.450		0	LC	8		2.270		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	99		0	LC	8		50		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.840		0	LC	8		0.428		
Fatty acids, total monounsaturated....g	0.570		0	LC	8		0.291		
Fatty acids, total polyunsaturated....g	1.530		0	LC	8		0.780		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	1		0	LC	8		1		
Phytosterols....mg									

NDB No. 28377
PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28378

PEPPERIDGE FARM, Cinnamon Swirl Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.00		0	LC	8		8.68		
Energy....kcal	300		0	LC	8		84		
Energy....kJ	1255		0	LC	8		351		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	5.00		0	LC	8		1.40		
Ash....g	1.40		0	LC	8		0.39		
Carbohydrate, by difference....g	52.90		0	LC	8		14.81		
Fiber, total dietary....g	3.2		0	LC	8		0.9		
Sugars, total....g	14.60		0	LC	8		4.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0	LC	8		21		
Iron, Fe....mg	3.20		0	LC	8		0.90		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	386		0	LC	8		108		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0	LC	8		0.3		
Thiamin....mg	0.400		0	LC	8		0.112		
Riboflavin....mg									
Niacin....mg	2.900		0	LC	8		0.812		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	100		0	LC	8		28		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.100		0	LC	8		0.308		
Fatty acids, total monounsaturated....g	1.100		0	LC	8		0.308		
Fatty acids, total polyunsaturated....g	3.200		0	LC	8		0.896		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	1		0	LC	8		0		
Phytosterols....mg									

NDB No. 28378
PEPPERIDGE FARM, Cinnamon Swirl Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28388

PEPPERIDGE FARM, Deli Swirl Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.28		0	LC	8		12.89		
Energy....kcal	247		0	LC	8		79		
Energy....kJ	1033		0	LC	8		331		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	3.10		0	LC	8		0.99		
Ash....g	2.20		0	LC	8		0.70		
Carbohydrate, by difference....g	44.70		0	LC	8		14.30		
Fiber, total dietary....g	4.7		0	LC	8		1.5		
Sugars, total....g	2.80		0	LC	8		0.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0	LC	8		34		
Iron, Fe....mg	3.10		0	LC	8		0.99		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	548		0	LC	8		175		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		0	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	LC	8		0.288		
Fatty acids, total monounsaturated....g	0.600		0	LC	8		0.192		
Fatty acids, total polyunsaturated....g	1.600		0	LC	8		0.512		
Fatty acids, total trans....g	0.300		0	LC	8		0.096		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									

NDB No. 28388
PEPPERIDGE FARM, Deli Swirl Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28392

PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	36.70		0	LC	8		15.78		
Energy ... kcal	269		0	LC	8		116		
Energy ... kJ	1125		0	LC	8		484		
Protein (N x 6.25) ... g	0.01		0	LC	8		0.00		
Total lipid (fat) ... g	4.81		0	LC	8		2.07		
Ash ... g	2.00		0	LC	8		0.86		
Carbohydrate, by difference ... g	46.10		0	LC	8		19.82		
Fiber, total dietary ... g	7.7		0	LC	8		3.3		
Sugars, total ... g	7.21		0	LC	8		3.10		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	91		0	LC	8		39		
Iron, Fe ... mg	2.58		0	LC	8		1.11		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	349		0	LC	8		150		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		0	LC	8		0.4		
Thiamin ... mg	0.190		0	LC	8		0.082		
Riboflavin ... mg	0.160		0	LC	8		0.069		
Niacin ... mg	4.160		0	LC	8		1.789		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	99		0	LC	8		43		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.330		0	LC	8		0.572		
Fatty acids, total monounsaturated ... g	0.910		0	LC	8		0.391		
Fatty acids, total polyunsaturated ... g	2.330		0	LC	8		1.002		
Fatty acids, total trans ... g	0.020		0	LC	8		0.009		
Cholesterol ... mg	1		0	LC	8		0		
Phytosterols ... mg									

NDB No. 28392
PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28381

PEPPERIDGE FARM, Farmhouse Hearty White Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.80		0	LC	8		14.96		
Energy....kcal	267		0	LC	8		115		
Energy....kJ	1117		0	LC	8		480		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	2.98		0	LC	8		1.28		
Ash....g	2.05		0	LC	8		0.88		
Carbohydrate, by difference....g	60.16		0	NC	4		25.87		
Fiber, total dietary....g	2.0		0	LC	8		0.9		
Sugars, total....g	9.60		0	LC	8		4.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	74		0	LC	8		32		
Iron, Fe....mg	2.53		0	LC	8		1.09		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	548		0	LC	8		236		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	LC	8		0.4		
Thiamin....mg	0.300		0	LC	8		0.129		
Riboflavin....mg	0.280		0	LC	8		0.120		
Niacin....mg	3.810		0	LC	8		1.638		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	99		0	LC	8		43		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.980		0	LC	8		0.421		
Fatty acids, total monounsaturated....g	0.580		0	LC	8		0.249		
Fatty acids, total polyunsaturated....g	1.210		0	LC	8		0.520		
Fatty acids, total trans....g	0.070		0	LC	8		0.030		
Cholesterol....mg	1		0	LC	8		1		
Phytosterols....mg									

NDB No. 28381
PEPPERIDGE FARM, Farmhouse Hearty White Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28382

PEPPERIDGE FARM, Farmhouse Oatmeal Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.40		0	LC	8		14.79		
Energy....kcal	275		0	LC	8		118		
Energy....kJ	1151		0	LC	8		495		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	4.07		0	LC	8		1.75		
Ash....g	1.93		0	LC	8		0.83		
Carbohydrate, by difference....g	50.70		0	LC	8		21.80		
Fiber, total dietary....g	3.0		0	LC	8		1.3		
Sugars, total....g	6.91		0	LC	8		2.97		
Starch....g									
Minerals:									
Calcium, Ca....mg	72		0	LC	8		31		
Iron, Fe....mg	2.79		0	LC	8		1.20		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	465		0	LC	8		200		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	LC	8		0.4		
Thiamin....mg	0.330		0	LC	8		0.142		
Riboflavin....mg	0.230		0	LC	8		0.099		
Niacin....mg	3.720		0	LC	8		1.600		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	99		0	LC	8		43		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		0	LC	8		0.439		
Fatty acids, total monounsaturated....g	0.880		0	LC	8		0.378		
Fatty acids, total polyunsaturated....g	1.930		0	LC	8		0.830		
Fatty acids, total trans....g	0.020		0	LC	8		0.009		
Cholesterol....mg	1		0	LC	8		0		
Phytosterols....mg									

NDB No. 28382
PEPPERIDGE FARM, Farmhouse Oatmeal Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28384

PEPPERIDGE FARM, Farmhouse Sourdough Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.30		0	LC	8		15.18		
Energy....kcal	269		0	LC	8		116		
Energy....kJ	1125		0	LC	8		484		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	3.53		0	LC	8		1.52		
Ash....g	1.86		0	LC	8		0.80		
Carbohydrate, by difference....g	50.30		0	LC	8		21.63		
Fiber, total dietary....g	1.6		0	LC	8		0.7		
Sugars, total....g	4.70		0	LC	8		2.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	51		0	LC	8		22		
Iron, Fe....mg	2.84		0	LC	8		1.22		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	491		0	LC	8		211		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	LC	8		0.4		
Thiamin....mg	0.300		0	LC	8		0.129		
Riboflavin....mg	0.350		0	LC	8		0.151		
Niacin....mg	3.840		0	LC	8		1.651		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	99		0	LC	8		43		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.880		0	LC	8		0.378		
Fatty acids, total monounsaturated....g	0.720		0	LC	8		0.310		
Fatty acids, total polyunsaturated....g	1.700		0	LC	8		0.731		
Fatty acids, total trans....g	0.070		0	LC	8		0.030		
Cholesterol....mg	1		0	LC	8		0		
Phytosterols....mg									

NDB No. 28384
PEPPERIDGE FARM, Farmhouse Sourdough Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28361

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar

Pepperidge Farm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.17	0.085	3	A	1		0.16		
Energy....kcal	457		0	NC	4		24		
Energy....kJ	1910		0	NC	4		99		
Protein....g	11.71	0.335	3	A	1		0.61		
Total lipid (fat)....g	16.11	0.332	3	A	1		0.84		
Ash....g	2.82	0.020	3	A	1		0.15		
Carbohydrate, by difference....g	66.20		0	NC	4		3.44		
Fiber, total dietary....g									
Sugars, total....g	0.69		1	A	1		0.04		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.69		1	A	1		0.04		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	59.73	0.481	3	A	1		3.11		
Minerals:									
Calcium, Ca....mg	114	6.658	3	A	1		6		
Iron, Fe....mg	4.26	0.556	3	A	1		0.22		
Magnesium, Mg....mg	26	1.059	3	A	1		1		
Phosphorus, P....mg	177	5.207	3	A	1		9		
Potassium, K....mg	199	8.021	3	A	1		10		
Sodium, Na....mg	874	22.378	3	A	1		45		
Zinc, Zn....mg	1.45	0.083	3	A	1		0.08		
Copper, Cu....mg	0.133	0.008	3	A	1		0.007		
Manganese, Mn....mg	0.598	0.048	3	A	1		0.031		
Selenium, Se....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.2g: 10 goldfish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28362

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza

Pepperidge Farm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.50		2	A	1		0.19		
Energy....kcal	458		0	NC	4		24		
Energy....kJ	1918		0	NC	4		102		
Protein....g	9.56		2	A	1		0.51		
Total lipid (fat)....g	16.82		2	A	1		0.89		
Ash....g	2.91		2	A	1		0.15		
Carbohydrate, by difference....g	67.20		0	NC	4		3.56		
Fiber, total dietary....g									
Sugars, total....g	2.40		1	A	1		0.13		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.94		1	A	1		0.05		
Fructose....g	0.46		1	A	1		0.02		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	1.00		1	A	1		0.05		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	60.60		2	A	1		3.21		
Minerals:									
Calcium, Ca....mg	47		2	A	1		2		
Iron, Fe....mg	4.43		2	A	1		0.23		
Magnesium, Mg....mg	26		2	A	1		1		
Phosphorus, P....mg	118		2	A	1		6		
Potassium, K....mg	296		2	A	1		16		
Sodium, Na....mg	868		2	A	1		46		
Zinc, Zn....mg	0.81		2	A	1		0.04		
Copper, Cu....mg	0.109		2	A	1		0.006		
Manganese, Mn....mg	0.626		2	A	1		0.033		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.780		1	A	1		0.041		
Riboflavin....mg	0.550		1	A	1		0.029		
Niacin....mg	6.490		1	A	1		0.344		
Pantothenic acid....mg	0.730		1	A	1		0.039		
Vitamin B-6....mg	0.130		1	A	1		0.007		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 28362

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.3g: 10 goldfish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28363

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original

Pepperidge Farm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.47	0.113	5	A	1		0.18		
Energy ... kcal	467		0	NC	4		24		
Energy ... kJ	1953		0	NC	4		102		
Protein ... g	9.42	0.276	5	A	1		0.49		
Total lipid (fat) ... g	18.42	0.223	5	A	1		0.96		
Ash ... g	2.87	0.058	5	A	1		0.15		
Carbohydrate, by difference ... g	65.81		0	NC	4		3.42		
Fiber, total dietary ... g	2.4	0.213	3	A	1		0.1		
Sugars, total ... g	1.03	0.118	3	A	1		0.05		
Sucrose ... g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) ... g	0.00	0.000	3	A	1		0.00		
Fructose ... g	0.00	0.000	3	A	1		0.00		
Lactose ... g	0.00	0.000	3	A	1		0.00		
Maltose ... g	1.03	0.118	3	A	1		0.05		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	59.37	2.360	3	A	1		3.09		
Minerals:									
Calcium, Ca ... mg	74	0.605	5	A	1		4		
Iron, Fe ... mg	4.73	0.184	5	A	1		0.25		
Magnesium, Mg ... mg	23	0.249	5	A	1		1		
Phosphorus, P ... mg	156	1.288	5	A	1		8		
Potassium, K ... mg	169	3.967	5	A	1		9		
Sodium, Na ... mg	947	30.928	5	A	1		49		
Zinc, Zn ... mg	0.97	0.016	5	A	1		0.05		
Copper, Cu ... mg	0.127	0.004	5	A	1		0.007		
Manganese, Mn ... mg	0.527	0.022	5	A	1		0.027		
Selenium, Se ... µg	4.0	0.088	3	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.833	0.007	3	A	1		0.043		
Riboflavin ... mg	0.507	0.019	3	A	1		0.026		
Niacin ... mg	6.640	0.541	3	A	1		0.345		
Pantothenic acid ... mg	0.695		2	A	1		0.036		
Vitamin B-6 ... mg	0.060	0.006	3	A	1		0.003		
Folate, total ... µg	153	13.017	3	A	1		8		
Folic acid ... µg									
Folate, food ... µg	153	13.017	3	A	1		8		
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	3.68		2	A	1		0.19		
Tocopherol, beta ... mg	0.17		2	A	1		0.01		
Tocopherol, gamma ... mg	5.85		2	A	1		0.30		
Tocopherol, delta ... mg	0.10		2	A	1		0.01		
Tocotrienol, alpha ... mg	0.10		2	A	1		0.01		
Tocotrienol, beta ... mg	0.83		2	A	1		0.04		
Tocotrienol, gamma ... mg	0.00		2	A	1		0.00		
Tocotrienol, delta ... mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 28363
PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	27.7		1	A	1		1.4		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	1.432		0	NC	4		0.074		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.003		2	A	1		0.000		
13:0....g									
14:0....g	0.014		2	A	1		0.001		
15:0....g	0.006		2	A	1		0.000		
16:0....g	0.838		2	A	1		0.044		
17:0....g	0.008		2	A	1		0.000		
18:0....g	0.370		2	A	1		0.019		
20:0....g	0.107		2	A	1		0.006		
22:0....g	0.054		2	A	1		0.003		
24:0....g	0.032		2	A	1		0.002		
Fatty acids, total monounsaturated....g	10.991		0	NC	4		0.572		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.055		0	AS	1		0.003		
16:1 c....g	0.055		2	A	1		0.003		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.009		2	A	1		0.000		
18:1 undifferentiated....g	10.695		0	AS	1		0.556		
18:1 c....g	10.680		2	A	1		0.555		
18:1 t....g	0.015		2	A	1		0.001		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.204		2	A	1		0.011		
22:1 undifferentiated....g	0.005		0	AS	1		0.000		
22:1 c....g	0.005		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.023		2	A	1		0.001		
Fatty acids, total polyunsaturated....g	4.335		0	NC	4		0.225		
18:2 undifferentiated....g	3.883		0	AS	1		0.202		
18:2 n-6 c,c....g	3.859		2	A	1		0.201		
18:2 CLAs....g	0.008		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017		2	A	1		0.001		
18:3 undifferentiated....g	0.439		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA)....g	0.418		2	A	1		0.022		
18:3 n-6 c,c,c....g	0.021		2	A	1		0.001		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.010		2	A	1		0.001		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.032		0	NC	4		0.002		
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.001		

NDB No. 28363
PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4		0.001		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.2g: 10 goldfish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28364

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan

Pepperidge Farm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.33	0.086	6	A	1		0.18		
Energy ... kcal	459		0	NC	4		24		
Energy ... kJ	1921		0	NC	4		102		
Protein ... g	11.16	0.304	6	A	1		0.59		
Total lipid (fat) ... g	17.29	0.222	6	A	1		0.92		
Ash ... g	3.51	0.040	6	A	1		0.19		
Carbohydrate, by difference ... g	64.70		0	NC	4		3.43		
Fiber, total dietary ... g	3.5		1	A	1		0.2		
Sugars, total ... g	0.83	0.132	3	A	1		0.04		
Sucrose ... g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) ... g	0.24	0.059	3	A	1		0.01		
Fructose ... g	0.00	0.000	3	A	1		0.00		
Lactose ... g	0.00	0.000	3	A	1		0.00		
Maltose ... g	0.59	0.083	3	A	1		0.03		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	101	0.583	6	A	1		5		
Iron, Fe ... mg	4.45	0.151	6	A	1		0.24		
Magnesium, Mg ... mg	24	0.822	6	A	1		1		
Phosphorus, P ... mg	204	1.892	6	A	1		11		
Potassium, K ... mg	168	3.159	6	A	1		9		
Sodium, Na ... mg	1187	18.915	6	A	1		63		
Zinc, Zn ... mg	1.32	0.046	6	A	1		0.07		
Copper, Cu ... mg	0.139	0.004	6	A	1		0.007		
Manganese, Mn ... mg	0.559	0.025	6	A	1		0.030		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.840	0.021	3	A	1		0.045		
Riboflavin ... mg	0.463	0.033	3	A	1		0.025		
Niacin ... mg	5.887	0.309	3	A	1		0.312		
Pantothenic acid ... mg	0.580		2	A	1		0.031		
Vitamin B-6 ... mg	0.080		1	A	1		0.004		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 28364
PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.614		0	NC	4		0.139		
4:0....g	0.050		1	A	1		0.003		
6:0....g	0.041		1	A	1		0.002		
8:0....g	0.025		1	A	1		0.001		
10:0....g	0.067		1	A	1		0.004		
12:0....g	0.078		1	A	1		0.004		
13:0....g									
14:0....g	0.256		1	A	1		0.014		
15:0....g	0.028		1	A	1		0.001		
16:0....g	1.375		1	A	1		0.073		
17:0....g	0.022		1	A	1		0.001		
18:0....g	0.520		1	A	1		0.028		
20:0....g	0.086		1	A	1		0.005		
22:0....g	0.040		1	A	1		0.002		
24:0....g	0.026		1	A	1		0.001		
Fatty acids, total monounsaturated....g	9.223		0	NC	4		0.489		
14:1....g	0.026		1	A	1		0.001		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.094		0	AS	1		0.005		
16:1 c....g	0.086		1	A	1		0.005		
16:1 t....g	0.008		1	A	1		0.000		
17:1....g	0.012		1	A	1		0.001		
18:1 undifferentiated....g	8.909		0	AS	1		0.472		
18:1 c....g	8.856		1	A	1		0.469		
18:1 t....g	0.053		1	A	1		0.003		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.158		1	A	1		0.008		
22:1 undifferentiated....g	0.005		0	AS	1		0.000		
22:1 c....g	0.005		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.019		1	A	1		0.001		
Fatty acids, total polyunsaturated....g	3.431		0	NC	4		0.182		
18:2 undifferentiated....g	3.034		0	AS	1		0.161		
18:2 n-6 c,c....g	2.994		1	A	1		0.159		
18:2 CLAs....g	0.017		1	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023		1	A	1		0.001		
18:3 undifferentiated....g	0.376		0	AS	1		0.020		
18:3 n-3 c,c,c (ALA)....g	0.362		1	A	1		0.019		
18:3 n-6 c,c,c....g	0.014		1	A	1		0.001		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.009		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.003		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.084		0	NC	4		0.004		
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.003		
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.001		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 28364

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan

Common Measures:

Measure 1 = 5.3g: 10 goldfish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28365

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza

Pepperidge Farm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.51	0.086	3	A	1		0.18		
Energy....kcal	469		0	NC	4		24		
Energy....kJ	1964		0	NC	4		100		
Protein....g	9.67	0.261	3	A	1		0.49		
Total lipid (fat)....g	18.93	0.212	3	A	1		0.97		
Ash....g	2.79	0.108	3	A	1		0.14		
Carbohydrate, by difference....g	65.11		0	NC	4		3.32		
Fiber, total dietary....g	3.5		1	A	1		0.2		
Sugars, total....g	0.86	0.106	3	A	1		0.04		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.30	0.059	3	A	1		0.02		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.56	0.060	3	A	1		0.03		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	61.33	0.418	3	A	1		3.13		
Minerals:									
Calcium, Ca....mg	93	2.245	3	A	1		5		
Iron, Fe....mg	4.87	0.192	3	A	1		0.25		
Magnesium, Mg....mg	28	1.322	3	A	1		1		
Phosphorus, P....mg	173	4.163	3	A	1		9		
Potassium, K....mg	326	7.446	3	A	1		17		
Sodium, Na....mg	815	53.930	3	A	1		42		
Zinc, Zn....mg	1.04	0.049	3	A	1		0.05		
Copper, Cu....mg	0.161	0.013	3	A	1		0.008		
Manganese, Mn....mg	0.552	0.024	3	A	1		0.028		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.775		2	A	1		0.040		
Riboflavin....mg	0.565		2	A	1		0.029		
Niacin....mg	6.785		2	A	1		0.346		
Pantothenic acid....mg	0.670		1	A	1		0.034		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 28365
PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.137		0	NC	4		0.109		
4:0....g	0.029		2	A	1		0.001		
6:0....g	0.020		2	A	1		0.001		
8:0....g	0.011		2	A	1		0.001		
10:0....g	0.034		2	A	1		0.002		
12:0....g	0.040		2	A	1		0.002		
13:0....g									
14:0....g	0.136		2	A	1		0.007		
15:0....g	0.018		2	A	1		0.001		
16:0....g	1.168		2	A	1		0.060		
17:0....g	0.016		2	A	1		0.001		
18:0....g	0.476		2	A	1		0.024		
20:0....g	0.105		2	A	1		0.005		
22:0....g	0.051		2	A	1		0.003		
24:0....g	0.030		2	A	1		0.002		
Fatty acids, total monounsaturated....g	11.111		0	NC	4		0.567		
14:1....g	0.014		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.079		0	AS	1		0.004		
16:1 c....g	0.075		2	A	1		0.004		
16:1 t....g	0.004		2	A	1		0.000		
17:1....g	0.012		2	A	1		0.001		
18:1 undifferentiated....g	10.778		0	AS	1		0.550		
18:1 c....g	10.741		2	A	1		0.548		
18:1 t....g	0.037		2	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.200		2	A	1		0.010		
22:1 undifferentiated....g	0.004		0	AS	1		0.000		
22:1 c....g	0.004		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.024		2	A	1		0.001		
Fatty acids, total polyunsaturated....g	4.045		0	NC	4		0.206		
18:2 undifferentiated....g	3.564		0	AS	1		0.182		
18:2 n-6 c,c....g	3.532		2	A	1		0.180		
18:2 CLAs....g	0.011		2	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.021		2	A	1		0.001		
18:3 undifferentiated....g	0.466		0	AS	1		0.024		
18:3 n-3 c,c,c (ALA)....g	0.446		2	A	1		0.023		
18:3 n-6 c,c,c....g	0.020		2	A	1		0.001		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.011		2	A	1		0.001		
20:3 undifferentiated....g	0.001		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.001		2	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.062		0	NC	4		0.003		
Fatty acids, total trans-monoenoic....g	0.041		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.021		0	NC	4		0.001		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 28365

PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza

Common Measures:

Measure 1 = 5.1g: 10 goldfish

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28394
PEPPERIDGE FARM, Hamburger Bun
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.30		0	LC	8		16.98		
Energy....kcal	278		0	LC	8		142		
Energy....kJ	1163		0	LC	8		593		
Protein (N x 6.25)....g	0.01		0	LC	8		0.01		
Total lipid (fat)....g	3.71		0	LC	8		1.89		
Ash....g	1.98		0	LC	8		1.01		
Carbohydrate, by difference....g	50.00		0	LC	8		25.50		
Fiber, total dietary....g	1.8		0	LC	8		0.9		
Sugars, total....g	7.71		0	LC	8		3.93		
Starch....g									
Minerals:									
Calcium, Ca....mg	153		0	LC	8		78		
Iron, Fe....mg	2.27		0	LC	8		1.16		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	381		0	LC	8		194		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	LC	8		0.5		
Thiamin....mg	0.310		0	LC	8		0.158		
Riboflavin....mg	0.310		0	LC	8		0.158		
Niacin....mg	3.270		0	LC	8		1.668		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	99		0	LC	8		50		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.960		0	LC	8		0.490		
Fatty acids, total monounsaturated....g	0.710		0	LC	8		0.362		
Fatty acids, total polyunsaturated....g	1.840		0	LC	8		0.938		
Fatty acids, total trans....g	0.200		0	LC	8		0.102		
Cholesterol....mg	1		0	LC	8		1		
Phytosterols....mg									

NDB No. 28394
PEPPERIDGE FARM, Hamburger Bun

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28387

PEPPERIDGE FARM, Hamburger Buns w/Sesame

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.20		0	LC	8		17.60		
Energy....kcal	280		0	LC	8		148		
Energy....kJ	1172		0	LC	8		621		
Protein (N x 6.25)....g	0.01		0	LC	8		0.01		
Total lipid (fat)....g	4.08		0	LC	8		2.16		
Ash....g	1.92		0	LC	8		1.02		
Carbohydrate, by difference....g	49.90		0	LC	8		26.45		
Fiber, total dietary....g	3.1		0	LC	8		1.6		
Sugars, total....g	7.21		0	LC	8		3.82		
Starch....g									
Minerals:									
Calcium, Ca....mg	151		0	LC	8		80		
Iron, Fe....mg	2.21		0	LC	8		1.17		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	379		0	LC	8		201		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	LC	8		0.5		
Thiamin....mg	0.320		0	LC	8		0.170		
Riboflavin....mg	0.300		0	LC	8		0.159		
Niacin....mg	3.640		0	LC	8		1.929		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	99		0	LC	8		52		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.000		0	LC	8		0.530		
Fatty acids, total monounsaturated....g	0.870		0	LC	8		0.461		
Fatty acids, total polyunsaturated....g	2.020		0	LC	8		1.071		
Fatty acids, total trans....g	0.020		0	LC	8		0.011		
Cholesterol....mg	1		0	LC	8		1		
Phytosterols....mg									

NDB No. 28387
PEPPERIDGE FARM, Hamburger Buns w/Sesame

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28385

PEPPERIDGE FARM, Jewish Rye Bread (Seedless)

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	38.98		0	LC	8		12.47		
Energy ... kcal	253		0	LC	8		81		
Energy ... kJ	1059		0	LC	8		339		
Protein (N x 6.25) ... g	0.01		0	LC	8		0.00		
Total lipid (fat) ... g	3.40		0	LC	8		1.09		
Ash ... g	2.50		0	LC	8		0.80		
Carbohydrate, by difference ... g	45.00		0	LC	8		14.40		
Fiber, total dietary ... g	4.7		0	LC	8		1.5		
Sugars, total ... g	3.10		0	LC	8		0.99		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	82		0	LC	8		26		
Iron, Fe ... mg	8.40		0	LC	8		2.69		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	528		0	LC	8		169		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	LC	8		0.0		
Thiamin ... mg	0.005		0	LC	8		0.001		
Riboflavin ... mg	0.300		0	LC	8		0.096		
Niacin ... mg	3.100		0	LC	8		0.992		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	0		0	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									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.900		0	LC	8		0.288		
Fatty acids, total monounsaturated ... g	0.600		0	LC	8		0.192		
Fatty acids, total polyunsaturated ... g	1.200		0	LC	8		0.384		
Fatty acids, total trans ... g	0.300		0	LC	8		0.096		
Cholesterol ... mg	0		0	LC	8		0		
Phytosterols ... mg									

NDB No. 28385
PEPPERIDGE FARM, Jewish Rye Bread (Seedless)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28390

PEPPERIDGE FARM, Light Style Wheat Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.40		0	LC	8		20.75		
Energy....kcal	256		0	LC	8		146		
Energy....kJ	1071		0	LC	8		610		
Protein (N x 6.25)....g	0.01		0	LC	8		0.01		
Total lipid (fat)....g	1.90		0	LC	8		1.08		
Ash....g	2.20		0	LC	8		1.25		
Carbohydrate, by difference....g	45.60		0	LC	8		25.99		
Fiber, total dietary....g	7.5		0	LC	8		4.3		
Sugars, total....g	4.40		0	LC	8		2.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	139		0	LC	8		79		
Iron, Fe....mg	3.50		0	LC	8		2.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	378		0	LC	8		216		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0	LC	8		0.6		
Thiamin....mg	0.400		0	LC	8		0.228		
Riboflavin....mg	0.200		0	LC	8		0.114		
Niacin....mg	4.400		0	LC	8		2.508		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	100		0	LC	8		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		0	LC	8		0.399		
Fatty acids, total monounsaturated....g	0.400		0	LC	8		0.228		
Fatty acids, total polyunsaturated....g	0.900		0	LC	8		0.513		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	1		0	LC	8		1		
Phytosterols....mg									

NDB No. 28390
PEPPERIDGE FARM, Light Style Wheat Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28386

PEPPERIDGE FARM, Pumpernickel Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.47		0	LC	8		11.99		
Energy....kcal	259		0	LC	8		83		
Energy....kJ	1084		0	LC	8		347		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	3.40		0	LC	8		1.09		
Ash....g	2.80		0	LC	8		0.90		
Carbohydrate, by difference....g	46.90		0	LC	8		15.01		
Fiber, total dietary....g	5.3		0	LC	8		1.7		
Sugars, total....g	3.40		0	LC	8		1.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	110		0	LC	8		35		
Iron, Fe....mg	4.10		0	LC	8		1.31		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	586		0	LC	8		187		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.300		0	LC	8		0.096		
Riboflavin....mg	0.300		0	LC	8		0.096		
Niacin....mg	3.800		0	LC	8		1.216		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		0	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	LC	8		0.288		
Fatty acids, total monounsaturated....g	0.600		0	LC	8		0.192		
Fatty acids, total polyunsaturated....g	1.600		0	LC	8		0.512		
Fatty acids, total trans....g	0.300		0	LC	8		0.096		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									

NDB No. 28386
PEPPERIDGE FARM, Pumpernickel Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28379

PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	31.90		0	LC	8		8.93		
Energy ... kcal	286		0	LC	8		80		
Energy ... kJ	1197		0	LC	8		335		
Protein (N x 6.25) ... g	0.01		0	LC	8		0.00		
Total lipid (fat) ... g	5.00		0	LC	8		1.40		
Ash ... g	1.80		0	LC	8		0.50		
Carbohydrate, by difference ... g	52.10		0	LC	8		14.59		
Fiber, total dietary ... g	1.4		0	LC	8		0.4		
Sugars, total ... g	17.10		0	LC	8		4.79		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	68		0	LC	8		19		
Iron, Fe ... mg	3.20		0	LC	8		0.90		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	344		0	LC	8		96		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.1		0	LC	8		0.3		
Thiamin ... mg	0.400		0	LC	8		0.112		
Riboflavin ... mg									
Niacin ... mg	2.900		0	LC	8		0.812		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	100		0	LC	8		28		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.100		0	LC	8		0.308		
Fatty acids, total monounsaturated ... g	1.100		0	LC	8		0.308		
Fatty acids, total polyunsaturated ... g	2.500		0	LC	8		0.700		
Fatty acids, total trans ... g	0.000		0	LC	8		0.000		
Cholesterol ... mg	1		0	LC	8		0		
Phytosterols ... mg									

NDB No. 28379
PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28391

PEPPERIDGE FARM, Seeded Jewish Rye Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.68		0	LC	8		12.06		
Energy....kcal	256		0	LC	8		82		
Energy....kJ	1071		0	LC	8		343		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	2.80		0	LC	8		0.90		
Ash....g	2.20		0	LC	8		0.70		
Carbohydrate, by difference....g	48.40		0	LC	8		15.49		
Fiber, total dietary....g	6.6		0	LC	8		2.1		
Sugars, total....g	3.10		0	LC	8		0.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	71		0	LC	8		23		
Iron, Fe....mg	2.80		0	LC	8		0.90		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	518		0	LC	8		166		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.300		0	LC	8		0.096		
Riboflavin....mg	0.300		0	LC	8		0.096		
Niacin....mg	3.800		0	LC	8		1.216		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		0	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.600		0	LC	8		0.192		
Fatty acids, total monounsaturated....g	0.600		0	LC	8		0.192		
Fatty acids, total polyunsaturated....g	0.900		0	LC	8		0.288		
Fatty acids, total trans....g	0.300		0	LC	8		0.096		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									

NDB No. 28391
PEPPERIDGE FARM, Seeded Jewish Rye Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28389
PEPPERIDGE FARM, White Bread
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.80		0	LC	8		15.21		
Energy....kcal	280		0	LC	8		126		
Energy....kJ	1172		0	LC	8		527		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	5.10		0	LC	8		2.30		
Ash....g	2.30		0	LC	8		1.04		
Carbohydrate, by difference....g	50.20		0	LC	8		22.59		
Fiber, total dietary....g	1.6		0	LC	8		0.7		
Sugars, total....g	5.10		0	LC	8		2.30		
Starch....g									
Minerals:									
Calcium, Ca....mg	301		0	LC	8		135		
Iron, Fe....mg	3.60		0	LC	8		1.62		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	511		0	LC	8		230		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0	LC	8		0.5		
Thiamin....mg	0.400		0	LC	8		0.180		
Riboflavin....mg	0.200		0	LC	8		0.090		
Niacin....mg	4.000		0	LC	8		1.800		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	100		0	LC	8		45		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.300		0	LC	8		0.585		
Fatty acids, total monounsaturated....g	1.300		0	LC	8		0.585		
Fatty acids, total polyunsaturated....g	1.300		0	LC	8		0.585		
Fatty acids, total trans....g	0.900		0	LC	8		0.405		
Cholesterol....mg	1		0	LC	8		0		
Phytosterols....mg									

NDB No. 28389
PEPPERIDGE FARM, White Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28393

PEPPERIDGE FARM, White Hoagie Roll

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.80		0	LC	8		23.32		
Energy....kcal	296		0	LC	8		204		
Energy....kJ	1238		0	LC	8		854		
Protein (N x 6.25)....g	0.01		0	LC	8		0.01		
Total lipid (fat)....g	8.70		0	LC	8		6.00		
Ash....g	1.98		0	LC	8		1.37		
Carbohydrate, by difference....g	50.70		0	LC	8		34.98		
Fiber, total dietary....g	4.5		0	LC	8		3.1		
Sugars, total....g	4.80		0	LC	8		3.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	98		0	LC	8		67		
Iron, Fe....mg	3.50		0	LC	8		2.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	361		0	LC	8		249		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.600		0	LC	8		0.414		
Riboflavin....mg	0.007		0	LC	8		0.005		
Niacin....mg	5.700		0	LC	8		3.933		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	0		0	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.500		0	LC	8		1.725		
Fatty acids, total monounsaturated....g	1.900		0	LC	8		1.311		
Fatty acids, total polyunsaturated....g	3.900		0	LC	8		2.691		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									

NDB No. 28393
PEPPERIDGE FARM, White Hoagie Roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28383

PEPPERIDGE FARM, Whole Grain 100% Whole Wheat Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.90		0	LC	8				
Energy....kcal	263		0	LC	8				
Energy....kJ	1100		0	LC	8				
Protein (N x 6.25)....g	0.01		0	LC	8				
Total lipid (fat)....g	3.50		0	LC	8				
Ash....g	1.90		0	LC	8				
Carbohydrate, by difference....g	47.20		0	LC	8				
Fiber, total dietary....g	9.3		0	LC	8				
Sugars, total....g	7.40		0	LC	8				
Starch....g									
Minerals:									
Calcium, Ca....mg	94		0	LC	8				
Iron, Fe....mg	2.80		0	LC	8				
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	248		0	LC	8				
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	LC	8				
Thiamin....mg	0.200		0	LC	8				
Riboflavin....mg	0.200		0	LC	8				
Niacin....mg	0.500		0	LC	8				
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	100		0	LC	8				
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		0	LC	8				
Fatty acids, total monounsaturated....g	0.700		0	LC	8				
Fatty acids, total polyunsaturated....g	1.900		0	LC	8				
Fatty acids, total trans....g	0.000		0	LC	8				
Cholesterol....mg	1		0	LC	8				
Phytosterols....mg									

NDB No. 28383
PEPPERIDGE FARM, Whole Grain 100% Whole Wheat Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28380

PEPPERIDGE FARM, Whole Grain 15 Grain Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.00		0	LC	8		15.91		
Energy	kcal	270		0	LC	8		116		
Energy	kJ	1130		0	LC	8		486		
Protein (N x 6.25)	g	0.01		0	LC	8		0.00		
Total lipid (fat)	g	4.90		0	LC	8		2.11		
Ash	g	1.90		0	LC	8		0.82		
Carbohydrate, by difference	g	45.80		0	LC	8		19.69		
Fiber, total dietary	g	10.7		0	LC	8		4.6		
Sugars, total	g	6.50		0	LC	8		2.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	83		0	LC	8		36		
Iron, Fe	mg	2.60		0	LC	8		1.12		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	262		0	LC	8		113		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	LC	8		0.4		
Thiamin	mg	0.200		0	LC	8		0.086		
Riboflavin	mg	0.200		0	LC	8		0.086		
Niacin	mg	4.200		0	LC	8		1.806		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU	100		0	LC	8		43		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.900		0	LC	8		0.387		
Fatty acids, total monounsaturated	g	0.900		0	LC	8		0.387		
Fatty acids, total polyunsaturated	g	2.800		0	LC	8		1.204		
Fatty acids, total trans	g	0.000		0	LC	8		0.000		
Cholesterol	mg	0		0	LC	8		0		
Phytosterols	mg									

NDB No. 28380
PEPPERIDGE FARM, Whole Grain 15 Grain Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28395

PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	37.40		0	LC	8		16.08		
Energy ... kcal	263		0	LC	8		113		
Energy ... kJ	1100		0	LC	8		473		
Protein (N x 6.25) ... g	0.01		0	LC	8		0.00		
Total lipid (fat) ... g	3.50		0	LC	8		1.51		
Ash ... g	1.90		0	LC	8		0.82		
Carbohydrate, by difference ... g	47.70		0	LC	8		20.51		
Fiber, total dietary ... g	9.8		0	LC	8		4.2		
Sugars, total ... g	8.10		0	LC	8		3.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	97		0	LC	8		42		
Iron, Fe ... mg	2.60		0	LC	8		1.12		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	262		0	LC	8		113		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		0	LC	8		0.4		
Thiamin ... mg	0.200		0	LC	8		0.086		
Riboflavin ... mg	0.200		0	LC	8		0.086		
Niacin ... mg	4.000		0	LC	8		1.720		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	100		0	LC	8		43		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.900		0	LC	8		0.387		
Fatty acids, total monounsaturated ... g	0.700		0	LC	8		0.301		
Fatty acids, total polyunsaturated ... g	1.900		0	LC	8		0.817		
Fatty acids, total trans ... g	0.000		0	LC	8		0.000		
Cholesterol ... mg	1		0	LC	8		0		
Phytosterols ... mg									

NDB No. 28395

PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28396

PEPPERIDGE FARM, Whole Grain Oatmeal Bread

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.75		0	LC	8		16.66		
Energy....kcal	258		0	LC	8		111		
Energy....kJ	1079		0	LC	8		464		
Protein (N x 6.25)....g	0.01		0	LC	8		0.00		
Total lipid (fat)....g	3.70		0	LC	8		1.59		
Ash....g	1.40		0	LC	8		0.60		
Carbohydrate, by difference....g	46.50		0	LC	8		20.00		
Fiber, total dietary....g	9.8		0	LC	8		4.2		
Sugars, total....g	7.20		0	LC	8		3.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	78		0	LC	8		33		
Iron, Fe....mg	2.60		0	LC	8		1.12		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	261		0	LC	8		112		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.200		0	LC	8		0.086		
Riboflavin....mg	0.200		0	LC	8		0.086		
Niacin....mg	3.500		0	LC	8		1.505		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	100		0	LC	8		43		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.900		0	LC	8		0.387		
Fatty acids, total monounsaturated....g	0.700		0	LC	8		0.301		
Fatty acids, total polyunsaturated....g	1.900		0	LC	8		0.817		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									

NDB No. 28396
PEPPERIDGE FARM, Whole Grain Oatmeal Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18633

PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.12		1	MC	9		12.28		
Energy....kcal	293		1	MC	9		100		
Energy....kJ	1227		0	MC	9		417		
Protein (N x 6.25)....g	6.16		1	MC	9		2.09		
Total lipid (fat)....g	11.34		1	MC	9		3.86		
Ash....g	3.98		1	MC	9		1.35		
Carbohydrate, by difference....g	42.41		1	MC	9		14.42		
Fiber, total dietary....g	1.5		1	MC	9		0.5		
Sugars, total....g	4.60		1	MC	9		1.56		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1	MC	9		8		
Iron, Fe....mg	2.34		1	MC	9		0.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1066		1	MC	9		362		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.070		1	MC	9		1.384		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.880		1	MC	9		0.299		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18633
PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 biscuit

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18634

PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.50		1	MA	12		12.07		
Energy....kcal	307		0	NC	4		104		
Energy....kJ	1286		0	NC	4		437		
Protein (N x 6.25)....g	5.88		1	MA	12		2.00		
Total lipid (fat)....g	13.24		1	MA	12		4.50		
Ash....g	3.50		1	MA	12		1.19		
Carbohydrate, by difference....g	41.18		0	NC	4		14.00		
Fiber, total dietary....g	1.2		1	MA	12		0.4		
Sugars, total....g	5.88		1	MA	12		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.12		1	MA	12		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1059		1	MA	12		360		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	2.941		1	MA	12		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	4.412		1	MA	12		1.500		
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18629

PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	39.89		1	MC	9		25.53	25.53	
Energy ... kcal	236		1	MC	9		151	151	
Energy ... kJ	985		0	MC	9		630	630	
Protein (N x 6.25) ... g	6.40		1	MC	9		4.10	4.10	
Total lipid (fat) ... g	2.79		1	MC	9		1.79	1.79	
Ash ... g	3.86		1	MC	9		2.47	2.47	
Carbohydrate, by difference ... g	47.07		1	MC	9		30.12	30.12	
Fiber, total dietary ... g	1.6		1	MC	9		1.0	1.0	
Sugars, total ... g	4.46		1	MC	9		2.85	2.85	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	23		1	MC	9		15	15	
Iron, Fe ... mg	2.60		1	MC	9		1.66	1.66	
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	854		1	MC	9		547	547	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0	0.0	
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	NR	4		0	0	
Vitamin A, IU ... IU	0		1	MC	9		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.420		1	MC	9		0.269	0.269	
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.590		1	MC	9		0.378	0.378	
Cholesterol ... mg	0		1	MC	9		0	0	
Phytosterols ... mg									

NDB No. 18629

PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 biscuit

Measure 2 = 64g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18630

PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.78		1	MC	9		4.86		
Energy....kcal	450		1	MC	9		171		
Energy....kJ	1881		0	MC	9		715		
Protein (N x 6.25)....g	3.82		1	MC	9		1.45		
Total lipid (fat)....g	21.26		1	MC	9		8.08		
Ash....g	1.37		1	MC	9		0.52		
Carbohydrate, by difference....g	60.75		1	MC	9		23.09		
Fiber, total dietary....g	1.7		1	MC	9		0.6		
Sugars, total....g	37.67		1	MC	9		14.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1	MC	9		5		
Iron, Fe....mg	2.03		1	MC	9		0.77		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	326		1	MC	9		124		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU	19		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.730		1	MC	9		3.317		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.510		1	MC	9		0.194		
Cholesterol....mg	6		1	MC	9		2		
Phytosterols....mg									

NDB No. 18630
PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 serving 2 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18635

PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.86		1	MC	9		12.26		
Energy....kcal	330		1	MC	9		145		
Energy....kJ	1381		0	MC	9		608		
Protein (N x 6.25)....g	4.34		1	MC	9		1.91		
Total lipid (fat)....g	11.27		1	MC	9		4.96		
Ash....g	3.08		1	MC	9		1.36		
Carbohydrate, by difference....g	53.42		1	MC	9		23.50		
Fiber, total dietary....g	1.4		1	MC	9		0.6		
Sugars, total....g	21.34		1	MC	9		9.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	28		1	MC	9		13		
Iron, Fe....mg	1.93		1	MC	9		0.85		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	780		1	MC	9		343		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU	1		1	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.250		1	MC	9		1.430		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	4.290		1	MC	9		1.888		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18635
PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 serving 1 roll with icing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18631

PILLSBURY, Crusty French Loaf, refrigerated dough

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.82		1	MC	9		20.19		
Energy....kcal	243		1	MC	9		127		
Energy....kJ	1019		0	MC	9		530		
Protein (N x 6.25)....g	8.59		1	MC	9		4.47		
Total lipid (fat)....g	2.88		1	MC	9		1.50		
Ash....g	2.15		1	MC	9		1.12		
Carbohydrate, by difference....g	46.35		1	MC	9		24.10		
Fiber, total dietary....g	2.6		1	MC	9		1.4		
Sugars, total....g	5.06		1	MC	9		2.63		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1	MC	9		10		
Iron, Fe....mg	2.27		1	MC	9		1.18		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	575		1	MC	9		299		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	NR	4		0		
Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.670		1	MC	9		0.348		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.640		1	MC	9		0.333		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

NDB No. 18631
PILLSBURY, Crusty French Loaf, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18632

PILLSBURY, Traditional Fudge Brownie Mix, dry

Pillsbury Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.10		1	A	1		0.93		
Energy....kcal	441		0	NC	4		132		
Energy....kJ	1846		0		4		554		
Protein....g	4.80		1	A	1		1.44		
Total lipid (fat)....g	12.10		1	A	1		3.63		
Ash....g	1.70		1	A	1		0.51		
Carbohydrate, by difference....g	78.30		0	NC	4		23.49		
Fiber, total dietary....g									
Sugars, total....g	49.60		1	A	1		14.88		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	2.81		1	A	1		0.84		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	A	1		88		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	2.608		0	NC	4		0.782		
4:0....g									
6:0....g									
8:0....g	0.005		1	A	1		0.002		
10:0....g	0.005		1	A	1		0.002		
12:0....g	0.005		1	A	1		0.002		
13:0....g									
14:0....g	0.009		1	A	1		0.003		
15:0....g	0.005		1	A	1		0.002		
16:0....g	1.258		1	A	1		0.377		
17:0....g	0.010		1	A	1		0.003		
18:0....g	1.244		1	A	1		0.373		
20:0....g	0.038		1	A	1		0.011		
22:0....g	0.029		1	A	1		0.009		
24:0....g									
Fatty acids, total monounsaturated....g	5.914		0	NC	4		1.774		
14:1....g	0.005		1	A	1		0.002		
15:1....g									
16:1 undifferentiated....g	0.019		1	A	1		0.006		
17:1....g	0.005		1	A	1		0.002		
18:1 undifferentiated....g	5.847		1	A	1		1.754		
20:1....g	0.038		1	A	1		0.011		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.790		0	NC	4		0.237		
18:2 undifferentiated....g	0.756		1	A	1		0.227		
18:3 undifferentiated....g	0.024		1	A	1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.005		1	A	1		0.001		
20:4 undifferentiated....g	0.005		1	A	1		0.002		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									

NDB No. 18632
PILLSBURY, Traditional Fudge Brownie Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18958

Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour

Quesos La Ricura, Ltd.

Latino rice cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	7.12		1	A	1		2.99		
Energy ... kcal	445		0	NC	4		187		
Energy ... kJ	1863		0	NC	4		783		
Protein (N x 6.25) ... g	8.81		1	A	1		3.70		
Total lipid (fat) ... g	16.11		1	A	1		6.77		
Ash ... g	1.68		1	A	1		0.71		
Carbohydrate, by difference ... g	66.28		0	NC	4		27.84		
Fiber, total dietary ... g	1.2		1	A	1		0.5		
Sugars, total ... g	21.86		1	A	1		9.18		
Sucrose ... g	21.86		1	A	1		9.18		
Glucose (dextrose) ... g	0.00		1	A	1		0.00		
Fructose ... g	0.00		1	A	1		0.00		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.00		1	A	1		0.00		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	41.70		1	A	1		17.51		
Minerals:									
Calcium, Ca ... mg	52		1	A	1		22		
Iron, Fe ... mg	2.52		1	A	1		1.06		
Magnesium, Mg ... mg	22		1	A	1		9		
Phosphorus, P ... mg	297		1	A	1		125		
Potassium, K ... mg	94		1	A	1		39		
Sodium, Na ... mg	445		1	A	1		187		
Zinc, Zn ... mg	0.82		1	A	1		0.34		
Copper, Cu ... mg	0.262		1	A	1		0.110		
Manganese, Mn ... mg	0.572		1	A	1		0.240		
Selenium, Se ... µg	22.0		1	A	1		9.2		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 piece (1 serving)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.37	0.088	6	A	1		13.71	19.83	35.31
Energy ... kcal	233		0	NC	4		66	96	170
Energy ... kJ	977		0	NC	4		277	401	713
Protein ... g	5.23	0.057	6	A	1		1.48	2.14	3.82
Total lipid (fat) ... g	6.83	0.049	6	A	1		1.94	2.80	4.99
Ash ... g	1.82	0.087	6	A	1		0.52	0.75	1.33
Carbohydrate, by difference ... g	37.75		0	NC	4		10.70	15.48	27.56
Fiber, total dietary ... g	1.0	0.184	3	A	1		0.3	0.4	0.7
Sugars, total ... g	8.32	0.046	3	A	1		2.36	3.41	6.07
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	4.58	0.028	3	A	1		1.30	1.88	3.34
Fructose ... g	3.74	0.052	3	A	1		1.06	1.53	2.73
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch ... g	25.20	0.000	3	A	1		7.14	10.33	18.40
Minerals:									
Calcium, Ca ... mg	78	0.904	6	A	1		22	32	57
Iron, Fe ... mg	5.67	0.174	6	A	1		1.61	2.32	4.14
Magnesium, Mg ... mg	14	0.080	6	A	1		4	6	10
Phosphorus, P ... mg	215	1.302	6	A	1		61	88	157
Potassium, K ... mg	90	2.196	6	A	1		25	37	66
Sodium, Na ... mg	461	3.637	6	A	1		131	189	336
Zinc, Zn ... mg	0.40	0.014	6	A	1		0.11	0.16	0.29
Copper, Cu ... mg	0.072	0.001	6	A	1		0.020	0.030	0.053
Manganese, Mn ... mg	0.285	0.005	6	A	1		0.081	0.117	0.208
Selenium, Se ... µg	10.8	0.823	3	A	1		3.1	4.4	7.9
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0	FLA	4		0.1	0.1	0.2
Thiamin ... mg	0.700	0.010	3	A	1		0.198	0.287	0.511
Riboflavin ... mg	0.380	0.055	3	A	1		0.108	0.156	0.277
Niacin ... mg	6.357	0.061	3	A	1		1.802	2.606	4.640
Pantothenic acid ... mg	0.340		2	A	1		0.096	0.139	0.248
Vitamin B-6 ... mg	0.520	0.021	3	A	1		0.147	0.213	0.380
Folate, total ... µg	71		0	FLA	4		20	29	51
Folic acid ... µg	57		0	O	4		16	23	42
Folate, food ... µg	14		0	NC	4		4	6	10
Folate, DFE ... µg	110		0	NC	4		31	45	81
Choline, total ... mg	14.6		0	AS	1		4.1	6.0	10.6
Betaine ... mg	36.3		1	A	1		10.3	14.9	26.5
Vitamin B-12 ... µg	2.80		1	A	1		0.79	1.15	2.04
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE ... µg	453		0	AS	1		128	186	331
Retinol ... µg	453		2	A	1		128	186	331
Carotene, beta ... µg	1		1	A	1		0	0	1
Carotene, alpha ... µg	0		1	A	1		0	0	0
Cryptoxanthin, beta ... µg	0		1	A	1		0	0	0
Vitamin A, IU ... IU	1511		0	AS	1		429	620	1103
Lycopene ... µg	0		1	A	1		0	0	0
Lutein + zeaxanthin ... µg	59		1	A	1		17	24	43
Vitamin E (alpha-tocopherol) ... mg	0.62	0.032	3	A	1		0.18	0.26	0.46
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.20	0.009	3	A	1		0.06	0.08	0.15
Tocopherol, gamma ... mg	3.59	0.376	3	A	1		1.02	1.47	2.62
Tocopherol, delta ... mg	1.27	0.196	3	A	1		0.36	0.52	0.92
Tocotrienol, alpha ... mg	0.07	0.004	3	A	1		0.02	0.03	0.05
Tocotrienol, beta ... mg	0.68	0.033	3	A	1		0.19	0.28	0.49

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.03	0.015	3	A	1		0.01	0.01	0.02
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.5		1	A	1		1.8	2.7	4.7
Dihydrophylloquinone....µg	3.5		1	A	1		1.0	1.5	2.6
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.162		0	NC	4		0.329	0.476	0.848
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.005	0.001	3	A	1		0.001	0.002	0.004
12:0....g	0.003	0.000	3	A	1		0.001	0.001	0.002
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.003	0.000	3	A	1		0.001	0.001	0.002
16:0....g	0.834	0.010	3	A	1		0.236	0.342	0.609
17:0....g	0.008	0.000	3	A	1		0.002	0.003	0.006
18:0....g	0.268	0.005	3	A	1		0.076	0.110	0.195
20:0....g	0.018	0.000	3	A	1		0.005	0.007	0.013
22:0....g	0.018	0.000	3	A	1		0.005	0.007	0.013
24:0....g	0.006	0.000	3	A	1		0.002	0.003	0.005
Fatty acids, total monounsaturated....g	1.554		0	NC	4		0.441	0.637	1.134
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.012	0.000	3	AS	1		0.003	0.005	0.008
16:1 c....g	0.012	0.000	3	A	1		0.003	0.005	0.008
16:1 t....g									
17:1....g	0.004	0.000	3	A	1		0.001	0.002	0.003
18:1 undifferentiated....g	1.516	0.029	3	AS	1		0.430	0.622	1.107
18:1 c....g	1.511	0.029	3	A	1		0.428	0.620	1.103
18:1 t....g	0.005	0.000	3	A	1		0.001	0.002	0.004
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.001	3	A	1		0.006	0.009	0.016
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.831		0	NC	4		1.086	1.571	2.797
18:2 undifferentiated....g	3.637	0.039	3	AS	1		1.031	1.491	2.655
18:2 n-6 c,c....g	3.607	0.038	3	A	1		1.023	1.479	2.633
18:2 CLAs....g	0.006	0.001	3	A	1		0.002	0.002	0.004
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.001	3	A	1		0.007	0.010	0.018
18:3 undifferentiated....g	0.187	0.003	3	AS	1		0.053	0.077	0.137
18:3 n-3 c,c,c (ALA)....g	0.180	0.002	3	A	1		0.051	0.074	0.131
18:3 n-6 c,c,c....g	0.007	0.000	3	A	1		0.002	0.003	0.005
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.002	0.000	3	A	1		0.001	0.001	0.002
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005	0.000	3	A	1		0.001	0.002	0.004
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 18288
Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.030		0	NC	4		0.008	0.012	0.022
Fatty acids, total trans-monoenoic....g	0.005		0	NC	4		0.001	0.002	0.004
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.007	0.010	0.018
Cholesterol....mg	18		0	FLA	4		5	7	13
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0	FLA	4		0.015	0.021	0.038
Threonine....g	0.151		0	FLA	4		0.043	0.062	0.110
Isoleucine....g	0.199		0	FLA	4		0.056	0.082	0.145
Leucine....g	0.357		0	FLA	4		0.101	0.146	0.260
Lysine....g	0.200		0	FLA	4		0.057	0.082	0.146
Methionine....g	0.081		0	FLA	4		0.023	0.033	0.059
Cystine....g	0.102		0	FLA	4		0.029	0.042	0.074
Phenylalanine....g	0.214		0	FLA	4		0.061	0.088	0.156
Tyrosine....g	0.097		0	FLA	4		0.028	0.040	0.071
Valine....g	0.237		0	FLA	4		0.067	0.097	0.173
Arginine....g	0.172		0	FLA	4		0.049	0.071	0.126
Histidine....g	0.106		0	FLA	4		0.030	0.044	0.078
Alanine....g	0.149		0	FLA	4		0.042	0.061	0.109
Aspartic acid....g	0.243		0	FLA	4		0.069	0.100	0.178
Glutamic acid....g	1.330		0	FLA	4		0.377	0.545	0.971
Glycine....g	0.145		0	FLA	4		0.041	0.060	0.106
Proline....g	0.496		0	FLA	4		0.141	0.204	0.362
Serine....g	0.214		0	FLA	4		0.061	0.088	0.157
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 pancake

Measure 3 = 73g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18294
Pancakes, blueberry, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.20		0		1		15.08	20.22	40.96
Energy	kcal	222		0	NC	4		63	84	171
Energy	kJ	929				4		263	353	715
Protein (N x 0)	g	6.10		0		1		1.73	2.32	4.70
Total lipid (fat)	g	9.20		0		1		2.61	3.50	7.08
Ash	g	2.50		0		1		0.71	0.95	1.93
Carbohydrate, by difference	g	29.00		0	NC	4		8.22	11.02	22.33
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	206		0		1		58	78	159
Iron, Fe	mg	1.72		0		1		0.49	0.65	1.32
Magnesium, Mg	mg	16		0		1		5	6	12
Phosphorus, P	mg	151		0		1		43	57	116
Potassium, K	mg	138		0		1		39	52	106
Sodium, Na	mg	412		0		1		117	157	317
Zinc, Zn	mg	0.54		0		1		0.15	0.21	0.42
Copper, Cu	mg	0.055		0		1		0.016	0.021	0.042
Manganese, Mn	mg	0.237		0		1		0.067	0.090	0.182
Selenium, Se	µg	14.0		0	RK	4		4.0	5.3	10.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		0		1		0.6	0.8	1.7
Thiamin	mg	0.195		0		1		0.055	0.074	0.150
Riboflavin	mg	0.272		0		1		0.077	0.103	0.209
Niacin	mg	1.524		0		1		0.432	0.579	1.173
Pantothenic acid	mg	0.395		0		1		0.112	0.150	0.304
Vitamin B-6	mg	0.049		0		1		0.014	0.019	0.038
Folate, total	µg	36		0	RK	4		10	14	28
Folic acid	µg	24		0	NC	4		7	9	18
Folate, food	µg	12		0		1		3	5	9
Folate, DFE	µg	53		0	NC	4		15	20	41
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE	µg	50		0	NC	4		14	19	38
Retinol	µg	48		0	NC	4		14	18	37
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	199		0		1		56	76	153
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18294
Pancakes, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.986		0		1		0.563	0.755	1.529
4:0....g	0.033		0		1		0.009	0.013	0.025
6:0....g	0.020		0		1		0.006	0.008	0.015
8:0....g	0.012		0		1		0.003	0.005	0.009
10:0....g	0.026		0		1		0.007	0.010	0.020
12:0....g	0.029		0		1		0.008	0.011	0.022
13:0....g									
14:0....g	0.114		0		1		0.032	0.043	0.088
15:0....g									
16:0....g	1.267		0		1		0.359	0.481	0.976
17:0....g									
18:0....g	0.475		0		1		0.135	0.181	0.366
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.316		0		1		0.657	0.880	1.783
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.073		0		1		0.021	0.028	0.056
17:1....g									
18:1 undifferentiated....g	2.223		0		1		0.630	0.845	1.712
20:1....g	0.017		0		1		0.005	0.006	0.013
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.162		0		1		1.180	1.582	3.205
18:2 undifferentiated....g	3.662		0		1		1.038	1.392	2.820
18:3 undifferentiated....g	0.478		0		1		0.136	0.182	0.368
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0		1		0.005	0.006	0.013
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.004		0		1		0.001	0.002	0.003
Fatty acids, total trans....g									
Cholesterol....mg	56		0		1		16	21	43
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.022	0.029	0.059
Threonine....g	0.225		0		1		0.064	0.086	0.173
Isoleucine....g	0.281		0		1		0.080	0.107	0.216
Leucine....g	0.487		0		1		0.138	0.185	0.375
Lysine....g	0.303		0		1		0.086	0.115	0.233
Methionine....g	0.139		0		1		0.039	0.053	0.107
Cystine....g	0.110		0		1		0.031	0.042	0.085
Phenylalanine....g	0.303		0		1		0.086	0.115	0.233
Tyrosine....g	0.226		0		1		0.064	0.086	0.174
Valine....g	0.318		0		1		0.090	0.121	0.245
Arginine....g	0.268		0		1		0.076	0.102	0.206
Histidine....g	0.144		0		1		0.041	0.055	0.111
Alanine....g	0.234		0		1		0.066	0.089	0.180
Aspartic acid....g	0.403		0		1		0.114	0.153	0.310
Glutamic acid....g	1.484		0		1		0.421	0.564	1.143
Glycine....g	0.190		0		1		0.054	0.072	0.146
Proline....g	0.543		0		1		0.154	0.206	0.418
Serine....g	0.343		0		1		0.097	0.130	0.264
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18294

Pancakes, blueberry, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.10	0.172	43		1		2.58	11.10	
Energy....kcal	340		0	NC	4		96	415	
Energy....kJ	1423		0		4		403	1736	
Protein (N x 6)....g	10.90	0.152	43		1		3.09	13.30	
Total lipid (fat)....g	2.70	0.090	43		1		0.77	3.29	
Ash....g	6.00	0.045	34		1		1.70	7.32	
Carbohydrate, by difference....g	71.30		0	NC	4		20.21	86.99	
Fiber, total dietary....g	8.5		0		4		2.4	10.3	
Sugars, total....g	7.21		0	FLC	4		2.04	8.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	476	4.463	33		1		135	581	
Iron, Fe....mg	4.73	0.153	26		1		1.34	5.77	
Magnesium, Mg....mg	190		0	FLA	4		54	232	
Phosphorus, P....mg	913	19.971	33		1		259	1114	
Potassium, K....mg	316	11.861	20		1		90	386	
Sodium, Na....mg	684		0	LC	8		194	835	
Zinc, Zn....mg	2.55		0	FLA	4		0.72	3.11	
Copper, Cu....mg	0.415		0	FLA	4		0.118	0.506	
Manganese, Mn....mg	1.656		0	FLA	4		0.469	2.020	
Selenium, Se....µg	13.1		0	FLA	4		3.7	16.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.542	0.013	26		1		0.154	0.661	
Riboflavin....mg	0.249	0.021	26		1		0.071	0.304	
Niacin....mg	4.095	0.112	25		1		1.161	4.996	
Pantothenic acid....mg	0.415		0	FLA	4		0.118	0.506	
Vitamin B-6....mg	0.438		0	FLA	4		0.124	0.534	
Folate, total....µg	53		0	FLC	4		15	65	
Folic acid....µg	18		0	NR	4		5	22	
Folate, food....µg	35		0	NC	4		10	43	
Folate, DFE....µg	66		0	NC	4		19	80	
Choline, total....mg	27.6		0	FLC	4		7.8	33.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	2		0	FLC	4		1	2	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	154		0	FLC	4		44	188	
Vitamin E (alpha-tocopherol)....mg	0.48		0	FLC	4		0.14	0.58	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.0		0	FLC	4		0.8	3.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.439		0		1		0.124	0.536	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.011		0		1		0.003	0.013	
10:0....g	0.005		0		1		0.001	0.006	
12:0....g	0.004		0		1		0.001	0.005	
13:0....g									
14:0....g	0.010		0		1		0.003	0.012	
15:0....g									
16:0....g	0.364		0		1		0.103	0.444	
17:0....g									
18:0....g	0.029		0		1		0.008	0.035	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.581		0		1		0.165	0.709	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		1		0.004	0.017	
17:1....g									
18:1 undifferentiated....g	0.564		0		1		0.160	0.688	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.003		0		1		0.001	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0		1		0.284	1.220	
18:2 undifferentiated....g	0.945		0		1		0.268	1.153	
18:3 undifferentiated....g	0.054		0		1		0.015	0.066	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.001	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.159		0		1		0.045	0.194	
Threonine....g	0.352		0		1		0.100	0.429	
Isoleucine....g	0.408		0		1		0.116	0.498	
Leucine....g	0.756		0		1		0.214	0.922	
Lysine....g	0.381		0		1		0.108	0.465	
Methionine....g	0.166		0		1		0.047	0.203	
Cystine....g	0.228		0		1		0.065	0.278	
Phenylalanine....g	0.488		0		1		0.138	0.595	
Tyrosine....g	0.286		0		1		0.081	0.349	
Valine....g	0.514		0		1		0.146	0.627	
Arginine....g	0.605		0		1		0.172	0.738	
Histidine....g	0.257		0		1		0.073	0.314	
Alanine....g	0.483		0		1		0.137	0.589	
Aspartic acid....g	0.689		0		1		0.195	0.841	
Glutamic acid....g	2.808		0		1		0.796	3.426	
Glycine....g	0.570		0		1		0.162	0.695	
Proline....g	0.895		0		1		0.254	1.092	
Serine....g	0.530		0		1		0.150	0.647	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18295
Pancakes, buckwheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 122g: 1 cup, poured from box

Calories Factors: Protein 3.6 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18390
Pancakes, buttermilk, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.50		0		1		14.88	19.95	40.43
Energy....kcal	227		0	NC	4		64	86	175
Energy....kJ	950				4		269	361	731
Protein (N x 0)....g	6.80		0		1		1.93	2.58	5.24
Total lipid (fat)....g	9.30		0		1		2.64	3.53	7.16
Ash....g	2.20		0		1		0.62	0.84	1.69
Carbohydrate, by difference....g	28.70		0	NC	4		8.14	10.91	22.10
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	157		0		1		45	60	121
Iron, Fe....mg	1.70		0		1		0.48	0.65	1.31
Magnesium, Mg....mg	15		0		1		4	6	12
Phosphorus, P....mg	139		0		1		39	53	107
Potassium, K....mg	145		0		1		41	55	112
Sodium, Na....mg	522		0		1		148	198	402
Zinc, Zn....mg	0.62		0		1		0.18	0.24	0.48
Copper, Cu....mg	0.052		0		1		0.015	0.020	0.040
Manganese, Mn....mg	0.203		0		1		0.058	0.077	0.156
Selenium, Se....µg	15.1		0	RK	4		4.3	5.7	11.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.1	0.2	0.3
Thiamin....mg	0.204		0		1		0.058	0.078	0.157
Riboflavin....mg	0.292		0		1		0.083	0.111	0.225
Niacin....mg	1.577		0		1		0.447	0.599	1.214
Pantothenic acid....mg	0.408		0		1		0.116	0.155	0.314
Vitamin B-6....mg	0.045		0		1		0.013	0.017	0.035
Folate, total....µg	38		0	RK	4		11	14	29
Folic acid....µg	25		0	NC	4		7	10	19
Folate, food....µg	13		0		1		4	5	10
Folate, DFE....µg	56		0	NC	4		16	21	43
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.18		0		1		0.05	0.07	0.14
Vitamin A, RAE....µg	30		0	NC	4		8	11	23
Retinol....µg	29		0	NC	4		8	11	22
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	105		0		1		30	40	81
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18390
Pancakes, buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.832		0		1		0.519	0.696	1.411
4:0....g	0.019		0		1		0.005	0.007	0.015
6:0....g	0.011		0		1		0.003	0.004	0.008
8:0....g	0.007		0		1		0.002	0.003	0.005
10:0....g	0.015		0		1		0.004	0.006	0.012
12:0....g	0.017		0		1		0.005	0.006	0.013
13:0....g									
14:0....g	0.069		0		1		0.020	0.026	0.053
15:0....g									
16:0....g	1.228		0		1		0.348	0.467	0.946
17:0....g									
18:0....g	0.448		0		1		0.127	0.170	0.345
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.361		0		1		0.669	0.897	1.818
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		0		1		0.019	0.025	0.052
17:1....g									
18:1 undifferentiated....g	2.268		0		1		0.643	0.862	1.746
20:1....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.486		0		1		1.272	1.705	3.454
18:2 undifferentiated....g	3.953		0		1		1.121	1.502	3.044
18:3 undifferentiated....g	0.509		0		1		0.144	0.193	0.392
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		1		0.005	0.007	0.015
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	58		0		1		16	22	45
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0		1		0.023	0.031	0.063
Threonine....g	0.254		0		1		0.072	0.097	0.196
Isoleucine....g	0.316		0		1		0.090	0.120	0.243
Leucine....g	0.545		0		1		0.155	0.207	0.420
Lysine....g	0.349		0		1		0.099	0.133	0.269
Methionine....g	0.154		0		1		0.044	0.059	0.119
Cystine....g	0.120		0		1		0.034	0.046	0.092
Phenylalanine....g	0.339		0		1		0.096	0.129	0.261
Tyrosine....g	0.248		0		1		0.070	0.094	0.191
Valine....g	0.362		0		1		0.103	0.138	0.279
Arginine....g	0.294		0		1		0.083	0.112	0.226
Histidine....g	0.162		0		1		0.046	0.062	0.125
Alanine....g	0.258		0		1		0.073	0.098	0.199
Aspartic acid....g	0.448		0		1		0.127	0.170	0.345
Glutamic acid....g	1.627		0		1		0.461	0.618	1.253
Glycine....g	0.206		0		1		0.058	0.078	0.159
Proline....g	0.611		0		1		0.173	0.232	0.470
Serine....g	0.379		0		1		0.107	0.144	0.292
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28347
Pancakes, gluten-free, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.24		1	A	1		24.12	176.84	
Energy....kcal	215		0	NC	4		103	758	
Energy....kJ	902		0	NC	4		433	3175	
Protein (N x 6.25)....g	3.31		1	A	1		1.59	11.66	
Total lipid (fat)....g	4.55		1	A	1		2.18	16.02	
Ash....g	1.58		1	A	1		0.76	5.56	
Carbohydrate, by difference....g	40.32		0	NC	4		19.35	141.92	
Fiber, total dietary....g	1.5		1	A	1		0.7	5.5	
Sugars, total....g	4.06		1	A	1		1.95	14.29	
Sucrose....g	3.29		1	A	1		1.58	11.58	
Glucose (dextrose)....g	0.34		1	A	1		0.16	1.20	
Fructose....g	0.43		1	A	1		0.21	1.51	
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	36.90		1	A	1		17.71	129.89	
Minerals:									
Calcium, Ca....mg	39		1	A	1		19	137	
Iron, Fe....mg	0.70		1	A	1		0.34	2.47	
Magnesium, Mg....mg	34		1	A	1		17	121	
Phosphorus, P....mg	306		1	A	1		147	1077	
Potassium, K....mg	127		1	A	1		61	447	
Sodium, Na....mg	331		1	A	1		159	1165	
Zinc, Zn....mg	0.55		1	A	1		0.26	1.93	
Copper, Cu....mg	0.109		1	A	1		0.052	0.383	
Manganese, Mn....mg	0.925		1	A	1		0.444	3.256	
Selenium, Se....µg	0.4		0	BFNN	4		0.2	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	BFNN	4		0.1	1.1	
Thiamin....mg	0.070		1	A	1		0.034	0.246	
Riboflavin....mg	0.040		1	A	1		0.019	0.140	
Niacin....mg	1.550		1	A	1		0.744	5.456	
Pantothenic acid....mg									
Vitamin B-6....mg	0.075		1	A	1		0.036	0.264	
Folate, total....µg	9		1	A	1		4	32	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		1	A	1		4	32	
Folate, DFE....µg	9		0	NC	4		4	32	
Choline, total....mg	14.7		0	BFNN	4		7.1	51.8	
Betaine....mg									
Vitamin B-12....µg	2.83		0	BFNN	4		1.36	9.95	
Vitamin B-12, added....µg	0.00		0	BFNN	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	1		0	BFFN	4		0	3	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	1	
Vitamin A, IU....IU	1		0	NC	4		1	5	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	39		0	BFFN	4		19	138	
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFFN	4		0.20	1.46	
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 28347
Pancakes, gluten-free, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D....IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone)....µg	4.3		0	BFFN	4		2.1	15.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.480		0	NC	4		0.230	1.688	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.005		1	A	1		0.002	0.017	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.012		1	A	1		0.006	0.042	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.010		1	A	1		0.005	0.035	
15:0....g	0.003		1	A	1		0.001	0.011	
16:0....g	0.317		1	A	1		0.152	1.116	
17:0....g	0.004		1	A	1		0.002	0.014	
18:0....g	0.085		1	A	1		0.041	0.299	
20:0....g	0.022		1	A	1		0.011	0.077	
22:0....g	0.012		1	A	1		0.006	0.042	
24:0....g	0.010		1	A	1		0.005	0.035	
Fatty acids, total monounsaturated....g	2.376		0	NC	4		1.140	8.362	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.001		1	A	1		0.000	0.004	
16:1 undifferentiated....g	0.009		0	AS	1		0.004	0.031	
16:1 c....g	0.009		1	A	1		0.004	0.031	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.005		1	A	1		0.002	0.017	
18:1 undifferentiated....g	2.301		0	AS	1		1.104	8.099	
18:1 c....g	2.292		1	A	1		1.100	8.068	
18:1 t....g	0.009		1	A	1		0.004	0.031	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054		1	A	1		0.026	0.190	
22:1 undifferentiated....g	0.001		0	AS	1		0.000	0.004	
22:1 c....g	0.001		1	A	1		0.000	0.004	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.005		1	A	1		0.002	0.017	
Fatty acids, total polyunsaturated....g	1.241		0	NC	4		0.596	4.368	
18:2 undifferentiated....g	0.942		0	AS	1		0.452	3.316	
18:2 n-6 c,c....g	0.934		1	A	1		0.448	3.288	
18:2 CLAs....g	0.004		1	A	1		0.002	0.014	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		1	A	1		0.002	0.014	
18:3 undifferentiated....g	0.291		0	AS	1		0.140	1.024	
18:3 n-3 c,c,c (ALA)....g	0.277		1	A	1		0.133	0.975	
18:3 n-6 c,c,c....g	0.014		1	A	1		0.007	0.049	
18:3i....g	0.000		1	A	1		0.000	0.000	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003		1	A	1		0.001	0.011	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002		1	A	1		0.001	0.007	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	A	1		0.001	0.011	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.013		0	NC	4		0.006	0.045	
Fatty acids, total trans-monoenoic....g	0.009		0	NC	4		0.004	0.031	

NDB No. 28347
Pancakes, gluten-free, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.002	0.014	
Cholesterol.....mg	12		0	BFFN	4		6	42	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 pancake

Measure 2 = 352g: 1 box

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18289
Pancakes, plain, dry mix, complete (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.05	0.113	17	A	1		4.70	2.57	11.76
Energy....kcal	368		0	NC	4		192	104	479
Energy....kJ	1541		0	NC	4		801	437	2003
Protein (N x 6)....g	9.77	0.060	17	A	1		5.08	2.77	12.70
Total lipid (fat)....g	3.10	0.058	17	A	1		1.61	0.88	4.03
Ash....g	4.44	0.037	17	A	1		2.31	1.26	5.77
Carbohydrate, by difference....g	73.65		0	NC	4		38.30	20.88	95.74
Fiber, total dietary....g	2.9	0.208	8	A	1		1.5	0.8	3.8
Sugars, total....g	16.03	0.141	8	A	1		8.34	4.54	20.84
Sucrose....g	10.00	0.109	8	A	1		5.20	2.83	13.00
Glucose (dextrose)....g	2.69	0.028	8	A	1		1.40	0.76	3.49
Fructose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose....g	0.86	0.034	8	A	1		0.45	0.24	1.12
Maltose....g	2.49	0.035	8	A	1		1.29	0.70	3.23
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	56.20	0.421	8	A	1		29.23	15.93	73.06
Minerals:									
Calcium, Ca....mg	344	2.952	17	A	1		179	98	448
Iron, Fe....mg	3.60	0.109	17	A	1		1.87	1.02	4.68
Magnesium, Mg....mg	28	0.311	17	A	1		14	8	36
Phosphorus, P....mg	600	3.218	17	A	1		312	170	780
Potassium, K....mg	191	5.363	17	A	1		99	54	248
Sodium, Na....mg	1082	13.115	17	A	1		562	307	1406
Zinc, Zn....mg	0.72	0.011	17	A	1		0.37	0.20	0.94
Copper, Cu....mg	0.126	0.002	17	A	1		0.066	0.036	0.164
Manganese, Mn....mg	0.685	0.013	17	A	1		0.356	0.194	0.891
Selenium, Se....µg	21.6	0.389	8	A	1		11.2	6.1	28.1
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.450	0.014	9	A	1		0.234	0.128	0.585
Riboflavin....mg	0.267	0.014	9	A	1		0.139	0.076	0.347
Niacin....mg	4.368	0.544	9	A	1		2.272	1.238	5.679
Pantothenic acid....mg	0.630	0.004	6	A	1		0.327	0.179	0.819
Vitamin B-6....mg	0.171	0.031	9	A	1		0.089	0.048	0.222
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	18.2		0	AS	1		9.5	5.2	23.7
Betaine....mg	45.6		2	A	1		23.7	12.9	59.2
Vitamin B-12....µg	0.32	0.109	9	A	1		0.17	0.09	0.41
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.822		0	NC	4		0.427	0.233	1.069
4:0....g	0.002	0.001	6	A	1		0.001	0.001	0.002
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.001	0.001	6	A	1		0.001	0.000	0.001
12:0....g	0.003	0.001	6	A	1		0.002	0.001	0.004
13:0....g									
14:0....g	0.006	0.002	6	A	1		0.003	0.002	0.008
15:0....g	0.002	0.000	6	A	1		0.001	0.001	0.003
16:0....g	0.549	0.034	6	A	1		0.285	0.156	0.713
17:0....g	0.004	0.000	6	A	1		0.002	0.001	0.005
18:0....g	0.230	0.017	6	A	1		0.120	0.065	0.299
20:0....g	0.010	0.000	6	A	1		0.005	0.003	0.013
22:0....g	0.009	0.000	6	A	1		0.005	0.003	0.012
24:0....g	0.006	0.000	6	A	1		0.003	0.002	0.007
Fatty acids, total monounsaturated....g	1.271		0	NC	4		0.661	0.360	1.653
14:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.003	0.001	6	AS	1		0.001	0.001	0.004
16:1 c....g	0.003	0.001	6	A	1		0.001	0.001	0.004
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.001	0.000	6	A	1		0.001	0.000	0.002
18:1 undifferentiated....g	1.190	0.050	6	AS	1		0.619	0.337	1.547
18:1 c....g	0.839	0.006	6	A	1		0.436	0.238	1.090
18:1 t....g	0.351	0.045	6	A	1		0.183	0.100	0.457
18:1-11 t (18:1t n-7)....g									
20:1....g	0.062	0.002	6	A	1		0.032	0.018	0.081
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.001	0.001	0.003
22:1 c....g	0.002	0.000	6	A	1		0.001	0.001	0.003
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.013	0.001	6	A	1		0.007	0.004	0.016
Fatty acids, total polyunsaturated....g	0.928		0	NC	4		0.483	0.263	1.207
18:2 undifferentiated....g	0.908	0.005	6	AS	1		0.472	0.257	1.180
18:2 n-6 c,c....g	0.871	0.007	6	A	1		0.453	0.247	1.133
18:2 CLAs....g	0.005	0.001	6	A	1		0.002	0.001	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.032	0.002	6	A	1		0.017	0.009	0.041
18:3 undifferentiated....g	0.005	0.000	6	AS	1		0.002	0.001	0.006
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	6	A	1		0.001	0.000	0.001
18:3 n-6 c,c,c....g	0.004	0.000	6	A	1		0.002	0.001	0.005
18:3i....g									
18:4....g	0.001	0.001	6	A	1		0.000	0.000	0.001
20:2 n-6 c,c....g	0.002	0.001	6	A	1		0.001	0.000	0.002
20:3 undifferentiated....g	0.002	0.000	6	AS	1		0.001	0.000	0.002
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.002	0.000	6	A	1		0.001	0.000	0.002
20:4 undifferentiated....g	0.001	0.000	6	A	1		0.000	0.000	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	A	1		0.001	0.000	0.002
21:5....g									
22:4....g	0.008	0.002	6	A	1		0.004	0.002	0.011
22:5 n-3 (DPA)....g	0.002	0.000	6	A	1		0.001	0.000	0.002
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.383		0	NC	4		0.199	0.109	0.498
Fatty acids, total trans-monoenoic....g	0.351		0	NC	4		0.183	0.100	0.457
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.017	0.009	0.041
Cholesterol....mg	2	0.165	5	A	1		1	1	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0		1		0.059	0.032	0.148
Threonine....g	0.360		0		1		0.187	0.102	0.468
Isoleucine....g	0.419		0		1		0.218	0.119	0.545

NDB No. 18289
Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.863		0		1		0.449	0.245	1.122
Lysine....g	0.407		0		1		0.212	0.115	0.529
Methionine....g	0.204		0		1		0.106	0.058	0.265
Cystine....g	0.186		0		1		0.097	0.053	0.242
Phenylalanine....g	0.494		0		1		0.257	0.140	0.642
Tyrosine....g	0.352		0		1		0.183	0.100	0.458
Valine....g	0.501		0		1		0.261	0.142	0.651
Arginine....g	0.427		0		1		0.222	0.121	0.555
Histidine....g	0.245		0		1		0.127	0.069	0.319
Alanine....g	0.434		0		1		0.226	0.123	0.564
Aspartic acid....g	0.611		0		1		0.318	0.173	0.794
Glutamic acid....g	2.571		0		1		1.337	0.729	3.342
Glycine....g	0.332		0		1		0.173	0.094	0.432
Proline....g	0.978		0		1		0.509	0.277	1.271
Serine....g	0.516		0		1		0.268	0.146	0.671
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: .333 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 130g: 1 cup, poured from box

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18290
Pancakes, plain, dry mix, complete, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.00		0		1		15.03	20.14	40.81
Energy	kcal	194		0	NC	4		55	74	149
Energy	kJ	812		0		4		230	308	625
Protein	g	5.20		0		1		1.47	1.98	4.00
Total lipid (fat)	g	2.50		0		1		0.71	0.95	1.93
Ash	g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference	g	36.70		0	NC	4		10.40	13.95	28.26
Fiber, total dietary	g	1.3		0		1		0.4	0.5	1.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0		1		36	48	97
Iron, Fe	mg	1.56		0		1		0.44	0.59	1.20
Magnesium, Mg	mg	20		0		1		6	8	15
Phosphorus, P	mg	334		0		1		95	127	257
Potassium, K	mg	175		0		1		50	67	135
Sodium, Na	mg	628		0		1		178	239	484
Zinc, Zn	mg	0.39		0		1		0.11	0.15	0.30
Copper, Cu	mg	0.094		0		1		0.027	0.036	0.072
Manganese, Mn	mg	0.272		0		1		0.077	0.103	0.209
Selenium, Se	µg	13.5		0	FLA	4		3.8	5.1	10.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.1	0.1	0.2
Thiamin	mg	0.211		0		1		0.060	0.080	0.162
Riboflavin	mg	0.217		0		1		0.062	0.082	0.167
Niacin	mg	1.711		0		1		0.485	0.650	1.317
Pantothenic acid	mg	0.243		0		1		0.069	0.092	0.187
Vitamin B-6	mg	0.091		0		1		0.026	0.035	0.070
Folate, total	µg	37		0	FLA	4		10	14	28
Folic acid	µg	28		0	NC	4		8	11	22
Folate, food	µg	9		0		4		3	3	7
Folate, DFE	µg	57		0	NC	4		16	22	44
Choline, total	mg	19.2		0	AS	1		5.4	7.3	14.8
Betaine	mg									
Vitamin B-12	µg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE	µg	10		0	NC	4		3	4	7
Retinol	µg	10		0	NC	4		3	4	7
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	32		0		1		9	12	25
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18290
Pancakes, plain, dry mix, complete, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.507		0		1		0.144	0.193	0.390
4:0....g	0.005		0		1		0.001	0.002	0.004
6:0....g	0.003		0		1		0.001	0.001	0.002
8:0....g	0.002		0		1		0.001	0.001	0.002
10:0....g	0.004		0		1		0.001	0.002	0.003
12:0....g	0.005		0		1		0.001	0.002	0.004
13:0....g									
14:0....g	0.018		0		1		0.005	0.007	0.014
15:0....g									
16:0....g	0.344		0		1		0.098	0.131	0.265
17:0....g									
18:0....g	0.125		0		1		0.035	0.048	0.096
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.881		0		1		0.250	0.335	0.678
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0		1		0.007	0.009	0.018
17:1....g									
18:1 undifferentiated....g	0.857		0		1		0.243	0.326	0.660
20:1....g	0.001		0		1		0.000	0.000	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.820		0		1		0.232	0.312	0.631
18:2 undifferentiated....g	0.764		0		1		0.217	0.290	0.588
18:3 undifferentiated....g	0.048		0		1		0.014	0.018	0.037
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0		1		0.002	0.002	0.005
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.002		0		1		0.001	0.001	0.002
Fatty acids, total trans....g									
Cholesterol....mg	12		0		4		3	5	9
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.017	0.022	0.045
Threonine....g	0.186		0		1		0.053	0.071	0.143
Isoleucine....g	0.216		0		1		0.061	0.082	0.166
Leucine....g	0.444		0		1		0.126	0.169	0.342
Lysine....g	0.210		0		1		0.060	0.080	0.162
Methionine....g	0.105		0		1		0.030	0.040	0.081
Cystine....g	0.096		0		1		0.027	0.036	0.074
Phenylalanine....g	0.255		0		1		0.072	0.097	0.196
Tyrosine....g	0.181		0		1		0.051	0.069	0.139
Valine....g	0.258		0		1		0.073	0.098	0.199
Arginine....g	0.220		0		1		0.062	0.084	0.169
Histidine....g	0.126		0		1		0.036	0.048	0.097
Alanine....g	0.223		0		1		0.063	0.085	0.172
Aspartic acid....g	0.315		0		1		0.089	0.120	0.243
Glutamic acid....g	1.325		0		1		0.376	0.504	1.020
Glycine....g	0.171		0		1		0.048	0.065	0.132
Proline....g	0.504		0		1		0.143	0.192	0.388
Serine....g	0.266		0		1		0.075	0.101	0.205
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18291
Pancakes, plain, dry mix, incomplete (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.10	0.120	124		1		2.58	10.19	
Energy....kcal	355		0	NC	4		101	398	
Energy....kJ	1485		0		4		421	1664	
Protein (N x 5.8)....g	10.00	0.117	129		1		2.84	11.20	
Total lipid (fat)....g	1.70	0.050	125		1		0.48	1.90	
Ash....g	5.60	0.042	110		1		1.59	6.27	
Carbohydrate, by difference....g	73.60		0		4		20.87	82.43	
Fiber, total dietary....g	5.4		0		4		1.5	6.1	
Sugars, total....g	2.21		0	FLC	4		0.63	2.48	
Starch....g									
Minerals:									
Calcium, Ca....mg	342	13.692	134		1		97	383	
Iron, Fe....mg	3.05	0.128	104		1		0.86	3.42	
Magnesium, Mg....mg	31	1.925	60		1		9	35	
Phosphorus, P....mg	627	16.515	135		1		178	702	
Potassium, K....mg	191	3.867	82		1		54	214	
Sodium, Na....mg	1496		0	LC	8		424	1676	
Zinc, Zn....mg	0.84	0.025	58		1		0.24	0.94	
Copper, Cu....mg	0.115	0.007	57		1		0.033	0.129	
Manganese, Mn....mg	0.395	0.028	31		1		0.112	0.442	
Selenium, Se....µg	12.9	0.845	8	A	1		3.7	14.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.610	0.021	61		1		0.173	0.683	
Riboflavin....mg	0.371	0.019	61		1		0.105	0.416	
Niacin....mg	3.758	0.137	61		1		1.065	4.209	
Pantothenic acid....mg	0.426	0.032	14		1		0.121	0.477	
Vitamin B-6....mg	0.183	0.013	12		1		0.052	0.205	
Folate, total....µg	136		0	FLC	4		39	152	
Folic acid....µg	127		0	NR	4		36	142	
Folate, food....µg	9	0.865	6		1		3	10	
Folate, DFE....µg	225		0	NC	4		64	252	
Choline, total....mg	8.5		0	FLC	4		2.4	9.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	1		0	FLC	4		0	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	78		0	FLC	4		22	87	
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLC	4		0.11	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.7		0	FLC	4		0.2	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18291
Pancakes, plain, dry mix, incomplete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.250		0		4		0.071	0.280	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.002		0		4		0.001	0.002	
13:0....g									
14:0....g	0.001		0		4		0.000	0.001	
15:0....g									
16:0....g	0.222		0		4		0.063	0.249	
17:0....g									
18:0....g	0.017		0		4		0.005	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.324		0		4		0.092	0.363	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		4		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.322		0		4		0.091	0.361	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.726		0		4		0.206	0.813	
18:2 undifferentiated....g	0.695		0		4		0.197	0.778	
18:3 undifferentiated....g	0.031		0		4		0.009	0.035	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		4		0.032	0.125	
Threonine....g	0.293		0		4		0.083	0.328	
Isoleucine....g	0.372		0		4		0.105	0.417	
Leucine....g	0.767		0		4		0.217	0.859	
Lysine....g	0.236		0		4		0.067	0.264	
Methionine....g	0.179		0		4		0.051	0.200	
Cystine....g	0.219		0		4		0.062	0.245	
Phenylalanine....g	0.494		0		4		0.140	0.553	
Tyrosine....g	0.296		0		4		0.084	0.332	
Valine....g	0.447		0		4		0.127	0.501	
Arginine....g	0.411		0		4		0.117	0.460	
Histidine....g	0.227		0		4		0.064	0.254	
Alanine....g	0.391		0		4		0.111	0.438	
Aspartic acid....g	0.502		0		4		0.142	0.562	
Glutamic acid....g	3.094		0		4		0.877	3.465	
Glycine....g	0.370		0		4		0.105	0.414	
Proline....g	1.055		0		4		0.299	1.182	
Serine....g	0.480		0		4		0.136	0.538	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 cup, poured from box

Calories Factors: Protein 3.9 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18292
Pancakes, plain, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.90		0		1		15.00	20.10	40.73
Energy	kcal	218		0	NC	4		62	83	168
Energy	kJ	912				4		259	347	702
Protein	g	7.80		0		1		2.21	2.96	6.01
Total lipid (fat)	g	7.70		0		1		2.18	2.93	5.93
Ash	g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference	g	28.90		0	NC	4		8.19	10.98	22.25
Fiber, total dietary	g	1.9		0		4		0.5	0.7	1.4
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	215		0		1		61	82	166
Iron, Fe	mg	1.30		0		1		0.37	0.49	1.00
Magnesium, Mg	mg	22		0		1		6	8	17
Phosphorus, P	mg	313		0		1		89	119	241
Potassium, K	mg	199		0		1		56	76	153
Sodium, Na	mg	505		0		1		143	192	389
Zinc, Zn	mg	0.75		0		1		0.21	0.29	0.58
Copper, Cu	mg	0.047		0		1		0.013	0.018	0.036
Manganese, Mn	mg	0.140		0		1		0.040	0.053	0.108
Selenium, Se	µg	9.8	0.506	28	A	1		2.8	3.7	7.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.2	0.2	0.5
Thiamin	mg	0.201		0		1		0.057	0.076	0.155
Riboflavin	mg	0.311		0		1		0.088	0.118	0.239
Niacin	mg	1.232		0		1		0.349	0.468	0.949
Pantothenic acid	mg	0.506		0		1		0.143	0.192	0.390
Vitamin B-6	mg	0.105		0		1		0.030	0.040	0.081
Folate, total	µg	36		0	FLA	4		10	14	28
Folic acid	µg	25		0	NC	4		7	10	19
Folate, food	µg	11		0		1		3	4	8
Folate, DFE	µg	54		0	NC	4		15	20	41
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.34		0		1		0.10	0.13	0.26
Vitamin A, RAE	µg	71		0	NC	4		20	27	55
Retinol	µg	70		0	NC	4		20	27	54
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	250		0		1		71	95	193
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18292
Pancakes, plain, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.045		0		1		0.580	0.777	1.575
4:0....g	0.048		0		1		0.014	0.018	0.037
6:0....g	0.029		0		1		0.008	0.011	0.022
8:0....g	0.017		0		1		0.005	0.006	0.013
10:0....g	0.037		0		1		0.010	0.014	0.028
12:0....g	0.043		0		1		0.012	0.016	0.033
13:0....g									
14:0....g	0.159		0		1		0.045	0.060	0.122
15:0....g									
16:0....g	1.235		0		1		0.350	0.469	0.951
17:0....g									
18:0....g	0.464		0		1		0.132	0.176	0.357
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.070		0		1		0.587	0.787	1.594
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.088		0		1		0.025	0.033	0.068
17:1....g									
18:1 undifferentiated....g	1.964		0		1		0.557	0.746	1.512
20:1....g	0.013		0		1		0.004	0.005	0.010
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.923		0		1		0.829	1.111	2.251
18:2 undifferentiated....g	2.574		0		1		0.730	0.978	1.982
18:3 undifferentiated....g	0.321		0		1		0.091	0.122	0.247
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0		1		0.006	0.008	0.017
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.000	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.006		0		1		0.002	0.002	0.005
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		20	27	55
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.027	0.036	0.073
Threonine....g	0.298		0		1		0.084	0.113	0.229
Isoleucine....g	0.375		0		1		0.106	0.143	0.289
Leucine....g	0.657		0		1		0.186	0.250	0.506
Lysine....g	0.405		0		1		0.115	0.154	0.312
Methionine....g	0.180		0		1		0.051	0.068	0.139
Cystine....g	0.141		0		1		0.040	0.054	0.109
Phenylalanine....g	0.384		0		1		0.109	0.146	0.296
Tyrosine....g	0.293		0		1		0.083	0.111	0.226
Valine....g	0.428		0		1		0.121	0.163	0.330
Arginine....g	0.341		0		1		0.097	0.130	0.263
Histidine....g	0.187		0		1		0.053	0.071	0.144
Alanine....g	0.321		0		1		0.091	0.122	0.247
Aspartic acid....g	0.543		0		1		0.154	0.206	0.418
Glutamic acid....g	1.803		0		1		0.511	0.685	1.388
Glycine....g	0.241		0		1		0.068	0.092	0.186
Proline....g	0.666		0		1		0.189	0.253	0.513
Serine....g	0.435		0		1		0.123	0.165	0.335
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18292

Pancakes, plain, dry mix, incomplete, prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.80	0.732	4	A	1		12.42	16.64	63.08
Energy....kcal	239		0	NC	4		68	91	345
Energy....kJ	1002		0	NC	4		284	381	1442
Protein....g	5.88	0.459	4	A	1		1.67	2.24	8.47
Total lipid (fat)....g	4.73	1.000	4	A	1		1.34	1.80	6.81
Ash....g	2.26	0.098	4	A	1		0.64	0.86	3.25
Carbohydrate, by difference....g	43.33		0	NC	4		12.28	16.46	62.39
Fiber, total dietary....g	2.5	0.103	3	A	1		0.7	1.0	3.6
Sugars, total....g	7.06	2.107	3	A	1		2.00	2.68	10.16
Sucrose....g	0.16	0.049	3	A	1		0.04	0.06	0.23
Glucose (dextrose)....g	3.13	1.139	3	A	1		0.89	1.19	4.51
Fructose....g	2.74	0.748	3	A	1		0.78	1.04	3.94
Lactose....g	0.85	0.156	3	A	1		0.24	0.32	1.23
Maltose....g	0.18	0.078	3	A	1		0.05	0.07	0.25
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	33.56	0.323	3	A	1		9.52	12.75	48.33
Minerals:									
Calcium, Ca....mg	72	8.874	4	A	1		21	27	104
Iron, Fe....mg	1.64	0.705	4	A	1		0.46	0.62	2.36
Magnesium, Mg....mg	16	2.791	4	A	1		5	6	24
Phosphorus, P....mg	350	51.630	4	A	1		99	133	504
Potassium, K....mg	122	24.033	4	A	1		35	46	176
Sodium, Na....mg	566	48.883	4	A	1		161	215	815
Zinc, Zn....mg	0.44	0.131	4	A	1		0.13	0.17	0.64
Copper, Cu....mg	0.035		2	A	1		0.010	0.013	0.050
Manganese, Mn....mg	0.141	0.035	4	A	1		0.040	0.054	0.203
Selenium, Se....µg	7.4	1.172	3	A	1		2.1	2.8	10.7
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.363	0.119	4	A	1		0.103	0.138	0.522
Riboflavin....mg	0.335	0.113	4	A	1		0.095	0.127	0.482
Niacin....mg	3.345	1.395	4	A	1		0.948	1.271	4.817
Pantothenic acid....mg	0.177	0.033	3	A	1		0.050	0.067	0.254
Vitamin B-6....mg	0.278	0.248	3	A	1		0.079	0.105	0.400
Folate, total....µg	54		1	A	1		15	21	78
Folic acid....µg	45		1	A	1		13	17	65
Folate, food....µg	9		0	AS	1		3	3	13
Folate, DFE....µg	86		0	NC	4		24	32	123
Choline, total....mg	28.1		0	AS	1		8.0	10.7	40.5
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	216		0	AS	1		61	82	311
Retinol....µg	216	204.607	3	A	1		61	82	311
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	719		0	AS	1		204	273	1036
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.38	0.139	3	A	1		0.11	0.14	0.54
Tocopherol, beta....mg	0.05	0.010	3	A	1		0.01	0.02	0.07
Tocopherol, gamma....mg	2.58	1.269	3	A	1		0.73	0.98	3.71
Tocopherol, delta....mg	0.75	0.369	3	A	1		0.21	0.28	1.08
Tocotrienol, alpha....mg	0.01	0.009	3	A	1		0.00	0.01	0.02
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	7.4		1	A	1		2.1	2.8	10.7
Dihydrophylloquinone....µg	4.8		1	A	1		1.4	1.8	7.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.855		0	NC	4		0.242	0.325	1.232
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.004	0.003	3	A	1		0.001	0.002	0.006
13:0....g									
14:0....g	0.017	0.002	3	A	1		0.005	0.006	0.025
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	0.554	0.134	3	A	1		0.157	0.211	0.798
17:0....g	0.003	0.002	3	A	1		0.001	0.001	0.004
18:0....g	0.248	0.082	3	A	1		0.070	0.094	0.356
20:0....g	0.013	0.005	3	A	1		0.004	0.005	0.019
22:0....g	0.016	0.004	3	A	1		0.005	0.006	0.023
24:0....g									
Fatty acids, total monounsaturated....g	2.453		0	NC	4		0.695	0.932	3.532
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.015	0.003	3	A	1		0.004	0.006	0.022
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	2.424	0.917	3	A	1		0.687	0.921	3.491
20:1....g	0.014	0.004	3	A	1		0.004	0.005	0.020
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.965		0	NC	4		0.273	0.367	1.389
18:2 undifferentiated....g	0.918	0.247	3	A	1		0.260	0.349	1.321
18:3 undifferentiated....g	0.038	0.008	3	A	1		0.011	0.014	0.054
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.007	0.002	3	A	1		0.002	0.002	0.009
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.003	0.003	3	A	1		0.001	0.001	0.004
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake

Measure 3 = 144g: 1 serving (3 pancakes)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28323
Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.21		0	FLC	4		4.19		
Energy	kcal	384		0	NC	4		157		
Energy	kJ	1606		0	NC	4		658		
Protein (N x 6.25)	g	7.40		0	LC	8		3.03		
Total lipid (fat)	g	6.17		0	LC	8		2.53		
Ash	g	1.53		0	FLC	4		0.63		
Carbohydrate, by difference	g	74.69		0	NC	4		30.62		
Fiber, total dietary	g	2.5		0	LC	8		1.0		
Sugars, total	g	7.40		0	LC	8		3.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	493		0	LC	8		202		
Iron, Fe	mg	3.55		0	LC	8		1.46		
Magnesium, Mg	mg	19		0	FLC	4		8		
Phosphorus, P	mg	92		0	FLC	4		38		
Potassium, K	mg	111		0	LC	8		46		
Sodium, Na	mg	839		0	LC	8		344		
Zinc, Zn	mg	0.60		0	FLC	4		0.25		
Copper, Cu	mg	0.123		0	FLC	4		0.051		
Manganese, Mn	mg									
Selenium, Se	µg	29.0		0	FLC	4		11.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.671		0	FLC	4		0.275		
Riboflavin	mg	0.423		0	FLC	4		0.173		
Niacin	mg	5.048		0	FLC	4		2.070		
Pantothenic acid	mg									
Vitamin B-6	mg	0.038		0	FLC	4		0.015		
Folate, total	µg	157		0	FLC	4		64		
Folic acid	µg	132		0	FLC	4		54		
Folate, food	µg	25		0	FLC	4		10		
Folate, DFE	µg	249		0	NC	4		102		
Choline, total	mg	8.9		0	FLC	4		3.7		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	0		0	LC	8		0		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	16		0	FLC	4		6		
Vitamin E (alpha-tocopherol)	mg	0.98		0	FLC	4		0.40		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	4.1		0	FLC	4		1.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28323

Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.000		0	FLC	4		0.000		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.000		0	FLC	4		0.000		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	3.788		0	NC	4		1.553		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.013		0	FLC	4		0.005		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	3.698		0	FLC	4		1.516		
20:1....g	0.077		0	FLC	4		0.032		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.036		0	NC	4		0.835		
18:2 undifferentiated....g	1.481		0	FLC	4		0.607		
18:3 undifferentiated....g	0.556		0	FLC	4		0.228		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: .33 cup 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18293
Pancakes, plain, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.90		0		1		15.00	20.10	40.73
Energy	kcal	227		0	NC	4		64	86	175
Energy	kJ	950				4		269	361	731
Protein (N x 0)	g	6.40		0		1		1.81	2.43	4.93
Total lipid (fat)	g	9.70		0		1		2.75	3.69	7.47
Ash	g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference	g	28.30		0	NC	4		8.02	10.75	21.79
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	219		0		1		62	83	169
Iron, Fe	mg	1.80		0		1		0.51	0.68	1.39
Magnesium, Mg	mg	16		0		1		5	6	12
Phosphorus, P	mg	159		0		1		45	60	122
Potassium, K	mg	132		0		1		37	50	102
Sodium, Na	mg	439		0		1		124	167	338
Zinc, Zn	mg	0.56		0		1		0.16	0.21	0.43
Copper, Cu	mg	0.049		0		1		0.014	0.019	0.038
Manganese, Mn	mg	0.200		0		1		0.057	0.076	0.154
Selenium, Se	µg	14.9		0	RK	4		4.2	5.7	11.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.1	0.1	0.2
Thiamin	mg	0.201		0		1		0.057	0.076	0.155
Riboflavin	mg	0.281		0		1		0.080	0.107	0.216
Niacin	mg	1.567		0		1		0.444	0.595	1.207
Pantothenic acid	mg	0.405		0		1		0.115	0.154	0.312
Vitamin B-6	mg	0.046		0		1		0.013	0.017	0.035
Folate, total	µg	38		0	RK	4		11	14	29
Folic acid	µg	26		0	NC	4		7	10	20
Folate, food	µg	12		0		1		3	5	9
Folate, DFE	µg	56		0	NC	4		16	21	43
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.22		0		1		0.06	0.08	0.17
Vitamin A, RAE	µg	54		0	NC	4		15	20	41
Retinol	µg	53		0	NC	4		15	20	41
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	196		0		1		56	74	151
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18293
Pancakes, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.122		0		1		0.602	0.806	1.634
4:0....g	0.036		0		1		0.010	0.014	0.028
6:0....g	0.021		0		1		0.006	0.008	0.016
8:0....g	0.012		0		1		0.003	0.005	0.009
10:0....g	0.028		0		1		0.008	0.011	0.022
12:0....g	0.031		0		1		0.009	0.012	0.024
13:0....g									
14:0....g	0.122		0		1		0.035	0.046	0.094
15:0....g									
16:0....g	1.354		0		1		0.384	0.515	1.043
17:0....g									
18:0....g	0.508		0		1		0.144	0.193	0.391
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.474		0		1		0.701	0.940	1.905
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0		1		0.022	0.030	0.060
17:1....g									
18:1 undifferentiated....g	2.375		0		1		0.673	0.903	1.829
20:1....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.447		0		1		1.261	1.690	3.424
18:2 undifferentiated....g	3.913		0		1		1.109	1.487	3.013
18:3 undifferentiated....g	0.510		0		1		0.145	0.194	0.393
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		1		0.005	0.007	0.014
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		17	22	45
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023	0.030	0.062
Threonine....g	0.237		0		1		0.067	0.090	0.182
Isoleucine....g	0.297		0		1		0.084	0.113	0.229
Leucine....g	0.513		0		1		0.145	0.195	0.395
Lysine....g	0.321		0		1		0.091	0.122	0.247
Methionine....g	0.147		0		1		0.042	0.056	0.113
Cystine....g	0.116		0		1		0.033	0.044	0.089
Phenylalanine....g	0.319		0		1		0.090	0.121	0.246
Tyrosine....g	0.240		0		1		0.068	0.091	0.185
Valine....g	0.335		0		1		0.095	0.127	0.258
Arginine....g	0.280		0		1		0.079	0.106	0.216
Histidine....g	0.152		0		1		0.043	0.058	0.117
Alanine....g	0.245		0		1		0.069	0.093	0.189
Aspartic acid....g	0.420		0		1		0.119	0.160	0.323
Glutamic acid....g	1.570		0		1		0.445	0.597	1.209
Glycine....g	0.198		0		1		0.056	0.075	0.152
Proline....g	0.576		0		1		0.163	0.219	0.444
Serine....g	0.363		0		1		0.103	0.138	0.280
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18293

Pancakes, plain, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28305
Pancakes, plain, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	33.34		0	FLC	4		35.01		
Energy	kcal	269		0	NC	4		283		
Energy	kJ	1127		0	NC	4		1183		
Protein (N x 6.25)	g	5.71		0	LC	8		6.00		
Total lipid (fat)	g	1.90		0	LC	8		2.00		
Ash	g	1.72		0	FLC	4		1.80		
Carbohydrate, by difference	g	57.32		0	NC	4		60.19		
Fiber, total dietary	g	1.0		0	LC	8		1.0		
Sugars, total	g	8.57		0	LC	8		9.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0	LC	8		60		
Iron, Fe	mg	1.71		0	LC	8		1.80		
Magnesium, Mg	mg	16		0	FLC	4		16		
Phosphorus, P	mg	190		0	LC	8		200		
Potassium, K	mg	97		0	FLC	4		101		
Sodium, Na	mg	429		0	LC	8		450		
Zinc, Zn	mg	0.52		0	FLC	4		0.54		
Copper, Cu	mg	0.093		0	FLC	4		0.098		
Manganese, Mn	mg									
Selenium, Se	µg	22.0		0	FLC	4		23.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.357		0	LC	8		0.375		
Riboflavin	mg	0.243		0	LC	8		0.255		
Niacin	mg	2.857		0	LC	8		3.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.039		0	FLC	4		0.040		
Folate, total	µg	112		0	FLC	4		118		
Folic acid	µg	92		0	FLC	4		97		
Folate, food	µg	20		0	NC	4		21		
Folate, DFE	µg	177		0	NC	4		186		
Choline, total	mg	13.7		0	FLC	4		14.4		
Betaine	mg									
Vitamin B-12	µg	0.10		0	FLC	4		0.10		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	7		0	NC	4		7		
Retinol	µg	6		0	FLC	4		7		
Carotene, beta	µg	1		0	FLC	4		1		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		1		
Vitamin A, IU	IU	24		0	NC	4		25		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	66		0	FLC	4		70		
Vitamin E (alpha-tocopherol)	mg	0.25		0	FLC	4		0.26		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	FLC	4		0.1		
Vitamin D	IU	3		0	FLC	4		3		
Vitamin K (phylloquinone)	µg	1.9		0	FLC	4		2.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 28305
Pancakes, plain, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.532		0	NC	4		0.559		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	FLC	4		0.012		
17:1....g									
18:1 undifferentiated....g	0.517		0	FLC	4		0.542		
20:1....g	0.004		0	FLC	4		0.004		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.105		0	NC	4		1.161		
18:2 undifferentiated....g	0.992		0	FLC	4		1.041		
18:3 undifferentiated....g	0.101		0	FLC	4		0.106		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		0	FLC	4		0.010		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.003		0	FLC	4		0.003		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	24		0	LC	8		25		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 serving 3 pancakes

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18297
Pancakes, special dietary, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.80		1		1		3.06	24.52	
Energy	kcal	349		0	NC	4		99	792	
Energy	kJ	1460				4		414	3315	
Protein (N x 5.9)	g	8.90		1		1		2.52	20.20	
Total lipid (fat)	g	1.40		1		1		0.40	3.18	
Ash	g	5.00		1		1		1.42	11.35	
Carbohydrate, by difference	g	73.90		0	NC	4		20.95	167.75	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		1		1		28	225	
Iron, Fe	mg	3.05		1		1		0.86	6.92	
Magnesium, Mg	mg	47		1		1		13	107	
Phosphorus, P	mg	596		1		1		169	1353	
Potassium, K	mg	676		1		1		192	1535	
Sodium, Na	mg	456		1		1		129	1035	
Zinc, Zn	mg	1.19		1		1		0.34	2.70	
Copper, Cu	mg	0.137		1		1		0.039	0.311	
Manganese, Mn	mg	0.578		0	FLA	4		0.164	1.312	
Selenium, Se	µg	25.1		0	FLA	4		7.1	57.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.370		1		1		0.105	0.840	
Riboflavin	mg	0.209		1		1		0.059	0.474	
Niacin	mg	3.270		1		1		0.927	7.423	
Pantothenic acid	mg	0.364		1		1		0.103	0.826	
Vitamin B-6	mg	0.037		1		1		0.010	0.084	
Folate, total	µg	107		0	FLA	4		30	243	
Folic acid	µg	93		0	NC	4		26	211	
Folate, food	µg	14		1		1		4	32	
Folate, DFE	µg	172		0	NC	4		49	391	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE	µg	6		0	NC	4		2	14	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	126		1		1		36	286	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18297
Pancakes, special dietary, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.202		0		1		0.057	0.459	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.000	0.002	
13:0....g									
14:0....g	0.001		0		1		0.000	0.002	
15:0....g									
16:0....g	0.177		0		1		0.050	0.402	
17:0....g									
18:0....g	0.018		0		1		0.005	0.041	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.276		0		1		0.078	0.627	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.001	0.007	
17:1....g									
18:1 undifferentiated....g	0.273		0		1		0.077	0.620	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.611		0		1		0.173	1.387	
18:2 undifferentiated....g	0.586		0		1		0.166	1.330	
18:3 undifferentiated....g	0.025		0		1		0.007	0.057	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0		1		0.026	0.204	
Threonine....g	0.271		0		1		0.077	0.615	
Isoleucine....g	0.337		0		1		0.096	0.765	
Leucine....g	0.796		0		1		0.226	1.807	
Lysine....g	0.251		0		1		0.071	0.570	
Methionine....g	0.158		0		1		0.045	0.359	
Cystine....g	0.178		0		1		0.050	0.404	
Phenylalanine....g	0.450		0		1		0.128	1.022	
Tyrosine....g	0.295		0		1		0.084	0.670	
Valine....g	0.394		0		1		0.112	0.894	
Arginine....g	0.420		0		1		0.119	0.953	
Histidine....g	0.223		0		1		0.063	0.506	
Alanine....g	0.400		0		1		0.113	0.908	
Aspartic acid....g	0.572		0		1		0.162	1.298	
Glutamic acid....g	2.415		0		1		0.685	5.482	
Glycine....g	0.322		0		1		0.091	0.731	
Proline....g	0.878		0		1		0.249	1.993	
Serine....g	0.429		0		1		0.122	0.974	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18297

Pancakes, special dietary, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 3.8 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28324
Pancakes, whole wheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.50		0	FLC	4		3.99		
Energy ... kcal	350		0	NC	4		133		
Energy ... kJ	1466		0	NC	4		557		
Protein (N x 6.25) ... g	10.53		0	LC	8		4.00		
Total lipid (fat) ... g	1.32		0	LC	8		0.50		
Ash ... g	3.55		0	FLC	4		1.35		
Carbohydrate, by difference ... g	74.11		0	NC	4		28.16		
Fiber, total dietary ... g	7.9		0	LC	8		3.0		
Sugars, total ... g	10.53		0	LC	8		4.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	158		0	LC	8		60		
Iron, Fe ... mg	7.11		0	LC	8		2.70		
Magnesium, Mg ... mg	84		0	LC	8		32		
Phosphorus, P ... mg	789		0	LC	8		300		
Potassium, K ... mg	368		0	LC	8		140		
Sodium, Na ... mg	1632		0	LC	8		620		
Zinc, Zn ... mg	1.64		0	FLC	4		0.62		
Copper, Cu ... mg	0.284		0	FLC	4		0.108		
Manganese, Mn ... mg									
Selenium, Se ... µg	19.0		0	FLC	4		7.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	LC	8		0.0		
Thiamin ... mg	0.395		0	LC	8		0.150		
Riboflavin ... mg	0.895		0	LC	8		0.340		
Niacin ... mg	7.895		0	LC	8		3.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.114		0	FLC	4		0.043		
Folate, total ... µg	84		0	LC	8		32		
Folic acid ... µg	59		0	FLC	4		22		
Folate, food ... µg	26		0	NC	4		10		
Folate, DFE ... µg	125		0	NC	4		48		
Choline, total ... mg	18.8		0	FLC	4		7.2		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	FLC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	3		0	FLC	4		1		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	4		0	NC	4		2		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	108		0	FLC	4		41		
Vitamin E (alpha-tocopherol) ... mg	0.27		0	FLC	4		0.10		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	FLC	4		0.0		
Vitamin D ... IU	0		0	FLC	4		0		
Vitamin K (phylloquinone) ... µg	1.1		0	FLC	4		0.4		
Dihydrophylloquinone ... µg									

NDB No. 28324
Pancakes, whole wheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		0	NC	4		0.000		
4:0 g	0.000		0	FLC	4		0.000		
6:0 g	0.000		0	FLC	4		0.000		
8:0 g	0.000		0	FLC	4		0.000		
10:0 g	0.000		0	FLC	4		0.000		
12:0 g	0.000		0	FLC	4		0.000		
13:0 g									
14:0 g	0.000		0	FLC	4		0.000		
15:0 g									
16:0 g	0.000		0	FLC	4		0.000		
17:0 g									
18:0 g	0.000		0	FLC	4		0.000		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.057		0	NC	4		0.022		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLC	4		0.000		
17:1 g									
18:1 undifferentiated g	0.056		0	FLC	4		0.021		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.259		0	NC	4		0.098		
18:2 undifferentiated g	0.241		0	FLC	4		0.092		
18:3 undifferentiated g	0.018		0	FLC	4		0.007		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g	0.000		0	LC	8		0.000		
Cholesterol mg	0		0	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: .25 cup mix 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.80	0.097	19		1		2.49	12.32	
Energy....kcal	344		0	NC	4		98	482	
Energy....kJ	1439				4		408	2015	
Protein (N x 5.8)....g	12.80	0.062	19		1		3.63	17.92	
Total lipid (fat)....g	1.50	0.065	19		1		0.43	2.10	
Ash....g	5.90	0.034	19		1		1.67	8.26	
Carbohydrate, by difference....g	71.00		0	NC	4		20.13	99.40	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	449	11.622	19		1		127	629	
Iron, Fe....mg	7.84	0.136	19		1		2.22	10.98	
Magnesium, Mg....mg	104		0	FLA	4		29	146	
Phosphorus, P....mg	782	8.358	19		1		222	1095	
Potassium, K....mg	445	16.348	9		1		126	623	
Sodium, Na....mg	1419	32.951	9		1		402	1987	
Zinc, Zn....mg	1.96		0	FLA	4		0.56	2.74	
Copper, Cu....mg	0.560		0	FLA	4		0.159	0.784	
Manganese, Mn....mg	2.236		0	FLA	4		0.634	3.130	
Selenium, Se....µg	38.0		0	FLA	4		10.8	53.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.569	0.021	19		1		0.161	0.797	
Riboflavin....mg	1.083	0.058	19		1		0.307	1.516	
Niacin....mg	6.767	0.191	19		1		1.918	9.474	
Pantothenic acid....mg	0.750		0	FLA	4		0.213	1.050	
Vitamin B-6....mg	0.227		0	FLA	4		0.064	0.318	
Folate, total....µg	82		0	FLA	4		23	115	
Folic acid....µg	28		0	NC	4		8	39	
Folate, food....µg	54		0		4		15	76	
Folate, DFE....µg	102		0	NC	4		29	142	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		0	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	31	3.600	10		1		9	43	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18299
Pancakes, whole-wheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.244		0		1		0.069	0.342	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.001	0.003	
13:0....g									
14:0....g	0.002		0		1		0.001	0.003	
15:0....g									
16:0....g	0.217		0		1		0.062	0.304	
17:0....g									
18:0....g	0.012		0		1		0.003	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.279		0		1		0.079	0.391	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.002	0.010	
17:1....g									
18:1 undifferentiated....g	0.273		0		1		0.077	0.382	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.605		0		1		0.172	0.847	
18:2 undifferentiated....g	0.575		0		1		0.163	0.805	
18:3 undifferentiated....g	0.030		0		1		0.009	0.042	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.001	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0		1		0.053	0.262	
Threonine....g	0.394		0		1		0.112	0.552	
Isoleucine....g	0.496		0		1		0.141	0.694	
Leucine....g	0.908		0		1		0.257	1.271	
Lysine....g	0.430		0		1		0.122	0.602	
Methionine....g	0.216		0		1		0.061	0.302	
Cystine....g	0.300		0		1		0.085	0.420	
Phenylalanine....g	0.634		0		1		0.180	0.888	
Tyrosine....g	0.397		0		1		0.113	0.556	
Valine....g	0.628		0		1		0.178	0.879	
Arginine....g	0.705		0		1		0.200	0.987	
Histidine....g	0.297		0		1		0.084	0.416	
Alanine....g	0.529		0		1		0.150	0.741	
Aspartic acid....g	0.813		0		1		0.230	1.138	
Glutamic acid....g	3.602		0		1		1.021	5.043	
Glycine....g	0.555		0		1		0.157	0.777	
Proline....g	1.108		0		1		0.314	1.551	
Serine....g	0.599		0		1		0.170	0.839	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18299

Pancakes, whole-wheat, dry mix, incomplete

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 140g: 1 cup, poured from box

Calories Factors: Protein 3.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18300
Pancakes, whole-wheat, dry mix, incomplete, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.80		0		1		14.97	23.23	68.11
Energy....kcal	208		0	NC	4		59	92	268
Energy....kJ	870				4		247	383	1123
Protein....g	8.50		0		1		2.41	3.74	10.97
Total lipid (fat)....g	6.50		0		1		1.84	2.86	8.39
Ash....g	2.80		0		1		0.79	1.23	3.61
Carbohydrate, by difference....g	29.40		0	NC	4		8.33	12.94	37.93
Fiber, total dietary....g	2.8		0		4		0.8	1.2	3.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	250		0		1		71	110	323
Iron, Fe....mg	3.11		0		1		0.88	1.37	4.01
Magnesium, Mg....mg	46		0		4		13	20	59
Phosphorus, P....mg	373		0		1		106	164	481
Potassium, K....mg	279		0		1		79	123	360
Sodium, Na....mg	572		0		1		162	252	738
Zinc, Zn....mg	1.04		0		4		0.29	0.46	1.34
Copper, Cu....mg	0.080		0		4		0.023	0.035	0.103
Manganese, Mn....mg	1.546		0		4		0.438	0.680	1.994
Selenium, Se....µg	19.4		0	FLA	4		5.5	8.5	25.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.1	0.2	0.6
Thiamin....mg	0.197		0		1		0.056	0.087	0.254
Riboflavin....mg	0.529		0		1		0.150	0.233	0.682
Niacin....mg	2.309		0		1		0.655	1.016	2.979
Pantothenic acid....mg	0.518		0		4		0.147	0.228	0.668
Vitamin B-6....mg	0.110		0		4		0.031	0.048	0.142
Folate, total....µg	29		0	FLA	4		8	13	37
Folic acid....µg	8		0	NC	4		2	4	10
Folate, food....µg	21		0		4		6	9	27
Folate, DFE....µg	35		0	NC	4		10	15	45
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.29		0		1		0.08	0.13	0.37
Vitamin A, RAE....µg	64		0	NC	4		18	28	82
Retinol....µg	63		0	NC	4		18	28	81
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	226		0		1		64	99	292
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18300
Pancakes, whole-wheat, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.749		0		1		0.496	0.770	2.256
4:0....g	0.041		0		1		0.012	0.018	0.053
6:0....g	0.025		0		1		0.007	0.011	0.032
8:0....g	0.014		0		1		0.004	0.006	0.018
10:0....g	0.032		0		1		0.009	0.014	0.041
12:0....g	0.037		0		1		0.010	0.016	0.048
13:0....g									
14:0....g	0.137		0		1		0.039	0.060	0.177
15:0....g									
16:0....g	1.057		0		1		0.300	0.465	1.364
17:0....g									
18:0....g	0.391		0		1		0.111	0.172	0.504
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.742		0		1		0.494	0.766	2.247
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.077		0		1		0.022	0.034	0.099
17:1....g									
18:1 undifferentiated....g	1.650		0		1		0.468	0.726	2.129
20:1....g	0.010		0		1		0.003	0.004	0.013
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.406		0		1		0.682	1.059	3.104
18:2 undifferentiated....g	2.118		0		1		0.600	0.932	2.732
18:3 undifferentiated....g	0.264		0		1		0.075	0.116	0.341
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		1		0.005	0.008	0.025
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.002	0.006
Fatty acids, total trans....g									
Cholesterol....mg	61		0		1		17	27	79
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.033	0.052	0.152
Threonine....g	0.316		0		1		0.090	0.139	0.408
Isoleucine....g	0.396		0		1		0.112	0.174	0.511
Leucine....g	0.675		0		1		0.191	0.297	0.871
Lysine....g	0.438		0		1		0.124	0.193	0.565
Methionine....g	0.182		0		1		0.052	0.080	0.235
Cystine....g	0.167		0		1		0.047	0.073	0.215
Phenylalanine....g	0.419		0		1		0.119	0.184	0.541
Tyrosine....g	0.312		0		1		0.088	0.137	0.402
Valine....g	0.468		0		1		0.133	0.206	0.604
Arginine....g	0.432		0		1		0.122	0.190	0.557
Histidine....g	0.204		0		1		0.058	0.090	0.263
Alanine....g	0.357		0		1		0.101	0.157	0.461
Aspartic acid....g	0.620		0		1		0.176	0.273	0.800
Glutamic acid....g	1.969		0		1		0.558	0.866	2.540
Glycine....g	0.303		0		1		0.086	0.133	0.391
Proline....g	0.671		0		1		0.190	0.295	0.866
Serine....g	0.454		0		1		0.129	0.200	0.586
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 pancake (4" dia)

Measure 3 = 129g: 1 pancake (6" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18959
Pastry, Pastelitos de Guava (guava pastries)

Latino food, pastelios de guava, turnovers
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.26	2.964	3	A	1		23.45		
Energy....kcal	379		0	NC	4		326		
Energy....kJ	1588		0	NC	4		1365		
Protein....g	5.48	0.490	3	A	1		4.71		
Total lipid (fat)....g	18.50	0.877	3	A	1		15.91		
Ash....g	0.99	0.032	3	A	1		0.85		
Carbohydrate, by difference....g	47.76		0	NC	4		41.08		
Fiber, total dietary....g	2.2	0.133	3	A	1		1.9		
Sugars, total....g	17.00	1.086	3	A	1		14.62		
Sucrose....g	12.37	1.071	3	A	1		10.64		
Glucose (dextrose)....g	2.29	0.196	3	A	1		1.97		
Fructose....g	1.41	0.318	3	A	1		1.22		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.93	0.555	3	A	1		0.80		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	24.65		2	A	1		21.20		
Minerals:									
Calcium, Ca....mg	14	3.136	3	A	1		12		
Iron, Fe....mg	2.12	0.191	3	A	1		1.83		
Magnesium, Mg....mg	15	1.819	3	A	1		13		
Phosphorus, P....mg	56	10.521	3	A	1		48		
Potassium, K....mg	103	12.784	3	A	1		89		
Sodium, Na....mg	231	44.095	3	A	1		199		
Zinc, Zn....mg	0.42	0.061	3	A	1		0.36		
Copper, Cu....mg	0.079	0.003	3	A	1		0.068		
Manganese, Mn....mg	0.265	0.018	3	A	1		0.228		
Selenium, Se....µg	17.5		1	A	1		15.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.190	0.006	3	A	1		0.163		
Riboflavin....mg	0.117	0.018	3	A	1		0.100		
Niacin....mg	2.493	0.035	3	A	1		2.144		
Pantothenic acid....mg	0.270		1	A	1		0.232		
Vitamin B-6....mg	0.053	0.003	3	A	1		0.046		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg	348		2	A	1		299		
Lutein + zeaxanthin....µg	14		2	A	1		12		
Vitamin E (alpha-tocopherol)....mg	0.95	0.403	3	A	1		0.82		
Tocopherol, beta....mg	0.12	0.040	3	A	1		0.10		
Tocopherol, gamma....mg	6.81	1.908	3	A	1		5.85		
Tocopherol, delta....mg	2.43	0.334	3	A	1		2.09		
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	12.5		2	A	1		10.7		
Dihydrophylloquinone....µg	29.1		2	A	1		25.1		
Menaquinone-4....µg	0.0		2	A	1		0.0		

NDB No. 18959
Pastry, Pastelitos de Guava (guava pastries)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.535		0	NC	4		4.760		
4:0....g									
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.021	0.001	3	A	1		0.018		
12:0....g	0.007	0.003	3	A	1		0.006		
13:0....g									
14:0....g	0.064	0.033	3	A	1		0.055		
15:0....g	0.010	0.005	3	A	1		0.009		
16:0....g	2.260	0.034	3	A	1		1.944		
17:0....g	0.035	0.013	3	A	1		0.030		
18:0....g	3.014	0.453	3	A	1		2.592		
20:0....g	0.057	0.002	3	A	1		0.049		
22:0....g	0.049	0.004	3	A	1		0.042		
24:0....g	0.018	0.002	3	A	1		0.015		
Fatty acids, total monounsaturated....g	8.543		0	NC	4		7.347		
14:1....g	0.010	0.008	3	A	1		0.009		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.057	0.037	3	AS	1		0.049		
16:1 c....g	0.053	0.033	3	A	1		0.046		
16:1 t....g	0.004	0.004	3	A	1		0.003		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	8.434	1.173	3	AS	1		7.253		
18:1 c....g	6.082	0.722	3	A	1		5.231		
18:1 t....g	2.352	0.468	3	A	1		2.022		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042	0.002	3	A	1		0.036		
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
22:1 c....g	0.000	0.000	3	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.835		0	NC	4		2.438		
18:2 undifferentiated....g	2.661	0.319	3	AS	1		2.289		
18:2 n-6 c,c....g	2.142	0.384	3	A	1		1.842		
18:2 CLAs....g	0.021	0.006	3	A	1		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.498	0.095	3	A	1		0.428		
18:3 undifferentiated....g	0.163	0.072	3	AS	1		0.140		
18:3 n-3 c,c,c (ALA)....g	0.163	0.072	3	A	1		0.140		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.003	0.001	3	A	1		0.003		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.004	0.004	3	A	1		0.003		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g	0.003	0.000	3	A	1		0.002		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans....g	2.853		0	NC	4		2.454		
Fatty acids, total trans-monoenoic....g	2.355		0	NC	4		2.025		
Fatty acids, total trans-polyenoic....g	0.498		0	NC	4		0.428		
Cholesterol....mg	10	8.348	3	A	1		8		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 18959
Pastry, Pastelitos de Guava (guava pastries)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 86g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18338
Phyllo dough

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.60		0		1		9.24	6.19	
Energy....kcal	299		0	NC	4		85	57	
Energy....kJ	1251		0		4		355	238	
Protein (N x 0)....g	7.10		0		1		2.01	1.35	
Total lipid (fat)....g	6.00		0		1		1.70	1.14	
Ash....g	1.60		0		1		0.45	0.30	
Carbohydrate, by difference....g	52.60		0	NC	4		14.91	9.99	
Fiber, total dietary....g	1.9		0		4		0.5	0.4	
Sugars, total....g	0.18		0	FLC	4		0.05	0.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		3	2	
Iron, Fe....mg	3.21		0		1		0.91	0.61	
Magnesium, Mg....mg	15		0		1		4	3	
Phosphorus, P....mg	75		0		1		21	14	
Potassium, K....mg	74		0		1		21	14	
Sodium, Na....mg	483		0		1		137	92	
Zinc, Zn....mg	0.49		0		1		0.14	0.09	
Copper, Cu....mg	0.101		0		1		0.029	0.019	
Manganese, Mn....mg	0.476		0		1		0.135	0.090	
Selenium, Se....µg	23.3		0	FLA	4		6.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.541		0		1		0.153	0.103	
Riboflavin....mg	0.341		0		1		0.097	0.065	
Niacin....mg	4.073		0		1		1.155	0.774	
Pantothenic acid....mg	0.302		0		1		0.086	0.057	
Vitamin B-6....mg	0.030		0		1		0.009	0.006	
Folate, total....µg	88		0	FLC	4		25	17	
Folic acid....µg	70		0		4		20	13	
Folate, food....µg	18		0		1		5	3	
Folate, DFE....µg	137		0	NC	4		39	26	
Choline, total....mg	6.9		0	FLC	4		2.0	1.3	
Betaine....mg									
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	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	11		0	FLC	4		3	2	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLC	4		0.02	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.5		0	FLC	4		0.7	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18338
Phyllo dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.470		0	FLA	4		0.417	0.279	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.027		0	FLA	4		0.008	0.005	
15:0....g									
16:0....g	0.794		0	FLA	4		0.225	0.151	
17:0....g									
18:0....g	0.649		0	FLA	4		0.184	0.123	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.149		0	FLA	4		0.893	0.598	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0		1		0.003	0.002	
17:1....g									
18:1 undifferentiated....g	3.149		0	FLA	4		0.893	0.598	
20:1....g	0.011		0		1		0.003	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.923		0	FLA	4		0.262	0.175	
18:2 undifferentiated....g	0.876		0	FLA	4		0.248	0.166	
18:3 undifferentiated....g	0.047		0	FLA	4		0.013	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025	0.017	
Threonine....g	0.194		0		1		0.055	0.037	
Isoleucine....g	0.246		0		1		0.070	0.047	
Leucine....g	0.490		0		1		0.139	0.093	
Lysine....g	0.158		0		1		0.045	0.030	
Methionine....g	0.126		0		1		0.036	0.024	
Cystine....g	0.151		0		1		0.043	0.029	
Phenylalanine....g	0.359		0		1		0.102	0.068	
Tyrosine....g	0.215		0		1		0.061	0.041	
Valine....g	0.286		0		1		0.081	0.054	
Arginine....g	0.288		0		1		0.082	0.055	
Histidine....g	0.159		0		1		0.045	0.030	
Alanine....g	0.229		0		1		0.065	0.044	
Aspartic acid....g	0.300		0		1		0.085	0.057	
Glutamic acid....g	2.400		0		1		0.680	0.456	
Glycine....g	0.256		0		1		0.073	0.049	
Proline....g	0.826		0		1		0.234	0.157	
Serine....g	0.356		0		1		0.101	0.068	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18338
Phyllo dough

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 sheet dough

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18943
Pie Crust, Cookie-type, Chocolate, Ready Crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.99	0.605	3	A	1		9.08		
Energy....kcal	484		0	NC	4		881		
Energy....kJ	2025		0	NC	4		3686		
Protein....g	6.08	0.365	3	A	1		11.07		
Total lipid (fat)....g	22.42	0.786	3	A	1		40.80		
Ash....g	2.03	0.233	3	A	1		3.69		
Carbohydrate, by difference....g	64.48		0	NC	4		117.35		
Fiber, total dietary....g	2.7	0.260	3	A	1		5.0		
Sugars, total....g	26.31		0	FLA	4		47.88		
Sucrose....g	19.47	2.433	3	A	1		35.43		
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g									
Starch....g	34.67	2.285	3	A	1		63.09		
Minerals:									
Calcium, Ca....mg	32	7.839	3	A	1		58		
Iron, Fe....mg	4.30		2	A	1		7.83		
Magnesium, Mg....mg	40	2.848	3	A	1		73		
Phosphorus, P....mg	120	10.000	3	A	1		218		
Potassium, K....mg	187	8.819	3	A	1		340		
Sodium, Na....mg	503	48.419	3	A	1		916		
Zinc, Zn....mg	2.10	0.153	3	A	1		3.82		
Copper, Cu....mg	0.770	0.112	3	A	1		1.401		
Manganese, Mn....mg	1.833	0.233	3	A	1		3.337		
Selenium, Se....µg	2.5	0.262	3	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0		
Thiamin....mg	0.336	0.089	3	A	1		0.612		
Riboflavin....mg	0.265	0.025	3	A	1		0.482		
Niacin....mg	3.073	0.113	3	A	1		5.593		
Pantothenic acid....mg	0.168	0.014	3	A	1		0.306		
Vitamin B-6....mg	0.043	0.009	3	A	1		0.078		
Folate, total....µg	72	7.513	3	A	1		132		
Folic acid....µg	50	7.839	3	A	1		92		
Folate, food....µg	22	0.577	3	AS	1		40		
Folate, DFE....µg	108		0	NC	4		196		
Choline, total....mg	16.4		0	AS	1		29.9		
Betaine....mg	21.3		1	A	1		38.8		
Vitamin B-12....µg	0.00		0	FLA	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....µg	0		0	FLA	4		0		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	0		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0	FLA	4		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	12		0	FLA	4		22		
Vitamin E (alpha-tocopherol)....mg	1.79	0.285	3	A	1		3.26		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.17	0.022	3	A	1		0.30		
Tocopherol, gamma....mg	11.79	0.466	3	A	1		21.46		
Tocopherol, delta....mg	3.49	0.083	3	A	1		6.36		
Tocotrienol, alpha....mg	0.04	0.006	3	A	1		0.07		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		

NDB No. 18943
Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	18.2	2.240	3	A	1		33.1		
Dihydrophylloquinone....µg	64.1	8.889	3	A	1		116.7		
Menaquinone-4....µg	0.6	0.305	3	A	1		1.1		
Lipids:									
Fatty acids, total saturated....g	4.725		0	NC	4		8.599		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.023	0.003	3	A	1		0.042		
15:0....g	0.001	0.001	3	A	1		0.001		
16:0....g	2.587	0.107	3	A	1		4.707		
17:0....g	0.028	0.001	3	A	1		0.052		
18:0....g	1.912	0.081	3	A	1		3.480		
20:0....g	0.088	0.004	3	A	1		0.160		
22:0....g	0.086	0.004	3	A	1		0.157		
24:0....g									
Fatty acids, total monounsaturated....g	14.482		0	NC	4		26.357		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019	0.002	3	AS	1		0.035		
16:1 c....g	0.019	0.002	3	A	1		0.035		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	14.433	0.307	3	AS	1		26.269		
20:1....g	0.029	0.004	3	A	1		0.054		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.035		0	NC	4		3.704		
18:2 undifferentiated....g	1.972	0.395	3	AS	1		3.589		
18:3 undifferentiated....g	0.063	0.012	3	AS	1		0.115		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NR	4		0.000		
Cholesterol....mg	0		0	FLA	4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0	FLA	4		0.146		
Threonine....g	0.205		0	FLA	4		0.374		
Isoleucine....g	0.225		0	FLA	4		0.409		
Leucine....g	0.382		0	FLA	4		0.695		
Lysine....g	0.245		0	FLA	4		0.446		
Methionine....g	0.073		0	FLA	4		0.133		
Cystine....g	0.108		0	FLA	4		0.197		
Phenylalanine....g	0.277		0	FLA	4		0.503		
Tyrosine....g	0.164		0	FLA	4		0.299		
Valine....g	0.316		0	FLA	4		0.575		
Arginine....g	0.290		0	FLA	4		0.527		

NDB No. 18943
Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.112		0	FLA	4		0.203		
Alanine....g	0.238		0	FLA	4		0.432		
Aspartic acid....g	0.454		0	FLA	4		0.827		
Glutamic acid....g	1.318		0	FLA	4		2.398		
Glycine....g	0.243		0	FLA	4		0.443		
Proline....g	0.419		0	FLA	4		0.762		
Serine....g	0.260		0	FLA	4		0.473		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	8	0.836	3	A	1		14		
Theobromine....mg	100	24.427	3	A	1		181		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 crust

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18942
Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.37	0.157	3	A	1		1.24	8.00	
Energy....kcal	501		0	NC	4		142	917	
Energy....kJ	2097		0	NC	4		594	3838	
Protein....g	5.10	0.185	3	A	1		1.45	9.34	
Total lipid (fat)....g	24.83	1.616	3	A	1		7.04	45.44	
Ash....g	1.39	0.172	3	A	1		0.39	2.55	
Carbohydrate, by difference....g	64.30		0	NC	4		18.23	117.67	
Fiber, total dietary....g	1.9	0.351	3	A	1		0.5	3.5	
Sugars, total....g	18.13		0	NR	4		5.14	33.18	
Sucrose....g	18.13	1.241	3	A	1		5.14	33.18	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g									
Starch....g	35.87	0.120	3	A	1		10.17	65.64	
Minerals:									
Calcium, Ca....mg	29	5.508	3	A	1		8	53	
Iron, Fe....mg	2.60	0.100	3	A	1		0.74	4.76	
Magnesium, Mg....mg	23	3.756	3	A	1		6	41	
Phosphorus, P....mg	117	21.333	3	A	1		33	215	
Potassium, K....mg	113	12.019	3	A	1		32	207	
Sodium, Na....mg	471		0	LC	8		134	862	
Zinc, Zn....mg	1.25	0.257	3	A	1		0.35	2.29	
Copper, Cu....mg	0.223	0.039	3	A	1		0.063	0.407	
Manganese, Mn....mg	1.287	0.358	3	A	1		0.365	2.354	
Selenium, Se....µg	2.6	0.362	3	A	1		0.7	4.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.1	
Thiamin....mg	0.184	0.053	3	A	1		0.052	0.337	
Riboflavin....mg	0.213	0.007	3	A	1		0.060	0.389	
Niacin....mg	3.220	0.047	3	A	1		0.913	5.893	
Pantothenic acid....mg	0.178	0.015	3	A	1		0.051	0.326	
Vitamin B-6....mg	0.076	0.013	3	A	1		0.022	0.139	
Folate, total....µg	65	8.667	3	A	1		18	118	
Folic acid....µg	46	6.489	3	A	1		13	84	
Folate, food....µg	19	2.517	3	AS	1		5	35	
Folate, DFE....µg	97		0	NC	4		27	177	
Choline, total....mg	17.7		0	AS	1		5.0	32.4	
Betaine....mg	38.8		1	A	1		11.0	71.1	
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	23		0	FLA	4		7	42	
Vitamin E (alpha-tocopherol)....mg	1.85	0.360	3	A	1		0.52	3.39	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									

NDB No. 18942
Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....µg	21.8	3.478	3	A	1		6.2	39.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.999		0	NC	4		1.417	9.148	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.020	0.002	3	A	1		0.006	0.037	
15:0....g	0.001	0.001	3	A	1		0.000	0.001	
16:0....g	2.775	0.276	3	A	1		0.787	5.077	
17:0....g	0.031	0.004	3	A	1		0.009	0.057	
18:0....g	1.974	0.133	3	A	1		0.560	3.613	
20:0....g	0.096	0.009	3	A	1		0.027	0.176	
22:0....g	0.102	0.010	3	A	1		0.029	0.186	
24:0....g									
Fatty acids, total monounsaturated....g	16.928		0	NC	4		4.799	30.979	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011	0.005	3	AS	1		0.003	0.020	
17:1....g									
18:1 undifferentiated....g	16.884	0.963	3	AS	1		4.786	30.897	
20:1....g	0.034	0.002	3	A	1		0.010	0.062	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.671		0	NC	4		0.474	3.058	
18:2 undifferentiated....g	1.611	0.107	3	AS	1		0.457	2.948	
18:3 undifferentiated....g	0.060	0.006	3	AS	1		0.017	0.109	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18942
Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 183g: 1 crust

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10		0		1		1.83	14.88	
Energy....kcal	484		0	NC	4		145	1181	
Energy....kJ	2025		0		4		608	4941	
Protein (N x 0)....g	4.10		0		1		1.23	10.00	
Total lipid (fat)....g	24.40		0		1		7.32	59.54	
Ash....g	1.50		0		1		0.45	3.66	
Carbohydrate, by difference....g	63.90		0	NC	4		19.17	155.92	
Fiber, total dietary....g	1.5		0		4		0.5	3.7	
Sugars, total....g	37.57		0	RA	4		11.27	91.68	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0		1		6	49	
Iron, Fe....mg	2.12		0		1		0.64	5.17	
Magnesium, Mg....mg	18		0		1		5	44	
Phosphorus, P....mg	64		0		1		19	156	
Potassium, K....mg	86		0		1		26	210	
Sodium, Na....mg	560		0		1		168	1366	
Zinc, Zn....mg	0.46		0		1		0.14	1.12	
Copper, Cu....mg	0.122		0		1		0.037	0.298	
Manganese, Mn....mg	0.453		0		1		0.136	1.105	
Selenium, Se....µg	5.9		0	RK	4		1.8	14.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.102		0		1		0.031	0.249	
Riboflavin....mg	0.172		0		1		0.052	0.420	
Niacin....mg	2.091		0		1		0.627	5.102	
Pantothenic acid....mg	0.216		0		1		0.065	0.527	
Vitamin B-6....mg	0.035		0		1		0.011	0.085	
Folate, total....µg	34		0	RK	4		10	83	
Folic acid....µg	27		0	NC	4		8	66	
Folate, food....µg	7		0		1		2	17	
Folate, DFE....µg	53		0	NC	4		16	129	
Choline, total....mg	15.4		0	RK	4		4.6	37.6	
Betaine....mg									
Vitamin B-12....µg	0.02		0		1		0.01	0.05	
Vitamin A, RAE....µg	191		0	NC	4		57	465	
Retinol....µg	179		0	RA	4		54	436	
Carotene, beta....µg	143		0	RA	4		43	348	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	833		0	NC	4		250	2034	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	31		0	RA	4		9	76	
Vitamin E (alpha-tocopherol)....mg	2.28		0	RA	4		0.68	5.56	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	24.2		0	RA	4		7.3	59.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.092		0		1		1.528	12.424	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.003		0		1		0.001	0.007	
12:0....g	0.003		0		1		0.001	0.007	
13:0....g									
14:0....g	0.073		0		1		0.022	0.178	
15:0....g									
16:0....g	3.094		0		1		0.928	7.549	
17:0....g									
18:0....g	1.903		0		1		0.571	4.643	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.142		0		1		3.343	27.186	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0		1		0.015	0.120	
17:1....g									
18:1 undifferentiated....g	11.094		0		1		3.328	27.069	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.769		0		1		2.031	16.516	
18:2 undifferentiated....g	6.475		0		1		1.943	15.799	
18:3 undifferentiated....g	0.294		0		1		0.088	0.717	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0		1		0.016	0.132	
Threonine....g	0.117		0		1		0.035	0.285	
Isoleucine....g	0.149		0		1		0.045	0.364	
Leucine....g	0.287		0		1		0.086	0.700	
Lysine....g	0.107		0		1		0.032	0.261	
Methionine....g	0.072		0		1		0.022	0.176	
Cystine....g	0.086		0		1		0.026	0.210	
Phenylalanine....g	0.203		0		1		0.061	0.495	
Tyrosine....g	0.127		0		1		0.038	0.310	
Valine....g	0.174		0		1		0.052	0.425	
Arginine....g	0.171		0		1		0.051	0.417	
Histidine....g	0.092		0		1		0.028	0.224	
Alanine....g	0.135		0		1		0.041	0.329	
Aspartic acid....g	0.189		0		1		0.057	0.461	
Glutamic acid....g	1.335		0		1		0.401	3.257	
Glycine....g	0.148		0		1		0.044	0.361	
Proline....g	0.460		0		1		0.138	1.122	
Serine....g	0.202		0		1		0.061	0.493	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 piece (1/8 of 9" crust)

Measure 2 = 244g: 1 crust, single 9"

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.50		0		1		10.97	14.96	1.87
Energy....kcal	531		0	NC	4		685	935	117
Energy....kJ	2222		0		4		2866	3910	489
Protein (N x 0)....g	3.70		0		1		4.77	6.51	0.81
Total lipid (fat)....g	36.20		0		1		46.70	63.71	7.96
Ash....g	1.40		0		1		1.81	2.46	0.31
Carbohydrate, by difference....g	50.20		0	NC	4		64.76	88.35	11.04
Fiber, total dietary....g	0.1		0		4		0.1	0.2	0.0
Sugars, total....g	7.33		0	RC	4		9.45	12.90	1.61
Starch....g									
Minerals:									
Calcium, Ca....mg	42		0		1		54	74	9
Iron, Fe....mg	1.63		0		1		2.10	2.87	0.36
Magnesium, Mg....mg	10		0		1		13	18	2
Phosphorus, P....mg	78		0		1		101	137	17
Potassium, K....mg	79		0		1		102	139	17
Sodium, Na....mg	515		0		1		664	906	113
Zinc, Zn....mg	0.24		0		1		0.31	0.42	0.05
Copper, Cu....mg	0.068		0		1		0.088	0.120	0.015
Manganese, Mn....mg	0.178		0		1		0.230	0.313	0.039
Selenium, Se....µg	7.7		0	RK	4		9.9	13.6	1.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.1	0.2	0.0
Thiamin....mg	0.189		0		1		0.244	0.333	0.042
Riboflavin....mg	0.229		0		1		0.295	0.403	0.050
Niacin....mg	2.113		0		1		2.726	3.719	0.465
Pantothenic acid....mg	0.305		0		1		0.393	0.537	0.067
Vitamin B-6....mg	0.052		0		1		0.067	0.092	0.011
Folate, total....µg	49		0	RK	4		63	86	11
Folic acid....µg	43		0	NC	4		55	76	9
Folate, food....µg	6		0		1		8	11	1
Folate, DFE....µg	79		0	NC	4		102	139	17
Choline, total....mg	22.7		0	RK	4		29.3	40.0	5.0
Betaine....mg									
Vitamin B-12....µg	0.09		0		1		0.12	0.16	0.02
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	269		0	NC	4		347	474	59
Retinol....µg	253		0	RC	4		326	445	56
Carotene, beta....µg	197		0	RC	4		254	347	43
Carotene, alpha....µg	0		0	RC	4		0	0	0
Cryptoxanthin, beta....µg	1		0	RC	4		1	1	0
Vitamin A, IU....IU	1172		0	NC	4		1512	2063	258
Lycopene....µg	0		0	RC	4		0	0	0
Lutein + zeaxanthin....µg	27		0	RC	4		35	48	6
Vitamin E (alpha-tocopherol)....mg	3.06		0	RC	4		3.94	5.38	0.67
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	RP	4		0.6	0.9	0.1
Vitamin D....IU	21		0	RP	4		27	36	5
Vitamin K (phylloquinone)....µg	34.0		0	RC	4		43.9	59.9	7.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.434		0		1		9.590	13.084	1.635
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.102		0		1		0.132	0.180	0.022
15:0....g									
16:0....g	4.453		0		1		5.744	7.837	0.980
17:0....g									
18:0....g	2.878		0		1		3.713	5.065	0.633
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.647		0		1		20.185	27.539	3.442
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.002	0.000
17:1....g									
18:1 undifferentiated....g	15.646		0		1		20.183	27.537	3.442
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.682		0		1		13.780	18.800	2.350
18:2 undifferentiated....g	10.175		0		1		13.126	17.908	2.239
18:3 undifferentiated....g	0.508		0		1		0.655	0.894	0.112
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	39		0		1		50	69	9
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1		0.065	0.088	0.011
Threonine....g	0.127		0		1		0.164	0.224	0.028
Isoleucine....g	0.161		0		1		0.208	0.283	0.035
Leucine....g	0.274		0		1		0.353	0.482	0.060
Lysine....g	0.178		0		1		0.230	0.313	0.039
Methionine....g	0.078		0		1		0.101	0.137	0.017
Cystine....g	0.077		0		1		0.099	0.136	0.017
Phenylalanine....g	0.178		0		1		0.230	0.313	0.039
Tyrosine....g	0.122		0		1		0.157	0.215	0.027
Valine....g	0.184		0		1		0.237	0.324	0.040
Arginine....g	0.160		0		1		0.206	0.282	0.035
Histidine....g	0.079		0		1		0.102	0.139	0.017
Alanine....g	0.137		0		1		0.177	0.241	0.030
Aspartic acid....g	0.222		0		1		0.286	0.391	0.049
Glutamic acid....g	0.963		0		1		1.242	1.695	0.212
Glycine....g	0.119		0		1		0.154	0.209	0.026
Proline....g	0.328		0		1		0.423	0.577	0.072
Serine....g	0.213		0		1		0.275	0.375	0.047
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RC	4		0	0	0

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 cup

Measure 2 = 176g: 1 crust, single 9"

Measure 3 = 22g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18947
Pie crust, deep dish, frozen, baked, made with enriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.26	0.725	3	A	1		16.68		
Energy....kcal	521		0	NC	4		1052		
Energy....kJ	2179		0	NC	4		4402		
Protein....g	6.10	0.303	3	A	1		12.33		
Total lipid (fat)....g	31.84	4.157	3	A	1		64.32		
Ash....g	1.33	0.093	3	A	1		2.69		
Carbohydrate, by difference....g	52.47		0	NC	4		105.99		
Fiber, total dietary....g	2.3		2	A	1		4.6		
Sugars, total....g									
Starch....g	45.67	3.011	3	A	1		92.25		
Minerals:									
Calcium, Ca....mg	23	2.166	3	A	1		46		
Iron, Fe....mg	2.47	0.570	3	A	1		4.99		
Magnesium, Mg....mg	17	0.448	3	A	1		33		
Phosphorus, P....mg	77	7.278	3	A	1		155		
Potassium, K....mg	103	9.874	3	A	1		209		
Sodium, Na....mg	393	37.100	3	A	1		795		
Zinc, Zn....mg	0.52	0.030	3	A	1		1.05		
Copper, Cu....mg	0.089	0.003	3	A	1		0.179		
Manganese, Mn....mg	0.533	0.039	3	A	1		1.076		
Selenium, Se....µg	5.0	1.850	3	A	1		10.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.263	0.048	3	A	1		0.532		
Riboflavin....mg	0.130	0.040	3	A	1		0.262		
Niacin....mg	2.867	0.426	3	A	1		5.791		
Pantothenic acid....mg	0.403	0.012	3	A	1		0.815		
Vitamin B-6....mg	0.040	0.000	3	A	1		0.081		
Folate, total....µg	94		1	A	1		190		
Folic acid....µg	72		1	A	1		145		
Folate, food....µg	22		0	AS	1		44		
Folate, DFE....µg	144		0	NC	4		292		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00	0.000	3	A	1		0.00		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.39	0.945	3	A	1		2.81		
Tocopherol, beta....mg	0.13	0.048	3	A	1		0.27		
Tocopherol, gamma....mg	9.41	5.534	3	A	1		19.00		
Tocopherol, delta....mg	2.78	1.662	3	A	1		5.61		
Tocotrienol, alpha....mg	0.03	0.010	3	A	1		0.06		
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	16.7	13.509	3	A	1		33.7		
Dihydrophylloquinone....µg	61.4	38.339	3	A	1		124.1		
Menaquinone-4....µg	1.0	0.710	3	A	1		2.1		

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.862		0	NC	4		17.901		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.180	0.108	3	A	1		0.364		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	4.970	0.640	3	A	1		10.039		
17:0....g	0.070	0.019	3	A	1		0.141		
18:0....g	3.480	0.205	3	A	1		7.030		
20:0....g	0.094	0.020	3	A	1		0.190		
22:0....g	0.068	0.040	3	A	1		0.138		
24:0....g									
Fatty acids, total monounsaturated....g	16.459		0	NC	4		33.246		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.276	0.169	3	A	1		0.557		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	16.049	3.664	3	A	1		32.418		
20:1....g	0.134	0.038	3	A	1		0.271		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.918		0	NC	4		7.915		
18:2 undifferentiated....g	3.714	0.372	3	A	1		7.503		
18:3 undifferentiated....g	0.130	0.010	3	AS	1		0.263		
18:3 n-3 c,c,c (ALA)....g	0.130	0.010	3	A	1		0.263		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.062	0.039	3	A	1		0.126		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.012	0.012	3	A	1		0.024		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0	A	1		0.114		
Threonine....g	0.129		0	A	1		0.261		
Isoleucine....g	0.223		0	A	1		0.451		
Leucine....g	0.422		0	A	1		0.853		
Lysine....g	0.112		0	A	1		0.226		
Methionine....g	0.093		0	A	1		0.188		
Cystine....g	0.129		0	A	1		0.260		
Phenylalanine....g	0.276		0	A	1		0.558		
Tyrosine....g	0.123		0	A	1		0.248		
Valine....g	0.280		0	A	1		0.565		
Arginine....g	0.226		0	A	1		0.457		
Histidine....g	0.106		0	A	1		0.215		
Alanine....g	0.194		0	A	1		0.391		
Aspartic acid....g	0.299		0	A	1		0.605		
Glutamic acid....g	2.062		0	A	1		4.164		
Glycine....g	0.230		0	A	1		0.464		

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.799		0	A	1		1.613		
Serine.....g	0.305		0	A	1		0.615		
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 202g: 1 pie crust (average weight)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.78	0.431	3	A	1		40.00		
Energy	kcal	468		0	NC	4		1053		
Energy	kJ	1958		0	NC	4		4405		
Protein	g	5.52	0.292	3	A	1		12.42		
Total lipid (fat)	g	28.74	3.764	3	A	1		64.67		
Ash	g	1.17	0.095	3	A	1		2.62		
Carbohydrate, by difference	g	46.79		0	NC	4		105.28		
Fiber, total dietary	g	1.4		2	A	1		3.1		
Sugars, total	g									
Starch	g	41.70	2.651	3	A	1		93.83		
Minerals:										
Calcium, Ca	mg	20	1.922	3	A	1		46		
Iron, Fe	mg	2.26	0.420	3	A	1		5.08		
Magnesium, Mg	mg	15	0.384	3	A	1		33		
Phosphorus, P	mg	68	6.692	3	A	1		153		
Potassium, K	mg	91	7.700	3	A	1		205		
Sodium, Na	mg	353	32.593	3	A	1		794		
Zinc, Zn	mg	0.46	0.023	3	A	1		1.04		
Copper, Cu	mg	0.079	0.003	3	A	1		0.178		
Manganese, Mn	mg	0.476	0.031	3	A	1		1.071		
Selenium, Se	µg	4.5	1.690	3	A	1		10.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.227	0.063	3	A	1		0.510		
Riboflavin	mg	0.143	0.034	3	A	1		0.322		
Niacin	mg	2.500	0.436	3	A	1		5.625		
Pantothenic acid	mg	0.360	0.045	3	A	1		0.810		
Vitamin B-6	mg	0.047	0.003	3	A	1		0.105		
Folate, total	µg	77		1	A	1		173		
Folic acid	µg	48		1	A	1		108		
Folate, food	µg	29		0	AS	1		65		
Folate, DFE	µg	111		0	NC	4		249		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		2	A	1		0.00		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	1.24	0.877	3	A	1		2.79		
Tocopherol, beta	mg	0.12	0.050	3	A	1		0.27		
Tocopherol, gamma	mg	8.59	5.232	3	A	1		19.33		
Tocopherol, delta	mg	2.54	1.530	3	A	1		5.72		
Tocotrienol, alpha	mg	0.04	0.015	3	A	1		0.09		
Tocotrienol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma	mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta	mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	15.0	12.522	3	A	1		33.7		
Dihydrophylloquinone	µg	51.7	30.254	3	A	1		116.3		
Menaquinone-4	µg	1.2	0.737	3	A	1		2.7		

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.129		0	NC	4		18.290		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.162	0.095	3	A	1		0.364		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	4.515	0.529	3	A	1		10.159		
17:0....g	0.051	0.028	3	A	1		0.114		
18:0....g	3.253	0.244	3	A	1		7.319		
20:0....g	0.087	0.019	3	A	1		0.195		
22:0....g	0.062	0.036	3	A	1		0.139		
24:0....g									
Fatty acids, total monounsaturated....g	14.489		0	NC	4		32.599		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.249	0.150	3	A	1		0.560		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	14.119	3.098	3	A	1		31.767		
20:1....g	0.121	0.034	3	A	1		0.273		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.530		0	NC	4		7.943		
18:2 undifferentiated....g	3.349	0.322	3	A	1		7.534		
18:3 undifferentiated....g	0.115	0.008	3	AS	1		0.258		
18:3 n-3 c,c,c (ALA)....g	0.115	0.008	3	A	1		0.258		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.056	0.035	3	A	1		0.127		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.011	0.011	3	A	1		0.024		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.053		0	A	1		0.120		
Threonine....g	0.112		0	A	1		0.253		
Isoleucine....g	0.197		0	A	1		0.442		
Leucine....g	0.383		0	A	1		0.861		
Lysine....g	0.144		0	A	1		0.325		
Methionine....g	0.083		0	A	1		0.187		
Cystine....g	0.111		0	A	1		0.249		
Phenylalanine....g	0.246		0	A	1		0.554		
Tyrosine....g	0.103		0	A	1		0.232		
Valine....g	0.246		0	A	1		0.554		
Arginine....g	0.196		0	A	1		0.442		
Histidine....g	0.096		0	A	1		0.217		
Alanine....g	0.170		0	A	1		0.383		
Aspartic acid....g	0.263		0	A	1		0.591		
Glutamic acid....g	1.839		0	A	1		4.139		
Glycine....g	0.206		0	A	1		0.464		

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.710		0	A	1		1.598		
Serine.....g	0.272		0	A	1		0.612		
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 pie crust (average weight)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18946
Pie crust, refrigerated, regular, baked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.96		2	A	1		15.77		
Energy	kcal	506		0	NC	4		1002		
Energy	kJ	2117		0	NC	4		4191		
Protein	g	3.41		2	A	1		6.74		
Total lipid (fat)	g	28.69		2	A	1		56.80		
Ash	g	1.42		2	A	1		2.81		
Carbohydrate, by difference	g	58.52		0	NC	4		115.88		
Fiber, total dietary	g	1.4		2	A	1		2.7		
Sugars, total	g									
Starch	g	51.85		2	A	1		102.66		
Minerals:										
Calcium, Ca	mg	12		2	A	1		24		
Iron, Fe	mg	1.15		2	A	1		2.27		
Magnesium, Mg	mg	9		2	A	1		17		
Phosphorus, P	mg	52		2	A	1		103		
Potassium, K	mg	83		2	A	1		165		
Sodium, Na	mg	472		2	A	1		935		
Zinc, Zn	mg	0.22		2	A	1		0.44		
Copper, Cu	mg	0.051		2	A	1		0.101		
Manganese, Mn	mg	0.209		2	A	1		0.415		
Selenium, Se	µg	4.5		2	A	1		8.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.140		2	A	1		0.277		
Riboflavin	mg	0.037		2	A	1		0.074		
Niacin	mg	1.285		2	A	1		2.544		
Pantothenic acid	mg	0.295		2	A	1		0.584		
Vitamin B-6	mg	0.020		2	A	1		0.039		
Folate, total	µg	32		2	A	1		63		
Folic acid	µg	21		2	A	1		42		
Folate, food	µg	11		0	AS	1		22		
Folate, DFE	µg	47		0	NC	4		92		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		2	A	1		0.00		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.05		2	A	1		0.10		
Tocopherol, beta	mg	0.01		2	A	1		0.03		
Tocopherol, gamma	mg	0.15		2	A	1		0.30		
Tocopherol, delta	mg	0.03		2	A	1		0.05		
Tocotrienol, alpha	mg	0.01		2	A	1		0.03		
Tocotrienol, beta	mg	0.00		2	A	1		0.00		
Tocotrienol, gamma	mg	0.01		2	A	1		0.03		
Tocotrienol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.4		2	A	1		0.8		
Dihydrophylloquinone	µg	0.0		2	A	1		0.0		
Menaquinone-4	µg	4.5		2	A	1		8.9		

NDB No. 18946
Pie crust, refrigerated, regular, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.087		0	NC	4		21.953		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.391		2	A	1		0.773		
15:0....g	0.000		2	A	1		0.000		
16:0....g	6.563		2	A	1		12.996		
17:0....g	0.109		2	A	1		0.216		
18:0....g	3.951		2	A	1		7.824		
20:0....g	0.073		2	A	1		0.144		
22:0....g	0.000		2	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	11.815		0	NC	4		23.393		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.604		2	A	1		1.196		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	11.002		2	A	1		21.785		
20:1....g	0.209		2	A	1		0.413		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.756		0	NC	4		7.437		
18:2 undifferentiated....g	3.423		2	A	1		6.777		
18:3 undifferentiated....g	0.148		0	AS	1		0.293		
18:3 n-3 c,c,c (ALA)....g	0.148		2	A	1		0.293		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.139		2	A	1		0.275		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047		2	A	1		0.093		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0	A	1		0.069		
Threonine....g	0.066		0	A	1		0.131		
Isoleucine....g	0.120		0	A	1		0.238		
Leucine....g	0.220		0	A	1		0.435		
Lysine....g	0.070		0	A	1		0.139		
Methionine....g	0.050		0	A	1		0.098		
Cystine....g	0.066		0	A	1		0.131		
Phenylalanine....g	0.145		0	A	1		0.287		
Tyrosine....g	0.070		0	A	1		0.139		
Valine....g	0.145		0	A	1		0.287		
Arginine....g	0.110		0	A	1		0.217		
Histidine....g	0.060		0	A	1		0.119		
Alanine....g	0.099		0	A	1		0.197		
Aspartic acid....g	0.163		0	A	1		0.323		
Glutamic acid....g	1.094		0	A	1		2.166		
Glycine....g	0.126		0	A	1		0.250		

NDB No. 18946
Pie crust, refrigerated, regular, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.440		0	A	1		0.871		
Serine.....g	0.166		0	A	1		0.328		
Hydroxyproline.....g	0.000		2	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 = 198g: 1 pie crust

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18948
Pie crust, refrigerated, regular, unbaked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	19.25		2	A	1		44.08		
Energy	kcal	445		0	NC	4		1020		
Energy	kJ	1864		0	NC	4		4267		
Protein	g	2.97		2	A	1		6.80		
Total lipid (fat)	g	25.46		2	A	1		58.29		
Ash	g	1.22		2	A	1		2.79		
Carbohydrate, by difference	g	51.11		0	NC	4		117.03		
Fiber, total dietary	g	1.8		2	A	1		4.1		
Sugars, total	g									
Starch	g	44.90		2	A	1		102.82		
Minerals:										
Calcium, Ca	mg	10		2	A	1		24		
Iron, Fe	mg	1.02		2	A	1		2.33		
Magnesium, Mg	mg	8		2	A	1		17		
Phosphorus, P	mg	45		2	A	1		104		
Potassium, K	mg	73		2	A	1		168		
Sodium, Na	mg	409		2	A	1		935		
Zinc, Zn	mg	0.20		2	A	1		0.47		
Copper, Cu	mg	0.045		2	A	1		0.103		
Manganese, Mn	mg	0.181		2	A	1		0.414		
Selenium, Se	µg	4.0		2	A	1		9.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.067		2	A	1		0.154		
Riboflavin	mg	0.052		2	A	1		0.120		
Niacin	mg	1.145		2	A	1		2.622		
Pantothenic acid	mg	0.310		2	A	1		0.710		
Vitamin B-6	mg	0.020		2	A	1		0.046		
Folate, total	µg	25		2	A	1		56		
Folic acid	µg	18		2	A	1		41		
Folate, food	µg	7		0	AS	1		15		
Folate, DFE	µg	37		0	NC	4		85		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		2	A	1		0.00		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.05		2	A	1		0.11		
Tocopherol, beta	mg	0.01		2	A	1		0.02		
Tocopherol, gamma	mg	0.14		2	A	1		0.32		
Tocopherol, delta	mg	0.02		2	A	1		0.05		
Tocotrienol, alpha	mg	0.01		2	A	1		0.03		
Tocotrienol, beta	mg	0.00		2	A	1		0.00		
Tocotrienol, gamma	mg	0.01		2	A	1		0.03		
Tocotrienol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		2	A	1		0.0		
Dihydrophylloquinone	µg	0.0		2	A	1		0.0		
Menaquinone-4	µg	4.0		2	A	1		9.2		

NDB No. 18948
Pie crust, refrigerated, regular, unbaked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.596		0	NC	4		21.975		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.342		2	A	1		0.784		
15:0....g	0.000		2	A	1		0.000		
16:0....g	5.683		2	A	1		13.013		
17:0....g	0.096		2	A	1		0.220		
18:0....g	3.412		2	A	1		7.813		
20:0....g	0.063		2	A	1		0.144		
22:0....g	0.000		2	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	10.206		0	NC	4		23.372		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.532		2	A	1		1.218		
17:1....g									
18:1 undifferentiated....g	9.493		2	A	1		21.739		
20:1....g	0.181		2	A	1		0.414		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.292		0	NC	4		7.538		
18:2 undifferentiated....g	2.998		2	A	1		6.865		
18:3 undifferentiated....g	0.131		0	AS	1		0.300		
18:3 n-3 c,c,c (ALA)....g	0.131		2	A	1		0.300		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.122		2	A	1		0.278		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		2	A	1		0.095		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0	A	1		0.057		
Threonine....g	0.050		0	A	1		0.114		
Isoleucine....g	0.100		0	A	1		0.228		
Leucine....g	0.185		0	A	1		0.423		
Lysine....g	0.077		0	A	1		0.175		
Methionine....g	0.039		0	A	1		0.090		
Cystine....g	0.041		0	A	1		0.094		
Phenylalanine....g	0.120		0	A	1		0.275		
Tyrosine....g	0.050		0	A	1		0.114		
Valine....g	0.125		0	A	1		0.285		
Arginine....g	0.089		0	A	1		0.204		
Histidine....g	0.050		0	A	1		0.114		
Alanine....g	0.085		0	A	1		0.195		
Aspartic acid....g	0.137		0	A	1		0.313		
Glutamic acid....g	0.921		0	A	1		2.110		
Glycine....g	0.106		0	A	1		0.242		

NDB No. 18948
Pie crust, refrigerated, regular, unbaked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.378		0	A	1		0.865		
Serine.....g	0.131		0	A	1		0.299		
Hydroxyproline.....g	0.000		2	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 = 229g: 1 pie crust (average weight)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18332
Pie crust, standard-type, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.60	0.302	28		1		2.15	21.58	
Energy....kcal	518		0	NC	4		147	1471	
Energy....kJ	2167				4		614	6155	
Protein (N x 5.7)....g	6.90	0.152	30		1		1.96	19.60	
Total lipid (fat)....g	31.40	0.442	34		1		8.90	89.18	
Ash....g	2.00	0.044	28		1		0.57	5.68	
Carbohydrate, by difference....g	52.10		0	NC	4		14.77	147.96	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	61	12.445	20		1		17	173	
Iron, Fe....mg	2.22	0.094	20		1		0.63	6.30	
Magnesium, Mg....mg	15	1.364	15		1		4	43	
Phosphorus, P....mg	86	6.061	21		1		24	244	
Potassium, K....mg	64	2.769	8		1		18	182	
Sodium, Na....mg	753	22.024	16		1		213	2139	
Zinc, Zn....mg	0.40	0.049	10		1		0.11	1.14	
Copper, Cu....mg	0.075	0.007	10		1		0.021	0.213	
Manganese, Mn....mg	0.315		2		1		0.089	0.895	
Selenium, Se....µg	22.9		0	FLA	4		6.5	65.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.392	0.010	20		1		0.111	1.113	
Riboflavin....mg	0.213	0.017	20		1		0.060	0.605	
Niacin....mg	2.727	0.099	20		1		0.773	7.745	
Pantothenic acid....mg	0.268	0.087	3		1		0.076	0.761	
Vitamin B-6....mg	0.064		2		1		0.018	0.182	
Folate, total....µg	104		0	FLA	4		29	295	
Folic acid....µg	86		0	NC	4		24	244	
Folate, food....µg	18		0		4		5	51	
Folate, DFE....µg	164		0	NC	4		47	466	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18332
Pie crust, standard-type, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.974		0	FLA	4		2.261	22.646	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.154		0	FLA	4		0.044	0.437	
15:0....g									
16:0....g	4.096		0	FLA	4		1.161	11.633	
17:0....g									
18:0....g	3.724		0	FLA	4		1.056	10.576	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.887		0	FLA	4		5.071	50.799	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	17.887		0	FLA	4		5.071	50.799	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.968		0	FLA	4		1.125	11.269	
18:2 undifferentiated....g	3.768		0	FLA	4		1.068	10.701	
18:3 undifferentiated....g	0.199		0	FLA	4		0.056	0.565	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023	0.227	
Threonine....g	0.184		0		1		0.052	0.523	
Isoleucine....g	0.255		0		1		0.072	0.724	
Leucine....g	0.476		0		1		0.135	1.352	
Lysine....g	0.133		0		1		0.038	0.378	
Methionine....g	0.121		0		1		0.034	0.344	
Cystine....g	0.155		0		1		0.044	0.440	
Phenylalanine....g	0.339		0		1		0.096	0.963	
Tyrosine....g	0.188		0		1		0.053	0.534	
Valine....g	0.289		0		1		0.082	0.821	
Arginine....g	0.239		0		1		0.068	0.679	
Histidine....g	0.146		0		1		0.041	0.415	
Alanine....g	0.210		0		1		0.060	0.596	
Aspartic acid....g	0.278		0		1		0.079	0.790	
Glutamic acid....g	2.412		0		1		0.684	6.850	
Glycine....g	0.236		0		1		0.067	0.670	
Proline....g	0.809		0		1		0.229	2.298	
Serine....g	0.333		0		1		0.094	0.946	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18332

Pie crust, standard-type, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18333
Pie crust, standard-type, dry mix, prepared, baked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.60		0		1		2.12	16.96	
Energy	kcal	501		0	NC	4		100	802	
Energy	kJ	2096				4		419	3354	
Protein	g	6.70		0		1		1.34	10.72	
Total lipid (fat)	g	30.40		0		1		6.08	48.64	
Ash	g	2.00		0		1		0.40	3.20	
Carbohydrate, by difference	g	50.40		0	NC	4		10.08	80.64	
Fiber, total dietary	g	1.8		0		4		0.4	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		1		12	96	
Iron, Fe	mg	2.15		0		1		0.43	3.44	
Magnesium, Mg	mg	15		0		1		3	24	
Phosphorus, P	mg	84		0		1		17	134	
Potassium, K	mg	62		0		1		12	99	
Sodium, Na	mg	729		0		1		146	1166	
Zinc, Zn	mg	0.39		0		1		0.08	0.62	
Copper, Cu	mg	0.074		0		1		0.015	0.118	
Manganese, Mn	mg	0.305		0		1		0.061	0.488	
Selenium, Se	µg	22.1		0	RP	4		4.4	35.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.303		0		1		0.061	0.485	
Riboflavin	mg	0.186		0		1		0.037	0.298	
Niacin	mg	2.373		0		1		0.475	3.797	
Pantothenic acid	mg	0.168		0		1		0.034	0.269	
Vitamin B-6	mg	0.056		0		1		0.011	0.090	
Folate, total	µg	70		0	RP	4		14	112	
Folic acid	µg	58		0	NC	4		12	93	
Folate, food	µg	12		0		4		2	19	
Folate, DFE	µg	111		0	NC	4		22	177	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18333
Pie crust, standard-type, dry mix, prepared, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.711		0		1		1.542	12.338	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.149		0		1		0.030	0.238	
15:0....g									
16:0....g	3.963		0		1		0.793	6.341	
17:0....g									
18:0....g	3.599		0		1		0.720	5.758	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.289		0		1		3.458	27.662	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	17.289		0		1		3.458	27.662	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.847		0		1		0.769	6.155	
18:2 undifferentiated....g	3.654		0		1		0.731	5.846	
18:3 undifferentiated....g	0.193		0		1		0.039	0.309	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.015	0.123	
Threonine....g	0.178		0		1		0.036	0.285	
Isoleucine....g	0.247		0		1		0.049	0.395	
Leucine....g	0.460		0		1		0.092	0.736	
Lysine....g	0.129		0		1		0.026	0.206	
Methionine....g	0.117		0		1		0.023	0.187	
Cystine....g	0.150		0		1		0.030	0.240	
Phenylalanine....g	0.328		0		1		0.066	0.525	
Tyrosine....g	0.182		0		1		0.036	0.291	
Valine....g	0.279		0		1		0.056	0.446	
Arginine....g	0.231		0		1		0.046	0.370	
Histidine....g	0.141		0		1		0.028	0.226	
Alanine....g	0.203		0		1		0.041	0.325	
Aspartic acid....g	0.269		0		1		0.054	0.430	
Glutamic acid....g	2.333		0		1		0.467	3.733	
Glycine....g	0.228		0		1		0.046	0.365	
Proline....g	0.783		0		1		0.157	1.253	
Serine....g	0.322		0		1		0.064	0.515	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Common Measures:

Measure 1 = 20g: 1 piece (1/8 of 9" crust)

Measure 2 = 160g: 1 crust, single 9"

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.82		2	A	1		3.21	30.84	
Energy....kcal	457		0	NC	4		82	790	
Energy....kJ	1910		0	NC	4		344	3304	
Protein (N x 5.7)....g	6.16		2	A	1		1.11	10.65	
Total lipid (fat)....g	26.07		2	A	1		4.69	45.10	
Ash....g	1.33		2	A	1		0.24	2.30	
Carbohydrate, by difference....g	48.62		0	NC	4		8.75	84.11	
Fiber, total dietary....g	2.5		2	A	1		0.4	4.3	
Sugars, total....g	3.72		0	BFYN	4		0.67	6.44	
Starch....g	44.10		2	A	1		7.94	76.29	
Minerals:									
Calcium, Ca....mg	19		2	A	1		3	32	
Iron, Fe....mg	2.60		2	A	1		0.47	4.49	
Magnesium, Mg....mg	15		2	A	1		3	26	
Phosphorus, P....mg	72		2	A	1		13	125	
Potassium, K....mg	97		2	A	1		17	168	
Sodium, Na....mg	409		2	A	1		74	708	
Zinc, Zn....mg	0.45		2	A	1		0.08	0.78	
Copper, Cu....mg	0.075		2	A	1		0.013	0.130	
Manganese, Mn....mg	0.442		2	A	1		0.080	0.765	
Selenium, Se....µg	5.7		2	A	1		1.0	9.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.275		2	A	1		0.049	0.476	
Riboflavin....mg	0.170		2	A	1		0.031	0.294	
Niacin....mg	2.700		2	A	1		0.486	4.671	
Pantothenic acid....mg	0.405		2	A	1		0.073	0.701	
Vitamin B-6....mg	0.050		2	A	1		0.009	0.087	
Folate, total....µg	70		2	A	1		13	121	
Folic acid....µg	46		2	A	1		8	79	
Folate, food....µg	25		0	AS	1		4	42	
Folate, DFE....µg	102		0	NC	4		18	176	
Choline, total....mg	11.8		0	BFYN	4		2.1	20.5	
Betaine....mg									
Vitamin B-12....µg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	BFYN	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		0	2	
Vitamin E (alpha-tocopherol)....mg	0.46		2	A	1		0.08	0.79	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.07		2	A	1		0.01	0.13	
Tocopherol, gamma....mg	4.51		2	A	1		0.81	7.80	
Tocopherol, delta....mg	1.50		2	A	1		0.27	2.60	
Tocotrienol, alpha....mg	0.02		2	A	1		0.00	0.04	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.02		2	A	1		0.00	0.03	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	BFYN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFYN	4		0	0	
Vitamin K (phylloquinone)....µg	5.4		2	A	1		1.0	9.3	

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	30.9		2	A	1		5.6	53.5	
Menaquinone-4....µg	1.8		2	A	1		0.3	3.1	
Lipids:									
Fatty acids, total saturated....g	8.159		0	NC	4		1.469	14.115	
4:0....g	0.001		0	FLA	4		0.000	0.002	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.232		2	A	1		0.042	0.402	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	4.705		2	A	1		0.847	8.140	
17:0....g	0.075		2	A	1		0.013	0.130	
18:0....g	3.044		2	A	1		0.548	5.265	
20:0....g	0.070		2	A	1		0.013	0.121	
22:0....g	0.033		2	A	1		0.006	0.057	
24:0....g									
Fatty acids, total monounsaturated....g	12.167		0	NC	4		2.190	21.050	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.357		2	A	1		0.064	0.618	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	11.676		2	A	1		2.102	20.199	
20:1....g	0.134		2	A	1		0.024	0.233	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.176		0	NC	4		0.572	5.495	
18:2 undifferentiated....g	2.957		2	A	1		0.532	5.116	
18:3 undifferentiated....g	0.122		0	AS	1		0.022	0.212	
18:3 n-3 c,c,c (ALA)....g	0.122		2	A	1		0.022	0.212	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.078		2	A	1		0.014	0.136	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.018		2	A	1		0.003	0.031	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0	A	1		0.010	0.095	
Threonine....g	0.115		0	A	1		0.021	0.198	
Isoleucine....g	0.216		0	A	1		0.039	0.373	
Leucine....g	0.407		0	A	1		0.073	0.704	
Lysine....g	0.167		0	A	1		0.030	0.290	
Methionine....g	0.091		0	A	1		0.016	0.157	
Cystine....g	0.112		0	A	1		0.020	0.195	
Phenylalanine....g	0.255		0	A	1		0.046	0.442	
Tyrosine....g	0.116		0	A	1		0.021	0.200	
Valine....g	0.266		0	A	1		0.048	0.461	
Arginine....g	0.211		0	A	1		0.038	0.366	
Histidine....g	0.100		0	A	1		0.018	0.173	
Alanine....g	0.187		0	A	1		0.034	0.323	
Aspartic acid....g	0.265		0	A	1		0.048	0.459	

NDB No. 18334
Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	1.900		0	A	1		0.342	3.287	
Glycine.....g	0.216		0	A	1		0.039	0.373	
Proline.....g	0.790		0	A	1		0.142	1.367	
Serine.....g	0.279		0	A	1		0.050	0.482	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 piece (1/8 of 9" crust)

Measure 2 = 173g: 1 pie crust (average weight of 1 frozen crust)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.18		2	A	1		11.06		
Energy	kcal	508		0	NC	4		783		
Energy	kJ	2127		0	NC	4		3275		
Protein (N x 0)	g	6.50		2	A	1		10.01		
Total lipid (fat)	g	28.59		2	A	1		44.04		
Ash	g	1.49		2	A	1		2.29		
Carbohydrate, by difference	g	56.24		0	NC	4		86.60		
Fiber, total dietary	g	3.3		2	A	1		5.1		
Sugars, total	g	4.23		0	RK	4		6.51		
Starch	g	48.30		2	A	1		74.38		
Minerals:										
Calcium, Ca	mg	21		2	A	1		32		
Iron, Fe	mg	2.80		2	A	1		4.31		
Magnesium, Mg	mg	17		2	A	1		26		
Phosphorus, P	mg	82		2	A	1		127		
Potassium, K	mg	114		2	A	1		176		
Sodium, Na	mg	467		2	A	1		718		
Zinc, Zn	mg	0.51		0	BFSN	4		0.79		
Copper, Cu	mg	0.097		2	A	1		0.149		
Manganese, Mn	mg									
Selenium, Se	µg	6.8		2	A	1		10.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.300		2	A	1		0.462		
Riboflavin	mg	0.155		2	A	1		0.239		
Niacin	mg	3.450		2	A	1		5.313		
Pantothenic acid	mg	0.455		2	A	1		0.701		
Vitamin B-6	mg	0.045		2	A	1		0.069		
Folate, total	µg	68		2	A	1		104		
Folic acid	µg	49		2	A	1		75		
Folate, food	µg	19		0	AS	1		28		
Folate, DFE	µg	102		0	NC	4		157		
Choline, total	mg	13.4		0	AS	1		20.7		
Betaine	mg	42.0		1	A	1		64.7		
Vitamin B-12	µg	0.00		2	A	1		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	RK	4		0		
Carotene, beta	µg	0		0	RK	4		0		
Carotene, alpha	µg	0		0	NR	4		0		
Cryptoxanthin, beta	µg	0		0	RK	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	µg	0		0	RK	4		0		
Lutein + zeaxanthin	µg	1		0	RK	4		2		
Vitamin E (alpha-tocopherol)	mg	0.54		2	A	1		0.84		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.09		2	A	1		0.13		
Tocopherol, gamma	mg	5.31		2	A	1		8.19		
Tocopherol, delta	mg	1.64		2	A	1		2.52		
Tocotrienol, alpha	mg	0.02		2	A	1		0.04		
Tocotrienol, beta	mg	0.00		2	A	1		0.00		
Tocotrienol, gamma	mg	0.01		2	A	1		0.01		
Tocotrienol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	7.8		2	A	1		12.0		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	34.1		2	A	1		52.5		
Menaquinone-4....µg	2.0		2	A	1		3.0		
Lipids:									
Fatty acids, total saturated....g	9.277		0	NC	4		14.286		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.269		2	A	1		0.413		
15:0....g	0.000		2	A	1		0.000		
16:0....g	5.375		2	A	1		8.277		
17:0....g	0.085		2	A	1		0.131		
18:0....g	3.437		2	A	1		5.292		
20:0....g	0.077		2	A	1		0.118		
22:0....g	0.036		2	A	1		0.055		
24:0....g									
Fatty acids, total monounsaturated....g	13.562		0	NC	4		20.885		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.409		2	A	1		0.629		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	12.996		2	A	1		20.015		
20:1....g	0.157		2	A	1		0.242		
22:1 undifferentiated....g	0.000		0	RK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.568		0	NC	4		5.495		
18:2 undifferentiated....g	3.321		2	A	1		5.115		
18:3 undifferentiated....g	0.138		0	AS	1		0.212		
18:3 n-3 c,c,c (ALA)....g	0.138		2	A	1		0.212		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	RK	4		0.000		
20:2 n-6 c,c....g	0.089		2	A	1		0.137		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.020		2	A	1		0.031		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RK	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RK	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.065		0	A	1		0.100		
Threonine....g	0.129		0	A	1		0.199		
Isoleucine....g	0.230		0	A	1		0.354		
Leucine....g	0.460		0	A	1		0.708		
Lysine....g	0.141		0	A	1		0.217		
Methionine....g	0.105		0	A	1		0.162		
Cystine....g	0.134		0	A	1		0.206		
Phenylalanine....g	0.294		0	A	1		0.453		
Tyrosine....g	0.145		0	A	1		0.223		
Valine....g	0.290		0	A	1		0.446		
Arginine....g	0.235		0	A	1		0.362		
Histidine....g	0.114		0	A	1		0.176		
Alanine....g	0.200		0	A	1		0.308		
Aspartic acid....g	0.304		0	A	1		0.468		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	2.158		0	A	1		3.324		
Glycine.....g	0.244		0	A	1		0.376		
Proline.....g	0.798		0	A	1		1.230		
Serine.....g	0.329		0	A	1		0.506		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	RK	4		0.0		
Caffeine.....mg	0		0	RK	4		0		
Theobromine.....mg	0		0	RK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 pie crust (average weight of 1 baked crust)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18446
Pie crust, standard-type, frozen, ready-to-bake, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.00	0.166	7		1		29.82	3.36	
Energy....kcal	457		0	NC	4		649	73	
Energy....kJ	1912				4		2715	306	
Protein (N x 5.7)....g	3.90	0.505	7		1		5.54	0.62	
Total lipid (fat)....g	29.20	0.270	4		1		41.46	4.67	
Ash....g	1.80	0.274	7		1		2.56	0.29	
Carbohydrate, by difference....g	44.10		0		4		62.62	7.06	
Fiber, total dietary....g	0.9		0		4		1.3	0.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	5.004	7		1		26	3	
Iron, Fe....mg	0.38		0		4		0.54	0.06	
Magnesium, Mg....mg	16	4.416	7		1		23	3	
Phosphorus, P....mg	53	7.776	7		1		75	8	
Potassium, K....mg	98	18.739	7		1		139	16	
Sodium, Na....mg	576	60.193	7		1		818	92	
Zinc, Zn....mg	0.30	0.055	7		1		0.43	0.05	
Copper, Cu....mg	0.068	0.017	7		1		0.097	0.011	
Manganese, Mn....mg	0.547	0.065	3		1		0.777	0.088	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.050		0		4		0.071	0.008	
Riboflavin....mg	0.010		0		4		0.014	0.002	
Niacin....mg	0.550		0		4		0.781	0.088	
Pantothenic acid....mg	0.231	0.036	6		1		0.328	0.037	
Vitamin B-6....mg	0.071	0.005	3		1		0.101	0.011	
Folate, total....µg	10		0		4		14	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		4		14	2	
Folate, DFE....µg	10		0	NC	4		14	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.03		0	BFZN	4		0.04	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18446
Pie crust, standard-type, frozen, ready-to-bake, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.357		0	BFZN	4		6.187	0.697	
4:0....g	0.001		0	BFZN	4		0.001	0.000	
6:0....g									
8:0....g									
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.031		0	BFZN	4		0.044	0.005	
15:0....g									
16:0....g	2.878		0	BFZN	4		4.087	0.460	
17:0....g									
18:0....g	1.443		0	BFZN	4		2.049	0.231	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.414		0	BFZN	4		17.628	1.986	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.117		0	BFZN	4		0.166	0.019	
17:1....g									
18:1 undifferentiated....g	12.273		0	BFZN	4		17.428	1.964	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.000		0	BFZN	4		15.620	1.760	
18:2 undifferentiated....g	10.212		0	BFZN	4		14.501	1.634	
18:3 undifferentiated....g	0.759		0	BFZN	4		1.078	0.121	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		4		0.080	0.009	
Threonine....g	0.112		0		4		0.159	0.018	
Isoleucine....g	0.150		0		4		0.213	0.024	
Leucine....g	0.267		0		4		0.379	0.043	
Lysine....g	0.140		0		4		0.199	0.022	
Methionine....g	0.065		0		4		0.092	0.010	
Cystine....g	0.085		0		4		0.121	0.014	
Phenylalanine....g	0.182		0		4		0.258	0.029	
Tyrosine....g	0.111		0		4		0.158	0.018	
Valine....g	0.172		0		4		0.244	0.028	
Arginine....g	0.148		0		4		0.210	0.024	
Histidine....g	0.079		0		4		0.112	0.013	
Alanine....g	0.119		0		4		0.169	0.019	
Aspartic acid....g	0.169		0		4		0.240	0.027	
Glutamic acid....g	1.266		0		4		1.798	0.203	
Glycine....g	0.131		0		4		0.186	0.021	
Proline....g	0.427		0		4		0.606	0.068	
Serine....g	0.205		0		4		0.291	0.033	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Common Measures:

Measure 1 = 142g: 1 crust, single 9"

Measure 2 = 16g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18336
Pie crust, standard-type, prepared from recipe, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.80		0		1		2.25	17.64	
Energy....kcal	527		0	NC	4		121	949	
Energy....kJ	2205		0		4		507	3969	
Protein (N x 0)....g	6.40		0		1		1.47	11.52	
Total lipid (fat)....g	34.60		0		1		7.96	62.28	
Ash....g	1.70		0		1		0.39	3.06	
Carbohydrate, by difference....g	47.50		0	NC	4		10.93	85.50	
Fiber, total dietary....g	1.7		0		4		0.4	3.0	
Sugars, total....g	0.17		0	RA	4		0.04	0.30	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		2	18	
Iron, Fe....mg	2.89		0		1		0.66	5.20	
Magnesium, Mg....mg	14		0		1		3	25	
Phosphorus, P....mg	67		0		1		15	121	
Potassium, K....mg	67		0		1		15	121	
Sodium, Na....mg	542		0		1		125	976	
Zinc, Zn....mg	0.44		0		1		0.10	0.79	
Copper, Cu....mg	0.091		0		1		0.021	0.164	
Manganese, Mn....mg	0.430		0		1		0.099	0.774	
Selenium, Se....µg	21.1		0	RK	4		4.9	38.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.391		0		1		0.090	0.704	
Riboflavin....mg	0.277		0		1		0.064	0.499	
Niacin....mg	3.307		0		1		0.761	5.953	
Pantothenic acid....mg	0.177		0		1		0.041	0.319	
Vitamin B-6....mg	0.025		0		1		0.006	0.045	
Folate, total....µg	67		0	RK	4		15	121	
Folic acid....µg	56		0	NC	4		13	101	
Folate, food....µg	11		0		1		3	20	
Folate, DFE....µg	106		0	NC	4		24	191	
Choline, total....mg	6.2		0	RA	4		1.4	11.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	RA	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	10		0	RA	4		2	18	
Vitamin E (alpha-tocopherol)....mg	0.31		0	RA	4		0.07	0.56	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	14.8		0	RA	4		3.4	26.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.622		0		1		1.983	15.520	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.136		0		1		0.031	0.245	
15:0....g									
16:0....g	4.882		0		1		1.123	8.788	
17:0....g									
18:0....g	3.605		0		1		0.829	6.489	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.169		0		1		3.489	27.304	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	15.169		0		1		3.489	27.304	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.122		0		1		2.098	16.420	
18:2 undifferentiated....g	8.565		0		1		1.970	15.417	
18:3 undifferentiated....g	0.557		0		1		0.128	1.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.018	0.142	
Threonine....g	0.175		0		1		0.040	0.315	
Isoleucine....g	0.222		0		1		0.051	0.400	
Leucine....g	0.442		0		1		0.102	0.796	
Lysine....g	0.142		0		1		0.033	0.256	
Methionine....g	0.114		0		1		0.026	0.205	
Cystine....g	0.136		0		1		0.031	0.245	
Phenylalanine....g	0.324		0		1		0.075	0.583	
Tyrosine....g	0.194		0		1		0.045	0.349	
Valine....g	0.258		0		1		0.059	0.464	
Arginine....g	0.259		0		1		0.060	0.466	
Histidine....g	0.143		0		1		0.033	0.257	
Alanine....g	0.206		0		1		0.047	0.371	
Aspartic acid....g	0.271		0		1		0.062	0.488	
Glutamic acid....g	2.165		0		1		0.498	3.897	
Glycine....g	0.231		0		1		0.053	0.416	
Proline....g	0.745		0		1		0.171	1.341	
Serine....g	0.321		0		1		0.074	0.578	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 piece (1/8 of 9" crust)

Measure 2 = 180g: 1 crust, single 9"

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18402
Pie crust, standard-type, prepared from recipe, unbaked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.70		0		1		4.73	38.22	
Energy....kcal	469		0	NC	4		113	910	
Energy....kJ	1962		0		4		471	3807	
Protein (N x 0)....g	5.70		0		1		1.37	11.06	
Total lipid (fat)....g	30.80		0		1		7.39	59.75	
Ash....g	1.50		0		1		0.36	2.91	
Carbohydrate, by difference....g	42.30		0	NC	4		10.15	82.06	
Fiber, total dietary....g	3.4		0		4		0.8	6.6	
Sugars, total....g	0.15		0	RC	4		0.04	0.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		2	17	
Iron, Fe....mg	2.57		0		1		0.62	4.99	
Magnesium, Mg....mg	12		0		1		3	23	
Phosphorus, P....mg	60		0		1		14	116	
Potassium, K....mg	59		0		1		14	114	
Sodium, Na....mg	482		0		1		116	935	
Zinc, Zn....mg	0.39		0		1		0.09	0.76	
Copper, Cu....mg	0.081		0		1		0.019	0.157	
Manganese, Mn....mg	0.383		0		1		0.092	0.743	
Selenium, Se....µg	18.8		0	RK	4		4.5	36.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.348		0		1		0.084	0.675	
Riboflavin....mg	0.246		0		1		0.059	0.477	
Niacin....mg	2.943		0		1		0.706	5.709	
Pantothenic acid....mg	0.158		0		1		0.038	0.307	
Vitamin B-6....mg	0.022		0		1		0.005	0.043	
Folate, total....µg	71		0	RC	4		17	138	
Folic acid....µg	61		0		4		15	118	
Folate, food....µg	10		0		1		2	19	
Folate, DFE....µg	114		0	NC	4		27	221	
Choline, total....mg	5.8		0	RK	4		1.4	11.3	
Betaine....mg									
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	RC	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin....µg	9		0	RC	4		2	18	
Vitamin E (alpha-tocopherol)....mg	0.28		0	RC	4		0.07	0.53	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	13.2		0	RC	4		3.2	25.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.674		0		1		1.842	14.888	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.121		0		1		0.029	0.235	
15:0....g									
16:0....g	4.345		0		1		1.043	8.429	
17:0....g									
18:0....g	3.208		0		1		0.770	6.224	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.500		0		1		3.240	26.190	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	13.500		0		1		3.240	26.190	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.119		0		1		1.949	15.751	
18:2 undifferentiated....g	7.623		0		1		1.830	14.789	
18:3 undifferentiated....g	0.496		0		1		0.119	0.962	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.017	0.136	
Threonine....g	0.156		0		1		0.037	0.303	
Isoleucine....g	0.198		0		1		0.048	0.384	
Leucine....g	0.393		0		1		0.094	0.762	
Lysine....g	0.126		0		1		0.030	0.244	
Methionine....g	0.101		0		1		0.024	0.196	
Cystine....g	0.121		0		1		0.029	0.235	
Phenylalanine....g	0.288		0		1		0.069	0.559	
Tyrosine....g	0.173		0		1		0.042	0.336	
Valine....g	0.230		0		1		0.055	0.446	
Arginine....g	0.231		0		1		0.055	0.448	
Histidine....g	0.127		0		1		0.030	0.246	
Alanine....g	0.184		0		1		0.044	0.357	
Aspartic acid....g	0.241		0		1		0.058	0.468	
Glutamic acid....g	1.927		0		1		0.462	3.738	
Glycine....g	0.206		0		1		0.049	0.400	
Proline....g	0.663		0		1		0.159	1.286	
Serine....g	0.286		0		1		0.069	0.555	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RC	4		0	0	

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 piece (1/8 of 9" crust)

Measure 2 = 194g: 1 crust, single 9"

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18944
Pie, Dutch Apple, Commercially Prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.09	1.253	3	A	1		53.82	56.29	467.15
Energy....kcal	290		0	NC	4		380	398	3301
Energy....kJ	1215		0	NC	4		1591	1664	13812
Protein....g	2.17	0.386	3	A	1		2.84	2.97	24.63
Total lipid (fat)....g	11.50	0.405	3	A	1		15.06	15.75	130.75
Ash....g	0.70	0.038	3	A	1		0.92	0.96	8.00
Carbohydrate, by difference....g	44.54		0	NC	4		58.35	61.02	506.46
Fiber, total dietary....g	1.6	0.058	3	A	1		2.1	2.2	18.2
Sugars, total....g	22.02		0	FLA	4		28.84	30.16	250.33
Sucrose....g	11.03	4.186	3	A	1		14.45	15.11	125.41
Glucose (dextrose)....g	4.89	1.218	3	A	1		6.40	6.69	55.56
Fructose....g	4.57	0.383	3	A	1		5.98	6.26	51.92
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	1.53	0.500	3	A	1		2.01	2.10	17.43
Galactose....g									
Starch....g	15.40	2.603	3	A	1		20.17	21.10	175.10
Minerals:									
Calcium, Ca....mg	14	3.355	3	A	1		18	19	154
Iron, Fe....mg	0.91	0.245	3	A	1		1.19	1.24	10.31
Magnesium, Mg....mg	8	0.328	3	A	1		10	10	86
Phosphorus, P....mg	29	2.887	3	A	1		38	40	330
Potassium, K....mg	76	6.009	3	A	1		99	104	860
Sodium, Na....mg	200	30.000	3	A	1		262	274	2274
Zinc, Zn....mg	0.19		2	A	1		0.25	0.26	2.16
Copper, Cu....mg	0.148	0.000	3	A	1		0.193	0.202	1.677
Manganese, Mn....mg	0.233	0.041	3	A	1		0.306	0.320	2.652
Selenium, Se....µg	2.2	0.000	3	A	1		2.9	3.0	25.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.7	5.547	3	A	1		7.5	7.8	64.9
Thiamin....mg	0.193	0.052	3	A	1		0.253	0.264	2.194
Riboflavin....mg	0.067	0.024	3	A	1		0.088	0.092	0.766
Niacin....mg	1.094	0.377	3	A	1		1.433	1.498	12.434
Pantothenic acid....mg	0.096	0.005	3	A	1		0.126	0.132	1.093
Vitamin B-6....mg	0.039	0.003	3	A	1		0.051	0.053	0.441
Folate, total....µg	21	11.846	3	A	1		28	29	239
Folic acid....µg	15	8.007	3	A	1		20	21	174
Folate, food....µg	6	4.256	3	AS	1		7	8	64
Folate, DFE....µg	32		0	NC	4		42	43	361
Choline, total....mg	17.0		0	AS	1		22.3	23.3	193.1
Betaine....mg	8.4		1	A	1		10.9	11.4	94.9
Vitamin B-12....µg	0.00		0	FLA	4		0.01	0.01	0.06
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	18		0	FLC	4		24	25	207
Retinol....µg	17		0	FLC	4		22	23	193
Carotene, beta....µg	10		0	FLC	4		13	14	113
Carotene, alpha....µg	0		0	FLC	4		0	0	1
Cryptoxanthin, beta....µg	11		0	FLC	4		14	15	122
Vitamin A, IU....IU	82		0	FLC	4		107	112	933
Lycopene....µg	1		0	FLC	4		1	1	12
Lutein + zeaxanthin....µg	42		0	FLC	4		55	58	479
Vitamin E (alpha-tocopherol)....mg	0.96	0.152	3	A	1		1.26	1.32	10.95
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.07	0.009	3	A	1		0.10	0.10	0.83
Tocopherol, gamma....mg	4.89	0.439	3	A	1		6.40	6.69	55.56
Tocopherol, delta....mg	1.55	0.137	3	A	1		2.03	2.13	17.66
Tocotrienol, alpha....mg	0.02	0.005	3	A	1		0.03	0.03	0.28
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 18944
Pie, Dutch Apple, Commercially Prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	16.4	1.308	3	A	1		21.5	22.4	186.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg	0.9	0.129	3	A	1		1.1	1.2	9.8
Lipids:									
Fatty acids, total saturated....g	2.313		0	NC	4		3.030	3.169	26.299
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	1.227	0.034	3	A	1		1.607	1.680	13.946
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	1.037	0.064	3	A	1		1.358	1.420	11.786
20:0....g	0.020	0.000	3	A	1		0.026	0.027	0.226
22:0....g	0.030	0.000	3	A	1		0.039	0.041	0.340
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	5.797		0	NC	4		7.594	7.941	65.907
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	5.797	0.338	3	A	1		7.594	7.941	65.907
20:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.117		0	NC	4		2.773	2.900	24.066
18:2 undifferentiated....g	2.000	0.264	3	A	1		2.620	2.740	22.740
18:3 undifferentiated....g	0.117	0.045	3	A	1		0.153	0.160	1.326
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3	LC	8		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0	A	1		0.036	0.037	0.309
Threonine....g	0.063		0	A	1		0.082	0.086	0.715
Isoleucine....g	0.081		0	A	1		0.107	0.111	0.924
Leucine....g	0.158		0	A	1		0.207	0.217	1.798
Lysine....g	0.043		0	A	1		0.057	0.059	0.491
Methionine....g	0.051		0	A	1		0.066	0.069	0.577
Cystine....g	0.057		0	A	1		0.075	0.078	0.648
Phenylalanine....g	0.104		0	A	1		0.136	0.142	1.178
Tyrosine....g	0.052		0	A	1		0.068	0.071	0.593
Valine....g	0.101		0	A	1		0.132	0.138	1.148
Arginine....g	0.084		0	A	1		0.111	0.116	0.960
Histidine....g	0.054		0	A	1		0.071	0.075	0.619
Alanine....g	0.074		0	A	1		0.097	0.101	0.838

NDB No. 18944
Pie, Dutch Apple, Commercially Prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.122		0	A	1		0.160	0.167	1.388
Glutamic acid.....g	0.743		0	A	1		0.973	1.018	8.446
Glycine.....g	0.084		0	A	1		0.111	0.116	0.960
Proline.....g	0.251		0	A	1		0.329	0.344	2.852
Serine.....g	0.104		0	A	1		0.136	0.143	1.184
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 131g: .125 pie 1 pie (1/8 of 9" pie)

Measure 2 = 137g: 1 slice

Measure 3 = 1137g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18301
Pie, apple, commercially prepared, enriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.20	1.308	21		1		14.80	65.25	61.07
Energy....kcal	237		0	NC	4		67	296	277
Energy....kJ	992		0	NC	4		281	1240	1160
Protein (N x 5.7)....g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat)....g	11.00	0.514	21		1		3.12	13.75	12.87
Ash....g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference....g	34.00		0	NC	4		9.64	42.50	39.78
Fiber, total dietary....g	1.6		0		1		0.5	2.0	1.9
Sugars, total....g	15.65		0	FLC	4		4.44	19.56	18.30
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.328	40		1		3	14	13
Iron, Fe....mg	0.45	0.029	36		1		0.13	0.56	0.53
Magnesium, Mg....mg	7	0.289	36		1		2	9	8
Phosphorus, P....mg	24	0.530	35		1		7	30	28
Potassium, K....mg	65	1.999	39		1		18	81	76
Sodium, Na....mg	201		0	LC	8		57	251	235
Zinc, Zn....mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu....mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn....mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se....µg	1.0	0.374	13	A	1		0.3	1.3	1.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin....mg	0.028	0.006	16		1		0.008	0.035	0.033
Riboflavin....mg	0.027	0.003	15		1		0.008	0.034	0.032
Niacin....mg	0.263	0.053	15		1		0.075	0.329	0.308
Pantothenic acid....mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6....mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total....µg	27		0	FLC	4		8	34	32
Folic acid....µg	23		0		4		7	29	27
Folate, food....µg	4	0.246	11		1		1	5	5
Folate, DFE....µg	43		0	NC	4		12	54	50
Choline, total....mg	7.2		0	AS	1		2.0	9.0	8.4
Betaine....mg	16.4		1	A	1		4.6	20.5	19.2
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	32		0	NC	4		9	41	38
Retinol....µg	31		0	FLC	4		9	39	37
Carotene, beta....µg	9		0	FLC	4		3	11	11
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	6		0	FLC	4		2	7	7
Vitamin A, IU....IU	124	24.922	7		1		35	155	145
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	9		0	FLC	4		3	12	11
Vitamin E (alpha-tocopherol)....mg	1.52		0	FLC	4		0.43	1.90	1.78
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.5		0	FLC	4		1.0	4.3	4.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18301
Pie, apple, commercially prepared, enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.797		0	FLA	4		1.076	4.746	4.442
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.021		0	FLA	4		0.006	0.026	0.025
13:0....g									
14:0....g	0.126		0	FLA	4		0.036	0.158	0.147
15:0....g									
16:0....g	2.062		0	FLA	4		0.585	2.578	2.413
17:0....g									
18:0....g	1.534		0	FLA	4		0.435	1.918	1.795
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.388		0	FLA	4		1.244	5.485	5.134
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.146		0	FLA	4		0.041	0.183	0.171
17:1....g									
18:1 undifferentiated....g	4.109		0	FLA	4		1.165	5.136	4.808
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.198		0	FLA	4		0.623	2.748	2.572
18:2 undifferentiated....g	2.066		0	FLA	4		0.586	2.583	2.417
18:3 undifferentiated....g	0.123		0	FLA	4		0.035	0.154	0.144
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		1		0.007	0.033	0.030
Threonine....g	0.054		0		1		0.015	0.068	0.063
Isoleucine....g	0.073		0		1		0.021	0.091	0.085
Leucine....g	0.129		0		1		0.037	0.161	0.151
Lysine....g	0.070		0		1		0.020	0.088	0.082
Methionine....g	0.032		0		1		0.009	0.040	0.037
Cystine....g	0.040		0		1		0.011	0.050	0.047
Phenylalanine....g	0.088		0		1		0.025	0.110	0.103
Tyrosine....g	0.054		0		1		0.015	0.068	0.063
Valine....g	0.084		0		1		0.024	0.105	0.098
Arginine....g	0.074		0		1		0.021	0.093	0.087
Histidine....g	0.038		0		1		0.011	0.048	0.044
Alanine....g	0.060		0		1		0.017	0.075	0.070
Aspartic acid....g	0.095		0		1		0.027	0.119	0.111
Glutamic acid....g	0.587		0		1		0.166	0.734	0.687
Glycine....g	0.065		0		1		0.018	0.081	0.076
Proline....g	0.199		0		1		0.056	0.249	0.233
Serine....g	0.099		0		1		0.028	0.124	0.116
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18301
Pie, apple, commercially prepared, enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18443
Pie, apple, commercially prepared, unenriched flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.20	1.308	21		1		14.80	65.25	61.07
Energy....kcal	237		0	NC	4		67	296	277
Energy....kJ	992				4		281	1240	1160
Protein (N x 5.7)....g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat)....g	11.00	0.514	21		1		3.12	13.75	12.87
Ash....g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference....g	34.00		0		4		9.64	42.50	39.78
Fiber, total dietary....g	1.6		0	BFZN	4		0.5	2.0	1.9
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.328	40		1		3	14	13
Iron, Fe....mg	1.21		0		4		0.34	1.51	1.42
Magnesium, Mg....mg	7	0.289	36		1		2	9	8
Phosphorus, P....mg	24	0.530	35		1		7	30	28
Potassium, K....mg	65	1.999	39		1		18	81	76
Sodium, Na....mg	266	7.937	41		1		75	333	311
Zinc, Zn....mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu....mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn....mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin....mg	0.134		0		4		0.038	0.168	0.157
Riboflavin....mg	0.158		0		4		0.045	0.198	0.185
Niacin....mg	1.123		0		4		0.318	1.404	1.314
Pantothenic acid....mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6....mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total....µg	4	0.246	11		1		1	5	5
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4	0.246	11		1		1	5	5
Folate, DFE....µg	4		0	NC	4		1	5	5
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0	BFZN	4		0.00	0.01	0.01
Vitamin A, RAE....µg	29		0	NC	4		8	36	34
Retinol....µg	28		0	NC	4		8	35	33
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	124	24.922	7		1		35	155	145
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18443
Pie, apple, commercially prepared, unenriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.797		0	BFZN	4		1.076	4.746	4.442
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.021		0	BFZN	4		0.006	0.026	0.025
13:0....g									
14:0....g	0.126		0	BFZN	4		0.036	0.158	0.147
15:0....g									
16:0....g	2.062		0	BFZN	4		0.585	2.578	2.413
17:0....g									
18:0....g	1.534		0	BFZN	4		0.435	1.918	1.795
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.388		0	BFZN	4		1.244	5.485	5.134
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.146		0	BFZN	4		0.041	0.183	0.171
17:1....g									
18:1 undifferentiated....g	4.109		0	BFZN	4		1.165	5.136	4.808
20:1....g	0.061		0	BFZN	4		0.017	0.076	0.071
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.198		0	BFZN	4		0.623	2.748	2.572
18:2 undifferentiated....g	2.066		0	BFZN	4		0.586	2.583	2.417
18:3 undifferentiated....g	0.123		0	BFZN	4		0.035	0.154	0.144
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		4		0.007	0.033	0.030
Threonine....g	0.054		0		4		0.015	0.068	0.063
Isoleucine....g	0.073		0		4		0.021	0.091	0.085
Leucine....g	0.129		0		4		0.037	0.161	0.151
Lysine....g	0.070		0		4		0.020	0.088	0.082
Methionine....g	0.032		0		4		0.009	0.040	0.037
Cystine....g	0.040		0		4		0.011	0.050	0.047
Phenylalanine....g	0.088		0		4		0.025	0.110	0.103
Tyrosine....g	0.054		0		4		0.015	0.068	0.063
Valine....g	0.084		0		4		0.024	0.105	0.098
Arginine....g	0.074		0		4		0.021	0.093	0.087
Histidine....g	0.038		0		4		0.011	0.048	0.044
Alanine....g	0.060		0		4		0.017	0.075	0.070
Aspartic acid....g	0.095		0		4		0.027	0.119	0.111
Glutamic acid....g	0.587		0		4		0.166	0.734	0.687
Glycine....g	0.065		0		4		0.018	0.081	0.076
Proline....g	0.199		0		4		0.056	0.249	0.233
Serine....g	0.099		0		4		0.028	0.124	0.116
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18302
Pie, apple, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.30		0		1		13.41	73.32	
Energy....kcal	265		0	NC	4		75	411	
Energy....kJ	1109				4		314	1719	
Protein (N x 0)....g	2.40		0		1		0.68	3.72	
Total lipid (fat)....g	12.50		0		1		3.54	19.38	
Ash....g	0.80		0		1		0.23	1.24	
Carbohydrate, by difference....g	37.10		0	NC	4		10.52	57.51	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		2	11	
Iron, Fe....mg	1.12		0		1		0.32	1.74	
Magnesium, Mg....mg	7		0		1		2	11	
Phosphorus, P....mg	28		0		1		8	43	
Potassium, K....mg	79		0		1		22	122	
Sodium, Na....mg	211		0		1		60	327	
Zinc, Zn....mg	0.19		0		1		0.05	0.29	
Copper, Cu....mg	0.053		0		1		0.015	0.082	
Manganese, Mn....mg	0.185		0		1		0.052	0.287	
Selenium, Se....µg	7.8		0	RK	4		2.2	12.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		1		0.5	2.6	
Thiamin....mg	0.148		0		1		0.042	0.229	
Riboflavin....mg	0.107		0		1		0.030	0.166	
Niacin....mg	1.230		0		1		0.349	1.907	
Pantothenic acid....mg	0.093		0		1		0.026	0.144	
Vitamin B-6....mg	0.032		0		1		0.009	0.050	
Folate, total....µg	24		0	RK	4		7	37	
Folic acid....µg	20		0	NC	4		6	31	
Folate, food....µg	4		0		1		1	6	
Folate, DFE....µg	38		0	NC	4		11	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	11		0	NC	4		3	16	
Retinol....µg	9		0	NC	4		3	14	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	58		0		1		16	90	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18302
Pie, apple, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.050		0		1		0.865	4.728	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.002	
13:0....g									
14:0....g	0.058		0		1		0.016	0.090	
15:0....g									
16:0....g	1.738		0		1		0.493	2.694	
17:0....g									
18:0....g	1.253		0		1		0.355	1.942	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.393		0		1		1.529	8.359	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.002	
17:1....g									
18:1 undifferentiated....g	5.392		0		1		1.529	8.358	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.338		0		1		0.946	5.174	
18:2 undifferentiated....g	3.134		0		1		0.888	4.858	
18:3 undifferentiated....g	0.204		0		1		0.058	0.316	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.008	0.045	
Threonine....g	0.066		0		1		0.019	0.102	
Isoleucine....g	0.083		0		1		0.024	0.129	
Leucine....g	0.164		0		1		0.046	0.254	
Lysine....g	0.056		0		1		0.016	0.087	
Methionine....g	0.042		0		1		0.012	0.065	
Cystine....g	0.050		0		1		0.014	0.078	
Phenylalanine....g	0.118		0		1		0.033	0.183	
Tyrosine....g	0.072		0		1		0.020	0.112	
Valine....g	0.097		0		1		0.027	0.150	
Arginine....g	0.096		0		1		0.027	0.149	
Histidine....g	0.053		0		1		0.015	0.082	
Alanine....g	0.077		0		1		0.022	0.119	
Aspartic acid....g	0.111		0		1		0.031	0.172	
Glutamic acid....g	0.786		0		1		0.223	1.218	
Glycine....g	0.086		0		1		0.024	0.133	
Proline....g	0.271		0		1		0.077	0.420	
Serine....g	0.119		0		1		0.034	0.184	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18302

Pie, apple, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18303
Pie, banana cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.90		1		1		14.43	46.83	62.61
Energy....kcal	251		0	NC	4		71	231	309
Energy....kJ	1050				4		298	966	1292
Protein (N x 6)....g	3.40		1		1		0.96	3.13	4.18
Total lipid (fat)....g	12.90		1		1		3.66	11.87	15.87
Ash....g	1.10		1		1		0.31	1.01	1.35
Carbohydrate, by difference....g	31.60		0	NC	4		8.96	29.07	38.87
Fiber, total dietary....g	0.6		0		4		0.2	0.6	0.8
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	73		1		1		21	67	90
Iron, Fe....mg	0.46		1		1		0.13	0.42	0.57
Magnesium, Mg....mg	12		1		1		3	11	15
Phosphorus, P....mg	167		1		1		47	154	205
Potassium, K....mg	113		1		1		32	104	139
Sodium, Na....mg	290		1		1		82	267	357
Zinc, Zn....mg	0.33		1		1		0.09	0.30	0.41
Copper, Cu....mg	0.043		1		1		0.012	0.040	0.053
Manganese, Mn....mg	0.107		0	FLA	4		0.030	0.098	0.132
Selenium, Se....µg	4.9		0	FLA	4		1.4	4.5	6.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1		1		0.1	0.5	0.6
Thiamin....mg	0.102		1		1		0.029	0.094	0.125
Riboflavin....mg	0.146		1		1		0.041	0.134	0.180
Niacin....mg	0.709		1		1		0.201	0.652	0.872
Pantothenic acid....mg	0.259		1		1		0.073	0.238	0.319
Vitamin B-6....mg	0.035		1		1		0.010	0.032	0.043
Folate, total....µg	21		0	FLA	4		6	19	26
Folic acid....µg	14		0	NC	4		4	13	17
Folate, food....µg	7		1		1		2	6	9
Folate, DFE....µg	31		0	NC	4		9	28	38
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.21		1		1		0.06	0.19	0.26
Vitamin A, RAE....µg	95		0	NC	4		27	87	117
Retinol....µg	90		0	NC	4		26	83	111
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	408		1		1		116	375	502
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.904		0	FLA	4		1.957	6.352	8.492
4:0....g	0.320		0	FLA	4		0.091	0.294	0.394
6:0....g	0.189		0	FLA	4		0.054	0.174	0.232
8:0....g	0.110		0	FLA	4		0.031	0.101	0.135
10:0....g	0.247		0	FLA	4		0.070	0.227	0.304
12:0....g	0.277		0	FLA	4		0.079	0.255	0.341
13:0....g									
14:0....g	1.006		0	FLA	4		0.285	0.926	1.237
15:0....g									
16:0....g	2.991		0	FLA	4		0.848	2.752	3.679
17:0....g									
18:0....g	1.550		0	FLA	4		0.439	1.426	1.907
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.559		0	FLA	4		1.292	4.194	5.608
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.221		0	FLA	4		0.063	0.203	0.272
17:1....g									
18:1 undifferentiated....g	4.191		0	FLA	4		1.188	3.856	5.155
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.764		0	FLA	4		0.217	0.703	0.940
18:2 undifferentiated....g	0.600		0	FLA	4		0.170	0.552	0.738
18:3 undifferentiated....g	0.164		0	FLA	4		0.046	0.151	0.202
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	29		0	FLA	4		8	27	36
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.013	0.042	0.057
Threonine....g	0.137		0		1		0.039	0.126	0.169
Isoleucine....g	0.168		0		1		0.048	0.155	0.207
Leucine....g	0.285		0		1		0.081	0.262	0.351
Lysine....g	0.202		0		1		0.057	0.186	0.248
Methionine....g	0.066		0		1		0.019	0.061	0.081
Cystine....g	0.050		0		1		0.014	0.046	0.062
Phenylalanine....g	0.161		0		1		0.046	0.148	0.198
Tyrosine....g	0.132		0		1		0.037	0.121	0.162
Valine....g	0.181		0		1		0.051	0.167	0.223
Arginine....g	0.156		0		1		0.044	0.144	0.192
Histidine....g	0.084		0		1		0.024	0.077	0.103
Alanine....g	0.125		0		1		0.035	0.115	0.154
Aspartic acid....g	0.265		0		1		0.075	0.244	0.326
Glutamic acid....g	0.792		0		1		0.225	0.729	0.974
Glycine....g	0.104		0		1		0.029	0.096	0.128
Proline....g	0.301		0		1		0.085	0.277	0.370
Serine....g	0.178		0		1		0.050	0.164	0.219
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/8 of 9" dia)

Measure 3 = 123g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18304
Pie, banana cream, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.90		0		1		13.58	568.09	68.98
Energy....kcal	269		0	NC	4		76	3190	387
Energy....kJ	1125		0		4		319	13348	1621
Protein (N x 0)....g	4.40		0		1		1.25	52.18	6.34
Total lipid (fat)....g	13.60		0		1		3.86	161.30	19.58
Ash....g	1.20		0		1		0.34	14.23	1.73
Carbohydrate, by difference....g	32.90		0	NC	4		9.33	390.19	47.38
Fiber, total dietary....g	0.7		0		4		0.2	8.3	1.0
Sugars, total....g	12.06		0	RKI	6		3.42	142.98	17.36
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0		1		21	890	108
Iron, Fe....mg	1.04		0		1		0.29	12.33	1.50
Magnesium, Mg....mg	16		0		1		5	190	23
Phosphorus, P....mg	92		0		1		26	1091	132
Potassium, K....mg	165		0		1		47	1957	238
Sodium, Na....mg	240		0		1		68	2846	346
Zinc, Zn....mg	0.48		0		1		0.14	5.69	0.69
Copper, Cu....mg	0.052		0		1		0.015	0.617	0.075
Manganese, Mn....mg	0.152		0		1		0.043	1.803	0.219
Selenium, Se....µg	9.1		0	RK	4		2.6	107.9	13.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		1		0.5	19.0	2.3
Thiamin....mg	0.139		0		1		0.039	1.649	0.200
Riboflavin....mg	0.207		0		1		0.059	2.455	0.298
Niacin....mg	1.054		0		1		0.299	12.500	1.518
Pantothenic acid....mg	0.388		0		1		0.110	4.602	0.559
Vitamin B-6....mg	0.133		0		1		0.038	1.577	0.192
Folate, total....µg	27		0	RK	4		8	320	39
Folic acid....µg	16		0	NC	4		5	190	23
Folate, food....µg	11		0		1		3	130	16
Folate, DFE....µg	38		0	NC	4		11	453	55
Choline, total....mg	28.7		0	RK	4		8.1	340.0	41.3
Betaine....mg									
Vitamin B-12....µg	0.25		0		1		0.07	2.97	0.36
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	61		0	NC	4		17	722	88
Retinol....µg	59		0	RKI	6		17	698	85
Carotene, beta....µg	21		0	RKI	6		6	252	31
Carotene, alpha....µg	5		0	RKI	6		1	58	7
Cryptoxanthin, beta....µg	1		0	RKI	6		0	14	2
Vitamin A, IU....IU	237		0	NC	4		67	2808	341
Lycopene....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....µg	46		0	RKI	6		13	542	66
Vitamin E (alpha-tocopherol)....mg	0.40		0	RKI	6		0.11	4.76	0.58
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	RKI	6		0.2	9.5	1.2
Vitamin D....IU	32		0	RKI	6		9	380	46
Vitamin K (phylloquinone)....µg	6.3		0	RKI	6		1.8	74.6	9.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18304
Pie, banana cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.758		0		1		1.065	44.570	5.412
4:0....g	0.034		0		1		0.010	0.403	0.049
6:0....g	0.020		0		1		0.006	0.237	0.029
8:0....g	0.012		0		1		0.003	0.142	0.017
10:0....g	0.027		0		1		0.008	0.320	0.039
12:0....g	0.031		0		1		0.009	0.368	0.045
13:0....g									
14:0....g	0.153		0		1		0.043	1.815	0.220
15:0....g									
16:0....g	2.122		0		1		0.602	25.167	3.056
17:0....g									
18:0....g	1.350		0		1		0.383	16.011	1.944
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.719		0		1		1.621	67.827	8.235
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.017	0.712	0.086
17:1....g									
18:1 undifferentiated....g	5.652		0		1		1.602	67.033	8.139
20:1....g	0.003		0		1		0.001	0.036	0.004
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.292		0		1		0.933	39.043	4.740
18:2 undifferentiated....g	3.067		0		1		0.869	36.375	4.416
18:3 undifferentiated....g	0.205		0		1		0.058	2.431	0.295
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0		1		0.005	0.190	0.023
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.004		0		1		0.001	0.047	0.006
Fatty acids, total trans....g									
Cholesterol....mg	51		0		1		14	605	73
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1		0.016	0.652	0.079
Threonine....g	0.165		0		1		0.047	1.957	0.238
Isoleucine....g	0.203		0		1		0.058	2.408	0.292
Leucine....g	0.358		0		1		0.101	4.246	0.516
Lysine....g	0.232		0		1		0.066	2.752	0.334
Methionine....g	0.092		0		1		0.026	1.091	0.132
Cystine....g	0.068		0		1		0.019	0.806	0.098
Phenylalanine....g	0.206		0		1		0.058	2.443	0.297
Tyrosine....g	0.168		0		1		0.048	1.992	0.242
Valine....g	0.229		0		1		0.065	2.716	0.330
Arginine....g	0.186		0		1		0.053	2.206	0.268
Histidine....g	0.116		0		1		0.033	1.376	0.167
Alanine....g	0.155		0		1		0.044	1.838	0.223
Aspartic acid....g	0.285		0		1		0.081	3.380	0.410
Glutamic acid....g	1.062		0		1		0.301	12.595	1.529
Glycine....g	0.126		0		1		0.036	1.494	0.181
Proline....g	0.407		0		1		0.115	4.827	0.586
Serine....g	0.243		0		1		0.069	2.882	0.350
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	RKI	6		0	0	0

NDB No. 18304
Pie, banana cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1186g: 1 pie (9" dia)

Measure 3 = 144g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18305
Pie, blueberry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.50		1		1		14.88	65.63	61.43
Energy....kcal	232		0	NC	4		66	290	271
Energy....kJ	971		0		4		275	1213	1136
Protein (N x 5.7)....g	1.80		1		1		0.51	2.25	2.11
Total lipid (fat)....g	10.00		1		1		2.84	12.50	11.70
Ash....g	0.80		1		1		0.23	1.00	0.94
Carbohydrate, by difference....g	34.90		0	NC	4		9.89	43.63	40.83
Fiber, total dietary....g	1.0		0		4		0.3	1.3	1.2
Sugars, total....g	9.89		0	FLC	4		2.80	12.36	11.57
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		2	10	9
Iron, Fe....mg	0.30		1		1		0.09	0.38	0.35
Magnesium, Mg....mg	5		0	FLA	4		1	6	6
Phosphorus, P....mg	23		0	FLA	4		7	29	27
Potassium, K....mg	50		1		1		14	63	59
Sodium, Na....mg	287		0	LC	8		81	359	336
Zinc, Zn....mg	0.16		0	FLA	4		0.05	0.20	0.19
Copper, Cu....mg	0.046		0	FLA	4		0.013	0.058	0.054
Manganese, Mn....mg	0.176		0	FLA	4		0.050	0.220	0.206
Selenium, Se....µg	1.4		0	FLA	4		0.4	1.8	1.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		0		4		0.8	3.4	3.2
Thiamin....mg	0.010		1		1		0.003	0.013	0.012
Riboflavin....mg	0.030		1		1		0.009	0.038	0.035
Niacin....mg	0.300		1		1		0.085	0.375	0.351
Pantothenic acid....mg	0.136		0	FLA	4		0.039	0.170	0.159
Vitamin B-6....mg	0.037	0.006	3		1		0.010	0.046	0.043
Folate, total....µg	27		0	FLC	4		8	34	31
Folic acid....µg	23		0	NR	4		7	29	27
Folate, food....µg	4		0	NC	4		1	5	5
Folate, DFE....µg	43		0	NC	4		12	54	50
Choline, total....mg	7.2		0	BFZN	4		2.0	9.0	8.4
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	44		0	NC	4		13	55	52
Retinol....µg	41		0	FLC	4		12	51	48
Carotene, beta....µg	39		0	FLC	4		11	48	45
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	140		1		1		40	175	164
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	15		0	FLC	4		4	19	18
Vitamin E (alpha-tocopherol)....mg	1.04		0	FLC	4		0.30	1.30	1.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	10.5		0	FLC	4		3.0	13.2	12.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18305
Pie, blueberry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.679		0	FLA	4		0.476	2.099	1.964
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.016		0	FLA	4		0.005	0.020	0.019
15:0....g									
16:0....g	1.072		0	FLA	4		0.304	1.340	1.254
17:0....g									
18:0....g	0.585		0	FLA	4		0.166	0.731	0.684
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.244		0	FLA	4		1.203	5.305	4.965
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0	FLA	4		0.007	0.029	0.027
17:1....g									
18:1 undifferentiated....g	4.215		0	FLA	4		1.195	5.269	4.932
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.524		0	FLA	4		0.999	4.405	4.123
18:2 undifferentiated....g	3.281		0	FLA	4		0.930	4.101	3.839
18:3 undifferentiated....g	0.239		0	FLA	4		0.068	0.299	0.280
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.007	0.031	0.029
Threonine....g	0.051		0		1		0.014	0.064	0.060
Isoleucine....g	0.069		0		1		0.020	0.086	0.081
Leucine....g	0.125		0		1		0.035	0.156	0.146
Lysine....g	0.062		0		1		0.018	0.078	0.073
Methionine....g	0.031		0		1		0.009	0.039	0.036
Cystine....g	0.039		0		1		0.011	0.049	0.046
Phenylalanine....g	0.086		0		1		0.024	0.108	0.101
Tyrosine....g	0.051		0		1		0.014	0.064	0.060
Valine....g	0.080		0		1		0.023	0.100	0.094
Arginine....g	0.072		0		1		0.020	0.090	0.084
Histidine....g	0.037		0		1		0.010	0.046	0.043
Alanine....g	0.057		0		1		0.016	0.071	0.067
Aspartic acid....g	0.082		0		1		0.023	0.103	0.096
Glutamic acid....g	0.580		0		1		0.164	0.725	0.679
Glycine....g	0.063		0		1		0.018	0.079	0.074
Proline....g	0.195		0		1		0.055	0.244	0.228
Serine....g	0.094		0		1		0.027	0.118	0.110
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18305
Pie, blueberry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18306
Pie, blueberry, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.20		0		1		14.52	75.26	
Energy	kcal	245		0	NC	4		69	360	
Energy	kJ	1025				4		291	1507	
Protein (N x 0)	g	2.70		0		1		0.77	3.97	
Total lipid (fat)	g	11.90		0		1		3.37	17.49	
Ash	g	0.70		0		1		0.20	1.03	
Carbohydrate, by difference	g	33.50		0	NC	4		9.50	49.25	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		2	10	
Iron, Fe	mg	1.23		0		1		0.35	1.81	
Magnesium, Mg	mg	8		0		1		2	12	
Phosphorus, P	mg	30		0		1		9	44	
Potassium, K	mg	50		0		1		14	74	
Sodium, Na	mg	185		0		1		52	272	
Zinc, Zn	mg	0.20		0		1		0.06	0.29	
Copper, Cu	mg	0.067		0		1		0.019	0.098	
Manganese, Mn	mg	0.300		0		1		0.085	0.441	
Selenium, Se	µg	7.4		0	RK	4		2.1	10.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	1.0	
Thiamin	mg	0.153		0		1		0.043	0.225	
Riboflavin	mg	0.132		0		1		0.037	0.194	
Niacin	mg	1.194		0		1		0.338	1.755	
Pantothenic acid	mg	0.124		0		1		0.035	0.182	
Vitamin B-6	mg	0.034		0		1		0.010	0.050	
Folate, total	µg	23		0	RK	4		7	34	
Folic acid	µg	18		0	NC	4		5	26	
Folate, food	µg	5		0		1		1	7	
Folate, DFE	µg	36		0	NC	4		10	52	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE	µg	2		0	NC	4		1	3	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	42		0		1		12	62	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18306
Pie, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.911		0		1		0.825	4.279	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.046		0		1		0.013	0.068	
15:0....g									
16:0....g	1.648		0		1		0.467	2.423	
17:0....g									
18:0....g	1.217		0		1		0.345	1.789	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.121		0		1		1.452	7.528	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.121		0		1		1.452	7.528	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.080		0		1		0.873	4.528	
18:2 undifferentiated....g	2.892		0		1		0.820	4.251	
18:3 undifferentiated....g	0.188		0		1		0.053	0.276	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.008	0.043	
Threonine....g	0.073		0		1		0.021	0.107	
Isoleucine....g	0.090		0		1		0.026	0.132	
Leucine....g	0.179		0		1		0.051	0.263	
Lysine....g	0.057		0		1		0.016	0.084	
Methionine....g	0.046		0		1		0.013	0.068	
Cystine....g	0.051		0		1		0.014	0.075	
Phenylalanine....g	0.127		0		1		0.036	0.187	
Tyrosine....g	0.072		0		1		0.020	0.106	
Valine....g	0.108		0		1		0.031	0.159	
Arginine....g	0.113		0		1		0.032	0.166	
Histidine....g	0.056		0		1		0.016	0.082	
Alanine....g	0.091		0		1		0.026	0.134	
Aspartic acid....g	0.130		0		1		0.037	0.191	
Glutamic acid....g	0.793		0		1		0.225	1.166	
Glycine....g	0.099		0		1		0.028	0.146	
Proline....g	0.270		0		1		0.077	0.397	
Serine....g	0.124		0		1		0.035	0.182	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18306

Pie, blueberry, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 147g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18308
Pie, cherry, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.20	1.634	5		1		13.10	57.75	54.05
Energy....kcal	260		0	NC	4		74	325	304
Energy....kJ	1088		0		4		308	1360	1273
Protein (N x 5.8)....g	2.00	0.188	5		1		0.57	2.50	2.34
Total lipid (fat)....g	11.00	0.555	6		1		3.12	13.75	12.87
Ash....g	0.90	0.042	7		1		0.26	1.13	1.05
Carbohydrate, by difference....g	39.80		0		4		11.28	49.75	46.57
Fiber, total dietary....g	0.8		0		4		0.2	1.0	0.9
Sugars, total....g	14.29		0	FLC	4		4.05	17.87	16.72
Starch....g									
Minerals:									
Calcium, Ca....mg	12	2.275	5		1		3	15	14
Iron, Fe....mg	0.48	0.099	5		1		0.14	0.60	0.56
Magnesium, Mg....mg	8		2		1		2	10	9
Phosphorus, P....mg	29		2		1		8	36	34
Potassium, K....mg	81	8.946	5		1		23	101	95
Sodium, Na....mg	246	43.379	5		1		70	308	288
Zinc, Zn....mg	0.18	0.102	3		1		0.05	0.23	0.21
Copper, Cu....mg	0.040		2		1		0.011	0.050	0.047
Manganese, Mn....mg	0.140		2		1		0.040	0.175	0.164
Selenium, Se....µg	1.2		0	FLA	4		0.3	1.5	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	FLA	4		0.3	1.1	1.1
Thiamin....mg	0.023	0.002	11		1		0.007	0.029	0.027
Riboflavin....mg	0.029	0.008	11		1		0.008	0.036	0.034
Niacin....mg	0.200	0.028	11		1		0.057	0.250	0.234
Pantothenic acid....mg	0.319	0.019	8		1		0.090	0.399	0.373
Vitamin B-6....mg	0.041	0.000	8		1		0.012	0.051	0.048
Folate, total....µg	27		0	FLC	4		8	34	31
Folic acid....µg	19		0		4		5	24	22
Folate, food....µg	8	0.498	8		1		2	10	9
Folate, DFE....µg	40		0	NC	4		11	50	47
Choline, total....mg	7.2		0	BFZN	4		2.0	9.0	8.4
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	52		0	NC	4		15	64	60
Retinol....µg	46		0	FLC	4		13	57	54
Carotene, beta....µg	69		0	FLC	4		19	86	80
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	267		0	NC	4		76	334	313
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	20		0	FLC	4		6	24	23
Vitamin E (alpha-tocopherol)....mg	0.76		0	FLC	4		0.22	0.95	0.89
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.6		0	FLC	4		2.2	9.6	8.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18308
Pie, cherry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.562		0	FLA	4		0.726	3.203	2.998
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.042		0	FLA	4		0.012	0.053	0.049
15:0....g									
16:0....g	1.380		0	FLA	4		0.391	1.725	1.615
17:0....g									
18:0....g	1.138		0	FLA	4		0.323	1.423	1.331
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.837		0	FLA	4		1.655	7.296	6.829
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLA	4		0.004	0.016	0.015
17:1....g									
18:1 undifferentiated....g	5.825		0	FLA	4		1.651	7.281	6.815
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.055		0	FLA	4		0.583	2.569	2.404
18:2 undifferentiated....g	1.917		0	FLA	4		0.543	2.396	2.243
18:3 undifferentiated....g	0.138		0	FLA	4		0.039	0.173	0.161
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		4		0.008	0.035	0.033
Threonine....g	0.078		0		4		0.022	0.098	0.091
Isoleucine....g	0.103		0		4		0.029	0.129	0.121
Leucine....g	0.173		0		4		0.049	0.216	0.202
Lysine....g	0.120		0		4		0.034	0.150	0.140
Methionine....g	0.043		0		4		0.012	0.054	0.050
Cystine....g	0.031		0		4		0.009	0.039	0.036
Phenylalanine....g	0.099		0		4		0.028	0.124	0.116
Tyrosine....g	0.080		0		4		0.023	0.100	0.094
Valine....g	0.119		0		4		0.034	0.149	0.139
Arginine....g	0.102		0		4		0.029	0.128	0.119
Histidine....g	0.050		0		4		0.014	0.063	0.059
Alanine....g	0.072		0		4		0.020	0.090	0.084
Aspartic acid....g	0.136		0		4		0.039	0.170	0.159
Glutamic acid....g	0.518		0		4		0.147	0.648	0.606
Glycine....g	0.059		0		4		0.017	0.074	0.069
Proline....g	0.196		0		4		0.056	0.245	0.229
Serine....g	0.108		0		4		0.031	0.135	0.126
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18308
Pie, cherry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18309
Pie, cherry, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.80		0		1		12.98	82.44	
Energy	kcal	270		0	NC	4		77	486	
Energy	kJ	1130				4		320	2033	
Protein (N x 0)	g	2.80		0		1		0.79	5.04	
Total lipid (fat)	g	12.20		0		1		3.46	21.96	
Ash	g	0.70		0		1		0.20	1.26	
Carbohydrate, by difference	g	38.50		0	NC	4		10.91	69.30	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		3	18	
Iron, Fe	mg	1.85		0		1		0.52	3.33	
Magnesium, Mg	mg	9		0		1		3	16	
Phosphorus, P	mg	30		0		1		9	54	
Potassium, K	mg	77		0		1		22	139	
Sodium, Na	mg	191		0		1		54	344	
Zinc, Zn	mg	0.20		0		1		0.06	0.36	
Copper, Cu	mg	0.077		0		1		0.022	0.139	
Manganese, Mn	mg	0.200		0		1		0.057	0.360	
Selenium, Se	µg	7.8		0	RK	4		2.2	14.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.3	1.8	
Thiamin	mg	0.148		0		1		0.042	0.266	
Riboflavin	mg	0.125		0		1		0.035	0.225	
Niacin	mg	1.276		0		1		0.362	2.297	
Pantothenic acid	mg	0.123		0		1		0.035	0.221	
Vitamin B-6	mg	0.034		0		1		0.010	0.061	
Folate, total	µg	27		0	RK	4		8	49	
Folic acid	µg	20		0	NC	4		6	36	
Folate, food	µg	7		0		1		2	13	
Folate, DFE	µg	41		0	NC	4		12	74	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE	µg	29		0	NC	4		8	51	
Retinol	µg	9		0	NC	4		3	16	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	409		0		1		116	736	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18309
Pie, cherry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.985		0		1		0.846	5.373	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.047		0		1		0.013	0.085	
15:0....g									
16:0....g	1.700		0		1		0.482	3.060	
17:0....g									
18:0....g	1.238		0		1		0.351	2.228	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.314		0		1		1.507	9.565	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.314		0		1		1.507	9.565	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.247		0		1		0.921	5.845	
18:2 undifferentiated....g	3.045		0		1		0.863	5.481	
18:3 undifferentiated....g	0.202		0		1		0.057	0.364	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1		0.009	0.056	
Threonine....g	0.072		0		1		0.020	0.130	
Isoleucine....g	0.088		0		1		0.025	0.158	
Leucine....g	0.170		0		1		0.048	0.306	
Lysine....g	0.067		0		1		0.019	0.121	
Methionine....g	0.043		0		1		0.012	0.077	
Cystine....g	0.050		0		1		0.014	0.090	
Phenylalanine....g	0.124		0		1		0.035	0.223	
Tyrosine....g	0.075		0		1		0.021	0.135	
Valine....g	0.104		0		1		0.029	0.187	
Arginine....g	0.100		0		1		0.028	0.180	
Histidine....g	0.057		0		1		0.016	0.103	
Alanine....g	0.086		0		1		0.024	0.155	
Aspartic acid....g	0.341		0		1		0.097	0.614	
Glutamic acid....g	0.791		0		1		0.224	1.424	
Glycine....g	0.092		0		1		0.026	0.166	
Proline....g	0.280		0		1		0.079	0.504	
Serine....g	0.128		0		1		0.036	0.230	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18309

Pie, cherry, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 180g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18310
Pie, chocolate creme, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.92		0	FLC	4		40.70	9.62	33.58
Energy....kcal	353		0	NC	4		424	100	350
Energy....kJ	1477		0	NC	4		1772	419	1462
Protein (N x 5.7)....g	4.15		0	LC	8		4.98	1.18	4.11
Total lipid (fat)....g	22.41		0	LC	8		26.89	6.35	22.18
Ash....g	1.08		0	FLC	4		1.30	0.31	1.07
Carbohydrate, by difference....g	38.44		0	NC	4		46.13	10.90	38.06
Fiber, total dietary....g	0.8		0	LC	8		1.0	0.2	0.8
Sugars, total....g	27.39		0	LC	8		32.87	7.76	27.11
Starch....g									
Minerals:									
Calcium, Ca....mg	66		0	LC	8		80	19	66
Iron, Fe....mg	1.49		0	LC	8		1.79	0.42	1.48
Magnesium, Mg....mg	19		0	FLC	4		23	5	19
Phosphorus, P....mg	79		0	FLC	4		95	23	79
Potassium, K....mg	161		0	FLC	4		193	46	159
Sodium, Na....mg	266		0	LC	8		319	75	263
Zinc, Zn....mg	0.44		0	FLC	4		0.53	0.12	0.43
Copper, Cu....mg	0.118		0	FLC	4		0.142	0.033	0.117
Manganese, Mn....mg	0.161		0	FLC	4		0.193	0.046	0.160
Selenium, Se....µg	6.0		0	FLC	4		7.2	1.7	6.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.087		0	FLC	4		0.105	0.025	0.087
Riboflavin....mg	0.140		0	FLC	4		0.168	0.040	0.138
Niacin....mg	0.605		0	FLC	4		0.726	0.172	0.599
Pantothenic acid....mg	0.232		0	FLC	4		0.279	0.066	0.230
Vitamin B-6....mg	0.020	0.000	8		1		0.024	0.006	0.020
Folate, total....µg	19		0	FLC	4		23	5	19
Folic acid....µg	13		0	FLC	4		16	4	13
Folate, food....µg	6		0	NC	4		7	2	6
Folate, DFE....µg	28		0	NC	4		34	8	28
Choline, total....mg	17.9		0	FLC	4		21.5	5.1	17.7
Betaine....mg									
Vitamin B-12....µg	0.12		0	FLC	4		0.15	0.03	0.12
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....µg	46		0	FLC	4		55	13	45
Retinol....µg	45		0	FLC	4		54	13	44
Carotene, beta....µg	10		0	FLC	4		12	3	10
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	166		0	LC	8		199	47	164
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	8		0	FLC	4		9	2	7
Vitamin E (alpha-tocopherol)....mg	1.09		0	FLC	4		1.31	0.31	1.08
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.1	0.0	0.1
Vitamin D....IU	3		0	FLC	4		4	1	3
Vitamin K (phylloquinone)....µg	9.5		0	FLC	4		11.4	2.7	9.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18310
Pie, chocolate creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.449		0	LC	8		14.939	3.529	12.325
4:0....g	0.235		0	FLC	4		0.282	0.067	0.233
6:0....g	0.112		0	FLC	4		0.134	0.032	0.111
8:0....g	0.252		0	FLC	4		0.302	0.071	0.249
10:0....g	0.284		0	FLC	4		0.341	0.081	0.282
12:0....g	1.158		0	FLC	4		1.390	0.328	1.146
13:0....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0....g	1.096		0	FLC	4		1.316	0.311	1.085
15:0....g	0.047		0	FLC	4		0.057	0.013	0.047
16:0....g	5.565		0	FLC	4		6.678	1.578	5.509
17:0....g	0.057		0	FLC	4		0.068	0.016	0.056
18:0....g	3.361		0	FLC	4		4.033	0.953	3.327
20:0....g	0.097		0	FLC	4		0.116	0.027	0.096
22:0....g	0.097		0	FLC	4		0.117	0.028	0.096
24:0....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	7.336		0	FLC	4		8.803	2.080	7.263
14:1....g	0.013		0	FLC	4		0.016	0.004	0.013
15:1....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.042		0	FLC	4		0.050	0.012	0.041
17:1....g	0.000		0	FLC	4		0.000	0.000	0.000
18:1 undifferentiated....g	7.271		0	FLC	4		8.725	2.061	7.198
20:1....g	0.002		0	FLC	4		0.002	0.001	0.002
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.149		0	FLC	4		1.379	0.326	1.138
18:2 undifferentiated....g	1.016		0	FLC	4		1.220	0.288	1.006
18:3 undifferentiated....g	0.085		0	FLC	4		0.101	0.024	0.084
18:4....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated....g	0.003		0	FLC	4		0.004	0.001	0.003
20:5 n-3 (EPA)....g	0.001		0	FLC	4		0.001	0.000	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	2.490		0	LC	8		2.988	0.706	2.465
Cholesterol....mg	12		0	LC	8		15	4	12
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	56		0	FLC	4		68	16	56

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 serving .167 pie

Measure 2 = 28.35g: 1 oz

Measure 3 = 99g: 1 piece (1/4 of 6" pie)

Calories Factors: Protein 3.3 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.70		1		1		14.09	47.22	
Energy....kcal	260		0		4		74	247	
Energy....kJ	1088				4		308	1033	
Protein (N x 6)....g	3.50		1		1		0.99	3.33	
Total lipid (fat)....g	15.40		1		1		4.37	14.63	
Ash....g	1.70		1		1		0.48	1.62	
Carbohydrate, by difference....g	29.60		0	NC	4		8.39	28.12	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	77		1		1		22	73	
Iron, Fe....mg	1.08		1		1		0.31	1.03	
Magnesium, Mg....mg	32		1		1		9	30	
Phosphorus, P....mg	231		1		1		65	219	
Potassium, K....mg	285		1		1		81	271	
Sodium, Na....mg	460		1		1		130	437	
Zinc, Zn....mg	0.60		1		1		0.17	0.57	
Copper, Cu....mg	0.203		1		1		0.058	0.193	
Manganese, Mn....mg	0.125		0	FLA	4		0.035	0.119	
Selenium, Se....µg	6.1		0	FLA	4		1.7	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1		1		0.1	0.5	
Thiamin....mg	0.051		1		1		0.014	0.048	
Riboflavin....mg	0.147		1		1		0.042	0.140	
Niacin....mg	0.595		1		1		0.169	0.565	
Pantothenic acid....mg	0.202		1		1		0.057	0.192	
Vitamin B-6....mg	0.029		1		1		0.008	0.028	
Folate, total....µg	26		0	FLA	4		7	25	
Folic acid....µg	23		0	NC	4		7	22	
Folate, food....µg	3		1		1		1	3	
Folate, DFE....µg	42		0	NC	4		12	40	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.21		1		1		0.06	0.20	
Vitamin A, RAE....µg	124		0	NC	4		35	118	
Retinol....µg	124		0	NC	4		35	118	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	413		1		1		117	392	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.195		0		1		2.323	7.785	
4:0....g	0.387		0	FLA	4		0.110	0.368	
6:0....g	0.229		0	FLA	4		0.065	0.218	
8:0....g	0.133		0	FLA	4		0.038	0.126	
10:0....g	0.299		0	FLA	4		0.085	0.284	
12:0....g	0.335		0	FLA	4		0.095	0.318	
13:0....g									
14:0....g	1.214		0	FLA	4		0.344	1.153	
15:0....g									
16:0....g	3.697		0	FLA	4		1.048	3.512	
17:0....g									
18:0....g	1.996		0	FLA	4		0.566	1.896	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.084		0		1		1.441	4.830	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.267		0	FLA	4		0.076	0.254	
17:1....g									
18:1 undifferentiated....g	4.732		0	FLA	4		1.342	4.495	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.814		0		1		0.231	0.773	
18:2 undifferentiated....g	0.633		0	FLA	4		0.179	0.601	
18:3 undifferentiated....g	0.192		0	FLA	4		0.054	0.182	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	35		0	FLA	4		10	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.014	0.046	
Threonine....g	0.139		0		1		0.039	0.132	
Isoleucine....g	0.165		0		1		0.047	0.157	
Leucine....g	0.278		0		1		0.079	0.264	
Lysine....g	0.201		0		1		0.057	0.191	
Methionine....g	0.062		0		1		0.018	0.059	
Cystine....g	0.050		0		1		0.014	0.048	
Phenylalanine....g	0.166		0		1		0.047	0.158	
Tyrosine....g	0.133		0		1		0.038	0.126	
Valine....g	0.190		0		1		0.054	0.181	
Arginine....g	0.167		0		1		0.047	0.159	
Histidine....g	0.082		0		1		0.023	0.078	
Alanine....g	0.133		0		1		0.038	0.126	
Aspartic acid....g	0.284		0		1		0.081	0.270	
Glutamic acid....g	0.769		0		1		0.218	0.731	
Glycine....g	0.115		0		1		0.033	0.109	
Proline....g	0.283		0		1		0.080	0.269	
Serine....g	0.178		0		1		0.050	0.169	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	1		0	FLA	4		0	1	
Theobromine....mg	8		0	FLA	4		2	8	

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 95g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18314
Pie, coconut cream, prepared from mix, no-bake type

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.70		1		1		14.09	46.72	
Energy	kcal	276		0	NC	4		78	259	
Energy	kJ	1155				4		327	1085	
Protein (N x 6.1)	g	2.80		1		1		0.79	2.63	
Total lipid (fat)	g	17.60		1		1		4.99	16.54	
Ash	g	1.30		1		1		0.37	1.22	
Carbohydrate, by difference	g	28.50		0	NC	4		8.08	26.79	
Fiber, total dietary	g	0.5		0		4		0.1	0.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		1		1		20	68	
Iron, Fe	mg	0.40		1		1		0.11	0.38	
Magnesium, Mg	mg	17		1		1		5	16	
Phosphorus, P	mg	169		1		1		48	159	
Potassium, K	mg	141		1		1		40	133	
Sodium, Na	mg	329		1		1		93	309	
Zinc, Zn	mg	0.38		1		1		0.11	0.36	
Copper, Cu	mg	0.080		1		1		0.023	0.075	
Manganese, Mn	mg	0.190		0		4		0.054	0.179	
Selenium, Se	µg	5.0		0	FLA	4		1.4	4.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		1		1		0.2	0.6	
Thiamin	mg	0.028		1		1		0.008	0.026	
Riboflavin	mg	0.104		1		1		0.029	0.098	
Niacin	mg	0.132		1		1		0.037	0.124	
Pantothenic acid	mg	0.257		1		1		0.073	0.242	
Vitamin B-6	mg	0.045		1		1		0.013	0.042	
Folate, total	µg	15		0	FLA	4		4	14	
Folic acid	µg	11		0	NC	4		3	10	
Folate, food	µg	4		1		1		1	4	
Folate, DFE	µg	23		0	NC	4		6	21	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.21		1		1		0.06	0.20	
Vitamin A, RAE	µg	95		0	NC	4		27	89	
Retinol	µg	90		0	NC	4		26	85	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	405		1		1		115	381	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18314
Pie, coconut cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.934		0	FLA	4		2.533	8.398	
4:0....g	0.248		0	FLA	4		0.070	0.233	
6:0....g	0.162		0	FLA	4		0.046	0.152	
8:0....g	0.266		0	FLA	4		0.075	0.250	
10:0....g	0.336		0	FLA	4		0.095	0.316	
12:0....g	1.362		0	FLA	4		0.386	1.280	
13:0....g									
14:0....g	1.259		0	FLA	4		0.357	1.183	
15:0....g									
16:0....g	3.191		0	FLA	4		0.905	3.000	
17:0....g									
18:0....g	1.944		0	FLA	4		0.551	1.827	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.554		0	FLA	4		1.858	6.161	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.171		0	FLA	4		0.048	0.161	
17:1....g									
18:1 undifferentiated....g	6.269		0	FLA	4		1.777	5.893	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.217		0	FLA	4		0.345	1.144	
18:2 undifferentiated....g	1.060		0	FLA	4		0.301	0.996	
18:3 undifferentiated....g	0.157		0	FLA	4		0.045	0.148	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	23		0	FLA	4		7	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.010	0.035	
Threonine....g	0.110		0		1		0.031	0.103	
Isoleucine....g	0.137		0		1		0.039	0.129	
Leucine....g	0.236		0		1		0.067	0.222	
Lysine....g	0.159		0		1		0.045	0.149	
Methionine....g	0.059		0		1		0.017	0.055	
Cystine....g	0.041		0		1		0.012	0.039	
Phenylalanine....g	0.130		0		1		0.037	0.122	
Tyrosine....g	0.108		0		1		0.031	0.102	
Valine....g	0.154		0		1		0.044	0.145	
Arginine....g	0.119		0		1		0.034	0.112	
Histidine....g	0.067		0		1		0.019	0.063	
Alanine....g	0.097		0		1		0.027	0.091	
Aspartic acid....g	0.184		0		1		0.052	0.173	
Glutamic acid....g	0.690		0		1		0.196	0.649	
Glycine....g	0.076		0		1		0.022	0.071	
Proline....g	0.268		0		1		0.076	0.252	
Serine....g	0.143		0		1		0.041	0.134	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 94g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein 4.1 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18313
Pie, coconut creme, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.20		1		1		12.25	27.65	20.74
Energy....kcal	298		0	NC	4		84	191	143
Energy....kJ	1247		0		4		353	798	598
Protein (N x 6)....g	2.10		1		1		0.60	1.34	1.01
Total lipid (fat)....g	16.60		1		1		4.71	10.62	7.97
Ash....g	0.80		1		1		0.23	0.51	0.38
Carbohydrate, by difference....g	37.30		0	NC	4		10.57	23.87	17.90
Fiber, total dietary....g	1.3		0		4		0.4	0.8	0.6
Sugars, total....g	18.52		0	FLC	4		5.25	11.85	8.89
Starch....g									
Minerals:									
Calcium, Ca....mg	29		1		1		8	19	14
Iron, Fe....mg	0.80		1		1		0.23	0.51	0.38
Magnesium, Mg....mg	20		0		4		6	13	10
Phosphorus, P....mg	85		0		4		24	54	41
Potassium, K....mg	65		1		1		18	42	31
Sodium, Na....mg	204		0	NR	4		58	131	98
Zinc, Zn....mg	0.47		0	FLA	4		0.13	0.30	0.23
Copper, Cu....mg	0.068		0	FLA	4		0.019	0.044	0.033
Manganese, Mn....mg	0.438		0	FLA	4		0.124	0.280	0.210
Selenium, Se....µg	5.3		0	FLA	4		1.5	3.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.050		1		1		0.014	0.032	0.024
Riboflavin....mg	0.080		1		1		0.023	0.051	0.038
Niacin....mg	0.200		1		1		0.057	0.128	0.096
Pantothenic acid....mg	0.240		0	FLA	4		0.068	0.154	0.115
Vitamin B-6....mg	0.068		0		4		0.019	0.044	0.033
Folate, total....µg	7		0	FLA	4		2	4	3
Folic acid....µg	2		0	NC	4		1	1	1
Folate, food....µg	5		0		4		1	3	2
Folate, DFE....µg	8		0	NC	4		2	5	4
Choline, total....mg	22.1		0	FLC	4		6.3	14.1	10.6
Betaine....mg									
Vitamin B-12....µg	0.12		0	FLA	4		0.03	0.08	0.06
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	27		0	NC	4		8	17	13
Retinol....µg	27		0	FLC	4		8	17	13
Carotene, beta....µg	0		0	FLC	4		0	0	0
Carotene, alpha....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	90		1		1		26	58	43
Lycopene....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	FLC	4		0.04	0.09	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	FLC	4		0.0	0.1	0.1
Vitamin D....IU	6		0	FLC	4		2	4	3
Vitamin K (phylloquinone)....µg	5.3		0	FLC	4		1.5	3.4	2.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18313
Pie, coconut creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.976		0	FLA	4		1.978	4.465	3.348
4:0....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0....g	0.025		0	FLA	4		0.007	0.016	0.012
8:0....g	0.303		0	FLA	4		0.086	0.194	0.145
10:0....g	0.241		0	FLA	4		0.068	0.154	0.116
12:0....g	1.917		0	FLA	4		0.543	1.227	0.920
13:0....g									
14:0....g	0.820		0	FLA	4		0.232	0.525	0.394
15:0....g									
16:0....g	1.967		0	FLA	4		0.558	1.259	0.944
17:0....g									
18:0....g	1.700		0	FLA	4		0.482	1.088	0.816
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.260		0	FLA	4		2.058	4.646	3.485
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.001	0.000
17:1....g									
18:1 undifferentiated....g	7.258		0	FLA	4		2.058	4.645	3.484
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.544		0	FLA	4		0.438	0.988	0.741
18:2 undifferentiated....g	1.469		0	FLA	4		0.416	0.940	0.705
18:3 undifferentiated....g	0.075		0	FLA	4		0.021	0.048	0.036
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		4		0.008	0.019	0.014
Threonine....g	0.078		0		4		0.022	0.050	0.037
Isoleucine....g	0.103		0		4		0.029	0.066	0.049
Leucine....g	0.174		0		4		0.049	0.111	0.084
Lysine....g	0.119		0		4		0.034	0.076	0.057
Methionine....g	0.043		0		4		0.012	0.028	0.021
Cystine....g	0.030		0		4		0.009	0.019	0.014
Phenylalanine....g	0.098		0		4		0.028	0.063	0.047
Tyrosine....g	0.081		0		4		0.023	0.052	0.039
Valine....g	0.120		0		4		0.034	0.077	0.058
Arginine....g	0.108		0		4		0.031	0.069	0.052
Histidine....g	0.051		0		4		0.014	0.033	0.024
Alanine....g	0.074		0		4		0.021	0.047	0.036
Aspartic acid....g	0.140		0		4		0.040	0.090	0.067
Glutamic acid....g	0.507		0		4		0.144	0.324	0.243
Glycine....g	0.060		0		4		0.017	0.038	0.029
Proline....g	0.191		0		4		0.054	0.122	0.092
Serine....g	0.107		0		4		0.030	0.068	0.051
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0

NDB No. 18313
Pie, coconut creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/6 of 7" pie)

Measure 3 = 48g: 1 piece (1/8 of 7" pie)

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18316
Pie, coconut custard, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.20	3.683	3		1		13.95	51.17	
Energy....kcal	260		0	NC	4		74	270	
Energy....kJ	1088				4		308	1131	
Protein (N x 6)....g	5.90	0.055	3		1		1.67	6.14	
Total lipid (fat)....g	13.20	1.617	3		1		3.74	13.73	
Ash....g	1.40	0.030	3		1		0.40	1.46	
Carbohydrate, by difference....g	30.20		0	NC	4		8.56	31.41	
Fiber, total dietary....g	1.8		0		1		0.5	1.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	81	0.000	3		1		23	84	
Iron, Fe....mg	0.80	0.049	3		1		0.23	0.83	
Magnesium, Mg....mg	18		2		1		5	19	
Phosphorus, P....mg	122		2		1		35	127	
Potassium, K....mg	175		1		1		50	182	
Sodium, Na....mg	335	12.583	3		1		95	348	
Zinc, Zn....mg	0.68		2		1		0.19	0.71	
Copper, Cu....mg	0.063		2		1		0.018	0.066	
Manganese, Mn....mg	0.210		2		1		0.060	0.218	
Selenium, Se....µg	6.4		0	FLA	4		1.8	6.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLA	4		0.2	0.6	
Thiamin....mg	0.088	0.043	4		1		0.025	0.092	
Riboflavin....mg	0.148	0.026	4		1		0.042	0.154	
Niacin....mg	0.403	0.048	3		1		0.114	0.419	
Pantothenic acid....mg	0.238		0		4		0.067	0.248	
Vitamin B-6....mg	0.011		1		1		0.003	0.011	
Folate, total....µg	13		0	FLA	4		4	14	
Folic acid....µg	9		0	NC	4		3	9	
Folate, food....µg	4		0		4		1	4	
Folate, DFE....µg	19		0	NC	4		5	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.09		0		4		0.03	0.09	
Vitamin A, RAE....µg	26		0	NC	4		7	27	
Retinol....µg	24		0	NC	4		7	25	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	110		1		1		31	114	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18316
Pie, coconut custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.854		0	FLA	4		1.660	6.088	
4:0....g	0.054		0	FLA	4		0.015	0.056	
6:0....g	0.049		0	FLA	4		0.014	0.051	
8:0....g	0.228		0	FLA	4		0.065	0.237	
10:0....g	0.208		0	FLA	4		0.059	0.216	
12:0....g	1.368		0	FLA	4		0.388	1.423	
13:0....g									
14:0....g	0.732		0	FLA	4		0.208	0.761	
15:0....g									
16:0....g	1.805		0	FLA	4		0.512	1.877	
17:0....g									
18:0....g	1.373		0	FLA	4		0.389	1.428	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.495		0	FLA	4		1.558	5.715	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0	FLA	4		0.011	0.040	
17:1....g									
18:1 undifferentiated....g	5.431		0	FLA	4		1.540	5.648	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.170		0	FLA	4		0.332	1.217	
18:2 undifferentiated....g	1.092		0	FLA	4		0.310	1.136	
18:3 undifferentiated....g	0.078		0	FLA	4		0.022	0.081	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	35		2		1		10	36	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.022	0.082	
Threonine....g	0.216		0		1		0.061	0.225	
Isoleucine....g	0.286		0		1		0.081	0.297	
Leucine....g	0.482		0		1		0.137	0.501	
Lysine....g	0.335		0		1		0.095	0.348	
Methionine....g	0.121		0		1		0.034	0.126	
Cystine....g	0.085		0		1		0.024	0.088	
Phenylalanine....g	0.274		0		1		0.078	0.285	
Tyrosine....g	0.224		0		1		0.064	0.233	
Valine....g	0.330		0		1		0.094	0.343	
Arginine....g	0.284		0		1		0.081	0.295	
Histidine....g	0.140		0		1		0.040	0.146	
Alanine....g	0.199		0		1		0.056	0.207	
Aspartic acid....g	0.378		0		1		0.107	0.393	
Glutamic acid....g	1.441		0		1		0.409	1.499	
Glycine....g	0.164		0		1		0.046	0.171	
Proline....g	0.546		0		1		0.155	0.568	
Serine....g	0.301		0		1		0.085	0.313	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18316

Pie, coconut custard, commercially prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 104g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.1 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18317
Pie, egg custard, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.90	1.930	4		1		17.27	63.95	
Energy....kcal	210		0	NC	4		60	221	
Energy....kJ	879		0		4		249	923	
Protein (N x 6.2)....g	5.50	0.196	6		1		1.56	5.78	
Total lipid (fat)....g	11.60	0.241	6		1		3.29	12.18	
Ash....g	1.30	0.090	8		1		0.37	1.37	
Carbohydrate, by difference....g	20.80		0	NC	4		5.90	21.84	
Fiber, total dietary....g	1.6		0		1		0.5	1.7	
Sugars, total....g	11.58		0	FLC	4		3.28	12.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	80	12.917	4		1		23	84	
Iron, Fe....mg	0.58	0.134	4		1		0.16	0.61	
Magnesium, Mg....mg	11	1.997	3		1		3	12	
Phosphorus, P....mg	112	4.648	3		1		32	118	
Potassium, K....mg	106	23.552	4		1		30	111	
Sodium, Na....mg	275		0	LC	8		78	289	
Zinc, Zn....mg	0.52	0.098	3		1		0.15	0.55	
Copper, Cu....mg	0.024	0.024	3		1		0.007	0.025	
Manganese, Mn....mg	0.060	0.010	3		1		0.017	0.063	
Selenium, Se....µg	7.1		0	FLA	4		2.0	7.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLA	4		0.2	0.6	
Thiamin....mg	0.039	0.008	11		1		0.011	0.041	
Riboflavin....mg	0.208	0.008	11		1		0.059	0.218	
Niacin....mg	0.292	0.099	11		1		0.083	0.307	
Pantothenic acid....mg	0.662	0.039	11		1		0.188	0.695	
Vitamin B-6....mg	0.048	0.001	10		1		0.014	0.050	
Folate, total....µg	20	0.407	8		1		6	21	
Folic acid....µg	0		0	NR	4		0	0	
Folate, food....µg	20		0	NR	4		6	21	
Folate, DFE....µg	20		0	NC	4		6	21	
Choline, total....mg	38.0		0	FLC	4		10.8	39.9	
Betaine....mg									
Vitamin B-12....µg	0.43	0.034	9		1		0.12	0.45	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	57		0	NC	4		16	60	
Retinol....µg	57		0	FLC	4		16	59	
Carotene, beta....µg	9		0	FLC	4		2	9	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLC	4		0	1	
Vitamin A, IU....IU	232		0	FLA	4		66	244	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	50		0	FLC	4		14	52	
Vitamin E (alpha-tocopherol)....mg	0.94		0	FLC	4		0.27	0.99	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	NR	4		0.2	0.9	
Vitamin D....IU	34		0	FLC	4		9	35	
Vitamin K (phylloquinone)....µg	3.2		0	FLC	4		0.9	3.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18317
Pie, egg custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.349		0	FLA	4		0.666	2.466	
4:0....g	0.024		0	FLA	4		0.007	0.025	
6:0....g	0.011		0	FLA	4		0.003	0.012	
8:0....g	0.008		0	FLA	4		0.002	0.008	
10:0....g	0.018		0	FLA	4		0.005	0.019	
12:0....g	0.019		0	FLA	4		0.005	0.020	
13:0....g									
14:0....g	0.088		0	FLA	4		0.025	0.092	
15:0....g									
16:0....g	1.469		0	FLA	4		0.416	1.542	
17:0....g									
18:0....g	0.685		0	FLA	4		0.194	0.719	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.797		0	FLA	4		1.360	5.037	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0	FLA	4		0.028	0.104	
17:1....g									
18:1 undifferentiated....g	4.673		0	FLA	4		1.325	4.907	
20:1....g	0.004		0	FLA	4		0.001	0.004	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.723		0	FLA	4		1.055	3.909	
18:2 undifferentiated....g	3.438		0	FLA	4		0.975	3.610	
18:3 undifferentiated....g	0.249		0	FLA	4		0.071	0.261	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	FLA	4		0.006	0.022	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.002	0.006	
Fatty acids, total trans....g									
Cholesterol....mg	33	5.933	6		1		9	35	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0		1		0.020	0.075	
Threonine....g	0.225		0		1		0.064	0.236	
Isoleucine....g	0.281		0		1		0.080	0.295	
Leucine....g	0.455		0		1		0.129	0.478	
Lysine....g	0.348		0		1		0.099	0.365	
Methionine....g	0.138		0		1		0.039	0.145	
Cystine....g	0.099		0		1		0.028	0.104	
Phenylalanine....g	0.269		0		1		0.076	0.282	
Tyrosine....g	0.214		0		1		0.061	0.225	
Valine....g	0.315		0		1		0.089	0.331	
Arginine....g	0.251		0		1		0.071	0.264	
Histidine....g	0.127		0		1		0.036	0.133	
Alanine....g	0.229		0		1		0.065	0.240	
Aspartic acid....g	0.421		0		1		0.119	0.442	
Glutamic acid....g	1.085		0		1		0.308	1.139	
Glycine....g	0.159		0		1		0.045	0.167	
Proline....g	0.400		0		1		0.113	0.420	
Serine....g	0.334		0		1		0.095	0.351	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18317
Pie, egg custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 105g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18444
Pie, fried pies, cherry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.60	0.542	28		1		10.66	48.13	
Energy....kcal	316		0	NC	4		90	404	
Energy....kJ	1322				4		375	1692	
Protein (N x 5.8)....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat)....g	16.10	0.484	30		1		4.56	20.61	
Ash....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference....g	42.60		0		4		12.08	54.53	
Fiber, total dietary....g	2.6		0		4		0.7	3.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22	2.244	23		1		6	28	
Iron, Fe....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg....mg	10	0.912	8		1		3	13	
Phosphorus, P....mg	43	6.343	11		1		12	55	
Potassium, K....mg	65	11.540	6		1		18	83	
Sodium, Na....mg	374	12.764	23		1		106	479	
Zinc, Zn....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se....µg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.163	6		1		0.4	1.7	
Thiamin....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin....mg	0.106	0.013	22		1		0.030	0.136	
Niacin....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total....µg	18		0	FLA	4		5	23	
Folic acid....µg	15		0	NC	4		4	19	
Folate, food....µg	3		2		1		1	4	
Folate, DFE....µg	29		0	NC	4		8	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE....µg	9		0	NC	4		2	11	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	172		0		4		49	220	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18444
Pie, fried pies, cherry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.457		0	FLA	4		0.697	3.145	
4:0....g	0.001		0	FLA	4		0.000	0.001	
6:0....g									
8:0....g									
10:0....g	0.001		0	FLA	4		0.000	0.001	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.032		0	FLA	4		0.009	0.041	
15:0....g									
16:0....g	1.516		0	FLA	4		0.430	1.940	
17:0....g									
18:0....g	0.834		0	FLA	4		0.236	1.068	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.449		0	FLA	4		2.112	9.535	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.003	0.015	
17:1....g									
18:1 undifferentiated....g	7.299		0	FLA	4		2.069	9.343	
20:1....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0		4		0.009	0.041	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	FLA	4		0.161	0.727	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		4		0.012	0.054	
Threonine....g	0.089		0		4		0.025	0.114	
Isoleucine....g	0.120		0		4		0.034	0.154	
Leucine....g	0.211		0		4		0.060	0.270	
Lysine....g	0.121		0		4		0.034	0.155	
Methionine....g	0.052		0		4		0.015	0.067	
Cystine....g	0.059		0		4		0.017	0.076	
Phenylalanine....g	0.138		0		4		0.039	0.177	
Tyrosine....g	0.090		0		4		0.026	0.115	
Valine....g	0.138		0		4		0.039	0.177	
Arginine....g	0.112		0		4		0.032	0.143	
Histidine....g	0.062		0		4		0.018	0.079	
Alanine....g	0.093		0		4		0.026	0.119	
Aspartic acid....g	0.156		0		4		0.044	0.200	
Glutamic acid....g	0.906		0		4		0.257	1.160	
Glycine....g	0.098		0		4		0.028	0.125	
Proline....g	0.314		0		4		0.089	0.402	
Serine....g	0.154		0		4		0.044	0.197	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18444
Pie, fried pies, cherry

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18319
Pie, fried pies, fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.60	0.542	28		1		10.66	48.13	
Energy....kcal	316		0	NC	4		90	404	
Energy....kJ	1322		0		4		375	1692	
Protein (N x 5.8)....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat)....g	16.10	0.484	30		1		4.56	20.61	
Ash....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference....g	42.60		0	NC	4		12.08	54.53	
Fiber, total dietary....g	2.6		0	A	1		0.7	3.3	
Sugars, total....g	21.40		0	FLC	4		6.07	27.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	22	2.244	23		1		6	28	
Iron, Fe....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg....mg	10	0.912	8		1		3	13	
Phosphorus, P....mg	43	6.343	11		1		12	55	
Potassium, K....mg	65	11.540	6		1		18	83	
Sodium, Na....mg	333		0	LC	8		94	426	
Zinc, Zn....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se....µg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.163	6		1		0.4	1.7	
Thiamin....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin....mg	0.106	0.013	22		1		0.030	0.136	
Niacin....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total....µg	18		0	FLA	4		5	23	
Folic acid....µg	15		0	NC	4		4	19	
Folate, food....µg	3		2		1		1	4	
Folate, DFE....µg	29		0	NC	4		8	36	
Choline, total....mg	7.2		0	BFZN	4		2.0	9.2	
Betaine....mg									
Vitamin B-12....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	5		0	NC	4		1	7	
Retinol....µg	5		0	FLC	4		1	6	
Carotene, beta....µg	5		0	FLC	4		1	6	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	5		0	FLC	4		1	6	
Vitamin A, IU....IU	27	8.236	5		1		8	35	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	8		0	FLC	4		2	10	
Vitamin E (alpha-tocopherol)....mg	1.72		0	FLC	4		0.49	2.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.1		0	FLC	4		1.2	5.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18319
Pie, fried pies, fruit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.457		0	FLA	4		0.697	3.145	
4:0....g	0.001		0	FLA	4		0.000	0.001	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.001	
12:0....g	0.001		0	FLA	4		0.000	0.001	
13:0....g									
14:0....g	0.032		0	FLA	4		0.009	0.041	
15:0....g									
16:0....g	1.516		0	FLA	4		0.430	1.940	
17:0....g									
18:0....g	0.834		0	FLA	4		0.236	1.068	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.449		0	FLA	4		2.112	9.535	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0	FLA	4		0.003	0.015	
17:1....g									
18:1 undifferentiated....g	7.299		0	FLA	4		2.069	9.343	
20:1....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0	FLA	4		0.009	0.041	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	FLA	4		0.161	0.727	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.012	0.054	
Threonine....g	0.089		0		1		0.025	0.114	
Isoleucine....g	0.120		0		1		0.034	0.154	
Leucine....g	0.211		0		1		0.060	0.270	
Lysine....g	0.121		0		1		0.034	0.155	
Methionine....g	0.052		0		1		0.015	0.067	
Cystine....g	0.059		0		1		0.017	0.076	
Phenylalanine....g	0.138		0		1		0.039	0.177	
Tyrosine....g	0.090		0		1		0.026	0.115	
Valine....g	0.138		0		1		0.039	0.177	
Arginine....g	0.112		0		1		0.032	0.143	
Histidine....g	0.062		0		1		0.018	0.079	
Alanine....g	0.093		0		1		0.026	0.119	
Aspartic acid....g	0.156		0		1		0.044	0.200	
Glutamic acid....g	0.906		0		1		0.257	1.160	
Glycine....g	0.098		0		1		0.028	0.125	
Proline....g	0.314		0		1		0.089	0.402	
Serine....g	0.154		0		1		0.044	0.197	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18319
Pie, fried pies, fruit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18445
Pie, fried pies, lemon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.60	0.542	28		1		10.66	48.13	
Energy....kcal	316		0	NC	4		90	404	
Energy....kJ	1322				4		375	1692	
Protein (N x 5.8)....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat)....g	16.10	0.484	30		1		4.56	20.61	
Ash....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference....g	42.60		0		4		12.08	54.53	
Fiber, total dietary....g	2.6		0		4		0.7	3.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22	2.244	23		1		6	28	
Iron, Fe....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg....mg	10	0.912	8		1		3	13	
Phosphorus, P....mg	43	6.343	11		1		12	55	
Potassium, K....mg	65	11.540	6		1		18	83	
Sodium, Na....mg	374	12.764	23		1		106	479	
Zinc, Zn....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se....µg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin....mg	0.106	0.013	22		1		0.030	0.136	
Niacin....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total....µg	18		0	FLA	4		5	23	
Folic acid....µg	15		0	NC	4		4	19	
Folate, food....µg	3		2		1		1	4	
Folate, DFE....µg	29		0	NC	4		8	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE....µg	2		0	NC	4		0	2	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	32		0		4		9	41	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18445
Pie, fried pies, lemon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.457		0	FLA	4		0.697	3.145	
4:0....g	0.001		0	FLA	4		0.000	0.001	
6:0....g									
8:0....g									
10:0....g	0.001		0	FLA	4		0.000	0.001	
12:0....g	0.001		0		4		0.000	0.001	
13:0....g									
14:0....g	0.032		0	FLA	4		0.009	0.041	
15:0....g									
16:0....g	1.516		0	FLA	4		0.430	1.940	
17:0....g									
18:0....g	0.834		0	FLA	4		0.236	1.068	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.449		0	FLA	4		2.112	9.535	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.003	0.015	
17:1....g									
18:1 undifferentiated....g	7.299		0	FLA	4		2.069	9.343	
20:1....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated....g	0.032		0		4		0.009	0.041	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated....g	0.568		0	FLA	4		0.161	0.727	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		4		0.012	0.054	
Threonine....g	0.089		0		4		0.025	0.114	
Isoleucine....g	0.120		0		4		0.034	0.154	
Leucine....g	0.211		0		4		0.060	0.270	
Lysine....g	0.121		0		4		0.034	0.155	
Methionine....g	0.052		0		4		0.015	0.067	
Cystine....g	0.059		0		4		0.017	0.076	
Phenylalanine....g	0.138		0		4		0.039	0.177	
Tyrosine....g	0.090		0		4		0.026	0.115	
Valine....g	0.138		0		4		0.039	0.177	
Arginine....g	0.112		0		4		0.032	0.143	
Histidine....g	0.062		0		4		0.018	0.079	
Alanine....g	0.093		0		4		0.026	0.119	
Aspartic acid....g	0.156		0		4		0.044	0.200	
Glutamic acid....g	0.906		0		4		0.257	1.160	
Glycine....g	0.098		0		4		0.028	0.125	
Proline....g	0.314		0		4		0.089	0.402	
Serine....g	0.154		0		4		0.044	0.197	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18445
Pie, fried pies, lemon

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18320
Pie, lemon meringue, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.70	2.582	5		1		11.82	47.12	
Energy....kcal	268		0	NC	4		76	303	
Energy....kJ	1121		0		4		318	1267	
Protein (N x 6)....g	1.50	0.207	3		1		0.43	1.70	
Total lipid (fat)....g	8.70	1.114	6		1		2.47	9.83	
Ash....g	0.90	0.114	7		1		0.26	1.02	
Carbohydrate, by difference....g	47.20		0	NC	4		13.38	53.34	
Fiber, total dietary....g	1.2		0		1		0.3	1.4	
Sugars, total....g	23.86		0	FLC	4		6.76	26.96	
Starch....g									
Minerals:									
Calcium, Ca....mg	56	21.880	3		1		16	63	
Iron, Fe....mg	0.61	0.088	3		1		0.17	0.69	
Magnesium, Mg....mg	15		2		1		4	17	
Phosphorus, P....mg	105		2		1		30	119	
Potassium, K....mg	89	29.958	3		1		25	101	
Sodium, Na....mg	172		0	LC	8		49	194	
Zinc, Zn....mg	0.49		2		1		0.14	0.55	
Copper, Cu....mg	0.001		2		1		0.000	0.001	
Manganese, Mn....mg	0.060		2		1		0.017	0.068	
Selenium, Se....µg	3.0		0	FLA	4		0.9	3.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.278	9		1		0.9	3.6	
Thiamin....mg	0.062	0.002	10		1		0.018	0.070	
Riboflavin....mg	0.209	0.025	10		1		0.059	0.236	
Niacin....mg	0.649	0.046	9		1		0.184	0.733	
Pantothenic acid....mg	0.793	0.020	8		1		0.225	0.896	
Vitamin B-6....mg	0.030	0.003	9		1		0.009	0.034	
Folate, total....µg	24		0	FLC	4		7	27	
Folic acid....µg	16		0		4		5	18	
Folate, food....µg	8	0.580	8		1		2	9	
Folate, DFE....µg	35		0	NC	4		10	40	
Choline, total....mg	6.2		0	FLC	4		1.8	7.0	
Betaine....mg									
Vitamin B-12....µg	0.17		0	FLA	4		0.05	0.19	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	51		0	NC	4		14	57	
Retinol....µg	51		0	FLC	4		14	57	
Carotene, beta....µg	1		0	FLC	4		0	1	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	3		0	FLC	4		1	3	
Vitamin A, IU....IU	173		0	NC	4		49	196	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	9		0	FLC	4		2	10	
Vitamin E (alpha-tocopherol)....mg	1.06		0	FLC	4		0.30	1.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	FLA	4		0.1	0.2	
Vitamin D....IU	7		0	FLA	4		2	8	
Vitamin K (phylloquinone)....µg	2.1		0	FLC	4		0.6	2.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18320
Pie, lemon meringue, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.766		0	FLA	4		0.501	1.996	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.001	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.027		0	FLA	4		0.008	0.031	
15:0....g									
16:0....g	1.345		0	FLA	4		0.381	1.520	
17:0....g									
18:0....g	0.384		0	FLA	4		0.109	0.434	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.685		0	FLA	4		0.761	3.034	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0	FLA	4		0.017	0.068	
17:1....g									
18:1 undifferentiated....g	2.619		0	FLA	4		0.742	2.959	
20:1....g	0.004		0	FLA	4		0.001	0.005	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.648		0	FLA	4		1.034	4.122	
18:2 undifferentiated....g	3.414		0	FLA	4		0.968	3.858	
18:3 undifferentiated....g	0.205		0	FLA	4		0.058	0.232	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	FLA	4		0.006	0.025	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.002	0.007	
Fatty acids, total trans....g									
Cholesterol....mg	45		2		1		13	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.005	0.021	
Threonine....g	0.060		0		1		0.017	0.068	
Isoleucine....g	0.066		0		1		0.019	0.075	
Leucine....g	0.116		0		1		0.033	0.131	
Lysine....g	0.084		0		1		0.024	0.095	
Methionine....g	0.030		0		1		0.009	0.034	
Cystine....g	0.029		0		1		0.008	0.033	
Phenylalanine....g	0.066		0		1		0.019	0.075	
Tyrosine....g	0.054		0		1		0.015	0.061	
Valine....g	0.074		0		1		0.021	0.084	
Arginine....g	0.081		0		1		0.023	0.092	
Histidine....g	0.034		0		1		0.010	0.038	
Alanine....g	0.061		0		1		0.017	0.069	
Aspartic acid....g	0.106		0		1		0.030	0.120	
Glutamic acid....g	0.342		0		1		0.097	0.386	
Glycine....g	0.048		0		1		0.014	0.054	
Proline....g	0.116		0		1		0.033	0.131	
Serine....g	0.101		0		1		0.029	0.114	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18320
Pie, lemon meringue, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18321
Pie, lemon meringue, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.30		0		1		12.28	54.99	
Energy....kcal	285		0	NC	4		81	362	
Energy....kJ	1192				4		338	1514	
Protein (N x 0)....g	3.80		0		1		1.08	4.83	
Total lipid (fat)....g	12.90		0		1		3.66	16.38	
Ash....g	0.90		0		1		0.26	1.14	
Carbohydrate, by difference....g	39.10		0	NC	4		11.08	49.66	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		3	15	
Iron, Fe....mg	1.00		0		1		0.28	1.27	
Magnesium, Mg....mg	6		0		1		2	8	
Phosphorus, P....mg	42		0		1		12	53	
Potassium, K....mg	65		0		1		18	83	
Sodium, Na....mg	242		0		1		69	307	
Zinc, Zn....mg	0.28		0		1		0.08	0.36	
Copper, Cu....mg	0.042		0		1		0.012	0.053	
Manganese, Mn....mg	0.128		0		1		0.036	0.163	
Selenium, Se....µg	11.6		0	RK	4		3.3	14.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3		0		1		0.9	4.2	
Thiamin....mg	0.118		0		1		0.033	0.150	
Riboflavin....mg	0.159		0		1		0.045	0.202	
Niacin....mg	0.944		0		1		0.268	1.199	
Pantothenic acid....mg	0.214		0		1		0.061	0.272	
Vitamin B-6....mg	0.027		0		1		0.008	0.034	
Folate, total....µg	25		0	RK	4		7	32	
Folic acid....µg	16		0	NC	4		5	20	
Folate, food....µg	9		0		1		3	11	
Folate, DFE....µg	36		0	NC	4		10	46	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.12		0		1		0.03	0.15	
Vitamin A, RAE....µg	43		0	NC	4		12	54	
Retinol....µg	41		0	NC	4		12	52	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	160		0		1		45	203	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18321
Pie, lemon meringue, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.185		0		1		0.903	4.045	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.047		0		1		0.013	0.060	
15:0....g									
16:0....g	1.881		0		1		0.533	2.389	
17:0....g									
18:0....g	1.249		0		1		0.354	1.586	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.582		0		1		1.582	7.089	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		1		0.011	0.048	
17:1....g									
18:1 undifferentiated....g	5.539		0		1		1.570	7.035	
20:1....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.331		0		1		0.944	4.230	
18:2 undifferentiated....g	3.121		0		1		0.885	3.964	
18:3 undifferentiated....g	0.186		0		1		0.053	0.236	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		1		0.005	0.023	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.006	
Fatty acids, total trans....g									
Cholesterol....mg	53		0		1		15	67	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.013	0.058	
Threonine....g	0.143		0		1		0.041	0.182	
Isoleucine....g	0.169		0		1		0.048	0.215	
Leucine....g	0.292		0		1		0.083	0.371	
Lysine....g	0.181		0		1		0.051	0.230	
Methionine....g	0.092		0		1		0.026	0.117	
Cystine....g	0.083		0		1		0.024	0.105	
Phenylalanine....g	0.194		0		1		0.055	0.246	
Tyrosine....g	0.135		0		1		0.038	0.171	
Valine....g	0.192		0		1		0.054	0.244	
Arginine....g	0.191		0		1		0.054	0.243	
Histidine....g	0.087		0		1		0.025	0.110	
Alanine....g	0.166		0		1		0.047	0.211	
Aspartic acid....g	0.272		0		1		0.077	0.345	
Glutamic acid....g	0.864		0		1		0.245	1.097	
Glycine....g	0.130		0		1		0.037	0.165	
Proline....g	0.288		0		1		0.082	0.366	
Serine....g	0.236		0		1		0.067	0.300	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18321

Pie, lemon meringue, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 127g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18322
Pie, mince, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.40		0		1		10.60	61.71	
Energy	kcal	289		0	NC	4		82	477	
Energy	kJ	1209		0		4		343	1995	
Protein (N x 0)	g	2.60		0		1		0.74	4.29	
Total lipid (fat)	g	10.80		0		1		3.06	17.82	
Ash	g	1.20		0		1		0.34	1.98	
Carbohydrate, by difference	g	48.00		0	NC	4		13.61	79.20	
Fiber, total dietary	g	2.6		0		4		0.7	4.3	
Sugars, total	g	28.31		0	RA	4		8.03	46.71	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		1		6	36	
Iron, Fe	mg	1.49		0		1		0.42	2.46	
Magnesium, Mg	mg	14		0		1		4	23	
Phosphorus, P	mg	42		0		1		12	69	
Potassium, K	mg	203		0		1		58	335	
Sodium, Na	mg	254		0		1		72	419	
Zinc, Zn	mg	0.22		0		1		0.06	0.36	
Copper, Cu	mg	0.113		0		1		0.032	0.186	
Manganese, Mn	mg	0.263		0		1		0.075	0.434	
Selenium, Se	µg	6.6		0	RK	4		1.9	10.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.9		0		1		1.7	9.7	
Thiamin	mg	0.150		0		1		0.043	0.248	
Riboflavin	mg	0.105		0		1		0.030	0.173	
Niacin	mg	1.189		0		1		0.337	1.962	
Pantothenic acid	mg	0.100		0		1		0.028	0.165	
Vitamin B-6	mg	0.065		0		1		0.018	0.107	
Folate, total	µg	23		0	RK	4		7	38	
Folic acid	µg	18		0	NC	4		5	30	
Folate, food	µg	5		0		1		1	8	
Folate, DFE	µg	36		0	NC	4		10	59	
Choline, total	mg	7.2		0	BFZN	4		2.0	11.9	
Betaine	mg									
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	1		0	NC	4		0	2	
Retinol	µg	0		0	RA	4		0	0	
Carotene, beta	µg	5		0	RA	4		2	9	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	12		0	RA	4		3	19	
Vitamin A, IU	IU	22		0		1		6	36	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	13		0	RA	4		4	22	
Vitamin E (alpha-tocopherol)	mg	0.15		0	RA	4		0.04	0.24	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	5.4		0	RA	4		1.5	8.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18322
Pie, mince, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.682		0		1		0.760	4.425	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.043		0		1		0.012	0.071	
15:0....g									
16:0....g	1.529		0		1		0.433	2.523	
17:0....g									
18:0....g	1.110		0		1		0.315	1.832	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.654		0		1		1.319	7.679	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.002	
17:1....g									
18:1 undifferentiated....g	4.654		0		1		1.319	7.679	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.842		0		1		0.806	4.689	
18:2 undifferentiated....g	2.661		0		1		0.754	4.391	
18:3 undifferentiated....g	0.180		0		1		0.051	0.297	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.008	0.045	
Threonine....g	0.070		0		1		0.020	0.116	
Isoleucine....g	0.074		0		1		0.021	0.122	
Leucine....g	0.149		0		1		0.042	0.246	
Lysine....g	0.058		0		1		0.016	0.096	
Methionine....g	0.053		0		1		0.015	0.087	
Cystine....g	0.051		0		1		0.014	0.084	
Phenylalanine....g	0.112		0		1		0.032	0.185	
Tyrosine....g	0.070		0		1		0.020	0.116	
Valine....g	0.096		0		1		0.027	0.158	
Arginine....g	0.122		0		1		0.035	0.201	
Histidine....g	0.064		0		1		0.018	0.106	
Alanine....g	0.087		0		1		0.025	0.144	
Aspartic acid....g	0.157		0		1		0.045	0.259	
Glutamic acid....g	0.779		0		1		0.221	1.285	
Glycine....g	0.073		0		1		0.021	0.120	
Proline....g	0.232		0		1		0.066	0.383	
Serine....g	0.101		0		1		0.029	0.167	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 18322
Pie, mince, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 165g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18323
Pie, peach

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.40		2		1		15.42	63.65	
Energy	kcal	224		0	NC	4		63	262	
Energy	kJ	936		0	NC	4		265	1095	
Protein (N x 5.8)	g	1.90		1		1		0.54	2.22	
Total lipid (fat)	g	10.00		1		1		2.84	11.70	
Ash	g	0.80		1		1		0.23	0.94	
Carbohydrate, by difference	g	32.90		0	NC	4		9.33	38.49	
Fiber, total dietary	g	0.8		0		4		0.2	1.0	
Sugars, total	g	16.23		0	FLC	4		4.60	18.98	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		2	9	
Iron, Fe	mg	0.50		1		1		0.14	0.59	
Magnesium, Mg	mg	6		0	FLA	4		2	7	
Phosphorus, P	mg	22		0	FLA	4		6	26	
Potassium, K	mg	125		1		1		35	146	
Sodium, Na	mg	217		0	NR	4		62	254	
Zinc, Zn	mg	0.09		2		1		0.03	0.11	
Copper, Cu	mg	0.053		0	FLA	4		0.015	0.062	
Manganese, Mn	mg	0.152		0	FLA	4		0.043	0.178	
Selenium, Se	µg	1.3		0	FLA	4		0.4	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	FLA	4		0.3	1.1	
Thiamin	mg	0.061		2		1		0.017	0.071	
Riboflavin	mg	0.033		2		1		0.009	0.039	
Niacin	mg	0.200		1		1		0.057	0.234	
Pantothenic acid	mg	0.114		0	FLA	4		0.032	0.133	
Vitamin B-6	mg	0.023		1		1		0.007	0.027	
Folate, total	µg	29		0	FLC	4		8	34	
Folic acid	µg	25		0	NR	4		7	29	
Folate, food	µg	4		0	NC	4		1	4	
Folate, DFE	µg	46		0	NC	4		13	54	
Choline, total	mg	7.2		0	BFZN	4		2.0	8.4	
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	10		0	NC	4		3	12	
Retinol	µg	4		0	FLC	4		1	4	
Carotene, beta	µg	64		0	FLC	4		18	75	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	25		0	FLC	4		7	29	
Vitamin A, IU	IU	140		0	NC	4		40	164	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	15		0	FLC	4		4	17	
Vitamin E (alpha-tocopherol)	mg	0.94		0	FLC	4		0.27	1.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	3.3		0	FLC	4		0.9	3.9	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18323
Pie, peach

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.508		0	FLA	4		0.428	1.764	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.011		0	FLA	4		0.003	0.013	
15:0....g									
16:0....g	0.995		0	FLA	4		0.282	1.164	
17:0....g									
18:0....g	0.501		0	FLA	4		0.142	0.586	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.241		0	FLA	4		1.202	4.962	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0	FLA	4		0.011	0.044	
17:1....g									
18:1 undifferentiated....g	4.193		0	FLA	4		1.189	4.906	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.749		0	FLA	4		1.063	4.386	
18:2 undifferentiated....g	3.485		0	FLA	4		0.988	4.077	
18:3 undifferentiated....g	0.255		0	FLA	4		0.072	0.298	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.006	0.026	
Threonine....g	0.057		0		1		0.016	0.067	
Isoleucine....g	0.067		0		1		0.019	0.078	
Leucine....g	0.122		0		1		0.035	0.143	
Lysine....g	0.064		0		1		0.018	0.075	
Methionine....g	0.035		0		1		0.010	0.041	
Cystine....g	0.035		0		1		0.010	0.041	
Phenylalanine....g	0.081		0		1		0.023	0.095	
Tyrosine....g	0.052		0		1		0.015	0.061	
Valine....g	0.086		0		1		0.024	0.101	
Arginine....g	0.066		0		1		0.019	0.077	
Histidine....g	0.037		0		1		0.010	0.043	
Alanine....g	0.069		0		1		0.020	0.081	
Aspartic acid....g	0.132		0		1		0.037	0.154	
Glutamic acid....g	0.538		0		1		0.153	0.629	
Glycine....g	0.064		0		1		0.018	0.075	
Proline....g	0.178		0		1		0.050	0.208	
Serine....g	0.095		0		1		0.027	0.111	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18323
Pie, peach

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18324
Pie, pecan, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	18.25		2	A	1		5.17	24.27	152.02
Energy....kcal	407		0	NC	4		115	541	3388
Energy....kJ	1702		0	NC	4		483	2264	14178
Protein....g	4.50		2	A	1		1.28	5.98	37.48
Total lipid (fat)....g	16.69		2	A	1		4.73	22.20	139.07
Ash....g	0.95		2	A	1		0.27	1.26	7.91
Carbohydrate, by difference....g	59.61		0	NC	4		16.90	79.28	496.51
Fiber, total dietary....g	2.1		2	A	1		0.6	2.9	17.9
Sugars, total....g	25.18		2	A	1		7.14	33.49	209.75
Sucrose....g	14.44		2	A	1		4.09	19.21	120.31
Glucose (dextrose)....g	5.53		2	A	1		1.57	7.36	46.10
Fructose....g	0.00		2	A	1		0.00	0.00	0.00
Lactose....g	0.23		2	A	1		0.06	0.30	1.88
Maltose....g	4.98		2	A	1		1.41	6.62	41.46
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	16.95		2	A	1		4.80	22.54	141.15
Minerals:									
Calcium, Ca....mg	22		2	A	1		6	29	183
Iron, Fe....mg	0.93		2	A	1		0.26	1.24	7.75
Magnesium, Mg....mg	22		2	A	1		6	29	183
Phosphorus, P....mg	83		2	A	1		24	110	691
Potassium, K....mg	99		2	A	1		28	132	825
Sodium, Na....mg	275		0	LC	8		78	365	2287
Zinc, Zn....mg	0.87		2	A	1		0.25	1.16	7.25
Copper, Cu....mg	0.184		2	A	1		0.052	0.244	1.530
Manganese, Mn....mg	0.710		2	A	1		0.201	0.944	5.914
Selenium, Se....µg	7.0		2	A	1		2.0	9.4	58.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.204		2	A	1		0.058	0.272	1.703
Riboflavin....mg	0.078		2	A	1		0.022	0.104	0.653
Niacin....mg	1.310		1	A	1		0.371	1.742	10.911
Pantothenic acid....mg	0.391		2	A	1		0.111	0.521	3.261
Vitamin B-6....mg	0.038		2	A	1		0.011	0.051	0.319
Folate, total....µg	32		2	A	1		9	43	267
Folic acid....µg	16		2	A	1		4	21	129
Folate, food....µg	17		0	AS	1		5	22	137
Folate, DFE....µg	43		0	NC	4		12	57	357
Choline, total....mg	49.5		0	AS	1		14.0	65.9	412.6
Betaine....mg	5.2		1	A	1		1.5	6.9	43.4
Vitamin B-12....µg	0.12		0	FLA	4		0.04	0.16	1.03
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	51		0	FLC	4		14	67	422
Retinol....µg	50		0	FLC	4		14	67	419
Carotene, beta....µg	4		0	FLA	4		1	5	32
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	2		0	FLA	4		0	2	15
Vitamin A, IU....IU	175	28.358	4		1		50	233	1458
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	39		0	FLA	4		11	52	327
Vitamin E (alpha-tocopherol)....mg	0.80		2	A	1		0.23	1.06	6.66
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.08		2	A	1		0.02	0.11	0.67
Tocopherol, gamma....mg	6.64		2	A	1		1.88	8.84	55.35
Tocopherol, delta....mg	1.62		2	A	1		0.46	2.15	13.49
Tocotrienol, alpha....mg	0.02		2	A	1		0.01	0.03	0.21
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 18324
Pie, pecan, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.1	0.7
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	3		0	FLA	4		1	5	29
Vitamin K (phylloquinone)....µg	15.5		2	A	1		4.4	20.6	129.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg	0.2		2	A	1		0.1	0.3	1.9
Lipids:									
Fatty acids, total saturated....g	2.654		0	NC	4		0.752	3.529	22.104
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.008		2	A	1		0.002	0.010	0.065
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.032		2	A	1		0.009	0.042	0.263
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	1.568		2	A	1		0.444	2.085	13.059
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	1.015		2	A	1		0.288	1.350	8.454
20:0....g	0.016		2	A	1		0.004	0.021	0.131
22:0....g	0.016		2	A	1		0.004	0.021	0.131
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.317		0	NC	4		2.358	11.061	69.279
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.043		2	A	1		0.012	0.058	0.362
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	8.238		2	A	1		2.335	10.956	68.622
20:1....g	0.036		2	A	1		0.010	0.047	0.296
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.554		0	NC	4		1.008	4.727	29.606
18:2 undifferentiated....g	3.361		2	A	1		0.953	4.470	27.995
18:3 undifferentiated....g	0.193		2	A	1		0.055	0.257	1.612
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g	0.000		2	A	1		0.000	0.000	0.000
22:4....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	42		0	FLA	4		12	56	351
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0	A	1		0.014	0.067	0.418
Threonine....g	0.146		0	A	1		0.041	0.194	1.214
Isoleucine....g	0.170		0	A	1		0.048	0.226	1.415
Leucine....g	0.310		0	A	1		0.088	0.413	2.585
Lysine....g	0.125		0	A	1		0.035	0.166	1.041
Methionine....g	0.080		0	A	1		0.023	0.107	0.668
Cystine....g	0.080		0	A	1		0.023	0.107	0.668
Phenylalanine....g	0.205		0	A	1		0.058	0.272	1.705
Tyrosine....g	0.090		0	A	1		0.025	0.119	0.747
Valine....g	0.215		0	A	1		0.061	0.286	1.790
Arginine....g	0.290		0	A	1		0.082	0.385	2.414
Histidine....g	0.105		0	A	1		0.030	0.140	0.875

NDB No. 18324
Pie, pecan, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.195		0	A	1		0.055	0.260	1.627
Aspartic acid....g	0.340		0	A	1		0.097	0.453	2.836
Glutamic acid....g	0.953		0	A	1		0.270	1.268	7.940
Glycine....g	0.175		0	A	1		0.050	0.233	1.460
Proline....g	0.254		0	A	1		0.072	0.337	2.114
Serine....g	0.216		0	A	1		0.061	0.287	1.798
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 133g: 1 slice

Measure 3 = 833g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18325
Pie, pecan, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	19.50		0		1		5.53	23.79	
Energy	kcal	412		0	NC	4		117	503	
Energy	kJ	1724				4		489	2103	
Protein (N x 0)	g	4.90		0		1		1.39	5.98	
Total lipid (fat)	g	22.20		0		1		6.29	27.08	
Ash	g	1.10		0		1		0.31	1.34	
Carbohydrate, by difference	g	52.20		0	NC	4		14.80	63.68	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		1		9	39	
Iron, Fe	mg	1.48		0		1		0.42	1.81	
Magnesium, Mg	mg	26		0		1		7	32	
Phosphorus, P	mg	94		0		1		27	115	
Potassium, K	mg	133		0		1		38	162	
Sodium, Na	mg	262		0		1		74	320	
Zinc, Zn	mg	1.02		0		1		0.29	1.24	
Copper, Cu	mg	0.211		0		1		0.060	0.257	
Manganese, Mn	mg	0.712		0		1		0.202	0.869	
Selenium, Se	µg	12.0		0	RK	4		3.4	14.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.1	0.2	
Thiamin	mg	0.188		0		1		0.053	0.229	
Riboflavin	mg	0.180		0		1		0.051	0.220	
Niacin	mg	0.847		0		1		0.240	1.033	
Pantothenic acid	mg	0.479		0		1		0.136	0.584	
Vitamin B-6	mg	0.060		0		1		0.017	0.073	
Folate, total	µg	26		0	RK	4		7	32	
Folic acid	µg	12		0	NC	4		3	15	
Folate, food	µg	14		0		1		4	17	
Folate, DFE	µg	34		0	NC	4		10	42	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.17		0		1		0.05	0.21	
Vitamin A, RAE	µg	82		0	NC	4		23	100	
Retinol	µg	77		0		4		22	94	
Carotene, beta	µg	60		0	RK	4		17	73	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	357		0	NC	4		101	435	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18325
Pie, pecan, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.989		0		1		1.131	4.867	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.001		0		1		0.000	0.001	
10:0....g	0.001		0		1		0.000	0.001	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.047		0		1		0.013	0.057	
15:0....g									
16:0....g	2.549		0		1		0.723	3.110	
17:0....g									
18:0....g	1.382		0		1		0.392	1.686	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.181		0		1		3.170	13.641	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0		1		0.028	0.121	
17:1....g									
18:1 undifferentiated....g	11.018		0		1		3.124	13.442	
20:1....g	0.063		0		1		0.018	0.077	
22:1 undifferentiated....g	0.001		0		1		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.710		0		1		1.619	6.966	
18:2 undifferentiated....g	5.402		0		1		1.531	6.590	
18:3 undifferentiated....g	0.271		0		1		0.077	0.331	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0		1		0.008	0.035	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.008		0		1		0.002	0.010	
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		25	106	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.020	0.084	
Threonine....g	0.189		0		1		0.054	0.231	
Isoleucine....g	0.223		0		1		0.063	0.272	
Leucine....g	0.372		0		1		0.105	0.454	
Lysine....g	0.248		0		1		0.070	0.303	
Methionine....g	0.125		0		1		0.035	0.153	
Cystine....g	0.111		0		1		0.031	0.135	
Phenylalanine....g	0.250		0		1		0.071	0.305	
Tyrosine....g	0.178		0		1		0.050	0.217	
Valine....g	0.255		0		1		0.072	0.311	
Arginine....g	0.325		0		1		0.092	0.397	
Histidine....g	0.116		0		1		0.033	0.142	
Alanine....g	0.223		0		1		0.063	0.272	
Aspartic acid....g	0.392		0		1		0.111	0.478	
Glutamic acid....g	0.972		0		1		0.276	1.186	
Glycine....g	0.176		0		1		0.050	0.215	
Proline....g	0.305		0		1		0.086	0.372	
Serine....g	0.301		0		1		0.085	0.367	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18325

Pie, pecan, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 122g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18326
Pie, pumpkin, commercially prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.39	2.974	3	A	1		14.28	67.01	501.35
Energy....kcal	243		0	NC	4		69	323	2414
Energy....kJ	1015		0	NC	4		288	1350	10099
Protein....g	3.90	0.571	3	A	1		1.10	5.18	38.76
Total lipid (fat)....g	9.75		2	A	1		2.76	12.97	97.01
Ash....g	1.14	0.046	3	A	1		0.32	1.52	11.34
Carbohydrate, by difference....g	34.83		0	NC	4		9.87	46.32	346.54
Fiber, total dietary....g	1.8	0.145	3	A	1		0.5	2.3	17.6
Sugars, total....g	18.88		0	FLA	4		5.35	25.11	187.86
Sucrose....g	9.30	5.960	3	A	1		2.64	12.37	92.57
Glucose (dextrose)....g	3.78	2.037	3	A	1		1.07	5.03	37.61
Fructose....g	2.85	1.574	3	A	1		0.81	3.79	28.36
Lactose....g	2.00	0.546	3	A	1		0.57	2.66	19.87
Maltose....g	0.95	0.380	3	A	1		0.27	1.27	9.49
Galactose....g	0.01		0	FLA	4		0.00	0.01	0.07
Starch....g	10.73	1.637	3	A	1		3.04	14.28	106.80
Minerals:									
Calcium, Ca....mg	64	18.169	3	A	1		18	85	633
Iron, Fe....mg	0.90	0.125	3	A	1		0.25	1.19	8.92
Magnesium, Mg....mg	14	0.882	3	A	1		4	19	143
Phosphorus, P....mg	81	9.539	3	A	1		23	108	806
Potassium, K....mg	167	12.019	3	A	1		47	222	1658
Sodium, Na....mg	239		0	LC	8		68	318	2382
Zinc, Zn....mg	0.39	0.050	3	A	1		0.11	0.52	3.88
Copper, Cu....mg	0.148	0.000	3	A	1		0.042	0.196	1.468
Manganese, Mn....mg	0.227	0.027	3	A	1		0.064	0.301	2.255
Selenium, Se....µg	5.4	0.788	3	A	1		1.5	7.2	54.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin....mg	0.177	0.036	3	A	1		0.050	0.235	1.761
Riboflavin....mg	0.124	0.014	3	A	1		0.035	0.165	1.231
Niacin....mg	1.107	0.184	3	A	1		0.314	1.472	11.014
Pantothenic acid....mg	0.452	0.061	3	A	1		0.128	0.601	4.494
Vitamin B-6....mg	0.063		2	A	1		0.018	0.083	0.622
Folate, total....µg	26	4.055	3	A	1		7	34	255
Folic acid....µg	16	4.978	3	A	1		4	21	156
Folate, food....µg	10	1.000	3	AS	1		3	13	100
Folate, DFE....µg	37		0	NC	4		10	49	365
Choline, total....mg	37.5		0	AS	1		10.6	49.9	373.6
Betaine....mg	7.3		1	A	1		2.1	9.7	72.7
Vitamin B-12....µg	0.35		0	FLA	4		0.10	0.47	3.52
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	448		0	FLC	4		127	596	4459
Retinol....µg	334		0	FLC	4		95	445	3325
Carotene, beta....µg	1023		0	FLC	4		290	1361	10179
Carotene, alpha....µg	686		0	FLC	4		194	912	6824
Cryptoxanthin, beta....µg	3		0	FLC	4		1	4	29
Vitamin A, IU....IU	3434		0	FLA	4		974	4567	34168
Lycopene....µg	0		0	FLC	4		0	0	3
Lutein + zeaxanthin....µg	20		0	FLA	4		6	27	201
Vitamin E (alpha-tocopherol)....mg	0.76	0.223	3	A	1		0.21	1.01	7.53
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.05	0.010	3	A	1		0.01	0.07	0.50
Tocopherol, gamma....mg	3.49	0.938	3	A	1		0.99	4.64	34.72
Tocopherol, delta....mg	1.00	0.221	3	A	1		0.28	1.33	9.92
Tocotrienol, alpha....mg	0.01	0.007	3	A	1		0.00	0.02	0.13
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 18326
Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	NR	4		0.0	0.1	0.5
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	FLA	4		1	3	21
Vitamin K (phylloquinone)....µg	13.2		2	A	1		3.8	17.6	131.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.988		0	NC	4		0.563	2.643	19.776
4:0....g	0.007		0	FLA	4		0.002	0.009	0.069
6:0....g	0.001		0	FLA	4		0.000	0.001	0.010
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.027	0.003	3	A	1		0.008	0.035	0.264
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	1.107	0.106	3	A	1		0.314	1.472	11.011
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	0.810	0.081	3	A	1		0.230	1.077	8.059
20:0....g	0.013	0.003	3	A	1		0.004	0.018	0.132
22:0....g	0.023	0.003	3	A	1		0.007	0.031	0.231
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.600		0	NC	4		1.304	6.118	45.768
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.033	0.003	3	A	1		0.009	0.044	0.331
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.567	0.645	3	A	1		1.295	6.074	45.437
20:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.770		0	NC	4		0.502	2.354	17.611
18:2 undifferentiated....g	1.650	0.060	3	A	1		0.468	2.194	16.417
18:3 undifferentiated....g	0.117	0.029	3	A	1		0.033	0.155	1.161
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.003	0.003	3	A	1		0.001	0.004	0.033
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	26		0	FLA	4		8	35	263
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0	A	1		0.014	0.064	0.479
Threonine....g	0.154		0	A	1		0.044	0.205	1.533
Isoleucine....g	0.158		0	A	1		0.045	0.210	1.574
Leucine....g	0.297		0	A	1		0.084	0.396	2.960
Lysine....g	0.192		0	A	1		0.054	0.256	1.912
Methionine....g	0.249		0	A	1		0.071	0.331	2.475
Cystine....g	0.062		0	A	1		0.018	0.082	0.615
Phenylalanine....g	0.175		0	A	1		0.050	0.233	1.743
Tyrosine....g	0.118		0	A	1		0.033	0.157	1.175
Valine....g	0.211		0	A	1		0.060	0.281	2.101
Arginine....g	0.154		0	A	1		0.044	0.205	1.533
Histidine....g	0.088		0	A	1		0.025	0.116	0.871

NDB No. 18326
Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.150		0	A	1		0.043	0.199	1.492
Aspartic acid....g	0.299		0	A	1		0.085	0.397	2.972
Glutamic acid....g	0.844		0	A	1		0.239	1.123	8.403
Glycine....g	0.115		0	A	1		0.033	0.153	1.147
Proline....g	0.286		0	A	1		0.081	0.380	2.844
Serine....g	0.220		0	A	1		0.062	0.292	2.188
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 133g: 1 slice

Measure 3 = 995g: 1 pie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18327
Pie, pumpkin, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.50		0		1		16.58	90.68	
Energy	kcal	204		0	NC	4		58	316	
Energy	kJ	854				4		242	1323	
Protein (N x 0)	g	4.50		0		1		1.28	6.98	
Total lipid (fat)	g	9.30		0		1		2.64	14.42	
Ash	g	1.30		0		1		0.37	2.02	
Carbohydrate, by difference	g	26.40		0	NC	4		7.48	40.92	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0		1		27	146	
Iron, Fe	mg	1.27		0		1		0.36	1.97	
Magnesium, Mg	mg	19		0		1		5	29	
Phosphorus, P	mg	98		0		1		28	152	
Potassium, K	mg	186		0		1		53	288	
Sodium, Na	mg	225		0		1		64	349	
Zinc, Zn	mg	0.46		0		1		0.13	0.71	
Copper, Cu	mg	0.066		0		1		0.019	0.102	
Manganese, Mn	mg	0.198		0		1		0.056	0.307	
Selenium, Se	µg	7.1		0	RK	4		2.0	11.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		0.5	2.6	
Thiamin	mg	0.092		0		1		0.026	0.143	
Riboflavin	mg	0.201		0		1		0.057	0.312	
Niacin	mg	0.782		0		1		0.222	1.212	
Pantothenic acid	mg	0.445		0		1		0.126	0.690	
Vitamin B-6	mg	0.047		0		1		0.013	0.073	
Folate, total	µg	21		0	RK	4		6	33	
Folic acid	µg	10		0	NC	4		3	16	
Folate, food	µg	11		0		1		3	17	
Folate, DFE	µg	28		0	NC	4		8	43	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.09		0		1		0.03	0.14	
Vitamin A, RAE	µg	426		0	NC	4		121	660	
Retinol	µg	30		0	RK	4		9	47	
Carotene, beta	µg	4752		0	RK	4		1347	7366	
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	8020		0	NC	4		2274	12431	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18327
Pie, pumpkin, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.171		0		1		0.899	4.915	
4:0....g	0.057		0		1		0.016	0.088	
6:0....g	0.039		0		1		0.011	0.060	
8:0....g	0.016		0		1		0.005	0.025	
10:0....g	0.032		0		1		0.009	0.050	
12:0....g	0.049		0		1		0.014	0.076	
13:0....g									
14:0....g	0.247		0		1		0.070	0.383	
15:0....g									
16:0....g	1.675		0		1		0.475	2.596	
17:0....g									
18:0....g	0.977		0		1		0.277	1.514	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.697		0		1		1.048	5.730	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.077		0		1		0.022	0.119	
17:1....g									
18:1 undifferentiated....g	3.594		0		1		1.019	5.571	
20:1....g	0.002		0		1		0.001	0.003	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.810		0		1		0.513	2.806	
18:2 undifferentiated....g	1.668		0		1		0.473	2.585	
18:3 undifferentiated....g	0.128		0		1		0.036	0.198	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0		1		0.003	0.017	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	42		0		1		12	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.017	0.091	
Threonine....g	0.180		0		1		0.051	0.279	
Isoleucine....g	0.226		0		1		0.064	0.350	
Leucine....g	0.376		0		1		0.107	0.583	
Lysine....g	0.276		0		1		0.078	0.428	
Methionine....g	0.105		0		1		0.030	0.163	
Cystine....g	0.067		0		1		0.019	0.104	
Phenylalanine....g	0.219		0		1		0.062	0.339	
Tyrosine....g	0.187		0		1		0.053	0.290	
Valine....g	0.253		0		1		0.072	0.392	
Arginine....g	0.199		0		1		0.056	0.308	
Histidine....g	0.109		0		1		0.031	0.169	
Alanine....g	0.171		0		1		0.048	0.265	
Aspartic acid....g	0.339		0		1		0.096	0.525	
Glutamic acid....g	1.004		0		1		0.285	1.556	
Glycine....g	0.127		0		1		0.036	0.197	
Proline....g	0.375		0		1		0.106	0.581	
Serine....g	0.256		0		1		0.073	0.397	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18327

Pie, pumpkin, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18328
Pie, vanilla cream, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.00		0		1		13.32	59.22	
Energy....kcal	278		0	NC	4		79	350	
Energy....kJ	1163		0		4		330	1466	
Protein (N x 0)....g	4.80		0		1		1.36	6.05	
Total lipid (fat)....g	14.40		0		1		4.08	18.14	
Ash....g	1.20		0		1		0.34	1.51	
Carbohydrate, by difference....g	32.60		0	NC	4		9.24	41.08	
Fiber, total dietary....g	0.6		0		4		0.2	0.8	
Sugars, total....g	12.68		0	RK	4		3.60	15.98	
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		26	113	
Iron, Fe....mg	1.02		0		1		0.29	1.29	
Magnesium, Mg....mg	13		0		1		4	16	
Phosphorus, P....mg	104		0		1		29	131	
Potassium, K....mg	126		0		1		36	159	
Sodium, Na....mg	260		0		1		74	328	
Zinc, Zn....mg	0.53		0		1		0.15	0.67	
Copper, Cu....mg	0.039		0		1		0.011	0.049	
Manganese, Mn....mg	0.128		0		1		0.036	0.161	
Selenium, Se....µg	9.5		0	RK	4		2.7	12.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.1	0.6	
Thiamin....mg	0.139		0		1		0.039	0.175	
Riboflavin....mg	0.216		0		1		0.061	0.272	
Niacin....mg	0.984		0		1		0.279	1.240	
Pantothenic acid....mg	0.415		0		1		0.118	0.523	
Vitamin B-6....mg	0.049		0		1		0.014	0.062	
Folate, total....µg	26		0	RK	4		7	33	
Folic acid....µg	15		0	NC	4		4	19	
Folate, food....µg	11		0		1		3	14	
Folate, DFE....µg	37		0	NC	4		10	46	
Choline, total....mg	32.8		0	RK	4		9.3	41.3	
Betaine....mg									
Vitamin B-12....µg	0.30		0		1		0.09	0.38	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	83		0	NC	4		24	105	
Retinol....µg	81		0	RKI	6		23	102	
Carotene, beta....µg	22		0	RKI	6		6	27	
Carotene, alpha....µg	2		0	RKI	6		0	2	
Cryptoxanthin, beta....µg	1		0	RKI	6		0	2	
Vitamin A, IU....IU	306		0		1		87	386	
Lycopene....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin....µg	52		0	RKI	6		15	65	
Vitamin E (alpha-tocopherol)....mg	0.45		0	RKI	6		0.13	0.57	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	RKI	6		0.3	1.5	
Vitamin D....IU	47		0	RKI	6		13	59	
Vitamin K (phylloquinone)....µg	6.7		0	RKI	6		1.9	8.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18328
Pie, vanilla cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.030		0		1		1.143	5.078	
4:0....g	0.042		0		1		0.012	0.053	
6:0....g	0.025		0		1		0.007	0.032	
8:0....g	0.015		0		1		0.004	0.019	
10:0....g	0.033		0		1		0.009	0.042	
12:0....g	0.037		0		1		0.010	0.047	
13:0....g									
14:0....g	0.179		0		1		0.051	0.226	
15:0....g									
16:0....g	2.263		0		1		0.642	2.851	
17:0....g									
18:0....g	1.426		0		1		0.404	1.797	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.043		0		1		1.713	7.614	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.020	0.088	
17:1....g									
18:1 undifferentiated....g	5.965		0		1		1.691	7.516	
20:1....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.438		0		1		0.975	4.332	
18:2 undifferentiated....g	3.205		0		1		0.909	4.038	
18:3 undifferentiated....g	0.208		0		1		0.059	0.262	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006	0.025	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0		1		0.001	0.006	
Fatty acids, total trans....g									
Cholesterol....mg	62		0		1		18	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.060		0		1		0.017	0.076	
Threonine....g	0.184		0		1		0.052	0.232	
Isoleucine....g	0.228		0		1		0.065	0.287	
Leucine....g	0.397		0		1		0.113	0.500	
Lysine....g	0.266		0		1		0.075	0.335	
Methionine....g	0.103		0		1		0.029	0.130	
Cystine....g	0.071		0		1		0.020	0.089	
Phenylalanine....g	0.224		0		1		0.064	0.282	
Tyrosine....g	0.189		0		1		0.054	0.238	
Valine....g	0.255		0		1		0.072	0.321	
Arginine....g	0.203		0		1		0.058	0.256	
Histidine....g	0.117		0		1		0.033	0.147	
Alanine....g	0.169		0		1		0.048	0.213	
Aspartic acid....g	0.309		0		1		0.088	0.389	
Glutamic acid....g	1.143		0		1		0.324	1.440	
Glycine....g	0.133		0		1		0.038	0.168	
Proline....g	0.444		0		1		0.126	0.559	
Serine....g	0.269		0		1		0.076	0.339	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RKI	6		0	0	

NDB No. 18328
Pie, vanilla cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RKI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 126g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18339
Popovers, dry mix, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.70	0.123	19		1		3.32	19.89	
Energy....kcal	371		0	NC	4		105	631	
Energy....kJ	1552				4		440	2639	
Protein (N x 5.7)....g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat)....g	4.30	0.133	19		1		1.22	7.31	
Ash....g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference....g	71.00		0	NC	4		20.13	120.70	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	0.853	11		1		9	54	
Iron, Fe....mg	2.97	0.583	4		1		0.84	5.05	
Magnesium, Mg....mg	25	0.707	5		1		7	43	
Phosphorus, P....mg	100	2.288	11		1		28	170	
Potassium, K....mg	100	2.639	5		1		28	170	
Sodium, Na....mg	906	34.871	5		1		257	1540	
Zinc, Zn....mg	0.88		0	FLA	4		0.25	1.50	
Copper, Cu....mg	0.171		0	FLA	4		0.048	0.291	
Manganese, Mn....mg	0.741		0	FLA	4		0.210	1.260	
Selenium, Se....µg	37.6		0	FLA	4		10.7	63.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLA	4		0.0	0.2	
Thiamin....mg	0.430	0.098	5		1		0.122	0.731	
Riboflavin....mg	0.147	0.028	5		1		0.042	0.250	
Niacin....mg	3.378	0.567	4		1		0.958	5.743	
Pantothenic acid....mg	0.480		0	FLA	4		0.136	0.816	
Vitamin B-6....mg	0.042		0	FLA	4		0.012	0.071	
Folate, total....µg	145		0	FLA	4		41	247	
Folic acid....µg	120		0	NC	4		34	204	
Folate, food....µg	25		0		4		7	43	
Folate, DFE....µg	229		0	NC	4		65	389	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08		0	FLA	4		0.02	0.14	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18339
Popovers, dry mix, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.983		0		1		0.279	1.671	
4:0....g	0.001		0		1		0.000	0.002	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.018		0		1		0.005	0.031	
15:0....g									
16:0....g	0.555		0		1		0.157	0.944	
17:0....g									
18:0....g	0.408		0		1		0.116	0.694	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.984		0		1		0.562	3.373	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.984		0		1		0.562	3.373	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.823		0		1		0.233	1.399	
18:2 undifferentiated....g	0.784		0		1		0.222	1.333	
18:3 undifferentiated....g	0.039		0		1		0.011	0.066	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		1		0.035	0.209	
Threonine....g	0.293		0		1		0.083	0.498	
Isoleucine....g	0.407		0		1		0.115	0.692	
Leucine....g	0.747		0		1		0.212	1.270	
Lysine....g	0.249		0		1		0.071	0.423	
Methionine....g	0.191		0		1		0.054	0.325	
Cystine....g	0.225		0		1		0.064	0.383	
Phenylalanine....g	0.517		0		1		0.147	0.879	
Tyrosine....g	0.304		0		1		0.086	0.517	
Valine....g	0.458		0		1		0.130	0.779	
Arginine....g	0.365		0		1		0.103	0.621	
Histidine....g	0.229		0		1		0.065	0.389	
Alanine....g	0.324		0		1		0.092	0.551	
Aspartic acid....g	0.451		0		1		0.128	0.767	
Glutamic acid....g	3.565		0		1		1.011	6.061	
Glycine....g	0.348		0		1		0.099	0.592	
Proline....g	1.216		0		1		0.345	2.067	
Serine....g	0.513		0		1		0.145	0.872	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18339

Popovers, dry mix, enriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.1 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18447
Popovers, dry mix, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.70	0.123	19		1		3.32	19.89	
Energy	kcal	371		0	NC	4		105	631	
Energy	kJ	1552				4		440	2639	
Protein (N x 5.7)	g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat)	g	4.30	0.133	19		1		1.22	7.31	
Ash	g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference	g	71.00		0		4		20.13	120.70	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	0.853	11		1		9	54	
Iron, Fe	mg	0.82		0		4		0.23	1.39	
Magnesium, Mg	mg	25	0.707	5		1		7	43	
Phosphorus, P	mg	100	2.288	11		1		28	170	
Potassium, K	mg	100	2.639	5		1		28	170	
Sodium, Na	mg	906	34.871	5		1		257	1540	
Zinc, Zn	mg	0.88		0	BFZN	4		0.25	1.50	
Copper, Cu	mg	0.174		0	BFZN	4		0.049	0.296	
Manganese, Mn	mg	0.741		0	BFZN	4		0.210	1.260	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin	mg	0.101		0		4		0.029	0.172	
Riboflavin	mg	0.026		0		4		0.007	0.044	
Niacin	mg	1.041		0		4		0.295	1.770	
Pantothenic acid	mg	0.480		0	BFZN	4		0.136	0.816	
Vitamin B-6	mg	0.042		0	BFZN	4		0.012	0.071	
Folate, total	µg	25		0		4		7	43	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	25		0		4		7	43	
Folate, DFE	µg	25		0	NC	4		7	43	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.08		0	BFZN	4		0.02	0.14	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18447
Popovers, dry mix, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.983		0		4		0.279	1.671	
4:0....g	0.001		0		4		0.000	0.002	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.018		0		4		0.005	0.031	
15:0....g									
16:0....g	0.555		0		4		0.157	0.944	
17:0....g									
18:0....g	0.408		0		4		0.116	0.694	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.984		0		4		0.562	3.373	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.984		0		4		0.562	3.373	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.823		0		4		0.233	1.399	
18:2 undifferentiated....g	0.784		0		4		0.222	1.333	
18:3 undifferentiated....g	0.039		0		4		0.011	0.066	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0		4		0.035	0.209	
Threonine....g	0.293		0		4		0.083	0.498	
Isoleucine....g	0.407		0		4		0.115	0.692	
Leucine....g	0.747		0		4		0.212	1.270	
Lysine....g	0.249		0		4		0.071	0.423	
Methionine....g	0.191		0		4		0.054	0.325	
Cystine....g	0.225		0		4		0.064	0.383	
Phenylalanine....g	0.517		0		4		0.147	0.879	
Tyrosine....g	0.304		0		4		0.086	0.517	
Valine....g	0.458		0		4		0.130	0.779	
Arginine....g	0.365		0		4		0.103	0.621	
Histidine....g	0.229		0		4		0.065	0.389	
Alanine....g	0.324		0		4		0.092	0.551	
Aspartic acid....g	0.451		0		4		0.128	0.767	
Glutamic acid....g	3.565		0		4		1.011	6.061	
Glycine....g	0.348		0		4		0.099	0.592	
Proline....g	1.216		0		4		0.345	2.067	
Serine....g	0.513		0		4		0.145	0.872	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18447
Popovers, dry mix, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.1 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18337
Puff pastry, frozen, ready-to-bake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.50		0		1		2.41	4.00	
Energy....kcal	551		0	NC	4		156	259	
Energy....kJ	2305		0		4		654	1084	
Protein (N x 0)....g	7.30		0		1		2.07	3.43	
Total lipid (fat)....g	38.10		0		1		10.80	17.91	
Ash....g	1.00		0		1		0.28	0.47	
Carbohydrate, by difference....g	45.10		0	NC	4		12.79	21.20	
Fiber, total dietary....g	1.5		0		4		0.4	0.7	
Sugars, total....g	0.74		0	FLC	4		0.21	0.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		3	5	
Iron, Fe....mg	2.56		0		1		0.73	1.20	
Magnesium, Mg....mg	16		0		1		5	8	
Phosphorus, P....mg	60		0		1		17	28	
Potassium, K....mg	61		0		1		17	29	
Sodium, Na....mg	249		0		1		71	117	
Zinc, Zn....mg	0.53		0		1		0.15	0.25	
Copper, Cu....mg	0.114		0		1		0.032	0.054	
Manganese, Mn....mg	0.488		0		1		0.138	0.229	
Selenium, Se....µg	24.2		0	FLA	4		6.9	11.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.398		0		1		0.113	0.187	
Riboflavin....mg	0.283		0		1		0.080	0.133	
Niacin....mg	4.168		0		1		1.182	1.959	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.021		0		1		0.006	0.010	
Folate, total....µg	78		0	FLC	4		22	37	
Folic acid....µg	65		0		4		18	31	
Folate, food....µg	13		0		1		4	6	
Folate, DFE....µg	124		0	NC	4		35	58	
Choline, total....mg	6.4		0	FLC	4		1.8	3.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	43		0	FLC	4		12	20	
Vitamin E (alpha-tocopherol)....mg	0.54		0	FLC	4		0.15	0.25	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	16.1		0	FLC	4		4.6	7.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18337
Puff pastry, frozen, ready-to-bake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.643		0	FLA	4		2.734	4.532	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.186		0	FLA	4		0.053	0.087	
15:0....g									
16:0....g	4.954		0	FLA	4		1.404	2.328	
17:0....g									
18:0....g	4.494		0	FLA	4		1.274	2.112	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.597		0	FLA	4		6.123	10.151	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	21.594		0	FLA	4		6.122	10.149	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.894		0	FLA	4		1.387	2.300	
18:2 undifferentiated....g	4.645		0	FLA	4		1.317	2.183	
18:3 undifferentiated....g	0.249		0	FLA	4		0.071	0.117	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0		1		0.024	0.040	
Threonine....g	0.196		0		1		0.056	0.092	
Isoleucine....g	0.272		0		1		0.077	0.128	
Leucine....g	0.508		0		1		0.144	0.239	
Lysine....g	0.142		0		1		0.040	0.067	
Methionine....g	0.129		0		1		0.037	0.061	
Cystine....g	0.165		0		1		0.047	0.078	
Phenylalanine....g	0.362		0		1		0.103	0.170	
Tyrosine....g	0.201		0		1		0.057	0.094	
Valine....g	0.308		0		1		0.087	0.145	
Arginine....g	0.255		0		1		0.072	0.120	
Histidine....g	0.156		0		1		0.044	0.073	
Alanine....g	0.224		0		1		0.064	0.105	
Aspartic acid....g	0.296		0		1		0.084	0.139	
Glutamic acid....g	2.574		0		1		0.730	1.210	
Glycine....g	0.251		0		1		0.071	0.118	
Proline....g	0.864		0		1		0.245	0.406	
Serine....g	0.356		0		1		0.101	0.167	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

NDB No. 18337
Puff pastry, frozen, ready-to-bake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 47g: 1 shell

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18211
Puff pastry, frozen, ready-to-bake, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.40		0		1		2.10	18.13	2.96
Energy....kcal	558		0	NC	4		158	1367	223
Energy....kJ	2335		0		4		662	5720	934
Protein (N x 0)....g	7.40		0		1		2.10	18.13	2.96
Total lipid (fat)....g	38.50		0		1		10.91	94.33	15.40
Ash....g	1.00		0		1		0.28	2.45	0.40
Carbohydrate, by difference....g	45.70		0	NC	4		12.96	111.97	18.28
Fiber, total dietary....g	1.5		0		4		0.4	3.7	0.6
Sugars, total....g	0.75		0	RA	4		0.21	1.83	0.30
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		3	25	4
Iron, Fe....mg	2.60		0		1		0.74	6.37	1.04
Magnesium, Mg....mg	16		0		1		5	39	6
Phosphorus, P....mg	60		0		1		17	147	24
Potassium, K....mg	62		0		1		18	152	25
Sodium, Na....mg	253		0		1		72	620	101
Zinc, Zn....mg	0.54		0		1		0.15	1.32	0.22
Copper, Cu....mg	0.115		0		1		0.033	0.282	0.046
Manganese, Mn....mg	0.495		0		1		0.140	1.213	0.198
Selenium, Se....µg	24.5		0	RK	4		6.9	60.0	9.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.323		0		1		0.092	0.791	0.129
Riboflavin....mg	0.258		0		1		0.073	0.632	0.103
Niacin....mg	3.800		0		1		1.077	9.310	1.520
Pantothenic acid....mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6....mg	0.019		0		1		0.005	0.047	0.008
Folate, total....µg	55		0	RA	4		16	136	22
Folic acid....µg	46		0		4		13	113	18
Folate, food....µg	9		0		1		3	22	4
Folate, DFE....µg	87		0	NC	4		25	214	35
Choline, total....mg	6.2		0	RA	4		1.8	15.2	2.5
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	RA	4		0	0	0
Carotene, beta....µg	0		0	RA	4		0	1	0
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	1		0	NC	4		0	2	0
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	39		0	RA	4		11	97	16
Vitamin E (alpha-tocopherol)....mg	0.55		0	RA	4		0.16	1.35	0.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	16.3		0	RA	4		4.6	40.0	6.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18211
Puff pastry, frozen, ready-to-bake, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.502		0		1		1.560	13.480	2.201
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.039		0		1		0.011	0.096	0.016
15:0....g									
16:0....g	4.016		0		1		1.139	9.839	1.606
17:0....g									
18:0....g	1.438		0		1		0.408	3.523	0.575
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.828		0		1		2.503	21.629	3.531
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0		1		0.022	0.191	0.031
17:1....g									
18:1 undifferentiated....g	8.674		0		1		2.459	21.251	3.470
20:1....g	0.075		0		1		0.021	0.184	0.030
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	22.228		0		1		6.302	54.459	8.891
18:2 undifferentiated....g	19.640		0		1		5.568	48.118	7.856
18:3 undifferentiated....g	2.588		0		1		0.734	6.341	1.035
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0		1		0.024	0.211	0.034
Threonine....g	0.198		0		1		0.056	0.485	0.079
Isoleucine....g	0.275		0		1		0.078	0.674	0.110
Leucine....g	0.514		0		1		0.146	1.259	0.206
Lysine....g	0.144		0		1		0.041	0.353	0.058
Methionine....g	0.131		0		1		0.037	0.321	0.052
Cystine....g	0.167		0		1		0.047	0.409	0.067
Phenylalanine....g	0.367		0		1		0.104	0.899	0.147
Tyrosine....g	0.204		0		1		0.058	0.500	0.082
Valine....g	0.312		0		1		0.088	0.764	0.125
Arginine....g	0.259		0		1		0.073	0.635	0.104
Histidine....g	0.158		0		1		0.045	0.387	0.063
Alanine....g	0.227		0		1		0.064	0.556	0.091
Aspartic acid....g	0.300		0		1		0.085	0.735	0.120
Glutamic acid....g	2.607		0		1		0.739	6.387	1.043
Glycine....g	0.255		0		1		0.072	0.625	0.102
Proline....g	0.875		0		1		0.248	2.144	0.350
Serine....g	0.360		0		1		0.102	0.882	0.144
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0

NDB No. 18211
Puff pastry, frozen, ready-to-bake, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 245g: 1 sheet

Measure 3 = 40g: 1 shell

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28366

RUDI'S, Gluten-Free Bakery, Original Sandwich Bread

Rudi's Bakery

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.67		1	A	1		10.77		
Energy....kcal	320		0	NC	4		109		
Energy....kJ	1339		0	NC	4		455		
Protein (N x 6.25)....g	3.13		1	A	1		1.06		
Total lipid (fat)....g	10.70		1	A	1		3.64		
Ash....g	1.68		1	A	1		0.57		
Carbohydrate, by difference....g	52.83		0	NC	4		17.96		
Fiber, total dietary....g	3.5		1	A	1		1.2		
Sugars, total....g	8.36		1	A	1		2.84		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	3.46		1	A	1		1.18		
Fructose....g	4.90		1	A	1		1.67		
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	33.00		1	A	1		11.22		
Minerals:									
Calcium, Ca....mg	24		1	A	1		8		
Iron, Fe....mg	0.76		1	A	1		0.26		
Magnesium, Mg....mg	11		1	A	1		4		
Phosphorus, P....mg	37		1	A	1		13		
Potassium, K....mg	92		1	A	1		31		
Sodium, Na....mg	528		1	A	1		180		
Zinc, Zn....mg	0.26		1	A	1		0.09		
Copper, Cu....mg	0.039		1	A	1		0.013		
Manganese, Mn....mg	0.174		1	A	1		0.059		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.339		0	NC	4		0.115		
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	0.009		1	A	1		0.003		
12:0....g	0.005		1	A	1		0.002		
13:0....g									
14:0....g	0.011		1	A	1		0.004		
15:0....g	0.004		1	A	1		0.001		
16:0....g	0.000		1	A	1		0.000		
17:0....g	0.008		1	A	1		0.003		
18:0....g	0.200		1	A	1		0.068		
20:0....g	0.058		1	A	1		0.020		
22:0....g	0.027		1	A	1		0.009		
24:0....g	0.017		1	A	1		0.006		
Fatty acids, total monounsaturated....g	7.363		0	NC	4		2.503		
14:1....g	0.002		1	A	1		0.001		
15:1....g	0.447		1	A	1		0.152		
16:1 undifferentiated....g	0.025		0	AS	1		0.009		
16:1 c....g	0.025		1	A	1		0.009		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.012		1	A	1		0.004		
18:1 undifferentiated....g	6.730		0	AS	1		2.288		
18:1 c....g	6.716		1	A	1		2.283		
18:1 t....g	0.014		1	A	1		0.005		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.130		1	A	1		0.044		
22:1 undifferentiated....g	0.004		0	AS	1		0.001		
22:1 c....g	0.004		1	A	1		0.001		

NDB No. 28366
RUDI'S, Gluten-Free Bakery, Original Sandwich Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.013		1	A	1		0.004		
Fatty acids, total polyunsaturated....g	2.218		0	NC	4		0.754		
18:2 undifferentiated....g	1.623		0	AS	1		0.552		
18:2 n-6 c,c....g	1.611		1	A	1		0.548		
18:2 CLAs....g	0.007		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		1	A	1		0.002		
18:3 undifferentiated....g	0.583		0	AS	1		0.198		
18:3 n-3 c,c,c (ALA)....g	0.571		1	A	1		0.194		
18:3 n-6 c,c,c....g	0.012		1	A	1		0.004		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.004		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.019		0	NC	4		0.006		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.005		
Fatty acids, total trans-polyenoic....g	0.005		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 food, or similar food.

Common Measures:

Measure 1 = 34g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18344
Rolls, dinner, egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.40		2		1		8.62	10.64	
Energy....kcal	307		0	NC	4		87	107	
Energy....kJ	1284		0		4		364	450	
Protein (N x 5.8)....g	9.50	0.154	3		1		2.69	3.33	
Total lipid (fat)....g	6.40	0.122	4		1		1.81	2.24	
Ash....g	1.70	0.015	4		1		0.48	0.60	
Carbohydrate, by difference....g	52.00		0	NC	4		14.74	18.20	
Fiber, total dietary....g	3.7		0		4		1.0	1.3	
Sugars, total....g	4.30		0	FLC	4		1.22	1.51	
Starch....g									
Minerals:									
Calcium, Ca....mg	59		2		1		17	21	
Iron, Fe....mg	3.52	0.544	3		1		1.00	1.23	
Magnesium, Mg....mg	25		2		1		7	9	
Phosphorus, P....mg	101		0	FLA	4		29	35	
Potassium, K....mg	104		0	FLA	4		29	36	
Sodium, Na....mg	566		0	LC	8		160	198	
Zinc, Zn....mg	1.12		0	FLA	4		0.32	0.39	
Copper, Cu....mg	0.133		0	FLA	4		0.038	0.047	
Manganese, Mn....mg	0.527		0	FLA	4		0.149	0.184	
Selenium, Se....µg	29.6		0	FLA	4		8.4	10.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.527	0.095	3		1		0.149	0.184	
Riboflavin....mg	0.517	0.092	3		1		0.147	0.181	
Niacin....mg	3.287	0.268	3		1		0.932	1.150	
Pantothenic acid....mg	0.655		0	FLA	4		0.186	0.229	
Vitamin B-6....mg	0.053		0	FLA	4		0.015	0.019	
Folate, total....µg	184		0	FLC	4		52	64	
Folic acid....µg	131		0	NR	4		37	46	
Folate, food....µg	53		0	NC	4		15	19	
Folate, DFE....µg	276		0	NC	4		78	97	
Choline, total....mg	31.4		0	FLC	4		8.9	11.0	
Betaine....mg									
Vitamin B-12....µg	0.24	0.007	8		1		0.07	0.08	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	5		0	NC	4		2	2	
Retinol....µg	5		0	FLC	4		2	2	
Carotene, beta....µg	1		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLC	4		0	0	
Vitamin A, IU....IU	26		0	FLA	4		7	9	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	71		0	FLC	4		20	25	
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLC	4		0.10	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.1		0	FLC	4		0.6	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18344
Rolls, dinner, egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.577		0	FLA	4		0.447	0.552	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.025		0	FLA	4		0.007	0.009	
15:0....g									
16:0....g	0.945		0	FLA	4		0.268	0.331	
17:0....g									
18:0....g	0.595		0	FLA	4		0.169	0.208	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.930		0	FLA	4		0.831	1.026	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.055		0	FLA	4		0.016	0.019	
17:1....g									
18:1 undifferentiated....g	2.870		0	FLA	4		0.814	1.005	
20:1....g	0.003		0	FLA	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.128		0	FLA	4		0.320	0.395	
18:2 undifferentiated....g	1.041		0	FLA	4		0.295	0.364	
18:3 undifferentiated....g	0.055		0	FLA	4		0.016	0.019	
18:4....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0	FLA	4		0.005	0.006	
20:5 n-3 (EPA)....g	0.008		0	FLA	4		0.002	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.005		0	FLA	4		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	50		0	FLA	4		14	18	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0		1		0.031	0.039	
Threonine....g	0.310		0		1		0.088	0.109	
Isoleucine....g	0.395		0		1		0.112	0.138	
Leucine....g	0.686		0		1		0.194	0.240	
Lysine....g	0.328		0		1		0.093	0.115	
Methionine....g	0.186		0		1		0.053	0.065	
Cystine....g	0.201		0		1		0.057	0.070	
Phenylalanine....g	0.467		0		1		0.132	0.163	
Tyrosine....g	0.292		0		1		0.083	0.102	
Valine....g	0.443		0		1		0.126	0.155	
Arginine....g	0.384		0		1		0.109	0.134	
Histidine....g	0.209		0		1		0.059	0.073	
Alanine....g	0.364		0		1		0.103	0.127	
Aspartic acid....g	0.533		0		1		0.151	0.187	
Glutamic acid....g	2.769		0		1		0.785	0.969	
Glycine....g	0.338		0		1		0.096	0.118	
Proline....g	0.915		0		1		0.259	0.320	
Serine....g	0.490		0		1		0.139	0.172	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18344
Rolls, dinner, egg

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 roll (2-1/2" dia)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18345
Rolls, dinner, oat bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.00		1		1		12.47	14.52	
Energy....kcal	236		0	NC	4		67	78	
Energy....kJ	987		0		4		280	326	
Protein (N x 5.8)....g	9.50		1		1		2.69	3.14	
Total lipid (fat)....g	4.60		1		1		1.30	1.52	
Ash....g	1.70		1		1		0.48	0.56	
Carbohydrate, by difference....g	40.20		0	NC	4		11.40	13.27	
Fiber, total dietary....g	4.1		0		1		1.2	1.4	
Sugars, total....g	6.67		0	FLC	4		1.89	2.20	
Starch....g									
Minerals:									
Calcium, Ca....mg	85		1		1		24	28	
Iron, Fe....mg	4.14		1		1		1.17	1.37	
Magnesium, Mg....mg	33		0	FLA	4		9	11	
Phosphorus, P....mg	115		0	FLA	4		33	38	
Potassium, K....mg	121		0	FLA	4		34	40	
Sodium, Na....mg	413		1		1		117	136	
Zinc, Zn....mg	1.02		0	FLA	4		0.29	0.34	
Copper, Cu....mg	0.136		0	FLA	4		0.039	0.045	
Manganese, Mn....mg	0.754		0	FLA	4		0.214	0.249	
Selenium, Se....µg	29.3		0	FLA	4		8.3	9.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.448		1		1		0.127	0.148	
Riboflavin....mg	0.289		1		1		0.082	0.095	
Niacin....mg	4.954		1		1		1.404	1.635	
Pantothenic acid....mg	0.428		0	FLA	4		0.121	0.141	
Vitamin B-6....mg	0.045		0	FLA	4		0.013	0.015	
Folate, total....µg	95		0	BFZN	4		27	31	
Folic acid....µg	64		0	NC	4		18	21	
Folate, food....µg	31		0		4		9	10	
Folate, DFE....µg	140		0	NC	4		40	46	
Choline, total....mg	14.6		0	BFZN	4		4.1	4.8	
Betaine....mg									
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	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	Z	7		0	0	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	44		0	FLC	4		13	15	
Vitamin E (alpha-tocopherol)....mg	0.48		0	FLC	4		0.14	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	FLC	4		0.3	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18345
Rolls, dinner, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.619		0		1		0.175	0.204	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.001	0.001	
13:0....g									
14:0....g	0.004		0		1		0.001	0.001	
15:0....g									
16:0....g	0.448		0		1		0.127	0.148	
17:0....g									
18:0....g	0.157		0		1		0.045	0.052	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.488		0		1		0.422	0.491	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.009	0.010	
17:1....g									
18:1 undifferentiated....g	1.458		0		1		0.413	0.481	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.568		0		1		0.445	0.517	
18:2 undifferentiated....g	1.471		0		1		0.417	0.485	
18:3 undifferentiated....g	0.097		0		1		0.027	0.032	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.120		0		1		0.034	0.040	
Threonine....g	0.274		0		1		0.078	0.090	
Isoleucine....g	0.367		0		1		0.104	0.121	
Leucine....g	0.672		0		1		0.191	0.222	
Lysine....g	0.270		0		1		0.077	0.089	
Methionine....g	0.164		0		1		0.046	0.054	
Cystine....g	0.215		0		1		0.061	0.071	
Phenylalanine....g	0.475		0		1		0.135	0.157	
Tyrosine....g	0.297		0		1		0.084	0.098	
Valine....g	0.423		0		1		0.120	0.140	
Arginine....g	0.408		0		1		0.116	0.135	
Histidine....g	0.206		0		1		0.058	0.068	
Alanine....g	0.339		0		1		0.096	0.112	
Aspartic acid....g	0.500		0		1		0.142	0.165	
Glutamic acid....g	2.902		0		1		0.823	0.958	
Glycine....g	0.360		0		1		0.102	0.119	
Proline....g	0.970		0		1		0.275	0.320	
Serine....g	0.460		0		1		0.130	0.152	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	

NDB No. 18345
Rolls, dinner, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 roll

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18342
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.44	1.682	3	A	1		7.96	7.11	12.23
Energy....kcal	310		0	NC	4		87	77	133
Energy....kJ	1297		0	NC	4		363	324	558
Protein....g	10.86	0.288	3	A	1		3.04	2.72	4.67
Total lipid (fat)....g	6.47	0.272	3	A	1		1.81	1.62	2.78
Ash....g	2.18	0.024	3	A	1		0.61	0.54	0.94
Carbohydrate, by difference....g	52.04		0	NC	4		14.57	13.01	22.38
Fiber, total dietary....g	2.0	0.064	3	A	1		0.5	0.5	0.8
Sugars, total....g	5.55	0.288	3	A	1		1.55	1.39	2.39
Starch....g									
Minerals:									
Calcium, Ca....mg	178	6.429	3	A	1		50	45	77
Iron, Fe....mg	3.72	0.081	3	A	1		1.04	0.93	1.60
Magnesium, Mg....mg	26	0.405	3	A	1		7	6	11
Phosphorus, P....mg	122	1.202	3	A	1		34	30	52
Potassium, K....mg	139	9.528	3	A	1		39	35	60
Sodium, Na....mg	467		0	NR	4		131	117	201
Zinc, Zn....mg	0.99	0.051	3	A	1		0.28	0.25	0.43
Copper, Cu....mg	0.135	0.004	3	A	1		0.038	0.034	0.058
Manganese, Mn....mg	0.582	0.012	3	A	1		0.163	0.146	0.250
Selenium, Se....µg	26.8	3.500	3	A	1		7.5	6.7	11.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin....mg	0.526		2	A	1		0.147	0.132	0.226
Riboflavin....mg	0.374	0.017	3	A	1		0.105	0.093	0.161
Niacin....mg	5.367	0.136	3	A	1		1.503	1.342	2.308
Pantothenic acid....mg	0.452	0.015	3	A	1		0.126	0.113	0.194
Vitamin B-6....mg	0.097	0.006	3	A	1		0.027	0.024	0.042
Folate, total....µg	101		2	A	1		28	25	43
Folic acid....µg	71		0	AS	1		20	18	31
Folate, food....µg	30		2	A	1		8	7	13
Folate, DFE....µg	150		0	NC	4		42	38	65
Choline, total....mg	14.6		0	BFZN	4		4.1	3.7	6.3
Betaine....mg									
Vitamin B-12....µg	0.13		0	FLA	4		0.04	0.03	0.06
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	FLA	4		0	0	1
Retinol....µg	1		0	FLA	4		0	0	1
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	5		0	FLA	4		1	1	2
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	13		0	FLA	4		4	3	6
Vitamin E (alpha-tocopherol)....mg	0.28	0.101	3	A	1		0.08	0.07	0.12
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	10.6	0.669	3	A	1		3.0	2.6	4.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	1.375		0	NC	4		0.385	0.344	0.591
4:0	g	0.001		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0	g									
14:0	g	0.009	0.009	3	A	1		0.003	0.002	0.004
15:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0	g	0.785	0.042	3	A	1		0.220	0.196	0.338
17:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0	g	0.537	0.047	3	A	1		0.150	0.134	0.231
20:0	g	0.020	0.001	3	A	1		0.006	0.005	0.009
22:0	g	0.024	0.001	3	A	1		0.007	0.006	0.010
24:0	g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	1.881		0	NC	4		0.527	0.470	0.809
14:1	g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1	g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated	g	0.027	0.001	3	A	1		0.008	0.007	0.012
17:1	g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated	g	1.833	0.183	3	A	1		0.513	0.458	0.788
20:1	g	0.021	0.001	3	A	1		0.006	0.005	0.009
22:1 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.509		0	NC	4		0.702	0.627	1.079
18:2 undifferentiated	g	2.285	0.130	3	A	1		0.640	0.571	0.982
18:3 undifferentiated	g	0.224		0	AS	1		0.063	0.056	0.096
18:3 n-3 c,c,c (ALA)	g	0.224	0.005	3	A	1		0.063	0.056	0.096
18:3 n-6 c,c,c	g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i	g									
18:4	g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6	g									
20:5 n-3 (EPA)	g	0.000		0	FLA	4		0.000	0.000	0.000
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans	g	0.000		0	NR	4		0.000	0.000	0.000
Cholesterol	mg	4		0	FLA	4		1	1	2
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.081	0.002	3	A	1		0.023	0.020	0.035
Threonine	g	0.286	0.004	3	A	1		0.080	0.071	0.123
Isoleucine	g	0.337	0.020	3	A	1		0.094	0.084	0.145
Leucine	g	0.729	0.004	3	A	1		0.204	0.182	0.314
Lysine	g	0.233	0.010	3	A	1		0.065	0.058	0.100
Methionine	g	0.145	0.002	3	A	1		0.040	0.036	0.062
Cystine	g	0.227	0.003	3	A	1		0.064	0.057	0.098
Phenylalanine	g	0.506	0.007	3	A	1		0.142	0.126	0.217
Tyrosine	g	0.290	0.013	3	A	1		0.081	0.072	0.125
Valine	g	0.401	0.016	3	A	1		0.112	0.100	0.172
Arginine	g	0.378	0.001	3	A	1		0.106	0.094	0.162
Histidine	g	0.222	0.002	3	A	1		0.062	0.055	0.095
Alanine	g	0.343	0.005	3	A	1		0.096	0.086	0.147
Aspartic acid	g	0.450	0.003	3	A	1		0.126	0.112	0.193
Glutamic acid	g	3.510	0.083	3	A	1		0.983	0.878	1.509
Glycine	g	0.386	0.007	3	A	1		0.108	0.096	0.166

NDB No. 18342
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	1.213	0.032	3	A	1		0.340	0.303	0.522
Serine....g	0.546	0.020	3	A	1		0.153	0.136	0.235
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

Measure 2 = 25g: 1 each (pan, dinner, or small roll) (2" square, 2" high)

Measure 3 = 43g: 1 roll (hamburger, frankfurter, onion roll, bun, large roll)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.10		0		1		8.25	12.51	10.19
Energy....kcal	316		0	NC	4		90	136	111
Energy....kJ	1322				4		375	569	463
Protein (N x 0)....g	8.50		0		1		2.41	3.66	2.98
Total lipid (fat)....g	7.30		0		1		2.07	3.14	2.56
Ash....g	1.70		0		1		0.48	0.73	0.60
Carbohydrate, by difference....g	53.40		0	NC	4		15.14	22.96	18.69
Fiber, total dietary....g	1.9		0		4		0.5	0.8	0.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0		1		17	26	21
Iron, Fe....mg	2.96		0		1		0.84	1.27	1.04
Magnesium, Mg....mg	19		0		1		5	8	7
Phosphorus, P....mg	126		0		1		36	54	44
Potassium, K....mg	152		0		1		43	65	53
Sodium, Na....mg	415		0		1		118	178	145
Zinc, Zn....mg	0.70		0		1		0.20	0.30	0.25
Copper, Cu....mg	0.114		0		1		0.032	0.049	0.040
Manganese, Mn....mg	0.401		0		1		0.114	0.172	0.140
Selenium, Se....µg	22.8		0	RK	4		6.5	9.8	8.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.1	0.1	0.1
Thiamin....mg	0.393		0		1		0.111	0.169	0.138
Riboflavin....mg	0.408		0		1		0.116	0.175	0.143
Niacin....mg	3.448		0		1		0.978	1.483	1.207
Pantothenic acid....mg	0.450		0		1		0.128	0.194	0.158
Vitamin B-6....mg	0.060		0		1		0.017	0.026	0.021
Folate, total....µg	90		0	RK	4		26	39	32
Folic acid....µg	47		0	NC	4		13	20	16
Folate, food....µg	43		0		1		12	18	15
Folate, DFE....µg	123		0	NC	4		35	53	43
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		0		1		0.04	0.06	0.05
Vitamin A, RAE....µg	87		0	NC	4		25	37	30
Retinol....µg	84		0	NC	4		24	36	29
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	338		0		1		96	145	118
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.795		0		1		0.509	0.772	0.628
4:0....g	0.024		0		1		0.007	0.010	0.008
6:0....g	0.014		0		1		0.004	0.006	0.005
8:0....g	0.008		0		1		0.002	0.003	0.003
10:0....g	0.019		0		1		0.005	0.008	0.007
12:0....g	0.021		0		1		0.006	0.009	0.007
13:0....g									
14:0....g	0.089		0		1		0.025	0.038	0.031
15:0....g									
16:0....g	1.078		0		1		0.306	0.464	0.377
17:0....g									
18:0....g	0.535		0		1		0.152	0.230	0.187
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.881		0		1		0.817	1.239	1.008
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0		1		0.015	0.023	0.019
17:1....g									
18:1 undifferentiated....g	2.823		0		1		0.800	1.214	0.988
20:1....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.006		0		1		0.569	0.863	0.702
18:2 undifferentiated....g	1.896		0		1		0.538	0.815	0.664
18:3 undifferentiated....g	0.097		0		1		0.027	0.042	0.034
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	0.011		0		1		0.003	0.005	0.004
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.003		0		1		0.001	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	35		0		1		10	15	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		1		0.030	0.046	0.037
Threonine....g	0.282		0		1		0.080	0.121	0.099
Isoleucine....g	0.353		0		1		0.100	0.152	0.124
Leucine....g	0.639		0		1		0.181	0.275	0.224
Lysine....g	0.330		0		1		0.094	0.142	0.116
Methionine....g	0.173		0		1		0.049	0.074	0.061
Cystine....g	0.164		0		1		0.046	0.071	0.057
Phenylalanine....g	0.426		0		1		0.121	0.183	0.149
Tyrosine....g	0.293		0		1		0.083	0.126	0.103
Valine....g	0.402		0		1		0.114	0.173	0.141
Arginine....g	0.362		0		1		0.103	0.156	0.127
Histidine....g	0.198		0		1		0.056	0.085	0.069
Alanine....g	0.311		0		1		0.088	0.134	0.109
Aspartic acid....g	0.478		0		1		0.136	0.206	0.167
Glutamic acid....g	2.425		0		1		0.687	1.043	0.849
Glycine....g	0.290		0		1		0.082	0.125	0.102
Proline....g	0.857		0		1		0.243	0.369	0.300
Serine....g	0.452		0		1		0.128	0.194	0.158
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 large roll or bun (3-1/2" dia)

Measure 3 = 35g: 1 roll (2-1/2" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18346
Rolls, dinner, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.10		1		1		12.94	10.84	8.43
Energy....kcal	286		0		4		123	103	80
Energy....kJ	1197		0		4		515	431	335
Protein (N x 5.8)....g	10.30		1		1		4.43	3.71	2.88
Total lipid (fat)....g	3.40		1		1		1.46	1.22	0.95
Ash....g	2.90		1		1		1.25	1.04	0.81
Carbohydrate, by difference....g	53.10		0	NC	4		22.83	19.12	14.87
Fiber, total dietary....g	4.9		0		4		2.1	1.8	1.4
Sugars, total....g	1.17		0	FLA	4		0.51	0.42	0.33
Starch....g									
Minerals:									
Calcium, Ca....mg	30		1		1		13	11	8
Iron, Fe....mg	2.70		1		1		1.16	0.97	0.76
Magnesium, Mg....mg	54		1		1		23	19	15
Phosphorus, P....mg	159		1		1		68	57	45
Potassium, K....mg	180		1		1		77	65	50
Sodium, Na....mg	650		0	LC	8		280	234	182
Zinc, Zn....mg	0.97		0	FLA	4		0.42	0.35	0.27
Copper, Cu....mg	0.201		0	FLA	4		0.086	0.072	0.056
Manganese, Mn....mg	0.702		0	FLA	4		0.302	0.253	0.197
Selenium, Se....µg	27.8		0	FLA	4		12.0	10.0	7.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.380		1		1		0.163	0.137	0.106
Riboflavin....mg	0.270		1		1		0.116	0.097	0.076
Niacin....mg	3.900		1		1		1.677	1.404	1.092
Pantothenic acid....mg	0.383		0	FLA	4		0.165	0.138	0.107
Vitamin B-6....mg	0.062		0	FLA	4		0.027	0.022	0.017
Folate, total....µg	99		0	FLA	4		43	36	28
Folic acid....µg	77		0	NR	4		33	28	22
Folate, food....µg	22		0	NC	4		10	8	6
Folate, DFE....µg	153		0	NC	4		66	55	43
Choline, total....mg	14.6		0	BFZN	4		6.3	5.3	4.1
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	4		0	FLA	4		2	1	1
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	FLA	4		1	0	0
Vitamin A, IU....IU	8		0	FLA	4		4	3	2
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	54		0	FLA	4		23	20	15
Vitamin E (alpha-tocopherol)....mg	0.34		0	FLA	4		0.14	0.12	0.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.1	0.639	5	T	4		1.3	1.1	0.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18346
Rolls, dinner, rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.605		0		1		0.260	0.218	0.169
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.010		0		1		0.004	0.004	0.003
15:0....g									
16:0....g	0.367		0		1		0.158	0.132	0.103
17:0....g									
18:0....g	0.227		0		1		0.098	0.082	0.064
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.236		0		1		0.531	0.445	0.346
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1		0.004	0.003	0.003
17:1....g									
18:1 undifferentiated....g	1.225		0		1		0.527	0.441	0.343
20:1....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.708		0		1		0.304	0.255	0.198
18:2 undifferentiated....g	0.656		0		1		0.282	0.236	0.184
18:3 undifferentiated....g	0.052		0		1		0.022	0.019	0.015
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0		1		0.051	0.043	0.033
Threonine....g	0.313		0		1		0.135	0.113	0.088
Isoleucine....g	0.396		0		1		0.170	0.143	0.111
Leucine....g	0.712		0		1		0.306	0.256	0.199
Lysine....g	0.282		0		1		0.121	0.102	0.079
Methionine....g	0.172		0		1		0.074	0.062	0.048
Cystine....g	0.215		0		1		0.092	0.077	0.060
Phenylalanine....g	0.510		0		1		0.219	0.184	0.143
Tyrosine....g	0.262		0		1		0.113	0.094	0.073
Valine....g	0.468		0		1		0.201	0.168	0.131
Arginine....g	0.403		0		1		0.173	0.145	0.113
Histidine....g	0.224		0		1		0.096	0.081	0.063
Alanine....g	0.362		0		1		0.156	0.130	0.101
Aspartic acid....g	0.532		0		1		0.229	0.192	0.149
Glutamic acid....g	3.231		0		1		1.389	1.163	0.905
Glycine....g	0.369		0		1		0.159	0.133	0.103
Proline....g	1.125		0		1		0.484	0.405	0.315
Serine....g	0.512		0		1		0.220	0.184	0.143
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18346
Rolls, dinner, rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 large (approx 3-1/2" to 4" dia)

Measure 2 = 36g: 1 medium

Measure 3 = 28g: 1 small (2-3/8" dia)

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28348
Rolls, dinner, sweet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.83	0.176	6	A	1		8.35	10.85	
Energy....kcal	321		0	NC	4		96	125	
Energy....kJ	1342		0	NC	4		403	523	
Protein (N x 6.25)....g	10.04	0.044	6	A	1		3.01	3.92	
Total lipid (fat)....g	7.37	0.186	6	A	1		2.21	2.87	
Ash....g	1.18	0.022	6	A	1		0.35	0.46	
Carbohydrate, by difference....g	53.58		0	NC	4		16.07	20.90	
Fiber, total dietary....g	3.1	0.255	3	A	1		0.9	1.2	
Sugars, total....g	15.38	0.092	3	A	1		4.61	6.00	
Sucrose....g	3.07	0.694	3	A	1		0.92	1.20	
Glucose (dextrose)....g	4.81	0.294	3	A	1		1.44	1.87	
Fructose....g	5.40	0.320	3	A	1		1.62	2.10	
Lactose....g	1.06	0.015	3	A	1		0.32	0.41	
Maltose....g	1.04	0.140	3	A	1		0.31	0.41	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	27.53	0.869	3	A	1		8.26	10.74	
Minerals:									
Calcium, Ca....mg	62	3.194	6	A	1		19	24	
Iron, Fe....mg	2.74	0.086	6	A	1		0.82	1.07	
Magnesium, Mg....mg	24	0.288	6	A	1		7	10	
Phosphorus, P....mg	127	2.929	6	A	1		38	50	
Potassium, K....mg	149	2.741	6	A	1		45	58	
Sodium, Na....mg	253	2.400	6	A	1		76	99	
Zinc, Zn....mg	0.85	0.018	6	A	1		0.26	0.33	
Copper, Cu....mg	0.097	0.002	6	A	1		0.029	0.038	
Manganese, Mn....mg	0.397	0.006	6	A	1		0.119	0.155	
Selenium, Se....µg	8.5	0.798	3	A	1		2.5	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	BFNN	4		0.1	0.1	
Thiamin....mg	0.480	0.010	3	A	1		0.144	0.187	
Riboflavin....mg	0.327	0.012	3	A	1		0.098	0.127	
Niacin....mg	3.787	0.081	3	A	1		1.136	1.477	
Pantothenic acid....mg	0.595		2	A	1		0.178	0.232	
Vitamin B-6....mg	0.110	0.000	3	A	1		0.033	0.043	
Folate, total....µg	91	3.824	3	A	1		27	36	
Folic acid....µg	51		0	BFNN	4		15	20	
Folate, food....µg	40		0	NC	4		12	15	
Folate, DFE....µg	127		0	NC	4		38	50	
Choline, total....mg	14.6		0	BFNN	4		4.4	5.7	
Betaine....mg									
Vitamin B-12....µg	0.21		2	A	1		0.06	0.08	
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE....µg	40		0	AS	1		12	16	
Retinol....µg	40		1	A	1		12	16	
Carotene, beta....µg	0		0	BFFN	4		0	0	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	135		0	NC	4		40	53	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	15		0	BFFN	4		5	6	
Vitamin E (alpha-tocopherol)....mg	0.38	0.016	3	A	1		0.11	0.15	
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta....mg	0.10	0.009	3	A	1		0.03	0.04	
Tocopherol, gamma....mg	0.20	0.003	3	A	1		0.06	0.08	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.52	0.032	3	A	1		0.16	0.20	

NDB No. 28348
Rolls, dinner, sweet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone)....µg	0.6		2	A	1		0.2	0.2	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	2.2		2	A	1		0.7	0.9	
Lipids:									
Fatty acids, total saturated....g	3.516		0	NC	4		1.055	1.371	
4:0....g	0.101	0.002	3	A	1		0.030	0.040	
6:0....g	0.078	0.003	3	A	1		0.023	0.030	
8:0....g	0.047	0.002	3	A	1		0.014	0.018	
10:0....g	0.129	0.001	3	A	1		0.039	0.050	
12:0....g	0.136	0.004	3	A	1		0.041	0.053	
13:0....g									
14:0....g	0.461	0.011	3	A	1		0.138	0.180	
15:0....g	0.051	0.001	3	A	1		0.015	0.020	
16:0....g	1.680	0.040	3	A	1		0.504	0.655	
17:0....g	0.030	0.001	3	A	1		0.009	0.012	
18:0....g	0.787	0.033	3	A	1		0.236	0.307	
20:0....g	0.010	0.001	3	A	1		0.003	0.004	
22:0....g	0.003	0.001	3	A	1		0.001	0.001	
24:0....g	0.003	0.000	3	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	1.851		0	NC	4		0.555	0.722	
14:1....g	0.042	0.001	3	A	1		0.013	0.016	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.105	0.004	3	AS	1		0.032	0.041	
16:1 c....g	0.093	0.003	3	A	1		0.028	0.036	
16:1 t....g	0.012	0.001	3	A	1		0.004	0.005	
17:1....g	0.010	0.001	3	A	1		0.003	0.004	
18:1 undifferentiated....g	1.675	0.045	3	AS	1		0.502	0.653	
18:1 c....g	1.552	0.041	3	A	1		0.466	0.605	
18:1 t....g	0.123	0.004	3	A	1		0.037	0.048	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019	0.000	3	A	1		0.006	0.007	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.855		0	NC	4		0.256	0.333	
18:2 undifferentiated....g	0.757	0.006	3	AS	1		0.227	0.295	
18:2 n-6 c,c....g	0.697	0.005	3	A	1		0.209	0.272	
18:2 CLAs....g	0.027	0.001	3	A	1		0.008	0.011	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033	0.002	3	A	1		0.010	0.013	
18:3 undifferentiated....g	0.037	0.001	3	AS	1		0.011	0.014	
18:3 n-3 c,c,c (ALA)....g	0.037	0.001	3	A	1		0.011	0.014	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.001	0.002	
20:3 undifferentiated....g	0.012	0.000	3	AS	1		0.003	0.005	
20:3 n-3....g	0.003	0.000	3	A	1		0.001	0.001	
20:3 n-6....g	0.009	0.000	3	A	1		0.003	0.003	
20:4 undifferentiated....g	0.027	0.001	3	A	1		0.008	0.011	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	3	A	1		0.001	0.002	
21:5....g									
22:4....g	0.004	0.000	3	A	1		0.001	0.001	
22:5 n-3 (DPA)....g	0.004	0.000	3	A	1		0.001	0.001	

NDB No. 28348
Rolls, dinner, sweet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.006	0.000	3	A	1		0.002	0.002	
Fatty acids, total trans....g	0.168		0	NC	4		0.050	0.065	
Fatty acids, total trans-monoenoic....g	0.135		0	NC	4		0.040	0.053	
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.010	0.013	
Cholesterol....mg	55		1	A	1		17	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	A	1		0.027	0.035	
Threonine....g	0.280		0	A	1		0.084	0.109	
Isoleucine....g	0.360		0	A	1		0.108	0.140	
Leucine....g	0.700		0	A	1		0.210	0.273	
Lysine....g	0.310		0	A	1		0.093	0.121	
Methionine....g	0.180		0	A	1		0.054	0.070	
Cystine....g	0.230		0	A	1		0.069	0.090	
Phenylalanine....g	0.480		0	A	1		0.144	0.187	
Tyrosine....g	0.240		0	A	1		0.072	0.094	
Valine....g	0.380		0	A	1		0.114	0.148	
Arginine....g	0.410		0	A	1		0.123	0.160	
Histidine....g	0.200		0	A	1		0.060	0.078	
Alanine....g	0.330		0	A	1		0.099	0.129	
Aspartic acid....g	0.510		0	A	1		0.153	0.199	
Glutamic acid....g	3.000		0	A	1		0.900	1.170	
Glycine....g	0.360		0	A	1		0.108	0.140	
Proline....g	1.480		0	A	1		0.444	0.577	
Serine....g	0.510		0	A	1		0.153	0.199	
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine....mg	0		0	BFNN	4		0	0	
Theobromine....mg	0		0	BFNN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 roll

Measure 2 = 39g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18347
Rolls, dinner, wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.00		2		1		10.36		
Energy....kcal	273		0	NC	4		76		
Energy....kJ	1142		0		4		320		
Protein (N x 5.7)....g	8.60		1		1		2.41		
Total lipid (fat)....g	6.30		2		1		1.76		
Ash....g	2.10		1		1		0.59		
Carbohydrate, by difference....g	46.00		0	NC	4		12.88		
Fiber, total dietary....g	3.8		0		4		1.1		
Sugars, total....g	1.63		0	FLA	4		0.46		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		2		1		49		
Iron, Fe....mg	3.55		2		1		0.99		
Magnesium, Mg....mg	36		0	FLA	4		10		
Phosphorus, P....mg	104		0	FLA	4		29		
Potassium, K....mg	115		0	FLA	4		32		
Sodium, Na....mg	524		0	LC	8		147		
Zinc, Zn....mg	0.90		0	FLA	4		0.25		
Copper, Cu....mg	0.150		0	FLA	4		0.042		
Manganese, Mn....mg	1.023		0	FLA	4		0.286		
Selenium, Se....µg	33.0		0	FLA	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.433		2		1		0.121		
Riboflavin....mg	0.273		2		1		0.076		
Niacin....mg	4.072		2		1		1.140		
Pantothenic acid....mg	0.364		0	FLA	4		0.102		
Vitamin B-6....mg	0.076		0	FLA	4		0.021		
Folate, total....µg	60		0	FLA	4		17		
Folic acid....µg	45		0	NR	4		13		
Folate, food....µg	15		0	NC	4		4		
Folate, DFE....µg	92		0	NC	4		26		
Choline, total....mg	18.7		0	BFZN	4		5.2		
Betaine....mg									
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	FLA	4		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0		1		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	65		0	FLA	4		18		
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLA	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.7		0	FLA	4		0.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18347
Rolls, dinner, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.497		0	FLA	4		0.419		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.003		0	FLA	4		0.001		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.027		0	FLA	4		0.008		
15:0....g									
16:0....g	0.825		0	FLA	4		0.231		
17:0....g									
18:0....g	0.633		0	FLA	4		0.177		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.109		0	FLA	4		0.871		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	FLA	4		0.001		
17:1....g									
18:1 undifferentiated....g	3.104		0	FLA	4		0.869		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.107		0	FLA	4		0.310		
18:2 undifferentiated....g	1.049		0	FLA	4		0.294		
18:3 undifferentiated....g	0.058		0	FLA	4		0.016		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.033		
Threonine....g	0.241		0		1		0.067		
Isoleucine....g	0.321		0		1		0.090		
Leucine....g	0.594		0		1		0.166		
Lysine....g	0.205		0		1		0.057		
Methionine....g	0.145		0		1		0.041		
Cystine....g	0.199		0		1		0.056		
Phenylalanine....g	0.419		0		1		0.117		
Tyrosine....g	0.246		0		1		0.069		
Valine....g	0.379		0		1		0.106		
Arginine....g	0.353		0		1		0.099		
Histidine....g	0.193		0		1		0.054		
Alanine....g	0.287		0		1		0.080		
Aspartic acid....g	0.400		0		1		0.112		
Glutamic acid....g	2.897		0		1		0.811		
Glycine....g	0.324		0		1		0.091		
Proline....g	0.964		0		1		0.270		
Serine....g	0.416		0		1		0.116		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		

NDB No. 18347
Rolls, dinner, wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

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NDB No. 18348
Rolls, dinner, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.10		0		1		9.27	14.23	44.69
Energy....kcal	266		0	NC	4		74	114	359
Energy....kJ	1113		0		4		312	479	1502
Protein (N x 0)....g	8.70		0		1		2.44	3.74	11.75
Total lipid (fat)....g	4.70		0		1		1.32	2.02	6.35
Ash....g	2.30		0		1		0.64	0.99	3.11
Carbohydrate, by difference....g	51.10		0	NC	4		14.31	21.97	68.99
Fiber, total dietary....g	7.5		0		4		2.1	3.2	10.2
Sugars, total....g	8.46		0	FLA	4		2.37	3.64	11.42
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0		1		30	46	143
Iron, Fe....mg	2.42		0		1		0.68	1.04	3.27
Magnesium, Mg....mg	85		0		1		24	37	115
Phosphorus, P....mg	224		0		1		63	96	302
Potassium, K....mg	272		0		1		76	117	367
Sodium, Na....mg	521		0	LC	8		146	224	703
Zinc, Zn....mg	2.01		0		1		0.56	0.86	2.71
Copper, Cu....mg	0.239		0		1		0.067	0.103	0.323
Manganese, Mn....mg	2.298		0		1		0.643	0.988	3.102
Selenium, Se....µg	49.4		0	FLA	4		13.8	21.2	66.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.248		0		1		0.069	0.107	0.335
Riboflavin....mg	0.152		0		1		0.043	0.065	0.205
Niacin....mg	3.677		0		1		1.030	1.581	4.964
Pantothenic acid....mg	0.489		0		1		0.137	0.210	0.660
Vitamin B-6....mg	0.195		0		1		0.055	0.084	0.263
Folate, total....µg	30		0		4		8	13	41
Folic acid....µg	0		0	NR	4		0	0	0
Folate, food....µg	30		0	NR	4		8	13	41
Folate, DFE....µg	30		0	NC	4		8	13	41
Choline, total....mg	26.5		0	BFZN	4		7.4	11.4	35.8
Betaine....mg									
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	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	115		0	FLA	4		32	50	156
Vitamin E (alpha-tocopherol)....mg	0.90		0	FLA	4		0.25	0.39	1.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.0		0	FLA	4		0.5	0.8	2.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18348
Rolls, dinner, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.836		0		1		0.234	0.359	1.129
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.011		0		1		0.003	0.005	0.015
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.000	0.000	0.001
13:0....g									
14:0....g	0.013		0		1		0.004	0.006	0.018
15:0....g									
16:0....g	0.661		0		1		0.185	0.284	0.892
17:0....g									
18:0....g	0.141		0		1		0.039	0.061	0.190
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.199		0		1		0.336	0.516	1.619
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		1		0.007	0.011	0.035
17:1....g									
18:1 undifferentiated....g	1.173		0		1		0.328	0.504	1.584
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.161		0		1		0.605	0.929	2.917
18:2 undifferentiated....g	2.038		0		1		0.571	0.876	2.751
18:3 undifferentiated....g	0.121		0		1		0.034	0.052	0.163
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000	0.000	0.001
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0		1		0.038	0.058	0.181
Threonine....g	0.260		0		1		0.073	0.112	0.351
Isoleucine....g	0.333		0		1		0.093	0.143	0.450
Leucine....g	0.601		0		1		0.168	0.258	0.811
Lysine....g	0.266		0		1		0.074	0.114	0.359
Methionine....g	0.138		0		1		0.039	0.059	0.186
Cystine....g	0.196		0		1		0.055	0.084	0.265
Phenylalanine....g	0.412		0		1		0.115	0.177	0.556
Tyrosine....g	0.262		0		1		0.073	0.113	0.354
Valine....g	0.403		0		1		0.113	0.173	0.544
Arginine....g	0.407		0		1		0.114	0.175	0.549
Histidine....g	0.204		0		1		0.057	0.088	0.275
Alanine....g	0.314		0		1		0.088	0.135	0.424
Aspartic acid....g	0.463		0		1		0.130	0.199	0.625
Glutamic acid....g	2.692		0		1		0.754	1.158	3.634
Glycine....g	0.347		0		1		0.097	0.149	0.468
Proline....g	0.893		0		1		0.250	0.384	1.206
Serine....g	0.414		0		1		0.116	0.178	0.559
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18348
Rolls, dinner, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

Measure 2 = 43g: 1 roll (hamburger, frankfurter roll)

Measure 3 = 135g: 1 roll, large submarine, hoagie

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18349
Rolls, french

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.80	0.477	31		1		9.87	13.22	
Energy....kcal	277		0		4		79	105	
Energy....kJ	1159		0		4		329	440	
Protein (N x 5.8)....g	8.60	0.354	13		1		2.44	3.27	
Total lipid (fat)....g	4.30	0.398	14		1		1.22	1.63	
Ash....g	1.90	0.048	27		1		0.54	0.72	
Carbohydrate, by difference....g	50.20		0	NC	4		14.23	19.08	
Fiber, total dietary....g	3.2		0		1		0.9	1.2	
Sugars, total....g	0.31		0	FLA	4		0.09	0.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	91	6.946	27		1		26	35	
Iron, Fe....mg	2.71	0.090	27		1		0.77	1.03	
Magnesium, Mg....mg	20		1		1		6	8	
Phosphorus, P....mg	84		1		1		24	32	
Potassium, K....mg	114	10.125	6		1		32	43	
Sodium, Na....mg	574		0	LC	8		163	218	
Zinc, Zn....mg	0.90		0	FLA	4		0.26	0.34	
Copper, Cu....mg	0.135		0	FLA	4		0.038	0.051	
Manganese, Mn....mg	0.559		0	FLA	4		0.158	0.212	
Selenium, Se....µg	27.9		0	FLA	4		7.9	10.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.523	0.014	28		1		0.148	0.199	
Riboflavin....mg	0.300	0.010	20		1		0.085	0.114	
Niacin....mg	4.352	0.138	27		1		1.234	1.654	
Pantothenic acid....mg	0.452		0	FLA	4		0.128	0.172	
Vitamin B-6....mg	0.039		0	FLA	4		0.011	0.015	
Folate, total....µg	113		0	FLA	4		32	43	
Folic acid....µg	80		0	NR	4		23	30	
Folate, food....µg	33		0	NC	4		9	12	
Folate, DFE....µg	169		0	NC	4		48	64	
Choline, total....mg	14.8		0	BFZN	4		4.2	5.6	
Betaine....mg									
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	FLA	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	50		0	FLA	4		14	19	
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.09	0.12	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.8	0.000	3	T	4		0.5	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18349
Rolls, french

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.962		0		1		0.273	0.366	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.016		0		1		0.005	0.006	
15:0....g									
16:0....g	0.549		0		1		0.156	0.209	
17:0....g									
18:0....g	0.396		0		1		0.112	0.150	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.961		0		1		0.556	0.745	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0		1		0.005	0.007	
17:1....g									
18:1 undifferentiated....g	1.942		0		1		0.551	0.738	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.834		0		1		0.236	0.317	
18:2 undifferentiated....g	0.795		0		1		0.225	0.302	
18:3 undifferentiated....g	0.039		0		1		0.011	0.015	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.038	
Threonine....g	0.255		0		1		0.072	0.097	
Isoleucine....g	0.336		0		1		0.095	0.128	
Leucine....g	0.608		0		1		0.172	0.231	
Lysine....g	0.231		0		1		0.065	0.088	
Methionine....g	0.153		0		1		0.043	0.058	
Cystine....g	0.182		0		1		0.052	0.069	
Phenylalanine....g	0.422		0		1		0.120	0.160	
Tyrosine....g	0.249		0		1		0.071	0.095	
Valine....g	0.380		0		1		0.108	0.144	
Arginine....g	0.320		0		1		0.091	0.122	
Histidine....g	0.188		0		1		0.053	0.071	
Alanine....g	0.302		0		1		0.086	0.115	
Aspartic acid....g	0.414		0		1		0.117	0.157	
Glutamic acid....g	2.772		0		1		0.786	1.053	
Glycine....g	0.309		0		1		0.088	0.117	
Proline....g	0.926		0		1		0.263	0.352	
Serine....g	0.416		0		1		0.118	0.158	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18349
Rolls, french

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 roll

Calories Factors: Protein 3.9 **Fat** 8.7 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28340

Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	28.30		1	A	1		10.19		
Energy ... kcal	310		0	NC	4		112		
Energy ... kJ	1297		0	NC	4		467		
Protein (N x 6.25) ... g	7.99		1	A	1		2.88		
Total lipid (fat) ... g	6.40		1	A	1		2.30		
Ash ... g	2.21		1	A	1		0.80		
Carbohydrate, by difference ... g	55.10		0	NC	4		19.84		
Fiber, total dietary ... g	3.6		1	A	1		1.3		
Sugars, total ... g	9.53		1	A	1		3.43		
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	0.48		1	A	1		0.17		
Fructose ... g	0.35		1	A	1		0.13		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	8.70		1	A	1		3.13		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	40.30		1	A	1		14.51		
Minerals:									
Calcium, Ca ... mg	82		1	A	1		30		
Iron, Fe ... mg	0.78		1	A	1		0.28		
Magnesium, Mg ... mg	44		1	A	1		16		
Phosphorus, P ... mg	126		1	A	1		45		
Potassium, K ... mg	161		1	A	1		58		
Sodium, Na ... mg	707		1	A	1		255		
Zinc, Zn ... mg	0.70		1	A	1		0.25		
Copper, Cu ... mg	0.083		1	A	1		0.030		
Manganese, Mn ... mg	0.800		1	A	1		0.288		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg	0.500		1	A	1		0.180		
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 28340

Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28342

Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.60		1	A	1		30.77		
Energy ... kcal	257		0	NC	4		178		
Energy ... kJ	1077		0	NC	4		743		
Protein (N x 6.25) ... g	5.65		1	A	1		3.90		
Total lipid (fat) ... g	8.20		1	A	1		5.66		
Ash ... g	1.31		1	A	1		0.90		
Carbohydrate, by difference ... g	40.24		0	NC	4		27.77		
Fiber, total dietary ... g	2.9		1	A	1		2.0		
Sugars, total ... g	2.98		1	A	1		2.06		
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	1.25		1	A	1		0.86		
Fructose ... g	1.55		1	A	1		1.07		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	0.18		1	A	1		0.13		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	34.30		1	A	1		23.67		
Minerals:									
Calcium, Ca ... mg	41		1	A	1		28		
Iron, Fe ... mg	0.89		1	A	1		0.62		
Magnesium, Mg ... mg	42		1	A	1		29		
Phosphorus, P ... mg	128		1	A	1		88		
Potassium, K ... mg	165		1	A	1		114		
Sodium, Na ... mg	544		1	A	1		375		
Zinc, Zn ... mg	0.77		1	A	1		0.53		
Copper, Cu ... mg	0.111		1	A	1		0.077		
Manganese, Mn ... mg	0.671		1	A	1		0.463		
Selenium, Se ... µg	9.2		1	A	1		6.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.250		1	A	1		0.173		
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.140		1	A	1		0.097		
Folate, total ... µg	31		1	A	1		21		
Folic acid ... µg									
Folate, food ... µg	31		1	A	1		21		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.52		1	A	1		0.36		
Tocopherol, beta ... mg	0.00		1	A	1		0.00		
Tocopherol, gamma ... mg	2.71		1	A	1		1.87		
Tocopherol, delta ... mg	0.00		1	A	1		0.00		
Tocotrienol, alpha ... mg	0.00		1	A	1		0.00		
Tocotrienol, beta ... mg	0.00		1	A	1		0.00		
Tocotrienol, gamma ... mg	0.00		1	A	1		0.00		
Tocotrienol, delta ... mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 28342

Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28341

Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	42.00		2	A	1		32.76		
Energy ... kcal	239		0	NC	4		186		
Energy ... kJ	1000		0	NC	4		780		
Protein ... g	3.34		2	A	1		2.60		
Total lipid (fat) ... g	2.65		2	A	1		2.07		
Ash ... g	1.54		2	A	1		1.20		
Carbohydrate, by difference ... g	50.47		0	NC	4		39.37		
Fiber, total dietary ... g	5.1		2	A	1		4.0		
Sugars, total ... g	6.87		2	A	1		5.36		
Sucrose ... g	0.00		2	A	1		0.00		
Glucose (dextrose) ... g	2.08		2	A	1		1.63		
Fructose ... g	2.06		2	A	1		1.61		
Lactose ... g	0.00		2	A	1		0.00		
Maltose ... g	2.72		2	A	1		2.12		
Galactose ... g	0.00		2	A	1		0.00		
Starch ... g	32.05		2	A	1		25.00		
Minerals:									
Calcium, Ca ... mg	180		2	A	1		140		
Iron, Fe ... mg	3.57		2	A	1		2.79		
Magnesium, Mg ... mg	13		2	A	1		10		
Phosphorus, P ... mg	50		2	A	1		39		
Potassium, K ... mg	76		2	A	1		59		
Sodium, Na ... mg	593		2	A	1		463		
Zinc, Zn ... mg	0.56		2	A	1		0.44		
Copper, Cu ... mg	0.096		2	A	1		0.075		
Manganese, Mn ... mg	0.207		2	A	1		0.162		
Selenium, Se ... µg	0.4		1	A	1		0.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	BFNN	4		0.0		
Thiamin ... mg	0.615		2	A	1		0.480		
Riboflavin ... mg	0.480		2	A	1		0.374		
Niacin ... mg	3.875		2	A	1		3.022		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.037		1	A	1		0.029		
Folate, total ... µg	8		1	A	1		6		
Folic acid ... µg	0		0	BFNN	4		0		
Folate, food ... µg	8		1	A	1		6		
Folate, DFE ... µg	8		0	NC	4		6		
Choline, total ... mg	13.4		0	BFNN	4		10.5		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	BFNN	4		0.00		
Vitamin B-12, added ... µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE ... µg	0		0	BFFN	4		0		
Retinol ... µg	0		0	BFFN	4		0		
Carotene, beta ... µg	0		0	BFFN	4		0		
Carotene, alpha ... µg	0		0	BFFN	4		0		
Cryptoxanthin, beta ... µg	0		0	BFFN	4		0		
Vitamin A, IU ... IU	0		0	NC	4		0		
Lycopene ... µg	0		0	BFFN	4		0		
Lutein + zeaxanthin ... µg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.18		0	BFFN	4		0.14		
Vitamin E, added ... mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									

NDB No. 28341

Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.215		0	NC	4		0.168		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.002		2	A	1		0.001		
12:0....g	0.001		2	A	1		0.000		
13:0....g									
14:0....g	0.007		2	A	1		0.005		
15:0....g	0.003		2	A	1		0.002		
16:0....g	0.102		2	A	1		0.080		
17:0....g	0.003		2	A	1		0.003		
18:0....g	0.068		2	A	1		0.053		
20:0....g	0.008		2	A	1		0.006		
22:0....g	0.014		2	A	1		0.011		
24:0....g	0.008		2	A	1		0.006		
Fatty acids, total monounsaturated....g	1.353		0	NC	4		1.055		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.104		2	A	1		0.081		
16:1 undifferentiated....g	0.009		0	AS	1		0.007		
16:1 c....g	0.009		2	A	1		0.007		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.002		2	A	1		0.001		
18:1 undifferentiated....g	1.230		0	AS	1		0.959		
18:1 c....g	1.225		2	A	1		0.955		
18:1 t....g	0.005		2	A	1		0.004		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	A	1		0.007		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.637		0	NC	4		0.497		
18:2 undifferentiated....g	0.611		0	AS	1		0.477		
18:2 n-6 c,c....g	0.607		2	A	1		0.473		
18:2 CLAs....g	0.001		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.003		
18:3 undifferentiated....g	0.020		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA)....g	0.019		2	A	1		0.015		
18:3 n-6 c,c,c....g	0.001		2	A	1		0.001		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.002		2	A	1		0.001		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1		0.002		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.008		0	NC	4		0.007		
Fatty acids, total trans-monoenoic....g	0.005		0	NC	4		0.004		

NDB No. 28341

Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.003		
Cholesterol.....mg	0		0	BFFN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0		
Caffeine.....mg	0		0	BFNN	4		0		
Theobromine.....mg	0		0	BFNN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28343

Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.90		1	A	1		13.16		
Energy....kcal	329		0	NC	4		145		
Energy....kJ	1376		0	NC	4		605		
Protein (N x 6.25)....g	11.80		1	A	1		5.19		
Total lipid (fat)....g	11.60		1	A	1		5.10		
Ash....g	2.41		1	A	1		1.06		
Carbohydrate, by difference....g	44.29		0	NC	4		19.49		
Fiber, total dietary....g	11.2		1	A	1		4.9		
Sugars, total....g	4.20		1	A	1		1.85		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.52		1	A	1		0.23		
Fructose....g	0.72		1	A	1		0.32		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	2.96		1	A	1		1.30		
Galactose....g	0.00		1	A	1		0.00		
Starch....g	29.30		1	A	1		12.89		
Minerals:									
Calcium, Ca....mg	118		1	A	1		52		
Iron, Fe....mg	1.64		1	A	1		0.72		
Magnesium, Mg....mg	96		1	A	1		42		
Phosphorus, P....mg	233		1	A	1		103		
Potassium, K....mg	273		1	A	1		120		
Sodium, Na....mg	507		1	A	1		223		
Zinc, Zn....mg	1.35		1	A	1		0.59		
Copper, Cu....mg	0.259		1	A	1		0.114		
Manganese, Mn....mg	1.690		1	A	1		0.744		
Selenium, Se....µg	25.0		1	A	1		11.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.380		1	A	1		0.167		
Riboflavin....mg	0.360		1	A	1		0.158		
Niacin....mg	3.790		1	A	1		1.668		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.39		1	A	1		0.61		
Tocopherol, beta....mg	0.08		1	A	1		0.04		
Tocopherol, gamma....mg	3.14		1	A	1		1.38		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha....mg	0.00		1	A	1		0.00		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma....mg	0.21		1	A	1		0.09		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28343

Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.381		0	NC	4		0.608		
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	0.010		1	A	1		0.004		
13:0....g									
14:0....g	0.016		1	A	1		0.007		
15:0....g	0.006		1	A	1		0.003		
16:0....g	0.842		1	A	1		0.370		
17:0....g	0.011		1	A	1		0.005		
18:0....g	0.360		1	A	1		0.158		
20:0....g	0.057		1	A	1		0.025		
22:0....g	0.048		1	A	1		0.021		
24:0....g	0.031		1	A	1		0.014		
Fatty acids, total monounsaturated....g	5.352		0	NC	4		2.355		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.029		0	AS	1		0.013		
16:1 c....g	0.029		1	A	1		0.013		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.011		1	A	1		0.005		
18:1 undifferentiated....g	5.180		0	AS	1		2.279		
18:1 c....g	5.162		1	A	1		2.271		
18:1 t....g	0.018		1	A	1		0.008		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.115		1	A	1		0.051		
22:1 undifferentiated....g	0.006		0	AS	1		0.003		
22:1 c....g	0.004		1	A	1		0.002		
22:1 t....g	0.002		1	A	1		0.001		
24:1 c....g	0.011		1	A	1		0.005		
Fatty acids, total polyunsaturated....g	4.944		0	NC	4		2.176		
18:2 undifferentiated....g	3.148		0	AS	1		1.385		
18:2 n-6 c,c....g	3.129		1	A	1		1.377		
18:2 CLAs....g	0.005		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		1	A	1		0.006		
18:3 undifferentiated....g	1.772		0	AS	1		0.780		
18:3 n-3 c,c,c (ALA)....g	1.739		1	A	1		0.765		
18:3 n-6 c,c,c....g	0.033		1	A	1		0.014		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.003		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.002		1	A	1		0.001		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.005		1	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		1	A	1		0.004		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.034		0	NC	4		0.015		
Fatty acids, total trans-monoenoic....g	0.020		0	NC	4		0.009		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.006		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 28343

Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 44g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28312
Rolls, hamburger or hot dog, wheat/cracked wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.23	0.579	11	A	1		17.97		
Energy....kcal	269		0	NC	4		137		
Energy....kJ	1123		0	NC	4		573		
Protein (N x 6.25)....g	11.69	0.237	11	A	1		5.96		
Total lipid (fat)....g	3.61	0.303	11	A	1		1.84		
Ash....g	2.16	0.055	11	A	1		1.10		
Carbohydrate, by difference....g	47.31		0	NC	4		24.13		
Fiber, total dietary....g	4.2	0.293	7	A	1		2.2		
Sugars, total....g	6.90	0.256	9	A	1		3.52		
Sucrose....g	0.00	0.000	9	A	1		0.00		
Glucose (dextrose)....g	2.30	0.144	9	A	1		1.17		
Fructose....g	2.99	0.097	9	A	1		1.53		
Lactose....g	0.00	0.000	9	A	1		0.00		
Maltose....g	1.61	0.183	9	A	1		0.82		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g	31.38	1.023	9	A	1		16.00		
Minerals:									
Calcium, Ca....mg	196	20.230	11	A	1		100		
Iron, Fe....mg	2.92	0.114	11	A	1		1.49		
Magnesium, Mg....mg	47	2.894	11	A	1		24		
Phosphorus, P....mg	154	7.810	11	A	1		78		
Potassium, K....mg	181	6.614	11	A	1		93		
Sodium, Na....mg	463	12.592	11	A	1		236		
Zinc, Zn....mg	1.17	0.094	11	A	1		0.60		
Copper, Cu....mg	0.165	0.012	11	A	1		0.084		
Manganese, Mn....mg	1.232	0.086	11	A	1		0.629		
Selenium, Se....µg	26.7	1.585	8	A	1		13.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0	BFNN	4		0.7		
Thiamin....mg	0.532	0.020	8	A	1		0.271		
Riboflavin....mg	0.291	0.013	8	A	1		0.148		
Niacin....mg	4.779	0.143	8	A	1		2.437		
Pantothenic acid....mg	0.658	0.010	5	A	1		0.336		
Vitamin B-6....mg	0.127	0.008	6	A	1		0.065		
Folate, total....µg	84	3.965	8	A	1		43		
Folic acid....µg	53		0	BFNN	4		27		
Folate, food....µg	31		0	NC	4		16		
Folate, DFE....µg	121		0	NC	4		62		
Choline, total....mg	14.5		0	BFNN	4		7.4		
Betaine....mg									
Vitamin B-12....µg	0.19		0	BFNN	4		0.10		
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE....µg	27		0	BFFN	4		14		
Retinol....µg	27		0	BFFN	4		14		
Carotene, beta....µg	6		0	BFFN	4		3		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	0		0	BFFN	4		0		
Vitamin A, IU....IU	99		0	NC	4		50		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	6		0	BFFN	4		3		
Vitamin E (alpha-tocopherol)....mg	0.40		2	A	1		0.20		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg	0.13		2	A	1		0.07		
Tocopherol, gamma....mg	1.44		2	A	1		0.73		
Tocopherol, delta....mg	0.35		2	A	1		0.18		
Tocotrienol, alpha....mg	0.11		2	A	1		0.06		
Tocotrienol, beta....mg	0.84		2	A	1		0.43		

NDB No. 28312
Rolls, hamburger or hot dog, wheat/cracked wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	6.8		1	A	1		3.5		
Dihydrophylloquinone....µg	0.1		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.746		0	NC	4		0.381		
4:0....g	0.000	0.000	5	A	1		0.000		
6:0....g	0.000	0.000	5	A	1		0.000		
8:0....g	0.000	0.000	5	A	1		0.000		
10:0....g	0.000	0.000	5	A	1		0.000		
12:0....g	0.001	0.001	5	A	1		0.001		
13:0....g									
14:0....g	0.007	0.001	5	A	1		0.004		
15:0....g	0.003	0.000	5	A	1		0.002		
16:0....g	0.495	0.036	5	A	1		0.253		
17:0....g	0.004	0.000	5	A	1		0.002		
18:0....g	0.213	0.016	5	A	1		0.108		
20:0....g	0.009	0.001	5	A	1		0.005		
22:0....g	0.009	0.001	5	A	1		0.005		
24:0....g	0.004	0.000	5	A	1		0.002		
Fatty acids, total monounsaturated....g	0.713		0	NC	4		0.364		
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	0.018	0.001	5	AS	1		0.009		
16:1 c....g	0.018	0.001	5	A	1		0.009		
16:1 t....g	0.000	0.000	5	A	1		0.000		
17:1....g	0.002	0.000	5	A	1		0.001		
18:1 undifferentiated....g	0.678	0.065	5	AS	1		0.346		
18:1 c....g	0.665	0.064	5	A	1		0.339		
18:1 t....g	0.014	0.003	5	A	1		0.007		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.000	5	A	1		0.008		
22:1 undifferentiated....g	0.000	0.000	5	AS	1		0.000		
22:1 c....g	0.000	0.000	5	A	1		0.000		
22:1 t....g	0.000	0.000	5	A	1		0.000		
24:1 c....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.796		0	NC	4		0.916		
18:2 undifferentiated....g	1.609	0.139	5	AS	1		0.821		
18:2 n-6 c,c....g	1.604	0.139	5	A	1		0.818		
18:2 CLAs....g	0.001	0.000	5	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.000	5	A	1		0.002		
18:3 undifferentiated....g	0.185	0.023	5	AS	1		0.094		
18:3 n-3 c,c,c (ALA)....g	0.179	0.023	5	A	1		0.091		
18:3 n-6 c,c,c....g	0.006	0.000	5	A	1		0.003		
18:3i....g	0.000	0.000	5	A	1		0.000		
18:4....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c....g	0.002	0.000	5	A	1		0.001		
20:3 undifferentiated....g	0.000	0.000	5	AS	1		0.000		
20:3 n-3....g	0.000	0.000	5	A	1		0.000		
20:3 n-6....g	0.000	0.000	5	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	5	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	5	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1		0.000		

NDB No. 28312
Rolls, hamburger or hot dog, wheat/cracked wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans....g	0.018		0	NC	4		0.009		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.007		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.002		
Cholesterol....mg	0		0	BFFN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0		
Caffeine....mg	0		0	BFNN	4		0		
Theobromine....mg	0		0	BFNN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28313
Rolls, hamburger or hot dog, whole wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	35.92	0.183	11	A	1		20.12		
Energy ... kcal	269		0	NC	4		150		
Energy ... kJ	1124		0	NC	4		629		
Protein ... g	12.38	0.160	11	A	1		6.93		
Total lipid (fat) ... g	4.38	0.042	11	A	1		2.45		
Ash ... g	2.39	0.009	11	A	1		1.34		
Carbohydrate, by difference ... g	44.93		0	NC	4		25.16		
Fiber, total dietary ... g	6.1	0.068	9	A	1		3.4		
Sugars, total ... g	5.92	0.165	10	A	1		3.31		
Sucrose ... g	0.00	0.000	10	A	1		0.00		
Glucose (dextrose) ... g	2.03	0.061	10	A	1		1.14		
Fructose ... g	2.44	0.062	10	A	1		1.37		
Lactose ... g	0.00	0.000	10	A	1		0.00		
Maltose ... g	1.44	0.116	10	A	1		0.81		
Galactose ... g	0.00	0.000	10	A	1		0.00		
Starch ... g	28.52	0.373	10	A	1		15.97		
Minerals:									
Calcium, Ca ... mg	198	2.757	11	A	1		111		
Iron, Fe ... mg	2.42	0.064	11	A	1		1.36		
Magnesium, Mg ... mg	81	1.222	11	A	1		45		
Phosphorus, P ... mg	217	1.535	11	A	1		121		
Potassium, K ... mg	242	3.098	11	A	1		136		
Sodium, Na ... mg	427	4.856	11	A	1		239		
Zinc, Zn ... mg	1.71	0.035	11	A	1		0.96		
Copper, Cu ... mg	0.239	0.004	11	A	1		0.134		
Manganese, Mn ... mg	2.310	0.023	11	A	1		1.294		
Selenium, Se ... µg	32.9	1.550	6	A	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.3		0	BFNN	4		0.7		
Thiamin ... mg	0.442	0.013	6	A	1		0.247		
Riboflavin ... mg	0.187	0.015	6	A	1		0.105		
Niacin ... mg	4.520	0.214	6	A	1		2.531		
Pantothenic acid ... mg	0.843	0.043	3	A	1		0.472		
Vitamin B-6 ... mg	0.194	0.011	5	A	1		0.109		
Folate, total ... µg	42	6.132	6	A	1		24		
Folic acid ... µg	0		0	BFZN	4		0		
Folate, food ... µg	42		0	BFZN	4		24		
Folate, DFE ... µg	42		0	NC	4		24		
Choline, total ... mg	14.1		0	BFNN	4		7.9		
Betaine ... mg									
Vitamin B-12 ... µg	0.19		0	BFNN	4		0.11		
Vitamin B-12, added ... µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE ... µg	33		0	BFFN	4		18		
Retinol ... µg	32		0	BFFN	4		18		
Carotene, beta ... µg	8		0	BFFN	4		4		
Carotene, alpha ... µg	0		0	BFFN	4		0		
Cryptoxanthin, beta ... µg	0		0	BFFN	4		0		
Vitamin A, IU ... IU	120		0	NC	4		67		
Lycopene ... µg	0		0	BFFN	4		0		
Lutein + zeaxanthin ... µg	7		0	BFFN	4		4		
Vitamin E (alpha-tocopherol) ... mg	0.41		1	A	1		0.23		
Vitamin E, added ... mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta ... mg	0.15		1	A	1		0.09		
Tocopherol, gamma ... mg	1.22		1	A	1		0.68		
Tocopherol, delta ... mg	0.37		1	A	1		0.21		
Tocotrienol, alpha ... mg	0.00		1	A	1		0.00		
Tocotrienol, beta ... mg	0.87		1	A	1		0.49		

NDB No. 28313
Rolls, hamburger or hot dog, whole wheat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	4.5		1	A	1		2.5		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.921		0	NC	4		0.515		
4:0....g	0.004	0.004	4	A	1		0.002		
6:0....g	0.002	0.002	4	A	1		0.001		
8:0....g	0.001	0.001	4	A	1		0.001		
10:0....g	0.003	0.003	4	A	1		0.002		
12:0....g	0.005	0.003	4	A	1		0.003		
13:0....g									
14:0....g	0.017	0.009	4	A	1		0.009		
15:0....g	0.005	0.001	4	A	1		0.003		
16:0....g	0.542	0.021	4	A	1		0.303		
17:0....g	0.005	0.001	4	A	1		0.003		
18:0....g	0.314	0.039	4	A	1		0.176		
20:0....g	0.009	0.000	4	A	1		0.005		
22:0....g	0.009	0.000	4	A	1		0.005		
24:0....g	0.005	0.000	4	A	1		0.003		
Fatty acids, total monounsaturated....g	0.717		0	NC	4		0.402		
14:1....g	0.001	0.001	4	A	1		0.001		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.021	0.002	4	AS	1		0.012		
16:1 c....g	0.020	0.002	4	A	1		0.011		
16:1 t....g	0.001	0.001	4	A	1		0.000		
17:1....g	0.002	0.000	4	A	1		0.001		
18:1 undifferentiated....g	0.677	0.043	4	AS	1		0.379		
18:1 c....g	0.660	0.037	4	A	1		0.370		
18:1 t....g	0.017	0.005	4	A	1		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.001	4	A	1		0.009		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.776		0	NC	4		0.995		
18:2 undifferentiated....g	1.601	0.041	4	AS	1		0.897		
18:2 n-6 c,c....g	1.596	0.040	4	A	1		0.894		
18:2 CLAs....g	0.001	0.001	4	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.001	4	A	1		0.003		
18:3 undifferentiated....g	0.173	0.010	4	AS	1		0.097		
18:3 n-3 c,c,c (ALA)....g	0.168	0.009	4	A	1		0.094		
18:3 n-6 c,c,c....g	0.005	0.001	4	A	1		0.003		
18:3i....g	0.000	0.000	4	A	1		0.000		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.002	0.000	4	A	1		0.001		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	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	0.000	0.000	4	A	1		0.000		

NDB No. 28313
Rolls, hamburger or hot dog, whole wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.022		0	NC	4		0.013		
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.010		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.003		
Cholesterol....mg	0		0	BFFN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFNN	4		0.0		
Caffeine....mg	0		0	BFNN	4		0		
Theobromine....mg	0		0	BFNN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.00	0.152	3		1		10.77	16.34	
Energy....kcal	263		0	NC	4		75	113	
Energy....kJ	1100		0		4		312	473	
Protein (N x 5.8)....g	9.60	0.215	15		1		2.72	4.13	
Total lipid (fat)....g	6.00	0.587	15		1		1.70	2.58	
Ash....g	1.80	0.207	9		1		0.51	0.77	
Carbohydrate, by difference....g	44.60		0	NC	4		12.64	19.18	
Fiber, total dietary....g	3.8		0		4		1.1	1.6	
Sugars, total....g	6.25	0.153	4	A	1		1.77	2.69	
Starch....g									
Minerals:									
Calcium, Ca....mg	95	8.221	15		1		27	41	
Iron, Fe....mg	3.95	0.243	15		1		1.12	1.70	
Magnesium, Mg....mg	44		0	FLA	4		12	19	
Phosphorus, P....mg	122		0	FLA	4		35	52	
Potassium, K....mg	160		0	FLA	4		45	69	
Sodium, Na....mg	458	18.078	3		1		130	197	
Zinc, Zn....mg	1.05		0	FLA	4		0.30	0.45	
Copper, Cu....mg	0.216		0	FLA	4		0.061	0.093	
Manganese, Mn....mg	1.015		0	FLA	4		0.288	0.436	
Selenium, Se....µg	31.8		0	FLA	4		9.0	13.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.463	0.031	15		1		0.131	0.199	
Riboflavin....mg	0.310	0.023	15		1		0.088	0.133	
Niacin....mg	4.468	0.203	15		1		1.267	1.921	
Pantothenic acid....mg	0.492		0	FLA	4		0.139	0.212	
Vitamin B-6....mg	0.092	0.004	3		1		0.026	0.040	
Folate, total....µg	111	5.320	7	A	1		31	48	
Folic acid....µg	86	2.283	7	A	1		24	37	
Folate, food....µg	25	5.281	7	AS	1		7	11	
Folate, DFE....µg	171		0	NC	4		49	74	
Choline, total....mg	26.5		0	BFZN	4		7.5	11.4	
Betaine....mg									
Vitamin B-12....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	T	4		0	0	
Carotene, alpha....µg	0		0	T	4		0	0	
Cryptoxanthin, beta....µg	0		0	T	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	T	4		0	0	
Lutein + zeaxanthin....µg	45		0	T	4		13	19	
Vitamin E (alpha-tocopherol)....mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.1		0	FLA	4		0.9	1.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.390		0	FLA	4		0.394	0.598	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.001		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.025		0	FLA	4		0.007	0.011	
15:0....g									
16:0....g	0.781		0	FLA	4		0.221	0.336	
17:0....g									
18:0....g	0.572		0	FLA	4		0.162	0.246	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.839		0	FLA	4		0.805	1.221	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0	FLA	4		0.004	0.006	
17:1....g									
18:1 undifferentiated....g	2.825		0	FLA	4		0.801	1.215	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.153		0	FLA	4		0.327	0.496	
18:2 undifferentiated....g	1.087		0	FLA	4		0.308	0.467	
18:3 undifferentiated....g	0.066		0	FLA	4		0.019	0.028	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.121		0		1		0.034	0.052	
Threonine....g	0.282		0		1		0.080	0.121	
Isoleucine....g	0.357		0		1		0.101	0.154	
Leucine....g	0.655		0		1		0.186	0.282	
Lysine....g	0.254		0		1		0.072	0.109	
Methionine....g	0.161		0		1		0.046	0.069	
Cystine....g	0.214		0		1		0.061	0.092	
Phenylalanine....g	0.459		0		1		0.130	0.197	
Tyrosine....g	0.264		0		1		0.075	0.114	
Valine....g	0.425		0		1		0.120	0.183	
Arginine....g	0.405		0		1		0.115	0.174	
Histidine....g	0.212		0		1		0.060	0.091	
Alanine....g	0.342		0		1		0.097	0.147	
Aspartic acid....g	0.491		0		1		0.139	0.211	
Glutamic acid....g	3.015		0		1		0.855	1.296	
Glycine....g	0.371		0		1		0.105	0.160	
Proline....g	1.030		0		1		0.292	0.443	
Serine....g	0.458		0		1		0.130	0.197	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 18351
Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 43g: 1 roll

Calories Factors: Protein 3.8 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18350
Rolls, hamburger or hotdog, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.34	0.416	5	A	1		15.11	9.74	
Energy....kcal	279		0	NC	4		123	79	
Energy....kJ	1167		0	NC	4		513	331	
Protein (N x 5.8)....g	9.77	0.262	5	A	1		4.30	2.77	
Total lipid (fat)....g	3.91	0.155	5	A	1		1.72	1.11	
Ash....g	1.85	0.068	5	A	1		0.81	0.53	
Carbohydrate, by difference....g	50.12		0	NC	4		22.05	14.21	
Fiber, total dietary....g	1.8	0.129	3	A	1		0.8	0.5	
Sugars, total....g	7.28	0.111	3	A	1		3.20	2.06	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	2.27	0.282	3	A	1		1.00	0.64	
Fructose....g	2.49	0.198	3	A	1		1.10	0.71	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	2.52	0.499	3	A	1		1.11	0.71	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	36.70	1.155	3	A	1		16.15	10.40	
Minerals:									
Calcium, Ca....mg	144	13.038	5	A	1		63	41	
Iron, Fe....mg	3.43	0.568	5	A	1		1.51	0.97	
Magnesium, Mg....mg	23	0.891	5	A	1		10	7	
Phosphorus, P....mg	101	9.022	5	A	1		45	29	
Potassium, K....mg	122	9.791	5	A	1		54	35	
Sodium, Na....mg	494	19.699	5	A	1		217	140	
Zinc, Zn....mg	0.73	0.048	5	A	1		0.32	0.21	
Copper, Cu....mg	0.109	0.005	5	A	1		0.048	0.031	
Manganese, Mn....mg	0.512	0.037	5	A	1		0.225	0.145	
Selenium, Se....µg	27.2	7.068	3	A	1		12.0	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		2	A	1		0.6	0.4	
Thiamin....mg	0.543	0.078	3	A	1		0.239	0.154	
Riboflavin....mg	0.297	0.061	3	A	1		0.131	0.084	
Niacin....mg	4.180	0.716	3	A	1		1.839	1.185	
Pantothenic acid....mg	0.555		2	A	1		0.244	0.157	
Vitamin B-6....mg	0.063	0.003	3	A	1		0.028	0.018	
Folate, total....µg	94	26.118	3	A	1		41	27	
Folic acid....µg	53		0	FLA	4		23	15	
Folate, food....µg	41		0	FLA	4		18	11	
Folate, DFE....µg	131		0	NC	4		58	37	
Choline, total....mg	14.6		0	BFZN	4		6.4	4.1	
Betaine....mg									
Vitamin B-12....µg	0.20		2	A	1		0.09	0.06	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	29		0	FLA	4		13	8	
Retinol....µg	29		0	FLA	4		13	8	
Carotene, beta....µg	7		0	FLA	4		3	2	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	107		0	FLA	4		47	30	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	6		0	FLA	4		3	2	
Vitamin E (alpha-tocopherol)....mg	0.27		1	A	1		0.12	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.10		1	A	1		0.04	0.03	
Tocopherol, gamma....mg	1.68		1	A	1		0.74	0.48	
Tocopherol, delta....mg	0.32		1	A	1		0.14	0.09	
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.42		1	A	1		0.18	0.12	

NDB No. 18350
Rolls, hamburger or hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	4.8		1	A	1		2.1	1.3	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.842		0	NC	4		0.370	0.239	
4:0....g	0.005	0.005	3	A	1		0.002	0.001	
6:0....g	0.003	0.003	3	A	1		0.001	0.001	
8:0....g	0.001	0.001	3	A	1		0.001	0.000	
10:0....g	0.005	0.005	3	A	1		0.002	0.001	
12:0....g	0.005	0.004	3	A	1		0.002	0.001	
13:0....g									
14:0....g	0.020	0.013	3	A	1		0.009	0.006	
15:0....g	0.005	0.001	3	A	1		0.002	0.001	
16:0....g	0.523	0.044	3	A	1		0.230	0.148	
17:0....g	0.005	0.001	3	A	1		0.002	0.001	
18:0....g	0.249	0.025	3	A	1		0.109	0.070	
20:0....g	0.009	0.001	3	A	1		0.004	0.003	
22:0....g	0.009	0.000	3	A	1		0.004	0.003	
24:0....g	0.004	0.000	3	A	1		0.002	0.001	
Fatty acids, total monounsaturated....g	0.748		0	NC	4		0.329	0.212	
14:1....g	0.001	0.001	3	A	1		0.001	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.020	0.003	3	AS	1		0.009	0.006	
16:1 c....g	0.019	0.003	3	A	1		0.008	0.005	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.002	0.000	3	A	1		0.001	0.001	
18:1 undifferentiated....g	0.708	0.061	3	AS	1		0.312	0.201	
18:1 c....g	0.688	0.055	3	A	1		0.303	0.195	
18:1 t....g	0.020	0.007	3	A	1		0.009	0.006	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.001	3	A	1		0.007	0.005	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.780		0	NC	4		0.783	0.505	
18:2 undifferentiated....g	1.596	0.110	3	AS	1		0.702	0.452	
18:2 n-6 c,c....g	1.589	0.109	3	A	1		0.699	0.450	
18:2 CLAs....g	0.001	0.001	3	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006	0.002	3	A	1		0.003	0.002	
18:3 undifferentiated....g	0.183	0.019	3	AS	1		0.080	0.052	
18:3 n-3 c,c,c (ALA)....g	0.176	0.019	3	A	1		0.077	0.050	
18:3 n-6 c,c,c....g	0.007	0.000	3	A	1		0.003	0.002	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	3	A	1		0.001	0.001	
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 18350
Rolls, hamburger or hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.027		0	NC	4		0.012	0.008	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.009	0.006	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.003	0.002	
Cholesterol....mg	0		2	A	1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 roll 1 serving

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.00		1		1		13.04	19.78	
Energy....kcal	196		0	NC	4		56	84	
Energy....kJ	820		0		4		232	353	
Protein (N x 5.9)....g	8.30		1		1		2.35	3.57	
Total lipid (fat)....g	2.00		1		1		0.57	0.86	
Ash....g	1.60		1		1		0.45	0.69	
Carbohydrate, by difference....g	42.10		0	NC	4		11.94	18.10	
Fiber, total dietary....g	6.2		0		1		1.8	2.7	
Sugars, total....g	4.76		0	NR	4		1.35	2.05	
Starch....g									
Minerals:									
Calcium, Ca....mg	59		1		1		17	25	
Iron, Fe....mg	2.99		1		1		0.85	1.29	
Magnesium, Mg....mg	20		0	FLA	4		6	9	
Phosphorus, P....mg	84		0	FLA	4		24	36	
Potassium, K....mg	78		1		1		22	34	
Sodium, Na....mg	410		0	LC	8		116	176	
Zinc, Zn....mg	0.68		0	FLA	4		0.19	0.29	
Copper, Cu....mg	0.143		0	FLA	4		0.041	0.061	
Manganese, Mn....mg	0.449		0	FLA	4		0.127	0.193	
Selenium, Se....µg	23.5		0	FLA	4		6.7	10.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin....mg	0.393		1		1		0.111	0.169	
Riboflavin....mg	0.175		1		1		0.050	0.075	
Niacin....mg	4.935		1		1		1.399	2.122	
Pantothenic acid....mg	0.380		0	FLA	4		0.108	0.163	
Vitamin B-6....mg	0.038		0	FLA	4		0.011	0.016	
Folate, total....µg	111	5.320	7	A	1		31	48	
Folic acid....µg	86	2.283	7	A	1		24	37	
Folate, food....µg	25	5.281	7	AS	1		7	11	
Folate, DFE....µg	171		0	NC	4		49	74	
Choline, total....mg	14.6		0	BFZN	4		4.1	6.3	
Betaine....mg									
Vitamin B-12....µg	0.10		0	FLA	4		0.03	0.04	
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	T	4		0	0	
Carotene, alpha....µg	0		0	O	4		0	0	
Cryptoxanthin, beta....µg	0		0	T	4		0	0	
Vitamin A, IU....IU	1		0	FLA	4		0	0	
Lycopene....µg	0		0	T	4		0	0	
Lutein + zeaxanthin....µg	45		0	T	4		13	19	
Vitamin E (alpha-tocopherol)....mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.1		0	T	4		0.9	1.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.325		0		1		0.092	0.140	
4:0....g	0.003		0		1		0.001	0.001	
6:0....g	0.002		0		1		0.001	0.001	
8:0....g	0.001		0		1		0.000	0.000	
10:0....g	0.002		0		1		0.001	0.001	
12:0....g	0.003		0		1		0.001	0.001	
13:0....g									
14:0....g	0.011		0		1		0.003	0.005	
15:0....g									
16:0....g	0.233		0		1		0.066	0.100	
17:0....g									
18:0....g	0.068		0		1		0.019	0.029	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.524		0		1		0.149	0.225	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0		1		0.007	0.010	
17:1....g									
18:1 undifferentiated....g	0.501		0		1		0.142	0.215	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.763		0		1		0.216	0.328	
18:2 undifferentiated....g	0.714		0		1		0.202	0.307	
18:3 undifferentiated....g	0.048		0		1		0.014	0.021	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0		1		0.024	0.036	
Threonine....g	0.229		0		1		0.065	0.098	
Isoleucine....g	0.296		0		1		0.084	0.127	
Leucine....g	0.512		0		1		0.145	0.220	
Lysine....g	0.299		0		1		0.085	0.129	
Methionine....g	0.119		0		1		0.034	0.051	
Cystine....g	0.112		0		1		0.032	0.048	
Phenylalanine....g	0.321		0		1		0.091	0.138	
Tyrosine....g	0.229		0		1		0.065	0.098	
Valine....g	0.324		0		1		0.092	0.139	
Arginine....g									
Histidine....g	0.157		0		1		0.045	0.068	
Alanine....g	0.229		0		1		0.065	0.098	
Aspartic acid....g	0.452		0		1		0.128	0.194	
Glutamic acid....g	1.777		0		1		0.504	0.764	
Glycine....g	0.216		0		1		0.061	0.093	
Proline....g	0.632		0		1		0.179	0.272	
Serine....g	0.337		0		1		0.096	0.145	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 18352
Rolls, hamburger or hotdog, reduced-calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 28.35g: 1 oz

Measure 2 = 43g: 1 roll

Calories Factors: Protein 3.9 **Fat** 8.5 **Carbohydrate** 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28321
Rolls, hamburger, whole grain white, calcium-fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	38.67		0	FLC	4		16.63		
Energy ... kcal	255		0	NC	4		109		
Energy ... kJ	1065		0	NC	4		458		
Protein (N x 6.25) ... g	9.30		0	LC	8		4.00		
Total lipid (fat) ... g	3.49		0	LC	8		1.50		
Ash ... g	2.05		0	FLC	4		0.88		
Carbohydrate, by difference ... g	46.50		0	NC	4		19.99		
Fiber, total dietary ... g	2.3		0	LC	8		1.0		
Sugars, total ... g	9.30		0	LC	8		4.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	233		0	LC	8		100		
Iron, Fe ... mg	2.59		0	FLC	4		1.12		
Magnesium, Mg ... mg	38		0	FLC	4		16		
Phosphorus, P ... mg	153		0	FLC	4		66		
Potassium, K ... mg	190		0	FLC	4		82		
Sodium, Na ... mg	512		0	LC	8		220		
Zinc, Zn ... mg	2.05		0	FLC	4		0.88		
Copper, Cu ... mg	0.179		0	FLC	4		0.077		
Manganese, Mn ... mg	0.926		0	FLC	4		0.398		
Selenium, Se ... µg	14.0		0	FLC	4		6.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	LC	8		0.0		
Thiamin ... mg	0.523		0	LC	8		0.225		
Riboflavin ... mg	0.316		0	LC	8		0.136		
Niacin ... mg	4.651		0	LC	8		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.104		0	FLC	4		0.045		
Folate, total ... µg	140		0	LC	8		60		
Folic acid ... µg	33		0	FLC	4		14		
Folate, food ... µg	106		0	FLC	4		46		
Folate, DFE ... µg	163		0	NC	4		70		
Choline, total ... mg	12.9		0	FLC	4		5.5		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... µg	0		0	FLC	4		0		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	1		0	FLC	4		1		
Carotene, alpha ... µg	0		0	FLC	4		0		
Cryptoxanthin, beta ... µg	0		0	FLC	4		0		
Vitamin A, IU ... IU	2		0	NC	4		1		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	52		0	FLC	4		22		
Vitamin E (alpha-tocopherol) ... mg	0.33		0	FLC	4		0.14		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	FLC	4		0.0		
Vitamin D ... IU	0		0	FLC	4		0		
Vitamin K (phylloquinone) ... µg	5.0		0	FLC	4		2.1		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28321
Rolls, hamburger, whole grain white, calcium-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
Lipids:									
Fatty acids, total saturated....g	1.163		0	LC	8		0.500		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.003		0	FLC	4		0.001		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.680		0	FLC	4		0.292		
17:0....g	0.002		0	FLC	4		0.001		
18:0....g	0.247		0	FLC	4		0.106		
20:0....g	0.018		0	FLC	4		0.008		
22:0....g	0.018		0	FLC	4		0.008		
24:0....g									
Fatty acids, total monounsaturated....g	0.564		0	NC	4		0.243		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.051		0	FLC	4		0.022		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.508		0	FLC	4		0.219		
20:1....g	0.004		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.221		0	NC	4		0.525		
18:2 undifferentiated....g	1.086		0	FLC	4		0.467		
18:3 undifferentiated....g	0.135		0	FLC	4		0.058		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 piece roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18353
Rolls, hard (includes kaiser)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.00	0.454	46		1		8.79	17.67	
Energy....kcal	293		0	NC	4		83	167	
Energy....kJ	1226		0		4		348	699	
Protein (N x 5.7)....g	9.90	0.185	29		1		2.81	5.64	
Total lipid (fat)....g	4.30	0.191	26		1		1.22	2.45	
Ash....g	2.00	0.046	39		1		0.57	1.14	
Carbohydrate, by difference....g	52.70		0	NC	4		14.94	30.04	
Fiber, total dietary....g	2.3		0		4		0.7	1.3	
Sugars, total....g	1.77		0	FLA	4		0.50	1.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	95	6.497	35		1		27	54	
Iron, Fe....mg	3.28	0.083	23		1		0.93	1.87	
Magnesium, Mg....mg	27	1.611	9		1		8	15	
Phosphorus, P....mg	100	6.081	6		1		28	57	
Potassium, K....mg	108	5.048	9		1		31	62	
Sodium, Na....mg	544	28.954	5		1		154	310	
Zinc, Zn....mg	0.94	0.052	9		1		0.27	0.54	
Copper, Cu....mg	0.163	0.024	8		1		0.046	0.093	
Manganese, Mn....mg	0.460	0.021	8		1		0.130	0.262	
Selenium, Se....µg	39.1	3.412	5	A	1		11.1	22.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.478	0.017	22		1		0.136	0.272	
Riboflavin....mg	0.336	0.019	20		1		0.095	0.192	
Niacin....mg	4.239	0.188	18		1		1.202	2.416	
Pantothenic acid....mg	0.410		0	FLA	4		0.116	0.234	
Vitamin B-6....mg	0.035		0	FLA	4		0.010	0.020	
Folate, total....µg	95		0	BFZN	4		27	54	
Folic acid....µg	80		0	NC	4		23	46	
Folate, food....µg	15	1.206	4		1		4	9	
Folate, DFE....µg	151		0	NC	4		43	86	
Choline, total....mg	14.6		0	BFZN	4		4.1	8.3	
Betaine....mg									
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	FLA	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	58		0	FLA	4		16	33	
Vitamin E (alpha-tocopherol)....mg	0.42		0	FLA	4		0.12	0.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.6		0	FLA	4		0.2	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18353
Rolls, hard (includes kaiser)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.606		0		1		0.172	0.345	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.000	0.001	
13:0....g									
14:0....g	0.002		0		1		0.001	0.001	
15:0....g									
16:0....g	0.476		0		1		0.135	0.271	
17:0....g									
18:0....g	0.127		0		1		0.036	0.072	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.133		0		1		0.321	0.646	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033		0		1		0.009	0.019	
17:1....g									
18:1 undifferentiated....g	1.100		0		1		0.312	0.627	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.719		0		1		0.487	0.980	
18:2 undifferentiated....g	1.621		0		1		0.460	0.924	
18:3 undifferentiated....g	0.097		0		1		0.027	0.055	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.117		0		1		0.033	0.067	
Threonine....g	0.285		0		1		0.081	0.162	
Isoleucine....g	0.383		0		1		0.109	0.218	
Leucine....g	0.693		0		1		0.196	0.395	
Lysine....g	0.242		0		1		0.069	0.138	
Methionine....g	0.176		0		1		0.050	0.100	
Cystine....g	0.216		0		1		0.061	0.123	
Phenylalanine....g	0.489		0		1		0.139	0.279	
Tyrosine....g	0.284		0		1		0.081	0.162	
Valine....g	0.432		0		1		0.122	0.246	
Arginine....g	0.360		0		1		0.102	0.205	
Histidine....g	0.214		0		1		0.061	0.122	
Alanine....g	0.331		0		1		0.094	0.189	
Aspartic acid....g	0.449		0		1		0.127	0.256	
Glutamic acid....g	3.314		0		1		0.940	1.889	
Glycine....g	0.350		0		1		0.099	0.200	
Proline....g	1.105		0		1		0.313	0.630	
Serine....g	0.480		0		1		0.136	0.274	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18353
Rolls, hard (includes kaiser)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 roll (3-1/2" dia)

Calories Factors: Protein 4 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43441
Rolls, pumpernickel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.00		0		4		11.52	8.96	
Energy....kcal	276		0	NC	4		99	77	
Energy....kJ	1154		0	NC	4		415	323	
Protein (N x 6.25)....g	10.80		0		4		3.89	3.02	
Total lipid (fat)....g	2.80		0		4		1.01	0.78	
Ash....g	2.53		0	RA	4		0.91	0.71	
Carbohydrate, by difference....g	51.87		0	NC	4		18.67	14.52	
Fiber, total dietary....g	5.4		0		4		1.9	1.5	
Sugars, total....g	0.40		0	RA	4		0.14	0.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	67		0		4		24	19	
Iron, Fe....mg	2.78		0		4		1.00	0.78	
Magnesium, Mg....mg	54		0		4		19	15	
Phosphorus, P....mg	171		0		4		62	48	
Potassium, K....mg	208		0		4		75	58	
Sodium, Na....mg	492		0	NR	4		177	138	
Zinc, Zn....mg	1.48		0		4		0.53	0.41	
Copper, Cu....mg	0.287		0		4		0.103	0.080	
Manganese, Mn....mg	1.909		0	RA	4		0.687	0.535	
Selenium, Se....µg	27.8		0	RK	4		10.0	7.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.380		0		4		0.137	0.106	
Riboflavin....mg	0.300		0		4		0.108	0.084	
Niacin....mg	2.970		0		4		1.069	0.832	
Pantothenic acid....mg	0.619		0	RA	4		0.223	0.173	
Vitamin B-6....mg	0.100		0		4		0.036	0.028	
Folate, total....µg	86		0	RA	4		31	24	
Folic acid....µg	56		0	NR	4		20	16	
Folate, food....µg	30		0	NC	4		11	8	
Folate, DFE....µg	125		0	NC	4		45	35	
Choline, total....mg	14.6		0	BFZN	4		5.3	4.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	RA	4		0	0	
Carotene, beta....µg	3		0	RA	4		1	1	
Carotene, alpha....µg	1		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	6		0	NC	4		2	2	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	106		0	RA	4		38	30	
Vitamin E (alpha-tocopherol)....mg	0.63		0	RA	4		0.23	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	RA	4		0.5	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43441
Rolls, pumpernickel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.495		0		4		0.178	0.139	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		4		0.000	0.000	
15:0....g									
16:0....g	0.316		0		4		0.114	0.088	
17:0....g									
18:0....g	0.170		0		4		0.061	0.048	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.609		0		4		0.219	0.171	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0		4		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.601		0		4		0.216	0.168	
20:1....g	0.003		0		4		0.001	0.001	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.184		0		4		0.426	0.332	
18:2 undifferentiated....g	1.073		0		4		0.386	0.300	
18:3 undifferentiated....g	0.113		0		4		0.041	0.032	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	3		0	RA	4		1	1	
Amino Acids:									
Tryptophan....g	0.106		0	RA	4		0.038	0.030	
Threonine....g	0.273		0	RA	4		0.098	0.076	
Isoleucine....g	0.347		0	RA	4		0.125	0.097	
Leucine....g	0.635		0	RA	4		0.229	0.178	
Lysine....g	0.233		0	RA	4		0.084	0.065	
Methionine....g	0.153		0	RA	4		0.055	0.043	
Cystine....g	0.196		0	RA	4		0.071	0.055	
Phenylalanine....g	0.456		0	RA	4		0.164	0.128	
Tyrosine....g	0.229		0	RA	4		0.082	0.064	
Valine....g	0.412		0	RA	4		0.148	0.115	
Arginine....g	0.354		0	RA	4		0.127	0.099	
Histidine....g	0.198		0	RA	4		0.071	0.056	
Alanine....g	0.319		0	RA	4		0.115	0.089	
Aspartic acid....g	0.468		0	RA	4		0.168	0.131	
Glutamic acid....g	2.963		0	RA	4		1.067	0.830	
Glycine....g	0.328		0	RA	4		0.118	0.092	
Proline....g	1.036		0	RA	4		0.373	0.290	
Serine....g	0.463		0	RA	4		0.167	0.130	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 43441
Rolls, pumpernickel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 medium (2-1/2" dia)

Measure 2 = 28g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28367

SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies

Sage Valley

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.06		1	A	1		0.91		
Energy	kcal	499		0	NC	4		220		
Energy	kJ	2089		0	NC	4		919		
Protein (N x 6.25)	g	3.13		1	A	1		1.38		
Total lipid (fat)	g	22.15		1	A	1		9.75		
Ash	g	0.79		1	A	1		0.35		
Carbohydrate, by difference	g	71.88		0	NC	4		31.63		
Fiber, total dietary	g	1.0		1	A	1		0.5		
Sugars, total	g	43.94		1	A	1		19.33		
Sucrose	g	42.94		1	A	1		18.89		
Glucose (dextrose)	g	0.49		1	A	1		0.22		
Fructose	g	0.51		1	A	1		0.22		
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	28.00		1	A	1		12.32		
Minerals:										
Calcium, Ca	mg	17		1	A	1		8		
Iron, Fe	mg	0.45		1	A	1		0.20		
Magnesium, Mg	mg	17		1	A	1		7		
Phosphorus, P	mg	47		1	A	1		21		
Potassium, K	mg	144		1	A	1		63		
Sodium, Na	mg	212		1	A	1		93		
Zinc, Zn	mg	0.29		1	A	1		0.13		
Copper, Cu	mg	0.062		1	A	1		0.027		
Manganese, Mn	mg	0.206		1	A	1		0.091		
Selenium, Se	µg									
Lipids:										
Fatty acids, total saturated	g	5.918		0	NC	4		2.604		
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	0.002		1	A	1		0.001		
12:0	g	0.020		1	A	1		0.009		
13:0	g									
14:0	g	0.105		1	A	1		0.046		
15:0	g	0.008		1	A	1		0.004		
16:0	g	4.954		1	A	1		2.180		
17:0	g	0.013		1	A	1		0.006		
18:0	g	0.652		1	A	1		0.287		
20:0	g	0.099		1	A	1		0.044		
22:0	g	0.038		1	A	1		0.017		
24:0	g	0.027		1	A	1		0.012		
Fatty acids, total monounsaturated	g	10.249		0	NC	4		4.510		
14:1	g	0.002		1	A	1		0.001		
15:1	g	0.000		1	A	1		0.000		
16:1 undifferentiated	g	0.032		0	AS	1		0.014		
16:1 c	g	0.032		1	A	1		0.014		
16:1 t	g	0.000		1	A	1		0.000		
17:1	g	0.008		1	A	1		0.004		
18:1 undifferentiated	g	10.031		0	AS	1		4.414		
18:1 c	g	10.017		1	A	1		4.407		
18:1 t	g	0.014		1	A	1		0.006		
18:1-11 t (18:1t n-7)	g									
20:1	g	0.155		1	A	1		0.068		
22:1 undifferentiated	g	0.007		0	AS	1		0.003		
22:1 c	g	0.007		1	A	1		0.003		

NDB No. 28367
SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.014		1	A	1		0.006		
Fatty acids, total polyunsaturated....g	3.785		0	NC	4		1.665		
18:2 undifferentiated....g	2.970		0	AS	1		1.307		
18:2 n-6 c,c....g	2.948		1	A	1		1.297		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		1	A	1		0.010		
18:3 undifferentiated....g	0.802		0	AS	1		0.353		
18:3 n-3 c,c,c (ALA)....g	0.771		1	A	1		0.339		
18:3 n-6 c,c,c....g	0.031		1	A	1		0.014		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.003		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.005		1	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.036		0	NC	4		0.016		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.006		
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.010		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 3 cookies

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28368

SCHAR, Gluten-Free, Classic White Rolls

Dr. Schar USA, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.00		2	A	1		32.76		
Energy	kcal	239		0	NC	4		186		
Energy	kJ	1000		0	NC	4		780		
Protein	g	3.34		2	A	1		2.60		
Total lipid (fat)	g	2.65		2	A	1		2.07		
Ash	g	1.54		2	A	1		1.20		
Carbohydrate, by difference	g	50.47		0	NC	4		39.37		
Fiber, total dietary	g	5.1		2	A	1		4.0		
Sugars, total	g	6.87		2	A	1		5.36		
Sucrose	g	0.00		2	A	1		0.00		
Glucose (dextrose)	g	2.08		2	A	1		1.63		
Fructose	g	2.06		2	A	1		1.61		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	2.72		2	A	1		2.12		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	32.05		2	A	1		25.00		
Minerals:										
Calcium, Ca	mg	180		2	A	1		140		
Iron, Fe	mg	3.57		2	A	1		2.79		
Magnesium, Mg	mg	13		2	A	1		10		
Phosphorus, P	mg	50		2	A	1		39		
Potassium, K	mg	76		2	A	1		59		
Sodium, Na	mg	593		2	A	1		463		
Zinc, Zn	mg	0.56		2	A	1		0.44		
Copper, Cu	mg	0.096		2	A	1		0.075		
Manganese, Mn	mg	0.207		2	A	1		0.162		
Selenium, Se	µg	0.4		1	A	1		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.615		2	A	1		0.480		
Riboflavin	mg	0.480		2	A	1		0.374		
Niacin	mg	3.875		2	A	1		3.022		
Pantothenic acid	mg									
Vitamin B-6	mg	0.037		1	A	1		0.029		
Folate, total	µg	8		1	A	1		6		
Folic acid	µg									
Folate, food	µg	8		1	A	1		6		
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									

NDB No. 28368
SCHAR, Gluten-Free, Classic White Rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.215		0	NC	4		0.168		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.002		2	A	1		0.001		
12:0....g	0.001		2	A	1		0.000		
13:0....g									
14:0....g	0.007		2	A	1		0.005		
15:0....g	0.003		2	A	1		0.002		
16:0....g	0.102		2	A	1		0.080		
17:0....g	0.003		2	A	1		0.003		
18:0....g	0.068		2	A	1		0.053		
20:0....g	0.008		2	A	1		0.006		
22:0....g	0.014		2	A	1		0.011		
24:0....g	0.008		2	A	1		0.006		
Fatty acids, total monounsaturated....g	1.353		0	NC	4		1.055		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.104		2	A	1		0.081		
16:1 undifferentiated....g	0.009		0	AS	1		0.007		
16:1 c....g	0.009		2	A	1		0.007		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.002		2	A	1		0.001		
18:1 undifferentiated....g	1.230		0	AS	1		0.959		
18:1 c....g	1.225		2	A	1		0.955		
18:1 t....g	0.005		2	A	1		0.004		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	A	1		0.007		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.637		0	NC	4		0.497		
18:2 undifferentiated....g	0.611		0	AS	1		0.477		
18:2 n-6 c,c....g	0.607		2	A	1		0.473		
18:2 CLAs....g	0.001		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.003		
18:3 undifferentiated....g	0.020		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA)....g	0.019		2	A	1		0.015		
18:3 n-6 c,c,c....g	0.001		2	A	1		0.001		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.002		2	A	1		0.001		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1		0.002		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.008		0	NC	4		0.007		
Fatty acids, total trans-monoenoic....g	0.005		0	NC	4		0.004		
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003		
Cholesterol....mg									

NDB No. 28368
SCHAR, Gluten-Free, Classic White Rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 78g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28369

SCHAR, Gluten-Free, Wheat-Free, Classic White Bread

Dr. Schar USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	43.87		2	A	1				
Energy ... kcal	240		0	NC	4				
Energy ... kJ	1004		0	NC	4				
Protein ... g	3.81		2	A	1				
Total lipid (fat) ... g	4.47		2	A	1				
Ash ... g	1.72		2	A	1				
Carbohydrate, by difference ... g	46.13		0	NC	4				
Fiber, total dietary ... g	5.1		2	A	1				
Sugars, total ... g	3.34		2	A	1				
Sucrose ... g	0.00		2	A	1				
Glucose (dextrose) ... g	1.01		2	A	1				
Fructose ... g	0.79		2	A	1				
Lactose ... g	0.00		2	A	1				
Maltose ... g	1.54		2	A	1				
Galactose ... g	0.00		2	A	1				
Starch ... g	32.70		2	A	1				
Minerals:									
Calcium, Ca ... mg	159		2	A	1				
Iron, Fe ... mg	3.17		2	A	1				
Magnesium, Mg ... mg	11		2	A	1				
Phosphorus, P ... mg	55		2	A	1				
Potassium, K ... mg	66		2	A	1				
Sodium, Na ... mg	441		2	A	1				
Zinc, Zn ... mg	0.47		2	A	1				
Copper, Cu ... mg	0.087		2	A	1				
Manganese, Mn ... mg	0.176		2	A	1				
Selenium, Se ... µg	0.4		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.510		1	A	1				
Riboflavin ... mg	0.505		2	A	1				
Niacin ... mg	3.420		1	A	1				
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.037		1	A	1				
Folate, total ... µg	15		1	A	1				
Folic acid ... µg									
Folate, food ... µg	15		1	A	1				
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									

NDB No. 28369
SCHAR, Gluten-Free, Wheat-Free, Classic White Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.977		0	NC	4				
4:0....g	0.000		2	A	1				
6:0....g	0.000		2	A	1				
8:0....g	0.018		2	A	1				
10:0....g	0.019		2	A	1				
12:0....g	0.015		2	A	1				
13:0....g									
14:0....g	0.038		2	A	1				
15:0....g	0.004		2	A	1				
16:0....g	0.709		2	A	1				
17:0....g	0.005		2	A	1				
18:0....g	0.147		2	A	1				
20:0....g	0.013		2	A	1				
22:0....g	0.004		2	A	1				
24:0....g	0.004		2	A	1				
Fatty acids, total monounsaturated....g	2.009		0	NC	4				
14:1....g	0.000		2	A	1				
15:1....g	0.721		2	A	1				
16:1 undifferentiated....g	0.013		0	AS	1				
16:1 c....g	0.013		2	A	1				
16:1 t....g	0.000		2	A	1				
17:1....g	0.002		2	A	1				
18:1 undifferentiated....g	1.266		0	AS	1				
18:1 c....g	1.262		2	A	1				
18:1 t....g	0.004		2	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	A	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		2	A	1				
22:1 t....g	0.000		2	A	1				
24:1 c....g	0.000		2	A	1				
Fatty acids, total polyunsaturated....g	0.516		0	NC	4				
18:2 undifferentiated....g	0.496		0	AS	1				
18:2 n-6 c,c....g	0.488		2	A	1				
18:2 CLAs....g	0.001		2	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		2	A	1				
18:3 undifferentiated....g	0.015		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.013		2	A	1				
18:3 n-6 c,c,c....g	0.002		2	A	1				
18:3i....g	0.000		2	A	1				
18:4....g	0.000		2	A	1				
20:2 n-6 c,c....g	0.000		2	A	1				
20:3 undifferentiated....g	0.002		0	AS	1				
20:3 n-3....g	0.002		2	A	1				
20:3 n-6....g	0.000		2	A	1				
20:4 undifferentiated....g	0.002		2	A	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1				
21:5....g									
22:4....g	0.000		2	A	1				
22:5 n-3 (DPA)....g	0.000		2	A	1				
22:6 n-3 (DHA)....g	0.000		2	A	1				
Fatty acids, total trans....g	0.010		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.004		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4				
Cholesterol....mg									

NDB No. 28369
SCHAR, Gluten-Free, Wheat-Free, Classic White Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28250

SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00		0	MC	9		0.63		
Energy....kcal	473		0	MC	9		99		
Energy....kJ	1979		0	MC	9		416		
Protein (N x 6.25)....g	8.50		0	MC	9		1.79		
Total lipid (fat)....g	17.40		0	MC	9		3.65		
Ash....g									
Carbohydrate, by difference....g	65.30		0	MC	9		13.71		
Fiber, total dietary....g	3.1		0	MC	9		0.7		
Sugars, total....g	2.70		0	MC	9		0.57		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.80		0	MC	9		0.80		
Magnesium, Mg....mg	6		0	MC	9		1		
Phosphorus, P....mg	25		0	MC	9		5		
Potassium, K....mg	38		0	MC	9		8		
Sodium, Na....mg	1338		0	MC	9		281		
Zinc, Zn....mg	0.30		0	MC	9		0.06		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.220		0	MC	9		0.046		
Riboflavin....mg	0.130		0	MC	9		0.027		
Niacin....mg	1.700		0	MC	9		0.357		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	MC	9		0.002		
Folate, total....µg	50		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									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.900		0	MC	9		0.819		
Fatty acids, total monounsaturated....g	3.500		0	MC	9		0.735		
Fatty acids, total polyunsaturated....g	7.100		0	MC	9		1.491		
Fatty acids, total trans....g	0.200		0	MC	9		0.042		
Cholesterol....mg	3		0	MC	9		1		
Phytosterols....mg									

NDB No. 28250
SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28251

SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.30		0	MC	9		0.48		
Energy ... kcal	452		0	MC	9		95		
Energy ... kJ	1891		0	MC	9		397		
Protein (N x 6.25) ... g	13.30		0	MC	9		2.79		
Total lipid (fat) ... g	14.60		0	MC	9		3.07		
Ash ... g									
Carbohydrate, by difference ... g	67.00		0	MC	9		14.07		
Fiber, total dietary ... g	2.2		0	MC	9		0.5		
Sugars, total ... g	0.80		0	MC	9		0.17		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	137		0	MC	9		29		
Iron, Fe ... mg	4.40		0	MC	9		0.92		
Magnesium, Mg ... mg	19		0	MC	9		4		
Phosphorus, P ... mg	104		0	MC	9		22		
Potassium, K ... mg	117		0	MC	9		25		
Sodium, Na ... mg	823		0	MC	9		173		
Zinc, Zn ... mg	0.60		0	MC	9		0.13		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.640		0	MC	9		0.134		
Riboflavin ... mg	0.410		0	MC	9		0.086		
Niacin ... mg	5.700		0	MC	9		1.197		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.070		0	MC	9		0.015		
Folate, total ... µg	165		0	MC	9		35		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.500		0	MC	9		0.735		
Fatty acids, total monounsaturated ... g	4.000		0	MC	9		0.840		
Fatty acids, total polyunsaturated ... g	6.500		0	MC	9		1.365		
Fatty acids, total trans ... g	0.200		0	MC	9		0.042		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28251
SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28234
SUNSHINE, CHEEZ-IT, Asiago Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69		
Energy....kcal	502		0	MC	9		151		
Energy....kJ	2100		0	MC	9		630		
Protein (N x 6.25)....g	8.70		0	MC	9		2.61		
Total lipid (fat)....g	24.70		0	MC	9		7.41		
Ash....g									
Carbohydrate, by difference....g	62.60		0	MC	9		18.78		
Fiber, total dietary....g	2.1		0	MC	9		0.6		
Sugars, total....g	1.30		0	MC	9		0.39		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.10		0	MC	9		1.23		
Magnesium, Mg....mg	16		0	MC	9		5		
Phosphorus, P....mg	68		0	MC	9		20		
Potassium, K....mg	104		0	MC	9		31		
Sodium, Na....mg	763		0	MC	9		229		
Zinc, Zn....mg	0.70		0	MC	9		0.21		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.590		0	MC	9		0.177		
Riboflavin....mg	0.350		0	MC	9		0.105		
Niacin....mg	4.700		0	MC	9		1.410		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009		
Folate, total....µg	136		0	MC	9		41		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.600		0	MC	9		1.680		
Fatty acids, total monounsaturated....g	5.800		0	MC	9		1.740		
Fatty acids, total polyunsaturated....g	12.000		0	MC	9		3.600		
Fatty acids, total trans....g	0.200		0	MC	9		0.060		
Cholesterol....mg	6		0	MC	9		2		
Phytosterols....mg									

NDB No. 28234
SUNSHINE, CHEEZ-IT, Asiago Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28236
SUNSHINE, CHEEZ-IT, BIG Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.30		0	MC	9		0.69		
Energy	kcal	507		0	MC	9		152		
Energy	kJ	2121		0	MC	9		636		
Protein (N x 6.25)	g	11.40		0	MC	9		3.42		
Total lipid (fat)	g	26.30		0	MC	9		7.89		
Ash	g									
Carbohydrate, by difference	g	57.40		0	MC	9		17.22		
Fiber, total dietary	g	2.4		0	MC	9		0.7		
Sugars, total	g	0.50		0	MC	9		0.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	147		0	MC	9		44		
Iron, Fe	mg	3.90		0	MC	9		1.17		
Magnesium, Mg	mg	15		0	MC	9		5		
Phosphorus, P	mg	63		0	MC	9		19		
Potassium, K	mg	97		0	MC	9		29		
Sodium, Na	mg	753		0	MC	9		226		
Zinc, Zn	mg	0.70		0	MC	9		0.21		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.540		0	MC	9		0.162		
Riboflavin	mg	0.330		0	MC	9		0.099		
Niacin	mg	4.400		0	MC	9		1.320		
Pantothenic acid	mg									
Vitamin B-6	mg	0.030		0	MC	9		0.009		
Folate, total	µg	125		0	MC	9		38		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	100		0	NR	4		30		
Vitamin A, IU	IU	334		0	MC	9		100		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	6.100		0	MC	9		1.830		
Fatty acids, total monounsaturated	g	7.200		0	MC	9		2.160		
Fatty acids, total polyunsaturated	g	12.600		0	MC	9		3.780		
Fatty acids, total trans	g	0.300		0	MC	9		0.090		
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

NDB No. 28236
SUNSHINE, CHEEZ-IT, BIG Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 13 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28235

SUNSHINE, CHEEZ-IT, Baby Swiss Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69	0.48	
Energy....kcal	503		0	MC	9		151	106	
Energy....kJ	2105		0	MC	9		632	442	
Protein (N x 6.25)....g	8.60		0	MC	9		2.58	1.81	
Total lipid (fat)....g	24.70		0	MC	9		7.41	5.19	
Ash....g									
Carbohydrate, by difference....g	63.10		0	MC	9		18.93	13.25	
Fiber, total dietary....g	2.2		0	MC	9		0.7	0.5	
Sugars, total....g	1.40		0	MC	9		0.42	0.29	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.10		0	MC	9		1.23	0.86	
Magnesium, Mg....mg	16		0	MC	9		5	3	
Phosphorus, P....mg	68		0	MC	9		20	14	
Potassium, K....mg	104		0	MC	9		31	22	
Sodium, Na....mg	629		0	MC	9		189	132	
Zinc, Zn....mg	0.70		0	MC	9		0.21	0.15	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.590		0	MC	9		0.177	0.124	
Riboflavin....mg	0.350		0	MC	9		0.105	0.073	
Niacin....mg	4.700		0	MC	9		1.410	0.987	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009	0.006	
Folate, total....µg	135		0	MC	9		41	28	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.600		0	MC	9		1.680	1.176	
Fatty acids, total monounsaturated....g	5.800		0	MC	9		1.740	1.218	
Fatty acids, total polyunsaturated....g	12.000		0	MC	9		3.600	2.520	
Fatty acids, total trans....g	0.200		0	MC	9		0.060	0.042	
Cholesterol....mg	5		0	MC	9		2	1	
Phytosterols....mg									

NDB No. 28235
SUNSHINE, CHEEZ-IT, Baby Swiss Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Measure 2 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28237

SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.30		0	MC	9		0.69	0.48	
Energy ... kcal	460		0	MC	9		138	97	
Energy ... kJ	1925		0	MC	9		578	404	
Protein (N x 6.25) ... g	9.50		0	MC	9		2.85	2.00	
Total lipid (fat) ... g	22.00		0	MC	9		6.60	4.62	
Ash ... g									
Carbohydrate, by difference ... g	57.60		0	MC	9		17.28	12.10	
Fiber, total dietary ... g	2.4		0	MC	9		0.7	0.5	
Sugars, total ... g	1.20		0	MC	9		0.36	0.25	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	103		0	MC	9		31	22	
Iron, Fe ... mg	3.90		0	MC	9		1.17	0.82	
Magnesium, Mg ... mg	16		0	MC	9		5	3	
Phosphorus, P ... mg	65		0	MC	9		20	14	
Potassium, K ... mg	112		0	MC	9		34	24	
Sodium, Na ... mg	813		0	MC	9		244	171	
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.540		0	MC	9		0.162	0.113	
Riboflavin ... mg	0.340		0	MC	9		0.102	0.071	
Niacin ... mg	4.300		0	MC	9		1.290	0.903	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	124		0	MC	9		37	26	
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	125		0	NR	4		37	26	
Vitamin A, IU ... IU	415		0	MC	9		125	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									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.500		0	MC	9		1.650	1.155	
Fatty acids, total monounsaturated ... g	6.000		0	MC	9		1.800	1.260	
Fatty acids, total polyunsaturated ... g	9.900		0	MC	9		2.970	2.079	
Fatty acids, total trans ... g	0.300		0	MC	9		0.090	0.063	
Cholesterol ... mg	2		0	MC	9		0	0	
Phytosterols ... mg									

NDB No. 28237
SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Measure 2 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28238
SUNSHINE, CHEEZ-IT, Colby Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69	0.48	
Energy....kcal	512		0	MC	9		153	107	
Energy....kJ	2140		0	MC	9		642	449	
Protein (N x 6.25)....g	9.55		0	MC	9		2.87	2.01	
Total lipid (fat)....g	26.85		0	MC	9		8.05	5.64	
Ash....g									
Carbohydrate, by difference....g	59.25		0	MC	9		17.77	12.44	
Fiber, total dietary....g	2.2		0	MC	9		0.7	0.5	
Sugars, total....g	1.20		0	MC	9		0.36	0.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	104		0	MC	9		31	22	
Iron, Fe....mg	3.90		0	MC	9		1.17	0.82	
Magnesium, Mg....mg	15		0	MC	9		5	3	
Phosphorus, P....mg	63		0	MC	9		19	13	
Potassium, K....mg	97		0	MC	9		29	20	
Sodium, Na....mg	761		0	MC	9		228	160	
Zinc, Zn....mg	0.70		0	MC	9		0.21	0.15	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.545		0	MC	9		0.164	0.114	
Riboflavin....mg	0.330		0	MC	9		0.099	0.069	
Niacin....mg	4.400		0	MC	9		1.320	0.924	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009	0.006	
Folate, total....µg	126		0	MC	9		38	26	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00	0.00	
Vitamin A, RAE....µg	101		0	NR	4		30	21	
Vitamin A, IU....IU	336		0	MC	9		101	71	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.400		0	MC	9		1.920	1.344	
Fatty acids, total monounsaturated....g	7.100		0	MC	9		2.130	1.491	
Fatty acids, total polyunsaturated....g	12.600		0	MC	9		3.780	2.646	
Fatty acids, total trans....g	0.300		0	MC	9		0.090	0.063	
Cholesterol....mg	2		0	MC	9		1	0	
Phytosterols....mg									

NDB No. 28238
SUNSHINE, CHEEZ-IT, Colby Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Measure 2 = 21g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28245

SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.30		0	MC	9		0.69		
Energy ... kcal	511		0	MC	9		153		
Energy ... kJ	2138		0	MC	9		641		
Protein (N x 6.25) ... g	10.70		0	MC	9		3.21		
Total lipid (fat) ... g	26.50		0	MC	9		7.95		
Ash ... g									
Carbohydrate, by difference ... g	58.20		0	MC	9		17.46		
Fiber, total dietary ... g	4.3		0	MC	9		1.3		
Sugars, total ... g	0.50		0	MC	9		0.15		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	116		0	MC	9		35		
Iron, Fe ... mg	3.90		0	MC	9		1.17		
Magnesium, Mg ... mg	13		0	MC	9		4		
Phosphorus, P ... mg	51		0	MC	9		15		
Potassium, K ... mg	172		0	MC	9		52		
Sodium, Na ... mg	824		0	MC	9		247		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.420		0	MC	9		0.126		
Riboflavin ... mg	0.260		0	MC	9		0.078		
Niacin ... mg	3.400		0	MC	9		1.020		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	97		0	MC	9		29		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	119		0	NR	4		36		
Vitamin A, IU ... IU	395		0	MC	9		119		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.100		0	MC	9		1.830		
Fatty acids, total monounsaturated ... g	7.200		0	MC	9		2.160		
Fatty acids, total polyunsaturated ... g	12.700		0	MC	9		3.810		
Fatty acids, total trans ... g	0.280		0	MC	9		0.084		
Cholesterol ... mg	1		0	MC	9		0		
Phytosterols ... mg									

NDB No. 28245
SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 27 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28239

SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.30		0	MC	9		0.69		
Energy ... kcal	500		0	MC	9		150		
Energy ... kJ	2092		0	MC	9		628		
Protein (N x 6.25) ... g	9.70		0	MC	9		2.91		
Total lipid (fat) ... g	25.00		0	MC	9		7.50		
Ash ... g									
Carbohydrate, by difference ... g	60.50		0	MC	9		18.15		
Fiber, total dietary ... g	2.3		0	MC	9		0.7		
Sugars, total ... g	1.50		0	MC	9		0.45		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	89		0	MC	9		27		
Iron, Fe ... mg	4.00		0	MC	9		1.20		
Magnesium, Mg ... mg	16		0	MC	9		5		
Phosphorus, P ... mg	67		0	MC	9		20		
Potassium, K ... mg	109		0	MC	9		33		
Sodium, Na ... mg	866		0	MC	9		260		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.570		0	MC	9		0.171		
Riboflavin ... mg	0.350		0	MC	9		0.105		
Niacin ... mg	4.500		0	MC	9		1.350		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	130		0	MC	9		39		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.800		0	MC	9		1.740		
Fatty acids, total monounsaturated ... g	6.200		0	MC	9		1.860		
Fatty acids, total polyunsaturated ... g	11.900		0	MC	9		3.570		
Fatty acids, total trans ... g	0.380		0	MC	9		0.114		
Cholesterol ... mg	4		0	MC	9		1		
Phytosterols ... mg									

NDB No. 28239
SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28240

SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69		
Energy....kcal	507		0	MC	9		152		
Energy....kJ	2121		0	MC	9		636		
Protein (N x 6.25)....g	9.00		0	MC	9		2.70		
Total lipid (fat)....g	25.90		0	MC	9		7.77		
Ash....g									
Carbohydrate, by difference....g	60.80		0	MC	9		18.24		
Fiber, total dietary....g	2.2		0	MC	9		0.7		
Sugars, total....g	0.90		0	MC	9		0.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0	MC	9		23		
Iron, Fe....mg	4.00		0	MC	9		1.20		
Magnesium, Mg....mg	15		0	MC	9		5		
Phosphorus, P....mg	66		0	MC	9		20		
Potassium, K....mg	101		0	MC	9		30		
Sodium, Na....mg	898		0	MC	9		269		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.570		0	MC	9		0.171		
Riboflavin....mg	0.340		0	MC	9		0.102		
Niacin....mg	4.600		0	MC	9		1.380		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	131		0	MC	9		39		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.100		0	MC	9		1.830		
Fatty acids, total monounsaturated....g	6.600		0	MC	9		1.980		
Fatty acids, total polyunsaturated....g	12.200		0	MC	9		3.660		
Fatty acids, total trans....g	0.300		0	MC	9		0.090		
Cholesterol....mg	3		0	MC	9		1		
Phytosterols....mg									

NDB No. 28240
SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28243

SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.75		
Energy....kcal	513		0	MC	9		154		
Energy....kJ	2146		0	MC	9		644		
Protein (N x 6.25)....g	8.30		0	MC	9		2.49		
Total lipid (fat)....g	26.10		0	MC	9		7.83		
Ash....g									
Carbohydrate, by difference....g	61.20		0	MC	9		18.36		
Fiber, total dietary....g	2.9		0	MC	9		0.9		
Sugars, total....g	1.00		0	MC	9		0.30		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.26		0	MC	9		1.28		
Magnesium, Mg....mg									
Phosphorus, P....mg	72		0	MC	9		22		
Potassium, K....mg	117		0	MC	9		35		
Sodium, Na....mg	988		0	MC	9		296		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.580		0	MC	9		0.174		
Riboflavin....mg	0.360		0	MC	9		0.108		
Niacin....mg	4.550		0	MC	9		1.365		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	128		0	MC	9		38		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	384		0	NR	4		115		
Vitamin A, IU....IU	1279		0	MC	9		384		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.300		0	MC	9		1.890		
Fatty acids, total monounsaturated....g	7.100		0	MC	9		2.130		
Fatty acids, total polyunsaturated....g	12.500		0	MC	9		3.750		
Fatty acids, total trans....g	0.280		0	MC	9		0.084		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28243
SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28244

SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.30		0	MC	9		0.69		
Energy ... kcal	500		0	MC	9		150		
Energy ... kJ	2092		0	MC	9		628		
Protein (N x 6.25) ... g	8.40		0	MC	9		2.52		
Total lipid (fat) ... g	24.60		0	MC	9		7.38		
Ash ... g									
Carbohydrate, by difference ... g	62.40		0	MC	9		18.72		
Fiber, total dietary ... g	2.2		0	MC	9		0.7		
Sugars, total ... g	0.70		0	MC	9		0.21		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.10		0	MC	9		1.23		
Magnesium, Mg ... mg	16		0	MC	9		5		
Phosphorus, P ... mg	68		0	MC	9		20		
Potassium, K ... mg	104		0	MC	9		31		
Sodium, Na ... mg	833		0	MC	9		250		
Zinc, Zn ... mg	0.70		0	MC	9		0.21		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.590		0	MC	9		0.177		
Riboflavin ... mg	0.350		0	MC	9		0.105		
Niacin ... mg	4.700		0	MC	9		1.410		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.030		0	MC	9		0.009		
Folate, total ... µg	135		0	MC	9		41		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	5.500		0	MC	9		1.650		
Fatty acids, total monounsaturated ... g	5.800		0	MC	9		1.740		
Fatty acids, total polyunsaturated ... g	12.000		0	MC	9		3.600		
Fatty acids, total trans ... g	0.230		0	MC	9		0.069		
Cholesterol ... mg	5		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28244
SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28246
SUNSHINE, CHEEZ-IT, Mozzarella Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69		
Energy....kcal	500		0	MC	9		150		
Energy....kJ	2092		0	MC	9		628		
Protein (N x 6.25)....g	8.60		0	MC	9		2.58		
Total lipid (fat)....g	23.80		0	MC	9		7.14		
Ash....g									
Carbohydrate, by difference....g	64.10		0	MC	9		19.23		
Fiber, total dietary....g	2.2		0	MC	9		0.7		
Sugars, total....g	1.40		0	MC	9		0.42		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.10		0	MC	9		1.23		
Magnesium, Mg....mg	16		0	MC	9		5		
Phosphorus, P....mg	69		0	MC	9		21		
Potassium, K....mg	106		0	MC	9		32		
Sodium, Na....mg	593		0	MC	9		178		
Zinc, Zn....mg	0.80		0	MC	9		0.24		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.600		0	MC	9		0.180		
Riboflavin....mg	0.360		0	MC	9		0.108		
Niacin....mg	4.800		0	MC	9		1.440		
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009		
Folate, total....µg	138		0	MC	9		41		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.400		0	MC	9		1.620		
Fatty acids, total monounsaturated....g	5.600		0	MC	9		1.680		
Fatty acids, total polyunsaturated....g	11.500		0	MC	9		3.450		
Fatty acids, total trans....g	0.200		0	MC	9		0.060		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28246
SUNSHINE, CHEEZ-IT, Mozzarella Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28280
SUNSHINE, CHEEZ-IT, Original Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69	0.80	
Energy....kcal	507		0	MC	9		152	177	
Energy....kJ	2121		0	MC	9		636	742	
Protein (N x 6.25)....g	11.40		0	MC	9		3.42	3.99	
Total lipid (fat)....g	26.30		0	MC	9		7.89	9.20	
Ash....g									
Carbohydrate, by difference....g	57.40		0	MC	9		17.22	20.09	
Fiber, total dietary....g	2.4		0	MC	9		0.7	0.8	
Sugars, total....g	0.50		0	MC	9		0.15	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	147		0	MC	9		44	52	
Iron, Fe....mg	3.90		0	MC	9		1.17	1.37	
Magnesium, Mg....mg	15		0	MC	9		5	5	
Phosphorus, P....mg	63		0	MC	9		19	22	
Potassium, K....mg	97		0	MC	9		29	34	
Sodium, Na....mg	753		0	MC	9		226	264	
Zinc, Zn....mg	0.70		0	MC	9		0.21	0.24	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.540		0	MC	9		0.162	0.189	
Riboflavin....mg	0.330		0	MC	9		0.099	0.116	
Niacin....mg	4.400		0	MC	9		1.320	1.540	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0	MC	9		0.009	0.010	
Folate, total....µg	125		0	MC	9		38	44	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	100		0	NR	4		30	35	
Vitamin A, IU....IU	334		0	MC	9		100	117	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.100		0	MC	9		1.830	2.135	
Fatty acids, total monounsaturated....g	7.200		0	MC	9		2.160	2.520	
Fatty acids, total polyunsaturated....g	12.600		0	MC	9		3.780	4.410	
Fatty acids, total trans....g	0.300		0	MC	9		0.090	0.105	
Cholesterol....mg	1		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28280
SUNSHINE, CHEEZ-IT, Original Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 27 crackers

Measure 2 = 35g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28247

SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.75		
Energy....kcal	503		0	MC	9		151		
Energy....kJ	2105		0	MC	9		632		
Protein (N x 6.25)....g	8.50		0	MC	9		2.55		
Total lipid (fat)....g	25.10		0	MC	9		7.53		
Ash....g									
Carbohydrate, by difference....g	62.00		0	MC	9		18.60		
Fiber, total dietary....g	2.1		0	MC	9		0.6		
Sugars, total....g	1.60		0	MC	9		0.48		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.00		0	MC	9		1.20		
Magnesium, Mg....mg	16		0	MC	9		5		
Phosphorus, P....mg	68		0	MC	9		20		
Potassium, K....mg	103		0	MC	9		31		
Sodium, Na....mg	869		0	MC	9		261		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.580		0	MC	9		0.174		
Riboflavin....mg	0.350		0	MC	9		0.105		
Niacin....mg	4.700		0	MC	9		1.410		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	134		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.500		0	MC	9		1.650		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		1.770		
Fatty acids, total polyunsaturated....g	12.300		0	MC	9		3.690		
Fatty acids, total trans....g	0.430		0	MC	9		0.129		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28247
SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28248

SUNSHINE, CHEEZ-IT, Pepper Jack Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69		
Energy....kcal	503		0	MC	9		151		
Energy....kJ	2105		0	MC	9		632		
Protein (N x 6.25)....g	8.80		0	MC	9		2.64		
Total lipid (fat)....g	25.00		0	MC	9		7.50		
Ash....g									
Carbohydrate, by difference....g	61.90		0	MC	9		18.57		
Fiber, total dietary....g	2.6		0	MC	9		0.8		
Sugars, total....g	0.80		0	MC	9		0.24		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.10		0	MC	9		1.23		
Magnesium, Mg....mg	18		0	MC	9		5		
Phosphorus, P....mg	74		0	MC	9		22		
Potassium, K....mg	143		0	MC	9		43		
Sodium, Na....mg	865		0	MC	9		260		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.590		0	MC	9		0.177		
Riboflavin....mg	0.370		0	MC	9		0.111		
Niacin....mg	4.800		0	MC	9		1.440		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	132		0	MC	9		40		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	197		0	NR	4		59		
Vitamin A, IU....IU	655		0	MC	9		197		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.600		0	MC	9		1.680		
Fatty acids, total monounsaturated....g	5.900		0	MC	9		1.770		
Fatty acids, total polyunsaturated....g	12.300		0	MC	9		3.690		
Fatty acids, total trans....g	0.250		0	MC	9		0.075		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28248
SUNSHINE, CHEEZ-IT, Pepper Jack Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28281
SUNSHINE, CHEEZ-IT, Reduced Fat Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		0	MC	9		0.69	0.80	
Energy....kcal	449		0	MC	9		135	157	
Energy....kJ	1879		0	MC	9		564	658	
Protein (N x 6.25)....g	13.30		0	MC	9		3.99	4.66	
Total lipid (fat)....g	14.50		0	MC	9		4.35	5.08	
Ash....g									
Carbohydrate, by difference....g	67.00		0	MC	9		20.10	23.45	
Fiber, total dietary....g	2.2		0	MC	9		0.7	0.8	
Sugars, total....g	0.80		0	MC	9		0.24	0.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	137		0	MC	9		41	48	
Iron, Fe....mg	4.40		0	MC	9		1.32	1.54	
Magnesium, Mg....mg	19		0	MC	9		6	7	
Phosphorus, P....mg	104		0	MC	9		31	36	
Potassium, K....mg	117		0	MC	9		35	41	
Sodium, Na....mg	823		0	MC	9		247	288	
Zinc, Zn....mg	0.60		0	MC	9		0.18	0.21	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.640		0	MC	9		0.192	0.224	
Riboflavin....mg	0.410		0	MC	9		0.123	0.143	
Niacin....mg	5.700		0	MC	9		1.710	1.995	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0	MC	9		0.021	0.025	
Folate, total....µg	165		0	MC	9		50	58	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	115		0	NR	4		34	40	
Vitamin A, IU....IU	383		0	MC	9		115	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									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.500		0	MC	9		1.050	1.225	
Fatty acids, total monounsaturated....g	4.000		0	MC	9		1.200	1.400	
Fatty acids, total polyunsaturated....g	6.500		0	MC	9		1.950	2.275	
Fatty acids, total trans....g	0.200		0	MC	9		0.060	0.070	
Cholesterol....mg	1		0	MC	9		0	0	
Phytosterols....mg									

NDB No. 28281
SUNSHINE, CHEEZ-IT, Reduced Fat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 29 crackers

Measure 2 = 35g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28252
SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.60		
Energy	kcal	466		0	MC	9		140		
Energy	kJ	1950		0	MC	9		585		
Protein (N x 6.25)	g	10.90		0	MC	9		3.27		
Total lipid (fat)	g	17.30		0	MC	9		5.19		
Ash	g									
Carbohydrate, by difference	g	67.90		0	MC	9		20.37		
Fiber, total dietary	g	2.6		0	MC	9		0.8		
Sugars, total	g	0.60		0	MC	9		0.18		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	4.60		0	MC	9		1.38		
Magnesium, Mg	mg	18		0	MC	9		5		
Phosphorus, P	mg	75		0	MC	9		23		
Potassium, K	mg	115		0	MC	9		35		
Sodium, Na	mg	612		0	MC	9		184		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.650		0	MC	9		0.195		
Riboflavin	mg	0.390		0	MC	9		0.117		
Niacin	mg	5.200		0	MC	9		1.560		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	149		0	MC	9		45		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	117		0	NR	4		35		
Vitamin A, IU	IU	391		0	MC	9		117		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.500		0	MC	9		1.350		
Fatty acids, total monounsaturated	g	3.100		0	MC	9		0.930		
Fatty acids, total polyunsaturated	g	7.500		0	MC	9		2.250		
Fatty acids, total trans	g	0.120		0	MC	9		0.036		
Cholesterol	mg	12		0	MC	9		4		
Phytosterols	mg									

NDB No. 28252
SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 26 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28253
SUNSHINE, CHEEZ-IT, Snack Mix
Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	438		0	MC	9		131		
Energy	kJ	1833		0	MC	9		550		
Protein (N x 6.25)	g	9.00		0	MC	9		2.70		
Total lipid (fat)	g	15.20		0	MC	9		4.56		
Ash	g									
Carbohydrate, by difference	g	66.70		0	MC	9		20.01		
Fiber, total dietary	g	3.7		0	MC	9		1.1		
Sugars, total	g	2.20		0	MC	9		0.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0	MC	9		25		
Iron, Fe	mg	3.84		0	MC	9		1.15		
Magnesium, Mg	mg	15		0	MC	9		4		
Phosphorus, P	mg	62		0	MC	9		19		
Potassium, K	mg	78		0	MC	9		23		
Sodium, Na	mg	1107		0	MC	9		332		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.210		0	MC	9		0.063		
Riboflavin	mg	0.130		0	MC	9		0.039		
Niacin	mg	1.650		0	MC	9		0.495		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg	48		0	MC	9		14		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.200		0	MC	9		0.960		
Fatty acids, total monounsaturated	g	3.800		0	MC	9		1.140		
Fatty acids, total polyunsaturated	g	7.300		0	MC	9		2.190		
Fatty acids, total trans	g	0.170		0	MC	9		0.051		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

NDB No. 28253
SUNSHINE, CHEEZ-IT, Snack Mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28254

SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.60		0	MC	9		0.78		
Energy....kcal	473		0	MC	9		142		
Energy....kJ	1977		0	MC	9		593		
Protein (N x 6.25)....g	8.55		0	MC	9		2.56		
Total lipid (fat)....g	20.60		0	MC	9		6.18		
Ash....g									
Carbohydrate, by difference....g	65.70		0	MC	9		19.71		
Fiber, total dietary....g	3.2		0	MC	9		1.0		
Sugars, total....g	2.15		0	MC	9		0.65		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.70		0	MC	9		1.11		
Magnesium, Mg....mg	25		0	MC	9		7		
Phosphorus, P....mg	80		0	MC	9		24		
Potassium, K....mg	112		0	MC	9		34		
Sodium, Na....mg	952		0	MC	9		285		
Zinc, Zn....mg	0.65		0	MC	9		0.19		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.455		0	MC	9		0.136		
Riboflavin....mg	0.280		0	MC	9		0.084		
Niacin....mg	3.800		0	MC	9		1.140		
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	MC	9		0.006		
Folate, total....µg	108		0	MC	9		32		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.900		0	MC	9		1.470		
Fatty acids, total monounsaturated....g	4.700		0	MC	9		1.410		
Fatty acids, total polyunsaturated....g	9.400		0	MC	9		2.820		
Fatty acids, total trans....g	0.250		0	MC	9		0.075		
Cholesterol....mg	5		0	MC	9		2		
Phytosterols....mg									

NDB No. 28254
SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28249

SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.20		0	MC	9		0.66		
Energy ... kcal	443		0	MC	9		133		
Energy ... kJ	1854		0	MC	9		556		
Protein (N x 6.25) ... g	9.70		0	MC	9		2.91		
Total lipid (fat) ... g	13.60		0	MC	9		4.08		
Ash ... g									
Carbohydrate, by difference ... g	72.00		0	MC	9		21.60		
Fiber, total dietary ... g	2.5		0	MC	9		0.8		
Sugars, total ... g	1.20		0	MC	9		0.36		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.70		0	MC	9		1.41		
Magnesium, Mg ... mg	18		0	MC	9		5		
Phosphorus, P ... mg	79		0	MC	9		24		
Potassium, K ... mg	121		0	MC	9		36		
Sodium, Na ... mg	789		0	MC	9		237		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.670		0	MC	9		0.201		
Riboflavin ... mg	0.410		0	MC	9		0.123		
Niacin ... mg	5.500		0	MC	9		1.650		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	157		0	MC	9		47		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.000		0	MC	9		1.200		
Fatty acids, total monounsaturated ... g	3.000		0	MC	9		0.900		
Fatty acids, total polyunsaturated ... g	5.300		0	MC	9		1.590		
Fatty acids, total trans ... g	0.130		0	MC	9		0.039		
Cholesterol ... mg	7		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28249
SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 25 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28241
SUNSHINE, GRIPZ, Cheez-It Crackers
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.63		
Energy....kcal	491		0	MC	9		123		
Energy....kJ	2054		0	MC	9		514		
Protein (N x 6.25)....g	11.00		0	MC	9		2.75		
Total lipid (fat)....g	23.20		0	MC	9		5.80		
Ash....g									
Carbohydrate, by difference....g	61.00		0	MC	9		15.25		
Fiber, total dietary....g	2.5		0	MC	9		0.6		
Sugars, total....g	0.50		0	MC	9		0.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	113		0	MC	9		28		
Iron, Fe....mg	4.20		0	MC	9		1.05		
Magnesium, Mg....mg	18		0	MC	9		5		
Phosphorus, P....mg	78		0	MC	9		20		
Potassium, K....mg	129		0	MC	9		32		
Sodium, Na....mg	809		0	MC	9		202		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.600		0	MC	9		0.150		
Riboflavin....mg	0.370		0	MC	9		0.093		
Niacin....mg	4.800		0	MC	9		1.200		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	136		0	MC	9		34		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	127		0	NR	4		32		
Vitamin A, IU....IU	422		0	MC	9		106		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.400		0	MC	9		1.600		
Fatty acids, total monounsaturated....g	6.000		0	MC	9		1.500		
Fatty acids, total polyunsaturated....g	9.800		0	MC	9		2.450		
Fatty acids, total trans....g	0.230		0	MC	9		0.058		
Cholesterol....mg	5		0	MC	9		1		
Phytosterols....mg									

NDB No. 28241
SUNSHINE, GRIPZ, Cheez-It Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28242

SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	2.90		0	MC	9		0.73		
Energy ... kcal	484		0	MC	9		121		
Energy ... kJ	2025		0	MC	9		506		
Protein (N x 6.25) ... g	10.80		0	MC	9		2.70		
Total lipid (fat) ... g	21.30		0	MC	9		5.32		
Ash ... g									
Carbohydrate, by difference ... g	63.70		0	MC	9		15.93		
Fiber, total dietary ... g	2.5		0	MC	9		0.6		
Sugars, total ... g	1.00		0	MC	9		0.25		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.30		0	MC	9		1.08		
Magnesium, Mg ... mg	18		0	MC	9		5		
Phosphorus, P ... mg	77		0	MC	9		19		
Potassium, K ... mg	122		0	MC	9		31		
Sodium, Na ... mg	919		0	MC	9		230		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.600		0	MC	9		0.150		
Riboflavin ... mg	0.370		0	MC	9		0.093		
Niacin ... mg	5.000		0	MC	9		1.250		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg	141		0	MC	9		35		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.700		0	MC	9		1.675		
Fatty acids, total monounsaturated ... g	5.200		0	MC	9		1.300		
Fatty acids, total polyunsaturated ... g	7.700		0	MC	9		1.925		
Fatty acids, total trans ... g	0.200		0	MC	9		0.050		
Cholesterol ... mg	8		0	MC	9		2		
Phytosterols ... mg									

NDB No. 28242
SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 pouch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28282

SUNSHINE, KRISPY, Soup & Oyster Crackers (large)

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.50		0	MC	9		0.38		
Energy....kcal	416		0	MC	9		62		
Energy....kJ	1741		0	MC	9		261		
Protein (N x 6.25)....g	8.60		0	MC	9		1.29		
Total lipid (fat)....g	9.30		0	MC	9		1.40		
Ash....g									
Carbohydrate, by difference....g	76.10		0	MC	9		11.41		
Fiber, total dietary....g	2.6		0	MC	9		0.4		
Sugars, total....g	2.40		0	MC	9		0.36		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	4.90		0	MC	9		0.74		
Magnesium, Mg....mg	19		0	MC	9		3		
Phosphorus, P....mg	81		0	MC	9		12		
Potassium, K....mg	147		0	MC	9		22		
Sodium, Na....mg	1536		0	MC	9		230		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.710		0	MC	9		0.106		
Riboflavin....mg	0.450		0	MC	9		0.067		
Niacin....mg	6.000		0	MC	9		0.900		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	161		0	MC	9		24		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.600		0	MC	9		0.240		
Fatty acids, total monounsaturated....g	2.100		0	MC	9		0.315		
Fatty acids, total polyunsaturated....g	5.200		0	MC	9		0.780		
Fatty acids, total trans....g	0.080		0	MC	9		0.012		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 28282
SUNSHINE, KRISPY, Soup & Oyster Crackers (large)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 16 crackers

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18354
Strudel, apple

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.50		2		1		12.33	30.89	
Energy	kcal	274		0	NC	4		78	195	
Energy	kJ	1146		0		4		325	814	
Protein (N x 6)	g	3.30		2		1		0.94	2.34	
Total lipid (fat)	g	11.20		2		1		3.18	7.95	
Ash	g	0.80		2		1		0.23	0.57	
Carbohydrate, by difference	g	41.10		0	NC	4		11.65	29.18	
Fiber, total dietary	g	2.2		0		1		0.6	1.6	
Sugars, total	g	25.75		0	FLA	4		7.30	18.28	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		2		1		4	11	
Iron, Fe	mg	0.42		2		1		0.12	0.30	
Magnesium, Mg	mg	9		2		1		3	6	
Phosphorus, P	mg	33		2		1		9	23	
Potassium, K	mg	149		0	FLA	4		42	106	
Sodium, Na	mg	135		0	NR	4		38	96	
Zinc, Zn	mg	0.19		2		1		0.05	0.13	
Copper, Cu	mg	0.030		2		1		0.009	0.021	
Manganese, Mn	mg	0.190		2		1		0.054	0.135	
Selenium, Se	µg	6.1		0	FLA	4		1.7	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		2		1		0.5	1.2	
Thiamin	mg	0.040		2		1		0.011	0.028	
Riboflavin	mg	0.025		2		1		0.007	0.018	
Niacin	mg	0.330		2		1		0.094	0.234	
Pantothenic acid	mg	0.270		0	FLA	4		0.077	0.192	
Vitamin B-6	mg	0.046		0	FLA	4		0.013	0.033	
Folate, total	µg	28		0	FLA	4		8	20	
Folic acid	µg	22		0	NR	4		6	16	
Folate, food	µg	6		0	NC	4		2	5	
Folate, DFE	µg	44		0	NC	4		12	31	
Choline, total	mg	17.4		0	FLC	4		4.9	12.4	
Betaine	mg									
Vitamin B-12	µg	0.22		0	FLA	4		0.06	0.16	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	6		0	NC	4		2	4	
Retinol	µg	6		0	FLA	4		2	4	
Carotene, beta	µg	5		0	FLA	4		1	3	
Carotene, alpha	µg	1		0	FLA	4		0	1	
Cryptoxanthin, beta	µg	3		0	FLA	4		1	2	
Vitamin A, IU	IU	30		2		1		9	21	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	42		0	FLA	4		12	30	
Vitamin E (alpha-tocopherol)	mg	1.42		0	FLA	4		0.40	1.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.9		0	FLA	4		0.8	2.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18354
Strudel, apple

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.044		0	FLA	4		0.579	1.451	
4:0....g	0.001		0	FLA	4		0.000	0.001	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.001	
12:0....g	0.001		0	FLA	4		0.000	0.001	
13:0....g									
14:0....g	0.037		0	FLA	4		0.010	0.026	
15:0....g									
16:0....g	1.583		0	FLA	4		0.449	1.124	
17:0....g									
18:0....g	0.416		0	FLA	4		0.118	0.295	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.267		0	FLA	4		0.926	2.320	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0	FLA	4		0.007	0.018	
17:1....g									
18:1 undifferentiated....g	3.240		0	FLA	4		0.919	2.300	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.315		0	FLA	4		1.507	3.774	
18:2 undifferentiated....g	5.002		0	FLA	4		1.418	3.551	
18:3 undifferentiated....g	0.310		0	FLA	4		0.088	0.220	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	6		0	FLA	4		2	4	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0		1		0.011	0.028	
Threonine....g	0.119		0		1		0.034	0.084	
Isoleucine....g	0.147		0		1		0.042	0.104	
Leucine....g	0.257		0		1		0.073	0.182	
Lysine....g	0.153		0		1		0.043	0.109	
Methionine....g	0.067		0		1		0.019	0.048	
Cystine....g	0.058		0		1		0.016	0.041	
Phenylalanine....g	0.151		0		1		0.043	0.107	
Tyrosine....g	0.115		0		1		0.033	0.082	
Valine....g	0.164		0		1		0.046	0.116	
Arginine....g	0.135		0		1		0.038	0.096	
Histidine....g	0.076		0		1		0.022	0.054	
Alanine....g	0.116		0		1		0.033	0.082	
Aspartic acid....g	0.206		0		1		0.058	0.146	
Glutamic acid....g	0.848		0		1		0.240	0.602	
Glycine....g	0.097		0		1		0.027	0.069	
Proline....g	0.305		0		1		0.086	0.217	
Serine....g	0.183		0		1		0.052	0.130	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 18354
Strudel, apple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 piece

Calories Factors: Protein 4.2 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18355
Sweet rolls, cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.40		2		1		8.33	19.40	
Energy....kcal	360		0	NC	4		102	238	
Energy....kJ	1506				4		427	994	
Protein (N x 6)....g	7.10		2		1		2.01	4.69	
Total lipid (fat)....g	18.30		2		1		5.19	12.08	
Ash....g	1.40		2		1		0.40	0.92	
Carbohydrate, by difference....g	43.70		0	NC	4		12.39	28.84	
Fiber, total dietary....g	1.2		0		1		0.3	0.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	118		2		1		33	78	
Iron, Fe....mg	0.76		2		1		0.22	0.50	
Magnesium, Mg....mg	19		2		1		5	13	
Phosphorus, P....mg	98		2		1		28	65	
Potassium, K....mg	137		0	FLA	4		39	90	
Sodium, Na....mg	357		2		1		101	236	
Zinc, Zn....mg	0.63		2		1		0.18	0.42	
Copper, Cu....mg	0.095		2		1		0.027	0.063	
Manganese, Mn....mg	0.210		2		1		0.060	0.139	
Selenium, Se....µg	11.9		0	FLA	4		3.4	7.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin....mg	0.150		2		1		0.043	0.099	
Riboflavin....mg	0.130		2		1		0.037	0.086	
Niacin....mg	0.830		2		1		0.235	0.548	
Pantothenic acid....mg	0.416		0	FLA	4		0.118	0.275	
Vitamin B-6....mg	0.069		0	FLA	4		0.020	0.046	
Folate, total....µg	43		0	FLA	4		12	28	
Folic acid....µg	12		0	NC	4		3	8	
Folate, food....µg	31		0		4		9	20	
Folate, DFE....µg	51		0	NC	4		15	34	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0	FLA	4		0.09	0.20	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	254		0	FLA	4		72	168	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18355
Sweet rolls, cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.059		0	FLA	4		1.718	3.999	
4:0....g	0.102		0	FLA	4		0.029	0.067	
6:0....g	0.030		0	FLA	4		0.009	0.020	
8:0....g	0.035		0	FLA	4		0.010	0.023	
10:0....g	0.069		0	FLA	4		0.020	0.046	
12:0....g	0.048		0	FLA	4		0.014	0.032	
13:0....g									
14:0....g	0.437		0	FLA	4		0.124	0.288	
15:0....g									
16:0....g	3.138		0	FLA	4		0.890	2.071	
17:0....g									
18:0....g	2.084		0	FLA	4		0.591	1.375	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.057		0	FLA	4		2.568	5.978	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159		0	FLA	4		0.045	0.105	
17:1....g									
18:1 undifferentiated....g	8.843		0	FLA	4		2.507	5.836	
20:1....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.032		0	FLA	4		0.576	1.341	
18:2 undifferentiated....g	1.861		0	FLA	4		0.528	1.228	
18:3 undifferentiated....g	0.142		0	FLA	4		0.040	0.094	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	FLA	4		0.006	0.015	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	FLA	4		22	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.022	0.051	
Threonine....g	0.262		0		1		0.074	0.173	
Isoleucine....g	0.319		0		1		0.090	0.211	
Leucine....g	0.555		0		1		0.157	0.366	
Lysine....g	0.388		0		1		0.110	0.256	
Methionine....g	0.142		0		1		0.040	0.094	
Cystine....g	0.112		0		1		0.032	0.074	
Phenylalanine....g	0.343		0		1		0.097	0.226	
Tyrosine....g	0.256		0		1		0.073	0.169	
Valine....g	0.354		0		1		0.100	0.234	
Arginine....g	0.313		0		1		0.089	0.207	
Histidine....g	0.183		0		1		0.052	0.121	
Alanine....g	0.267		0		1		0.076	0.176	
Aspartic acid....g	0.485		0		1		0.137	0.320	
Glutamic acid....g	1.725		0		1		0.489	1.139	
Glycine....g	0.221		0		1		0.063	0.146	
Proline....g	0.600		0		1		0.170	0.396	
Serine....g	0.374		0		1		0.106	0.247	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18355
Sweet rolls, cheese

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 roll

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18356
Sweet rolls, cinnamon, commercially prepared with raisins

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.80	0.752	12		1		7.03	20.58	14.88
Energy	kcal	372		0	NC	4		105	309	223
Energy	kJ	1556		0		4		441	1292	934
Protein (N x 5.8)	g	6.20	0.312	8		1		1.76	5.15	3.72
Total lipid (fat)	g	16.40	1.183	8		1		4.65	13.61	9.84
Ash	g	1.70	0.144	8		1		0.48	1.41	1.02
Carbohydrate, by difference	g	50.90		0	NC	4		14.43	42.25	30.54
Fiber, total dietary	g	2.4		0		1		0.7	2.0	1.4
Sugars, total	g	31.73		0	FLA	4		9.00	26.34	19.04
Starch	g									
Minerals:										
Calcium, Ca	mg	72	19.482	10		1		20	60	43
Iron, Fe	mg	1.60	0.065	13		1		0.45	1.33	0.96
Magnesium, Mg	mg	17	1.067	10		1		5	14	10
Phosphorus, P	mg	76	4.955	10		1		22	63	46
Potassium, K	mg	111	6.286	8		1		31	92	67
Sodium, Na	mg	304		0	LC	8		86	252	182
Zinc, Zn	mg	0.59	0.045	6		1		0.17	0.49	0.35
Copper, Cu	mg	0.088	0.005	6		1		0.025	0.073	0.053
Manganese, Mn	mg	0.300	0.011	6		1		0.085	0.249	0.180
Selenium, Se	µg	17.0	0.755	33	A	1		4.8	14.1	10.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		2		1		0.6	1.7	1.2
Thiamin	mg	0.324	0.054	12		1		0.092	0.269	0.194
Riboflavin	mg	0.265	0.047	9		1		0.075	0.220	0.159
Niacin	mg	2.384	0.100	10		1		0.676	1.979	1.430
Pantothenic acid	mg	0.406		0	FLA	4		0.115	0.337	0.244
Vitamin B-6	mg	0.107		1		1		0.030	0.089	0.064
Folate, total	µg	72		0	FLA	4		20	60	43
Folic acid	µg	48		0		4		14	40	29
Folate, food	µg	24	1.042	4		1		7	20	14
Folate, DFE	µg	106		0	NC	4		30	88	63
Choline, total	mg	41.3		0	FLC	4		11.7	34.3	24.8
Betaine	mg									
Vitamin B-12	µg	0.14		0	FLA	4		0.04	0.12	0.08
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	62		0	NC	4		17	51	37
Retinol	µg	61		0	FLA	4		17	51	37
Carotene, beta	µg	5		0	FLA	4		1	4	3
Carotene, alpha	µg	1		0	FLA	4		0	1	1
Cryptoxanthin, beta	µg	2		0	FLA	4		0	1	1
Vitamin A, IU	IU	214		0	NC	4		61	178	129
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	70		0	FLA	4		20	58	42
Vitamin E (alpha-tocopherol)	mg	1.99		0	FLA	4		0.56	1.65	1.19
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	4.4		0	FLA	4		1.2	3.6	2.6
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18356
Sweet rolls, cinnamon, commercially prepared with raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.079		0	FLA	4		0.873	2.556	1.847
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0....g	0.001		0	FLA	4		0.000	0.001	0.001
13:0....g									
14:0....g	0.049		0	FLA	4		0.014	0.041	0.029
15:0....g									
16:0....g	2.383		0	FLA	4		0.676	1.978	1.430
17:0....g									
18:0....g	0.633		0	FLA	4		0.179	0.525	0.380
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.797		0	FLA	4		1.360	3.982	2.878
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0	FLA	4		0.020	0.058	0.042
17:1....g									
18:1 undifferentiated....g	4.724		0	FLA	4		1.339	3.921	2.834
20:1....g	0.003		0	FLA	4		0.001	0.002	0.002
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.473		0	FLA	4		2.119	6.203	4.484
18:2 undifferentiated....g	7.021		0	FLA	4		1.990	5.827	4.213
18:3 undifferentiated....g	0.433		0	FLA	4		0.123	0.359	0.260
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0	FLA	4		0.004	0.012	0.009
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.004		0	FLA	4		0.001	0.003	0.002
Fatty acids, total trans....g									
Cholesterol....mg	66		2		1		19	55	40
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0		1		0.021	0.061	0.044
Threonine....g	0.211		0		1		0.060	0.175	0.127
Isoleucine....g	0.259		0		1		0.073	0.215	0.155
Leucine....g	0.458		0		1		0.130	0.380	0.275
Lysine....g	0.243		0		1		0.069	0.202	0.146
Methionine....g	0.117		0		1		0.033	0.097	0.070
Cystine....g	0.120		0		1		0.034	0.100	0.072
Phenylalanine....g	0.300		0		1		0.085	0.249	0.180
Tyrosine....g	0.200		0		1		0.057	0.166	0.120
Valine....g	0.291		0		1		0.082	0.242	0.175
Arginine....g	0.283		0		1		0.080	0.235	0.170
Histidine....g	0.145		0		1		0.041	0.120	0.087
Alanine....g	0.233		0		1		0.066	0.193	0.140
Aspartic acid....g	0.407		0		1		0.115	0.338	0.244
Glutamic acid....g	1.732		0		1		0.491	1.438	1.039
Glycine....g	0.219		0		1		0.062	0.182	0.131
Proline....g	0.582		0		1		0.165	0.483	0.349
Serine....g	0.331		0		1		0.094	0.275	0.199
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 83g: 1 large

Measure 3 = 60g: 1 roll (2-3/4" square)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18357
Sweet rolls, cinnamon, refrigerated dough with frosting

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.90	0.671	16		1		8.19	8.67	
Energy....kcal	333		0	NC	4		94	100	
Energy....kJ	1393				4		395	418	
Protein (N x 5.7)....g	5.00	0.138	16		1		1.42	1.50	
Total lipid (fat)....g	12.20	0.640	16		1		3.46	3.66	
Ash....g	2.40	0.043	16		1		0.68	0.72	
Carbohydrate, by difference....g	51.60		0	NC	4		14.63	15.48	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31	10.831	14		1		9	9	
Iron, Fe....mg	2.44	0.163	10		1		0.69	0.73	
Magnesium, Mg....mg	11	0.344	11		1		3	3	
Phosphorus, P....mg	321	10.313	11		1		91	96	
Potassium, K....mg	58	8.078	11		1		16	17	
Sodium, Na....mg	765	15.494	14		1		217	230	
Zinc, Zn....mg	0.31	0.017	8		1		0.09	0.09	
Copper, Cu....mg	0.065	0.004	11		1		0.018	0.020	
Manganese, Mn....mg	0.415		0	FLA	4		0.118	0.125	
Selenium, Se....µg	16.3		0	FLA	4		4.6	4.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin....mg	0.470	0.068	10		1		0.133	0.141	
Riboflavin....mg	0.249	0.028	10		1		0.071	0.075	
Niacin....mg	3.703	0.331	10		1		1.050	1.111	
Pantothenic acid....mg	0.260		0	FLA	4		0.074	0.078	
Vitamin B-6....mg	0.031		0	FLA	4		0.009	0.009	
Folate, total....µg	50		0	FLA	4		14	15	
Folic acid....µg	42		0	NC	4		12	13	
Folate, food....µg	8		0		4		2	2	
Folate, DFE....µg	79		0	NC	4		23	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2		0	FLA	4		1	1	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18357
Sweet rolls, cinnamon, refrigerated dough with frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.081		0	FLA	4		0.873	0.924	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.060		0	FLA	4		0.017	0.018	
15:0....g									
16:0....g	1.599		0	FLA	4		0.453	0.480	
17:0....g									
18:0....g	1.421		0	FLA	4		0.403	0.426	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.839		0	FLA	4		1.939	2.052	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	6.838		0	FLA	4		1.939	2.051	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.604		0	FLA	4		0.455	0.481	
18:2 undifferentiated....g	1.523		0	FLA	4		0.432	0.457	
18:3 undifferentiated....g	0.081		0	FLA	4		0.023	0.024	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.018	0.019	
Threonine....g	0.147		0		1		0.042	0.044	
Isoleucine....g	0.180		0		1		0.051	0.054	
Leucine....g	0.351		0		1		0.100	0.105	
Lysine....g	0.128		0		1		0.036	0.038	
Methionine....g	0.089		0		1		0.025	0.027	
Cystine....g	0.105		0		1		0.030	0.032	
Phenylalanine....g	0.245		0		1		0.069	0.074	
Tyrosine....g	0.152		0		1		0.043	0.046	
Valine....g	0.205		0		1		0.058	0.062	
Arginine....g	0.200		0		1		0.057	0.060	
Histidine....g	0.110		0		1		0.031	0.033	
Alanine....g	0.166		0		1		0.047	0.050	
Aspartic acid....g	0.231		0		1		0.065	0.069	
Glutamic acid....g	1.613		0		1		0.457	0.484	
Glycine....g	0.175		0		1		0.050	0.053	
Proline....g	0.555		0		1		0.157	0.167	
Serine....g	0.248		0		1		0.070	0.074	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18358
Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.70		0		4		6.44	6.81	
Energy....kcal	362		0		4		103	109	
Energy....kJ	1515				4		429	454	
Protein....g	5.40		0		4		1.53	1.62	
Total lipid (fat)....g	13.20		0		4		3.74	3.96	
Ash....g	2.60		0		4		0.74	0.78	
Carbohydrate, by difference....g	56.10		0		4		15.90	16.83	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34		0		4		10	10	
Iron, Fe....mg	2.65		0		4		0.75	0.80	
Magnesium, Mg....mg	12		0		4		3	4	
Phosphorus, P....mg	348		0		4		99	104	
Potassium, K....mg	63		0		4		18	19	
Sodium, Na....mg	832		0		4		236	250	
Zinc, Zn....mg	0.34		0		4		0.10	0.10	
Copper, Cu....mg	0.071		0		4		0.020	0.021	
Manganese, Mn....mg	0.418		0		4		0.119	0.125	
Selenium, Se....µg	17.7		0	RP	4		5.0	5.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		4		0.1	0.1	
Thiamin....mg	0.409		0		4		0.116	0.123	
Riboflavin....mg	0.244		0		4		0.069	0.073	
Niacin....mg	3.622		0		4		1.027	1.087	
Pantothenic acid....mg	0.266		0		4		0.075	0.080	
Vitamin B-6....mg	0.034		0		4		0.010	0.010	
Folate, total....µg	55		0	RP	4		16	17	
Folic acid....µg	49		0	NC	4		14	15	
Folate, food....µg	6		0		4		2	2	
Folate, DFE....µg	89		0	NC	4		25	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.05		0		4		0.01	0.02	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2		0		4		1	1	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.348		0		4		0.949	1.004	
4:0....g	0.001		0		4		0.000	0.000	
6:0....g	0.001		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.000	0.000	
13:0....g									
14:0....g	0.067		0		4		0.019	0.020	
15:0....g									
16:0....g	1.734		0		4		0.492	0.520	
17:0....g									
18:0....g	1.544		0		4		0.438	0.463	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.421		0		4		2.104	2.226	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.420		0		4		2.104	2.226	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.728		0		4		0.490	0.518	
18:2 undifferentiated....g	1.641		0		4		0.465	0.492	
18:3 undifferentiated....g	0.088		0		4		0.025	0.026	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		4		0.019	0.020	
Threonine....g	0.160		0		4		0.045	0.048	
Isoleucine....g	0.195		0		4		0.055	0.059	
Leucine....g	0.382		0		4		0.108	0.115	
Lysine....g	0.139		0		4		0.039	0.042	
Methionine....g	0.097		0		4		0.027	0.029	
Cystine....g	0.115		0		4		0.033	0.035	
Phenylalanine....g	0.266		0		4		0.075	0.080	
Tyrosine....g	0.165		0		4		0.047	0.050	
Valine....g	0.223		0		4		0.063	0.067	
Arginine....g	0.218		0		4		0.062	0.065	
Histidine....g	0.119		0		4		0.034	0.036	
Alanine....g	0.181		0		4		0.051	0.054	
Aspartic acid....g	0.251		0		4		0.071	0.075	
Glutamic acid....g	1.753		0		4		0.497	0.526	
Glycine....g	0.190		0		4		0.054	0.057	
Proline....g	0.603		0		4		0.171	0.181	
Serine....g	0.270		0		4		0.077	0.081	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18360
Taco shells, baked (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.40	0.056	16	A	1		0.83	0.81	0.85
Energy....kcal	476		0	NC	4		61	60	63
Energy....kJ	1991		0	NC	4		257	253	265
Protein....g	6.41	0.057	16	A	1		0.83	0.81	0.85
Total lipid (fat)....g	21.79	0.206	16	A	1		2.81	2.77	2.90
Ash....g	1.90	0.058	16	A	1		0.25	0.24	0.25
Carbohydrate, by difference....g	63.49		0	NC	4		8.19	8.06	8.44
Fiber, total dietary....g	6.7	0.215	6	A	1		0.9	0.9	0.9
Sugars, total....g	1.50	0.039	9	A	1		0.19	0.19	0.20
Sucrose....g	1.00	0.039	9	A	1		0.13	0.13	0.13
Glucose (dextrose)....g	0.10	0.000	9	A	1		0.01	0.01	0.01
Fructose....g	0.10	0.000	9	A	1		0.01	0.01	0.01
Lactose....g	0.10	0.000	9	A	1		0.01	0.01	0.01
Maltose....g	0.10	0.000	9	A	1		0.01	0.01	0.01
Galactose....g	0.10	0.000	9	A	1		0.01	0.01	0.01
Starch....g	54.94	0.730	6	A	1		7.09	6.98	7.31
Minerals:									
Calcium, Ca....mg	100	2.561	16	A	1		13	13	13
Iron, Fe....mg	1.64	0.082	16	A	1		0.21	0.21	0.22
Magnesium, Mg....mg	83	1.633	16	A	1		11	10	11
Phosphorus, P....mg	233	3.322	16	A	1		30	30	31
Potassium, K....mg	231	4.911	16	A	1		30	29	31
Sodium, Na....mg	324	22.848	16	A	1		42	41	43
Zinc, Zn....mg	1.61	0.059	16	A	1		0.21	0.20	0.21
Copper, Cu....mg	0.113	0.004	16	A	1		0.015	0.014	0.015
Manganese, Mn....mg	0.560	0.038	16	A	1		0.072	0.071	0.074
Selenium, Se....µg	4.8	1.178	3	A	1		0.6	0.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin....mg	0.216	0.056	3	A	1		0.028	0.027	0.029
Riboflavin....mg	0.080	0.012	3	A	1		0.010	0.010	0.011
Niacin....mg	1.867	0.233	3	A	1		0.241	0.237	0.248
Pantothenic acid....mg									
Vitamin B-6....mg	0.203	0.007	3	A	1		0.026	0.026	0.027
Folate, total....µg	69		2	A	1		9	9	9
Folic acid....µg	24		2	A	1		3	3	3
Folate, food....µg	46		0	AS	1		6	6	6
Folate, DFE....µg	85		0	NC	4		11	11	11
Choline, total....mg	29.9		0	AS	1		3.9	3.8	4.0
Betaine....mg	0.4		1	A	1		0.1	0.1	0.1
Vitamin B-12....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NC	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	3	0.000	3	A	1		0	0	0
Carotene, alpha....µg	3	0.000	3	A	1		0	0	0
Cryptoxanthin, beta....µg	13	10.167	3	A	1		2	2	2
Vitamin A, IU....IU	17		0	AS	1		2	2	2
Lycopene....µg	3	0.000	3	A	1		0	0	0
Lutein + zeaxanthin....µg	106		0	FLA	4		14	14	14
Vitamin E (alpha-tocopherol)....mg	0.69	0.012	3	A	1		0.09	0.09	0.09
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 18360
Taco shells, baked (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....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	8.6	2.707	3	A	1		1.1	1.1	1.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.105		0	NC	4		0.917	0.902	0.945
4:0....g	0.006	0.000	9	A	1		0.001	0.001	0.001
6:0....g	0.004	0.004	9	A	1		0.000	0.000	0.000
8:0....g	0.057	0.051	9	A	1		0.007	0.007	0.008
10:0....g	0.053	0.041	9	A	1		0.007	0.007	0.007
12:0....g	0.342	0.317	9	A	1		0.044	0.043	0.046
13:0....g									
14:0....g	0.251	0.119	9	A	1		0.032	0.032	0.033
15:0....g	0.008	0.000	9	A	1		0.001	0.001	0.001
16:0....g	5.530	0.179	9	A	1		0.713	0.702	0.735
17:0....g	0.012	0.002	9	A	1		0.002	0.002	0.002
18:0....g	0.757	0.020	9	A	1		0.098	0.096	0.101
20:0....g	0.067	0.002	9	A	1		0.009	0.008	0.009
22:0....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:0....g	0.019	0.002	9	A	1		0.002	0.002	0.002
Fatty acids, total monounsaturated....g	6.935		0	NC	4		0.895	0.881	0.922
14:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.028	0.003	9	AS	1		0.004	0.004	0.004
16:1 c....g	0.028	0.003	9	A	1		0.004	0.004	0.004
16:1 t....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1....g	0.007	0.001	9	A	1		0.001	0.001	0.001
18:1 undifferentiated....g	6.854	0.242	9	AS	1		0.884	0.870	0.912
18:1 c....g	6.759	0.245	9	A	1		0.872	0.858	0.899
18:1 t....g	0.095	0.013	9	A	1		0.012	0.012	0.013
18:1-11 t (18:1t n-7)....g									
20:1....g	0.043	0.002	9	A	1		0.006	0.005	0.006
22:1 undifferentiated....g	0.002	0.000	9	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.000	9	A	1		0.000	0.000	0.000
22:1 t....g	0.001	0.000	9	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	5.495		0	NC	4		0.709	0.698	0.731
18:2 undifferentiated....g	5.182	0.506	9	AS	1		0.668	0.658	0.689
18:2 n-6 c,c....g	5.097	0.494	9	A	1		0.658	0.647	0.678
18:2 CLAs....g	0.009	0.002	9	A	1		0.001	0.001	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.076	0.016	9	A	1		0.010	0.010	0.010
18:3 undifferentiated....g	0.284	0.032	9	AS	1		0.037	0.036	0.038
18:3 n-3 c,c,c (ALA)....g	0.270	0.031	9	A	1		0.035	0.034	0.036
18:3 n-6 c,c,c....g	0.014	0.001	9	A	1		0.002	0.002	0.002
18:3i....g									
18:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.005	0.000	9	A	1		0.001	0.001	0.001
20:3 undifferentiated....g	0.000	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.172		0	NC	4		0.022	0.022	0.023
Fatty acids, total trans-monoenoic....g	0.096		0	NC	4		0.012	0.012	0.013

NDB No. 18360
Taco shells, baked (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.076		0	NC	4		0.010	0.010	0.010
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040	0.006	3	A	1		0.005	0.005	0.005
Threonine.....g	0.227	0.017	3	A	1		0.029	0.029	0.030
Isoleucine.....g	0.220	0.015	3	A	1		0.028	0.028	0.029
Leucine.....g	0.837	0.022	3	A	1		0.108	0.106	0.111
Lysine.....g	0.197	0.013	3	A	1		0.025	0.025	0.026
Methionine.....g	0.180	0.006	3	A	1		0.023	0.023	0.024
Cystine.....g	0.140	0.006	3	A	1		0.018	0.018	0.019
Phenylalanine.....g	0.290	0.010	3	A	1		0.037	0.037	0.039
Tyrosine.....g	0.223	0.003	3	A	1		0.029	0.028	0.030
Valine.....g	0.287	0.007	3	A	1		0.037	0.036	0.038
Arginine.....g	0.287	0.007	3	A	1		0.037	0.036	0.038
Histidine.....g	0.167	0.007	3	A	1		0.021	0.021	0.022
Alanine.....g	0.457	0.015	3	A	1		0.059	0.058	0.061
Aspartic acid.....g	0.540	0.031	3	A	1		0.070	0.069	0.072
Glutamic acid.....g	1.257	0.024	3	A	1		0.162	0.160	0.167
Glycine.....g	0.250	0.006	3	A	1		0.032	0.032	0.033
Proline.....g	0.770	0.067	3	A	1		0.099	0.098	0.102
Serine.....g	0.367	0.019	3	A	1		0.047	0.047	0.049
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.9g: 1 shell

Measure 2 = 12.7g: 1 taco

Measure 3 = 13.3g: 1 medium (approx 5" dia)

Footnotes:

1 Item includes both regular corn and whole grain corn tortilla shells.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18448
Taco shells, baked, without added salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00	0.396	5		1		1.70	0.78	0.30
Energy	kcal	468		0	NC	4		133	61	23
Energy	kJ	1958				4		555	255	98
Protein (N x 6.2)	g	7.20	0.544	3		1		2.04	0.94	0.36
Total lipid (fat)	g	22.60	0.156	3		1		6.41	2.94	1.13
Ash	g	1.80	0.218	3		1		0.51	0.23	0.09
Carbohydrate, by difference	g	62.40		0		4		17.69	8.11	3.12
Fiber, total dietary	g	7.5		0		4		2.1	1.0	0.4
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	160	45.511	3		1		45	21	8
Iron, Fe	mg	2.50	1.097	3		1		0.71	0.33	0.13
Magnesium, Mg	mg	105	15.717	3		1		30	14	5
Phosphorus, P	mg	248	25.045	3		1		70	32	12
Potassium, K	mg	179	35.176	3		1		51	23	9
Sodium, Na	mg	15		0		4		4	2	1
Zinc, Zn	mg	1.40	0.099	3		1		0.40	0.18	0.07
Copper, Cu	mg	0.120	0.042	3		1		0.034	0.016	0.006
Manganese, Mn	mg	0.435	0.029	3		1		0.123	0.057	0.022
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.228	0.015	9		1		0.065	0.030	0.011
Riboflavin	mg	0.053	0.001	8		1		0.015	0.007	0.003
Niacin	mg	1.350	0.067	8		1		0.383	0.176	0.068
Pantothenic acid	mg	0.470	0.035	9		1		0.133	0.061	0.024
Vitamin B-6	mg	0.296		0	BFZN	4		0.084	0.038	0.015
Folate, total	µg	105		0	FLA	4		30	14	5
Folic acid	µg	99		0	NC	4		28	13	5
Folate, food	µg	6	0.081	8		1		2	1	0
Folate, DFE	µg	174		0	NC	4		49	23	9
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	µg	0		0	NC	4		0	0	0
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18448
Taco shells, baked, without added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.245		0	BFZN	4		0.920	0.422	0.162
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.019		0	BFZN	4		0.005	0.002	0.001
15:0....g									
16:0....g	2.217		0	BFZN	4		0.629	0.288	0.111
17:0....g									
18:0....g	0.994		0	BFZN	4		0.282	0.129	0.050
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.934		0	BFZN	4		2.533	1.161	0.447
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0	BFZN	4		0.022	0.010	0.004
17:1....g									
18:1 undifferentiated....g	8.837		0	BFZN	4		2.505	1.149	0.442
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.494		0	BFZN	4		2.408	1.104	0.425
18:2 undifferentiated....g	7.941		0	BFZN	4		2.251	1.032	0.397
18:3 undifferentiated....g	0.534		0	BFZN	4		0.151	0.069	0.027
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0		4		0.015	0.007	0.003
Threonine....g	0.271		0		4		0.077	0.035	0.014
Isoleucine....g	0.259		0		4		0.073	0.034	0.013
Leucine....g	0.886		0		4		0.251	0.115	0.044
Lysine....g	0.203		0		4		0.058	0.026	0.010
Methionine....g	0.151		0		4		0.043	0.020	0.008
Cystine....g	0.130		0		4		0.037	0.017	0.007
Phenylalanine....g	0.354		0		4		0.100	0.046	0.018
Tyrosine....g	0.294		0		4		0.083	0.038	0.015
Valine....g	0.366		0		4		0.104	0.048	0.018
Arginine....g	0.360		0		4		0.102	0.047	0.018
Histidine....g	0.221		0		4		0.063	0.029	0.011
Alanine....g	0.540		0		4		0.153	0.070	0.027
Aspartic acid....g	0.502		0		4		0.142	0.065	0.025
Glutamic acid....g	1.354		0		4		0.384	0.176	0.068
Glycine....g	0.297		0		4		0.084	0.039	0.015
Proline....g	0.630		0		4		0.179	0.082	0.032
Serine....g	0.343		0		4		0.097	0.045	0.017
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18448

Taco shells, baked, without added salt

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 medium (approx 5" dia)

Measure 3 = 5.0g: 1 miniature (3" dia)

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18494

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	366		0	MC	9		183		
Energy ... kJ	1531		0	MC	9		766		
Protein ... g	4.70		0	MC	9		2.35		
Total lipid (fat) ... g	5.90		0	MC	9		2.95		
Ash ... g									
Carbohydrate, by difference ... g	73.70		0	MC	9		36.85		
Fiber, total dietary ... g	5.5		0	MC	9		2.8		
Sugars, total ... g	30.50		0	MC	9		15.25		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	200		0	MC	9		100		
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	133		0	MC	9		67		
Sodium, Na ... mg	379		0	MC	9		190		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.900		0	MC	9		0.950		
Fatty acids, total monounsaturated ... g	1.200		0	MC	9		0.600		
Fatty acids, total polyunsaturated ... g	2.100		0	MC	9		1.050		
Fatty acids, total trans ... g	0.100		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18494

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18497

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.38		
Energy ... kcal	363		0	MC	9		182		
Energy ... kJ	1519		0	MC	9		760		
Protein ... g	4.20		0	MC	9		2.10		
Total lipid (fat) ... g	5.40		0	MC	9		2.70		
Ash ... g									
Carbohydrate, by difference ... g	74.40		0	MC	9		37.20		
Fiber, total dietary ... g	5.6		0	MC	9		2.8		
Sugars, total ... g	29.40		0	MC	9		14.70		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	200		0	MC	9		100		
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	118		0	MC	9		59		
Sodium, Na ... mg	357		0	MC	9		179		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	300		0	NR	4		150		
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.700		0	MC	9		0.850		
Fatty acids, total monounsaturated ... g	1.100		0	MC	9		0.550		
Fatty acids, total polyunsaturated ... g	1.900		0	MC	9		0.950		
Fatty acids, total trans ... g	0.100		0	MC	9		0.050		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18497

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18476

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.50		0	MC	9		6.50		
Energy....kcal	412		0	NC	4		214		
Energy....kJ	1723		0	NC	4		896		
Protein (N x 6.25)....g	4.60		0	MC	9		2.39		
Total lipid (fat)....g	13.30		0	MC	9		6.92		
Ash....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference....g	68.41		0	NC	4		35.57		
Fiber, total dietary....g	1.1		0	MC	9		0.6		
Sugars, total....g	30.90		0	MC	9		16.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	MC	9		12		
Iron, Fe....mg	3.50		0	MC	9		1.82		
Magnesium, Mg....mg	16		0	MC	9		8		
Phosphorus, P....mg	88		0	MC	9		46		
Potassium, K....mg	95		0	MC	9		49		
Sodium, Na....mg	398		0	MC	9		207		
Zinc, Zn....mg	1.27		0	MC	9		0.66		
Copper, Cu....mg	0.150		0	MC	9		0.078		
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.290		0	MC	9		0.151		
Riboflavin....mg	0.330		0	MC	9		0.172		
Niacin....mg	3.800		0	MC	9		1.976		
Pantothenic acid....mg	0.000		0	MC	9		0.000		
Vitamin B-6....mg	0.380		0	MC	9		0.198		
Folate, total....µg	80		0	MC	9		42		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	289		0	NR	4		150		
Vitamin A, IU....IU	962		0	MC	9		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.020		0	MC	9		1.050		
Fatty acids, total monounsaturated....g	6.500		0	MC	9		3.380		
Fatty acids, total polyunsaturated....g	4.810		0	MC	9		2.501		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18476
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.50		0	MC	9		5.25		
Energy ... kcal	438		0	MC	9		219		
Energy ... kJ	1833		0	MC	9		917		
Protein ... g	5.40		0	MC	9		2.70		
Total lipid (fat) ... g	18.40		0	MC	9		9.20		
Ash ... g	1.36		0	MC	9		0.68		
Carbohydrate, by difference ... g	64.40		0	MC	9		32.20		
Fiber, total dietary ... g	1.5		0	MC	9		0.8		
Sugars, total ... g	25.40		0	MC	9		12.70		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	31		0	MC	9		16		
Iron, Fe ... mg	3.60		0	MC	9		1.80		
Magnesium, Mg ... mg	16		0	MC	9		8		
Phosphorus, P ... mg	63		0	MC	9		32		
Potassium, K ... mg	135		0	MC	9		68		
Sodium, Na ... mg	380		0	MC	9		190		
Zinc, Zn ... mg	1.22		0	MC	9		0.61		
Copper, Cu ... mg	0.080		0	MC	9		0.040		
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.300		0	MC	9		0.150		
Riboflavin ... mg	0.340		0	MC	9		0.170		
Niacin ... mg	4.000		0	MC	9		2.000		
Pantothenic acid ... mg	0.000		0	MC	9		0.000		
Vitamin B-6 ... mg	0.400		0	MC	9		0.200		
Folate, total ... µg	80		0	MC	9		40		
Folic acid ... µg									
Folate, food ... µg	80		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	1000		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.080		0	MC	9				

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.080			MC	9		1.040		
Fatty acids, total monounsaturated.....g	7.140		0	MC	9		3.570		
Fatty acids, total polyunsaturated.....g	9.140		0	MC	9		4.570		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.50		0	MC	9		6.50		
Energy	kcal	391		0	MC	9		203		
Energy	kJ	1636		0	MC	9		851		
Protein	g	4.60		0	MC	9		2.39		
Total lipid (fat)	g	10.00		0	MC	9		5.20		
Ash	g	1.19		0	MC	9		0.62		
Carbohydrate, by difference	g	71.77		0	MC	9		37.32		
Fiber, total dietary	g	1.1		0	MC	9		0.6		
Sugars, total	g	31.20		0	MC	9		16.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	MC	9		12		
Iron, Fe	mg	3.50		0	MC	9		1.82		
Magnesium, Mg	mg	16		0	MC	9		8		
Phosphorus, P	mg	85		0	MC	9		44		
Potassium, K	mg	95		0	MC	9		49		
Sodium, Na	mg	320		0	MC	9		166		
Zinc, Zn	mg	1.23		0	MC	9		0.64		
Copper, Cu	mg	0.150		0	MC	9		0.078		
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.290		0	MC	9		0.151		
Riboflavin	mg	0.330		0	MC	9		0.172		
Niacin	mg	3.800		0	MC	9		1.976		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	0.380		0	MC	9		0.198		
Folate, total	µg	80		0	MC	9		42		
Folic acid	µg									
Folate, food	µg	80		0	MC	9		42		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	MC	9		0.00		
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	962		0	MC	9		500		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.980		0	MC	9				

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.980			MC	9		1.030		
Fatty acids, total monounsaturated.....g	6.830		0	MC	9		3.552		
Fatty acids, total polyunsaturated.....g	1.130		0	MC	9		0.588		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.30		0	MC	9		5.65		
Energy....kcal	417		0	MC	9		209		
Energy....kJ	1745		0	MC	9		873		
Protein....g	4.60		0	MC	9		2.30		
Total lipid (fat)....g	13.80		0	MC	9		6.90		
Ash....g									
Carbohydrate, by difference....g	69.00		0	MC	9		34.50		
Fiber, total dietary....g	1.4		0	MC	9		0.7		
Sugars, total....g	32.30		0	MC	9		16.15		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	5.40		0	MC	9		2.70		
Magnesium, Mg....mg	9		0	MC	9		5		
Phosphorus, P....mg	50		0	MC	9		25		
Potassium, K....mg	66		0	MC	9		33		
Sodium, Na....mg	343		0	MC	9		172		
Zinc, Zn....mg	0.30		0	MC	9		0.15		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.430		0	MC	9		0.215		
Riboflavin....mg	0.520		0	MC	9		0.260		
Niacin....mg	5.200		0	MC	9		2.600		
Pantothenic acid....mg									
Vitamin B-6....mg	0.750		0	MC	9		0.375		
Folate, total....µg	103		0	MC	9		52		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE....µg	381		0	NR	4		191		
Vitamin A, IU....IU	1270		0	MC	9		635		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.00		0	MC	9		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.500		0	MC	9		2.250		
Fatty acids, total monounsaturated....g	3.100		0	MC	9		1.550		
Fatty acids, total polyunsaturated....g	5.200		0	MC	9		2.600		
Fatty acids, total trans....g	0.200		0	MC	9		0.100		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.50		0	MC	9		6.50		
Energy ... kcal	397		0	NC	4		206		
Energy ... kJ	1659		0	NC	4		863		
Protein ... g	4.20		0	MC	9		2.18		
Total lipid (fat) ... g	10.20		0	MC	9		5.30		
Ash ... g	1.10		0	MC	9		0.57		
Carbohydrate, by difference ... g	72.00		0	NC	4		37.44		
Fiber, total dietary ... g	1.0		0	MC	9		0.5		
Sugars, total ... g	36.00		0	MC	9		18.72		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25		0	MC	9		13		
Iron, Fe ... mg	3.50		0	MC	9		1.82		
Magnesium, Mg ... mg	14		0	MC	9		7		
Phosphorus, P ... mg	80		0	MC	9		42		
Potassium, K ... mg	95		0	MC	9		49		
Sodium, Na ... mg	320		0	NR	4		166		
Zinc, Zn ... mg	1.46		0	MC	9		0.76		
Copper, Cu ... mg	0.190		0	MC	9		0.099		
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.290		0	MC	9		0.151		
Riboflavin ... mg	0.330		0	MC	9		0.172		
Niacin ... mg	3.850		0	MC	9		2.002		
Pantothenic acid ... mg	0.000		0	MC	9		0.000		
Vitamin B-6 ... mg	0.390		0	MC	9		0.203		
Folate, total ... µg	80		0	MC	9		42		
Folic acid ... µg									
Folate, food ... µg	80		0	MC	9		42		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	289		0	NR	4		150		
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	962		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated.....g	6.690		0	MC	9		3.479		
Fatty acids, total polyunsaturated.....g	1.580		0	MC	9		0.822		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.63		
Energy ... kcal	384		0	MC	9		200		
Energy ... kJ	1607		0	MC	9		836		
Protein ... g	4.90		0	MC	9		2.55		
Total lipid (fat) ... g	9.30		0	MC	9		4.84		
Ash ... g									
Carbohydrate, by difference ... g	70.40		0	MC	9		36.61		
Fiber, total dietary ... g	2.1		0	MC	9		1.1		
Sugars, total ... g	35.00		0	MC	9		18.20		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	192		0	MC	9		100		
Iron, Fe ... mg	3.50		0	MC	9		1.82		
Magnesium, Mg ... mg	23		0	MC	9		12		
Phosphorus, P ... mg	99		0	MC	9		51		
Potassium, K ... mg	167		0	MC	9		87		
Sodium, Na ... mg	437		0	MC	9		227		
Zinc, Zn ... mg	0.50		0	MC	9		0.26		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.151		
Riboflavin ... mg	0.330		0	MC	9		0.172		
Niacin ... mg	3.800		0	MC	9		1.976		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.380		0	MC	9		0.198		
Folate, total ... µg	77		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	962		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.200		0	MC	9		1.664		
Fatty acids, total monounsaturated ... g	2.000		0	MC	9		1.040		
Fatty acids, total polyunsaturated ... g	3.200		0	MC	9		1.664		
Fatty acids, total trans ... g	0.200		0	MC	9		0.104		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.50		0	MC	9		6.50		
Energy ... kcal	399		0	NC	4		207		
Energy ... kJ	1668		0	NC	4		867		
Protein ... g	4.20		0	MC	9		2.18		
Total lipid (fat) ... g	10.60		0	MC	9		5.51		
Ash ... g	1.08		0	MC	9		0.56		
Carbohydrate, by difference ... g	71.62		0	NC	4		37.24		
Fiber, total dietary ... g	1.0		0	MC	9		0.5		
Sugars, total ... g	35.40		0	MC	9		18.41		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	22		0	MC	9		11		
Iron, Fe ... mg	3.50		0	MC	9		1.82		
Magnesium, Mg ... mg	16		0	MC	9		8		
Phosphorus, P ... mg	88		0	MC	9		46		
Potassium, K ... mg	85		0	MC	9		44		
Sodium, Na ... mg	320		0	MC	9		166		
Zinc, Zn ... mg	1.21		0	MC	9		0.63		
Copper, Cu ... mg	0.080		0	MC	9		0.042		
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.290		0	MC	9		0.151		
Riboflavin ... mg	0.330		0	MC	9		0.172		
Niacin ... mg	3.800		0	MC	9		1.976		
Pantothenic acid ... mg	0.000		0	MC	9		0.000		
Vitamin B-6 ... mg	0.400		0	MC	9		0.208		
Folate, total ... µg	100		0	MC	9		52		
Folic acid ... µg									
Folate, food ... µg	100		0	MC	9		52		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	289		0	NR	4		150		
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	962		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.880		0	MC	9		0.978		
Fatty acids, total monounsaturated.....g	6.170		0	MC	9		3.208		
Fatty acids, total polyunsaturated.....g	2.560		0	MC	9		1.331		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.63		
Energy ... kcal	390		0	MC	9		203		
Energy ... kJ	1632		0	MC	9		849		
Protein ... g	4.10		0	MC	9		2.13		
Total lipid (fat) ... g	9.80		0	MC	9		5.10		
Ash ... g									
Carbohydrate, by difference ... g	71.70		0	MC	9		37.28		
Fiber, total dietary ... g	1.3		0	MC	9		0.7		
Sugars, total ... g	30.30		0	MC	9		15.76		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	4.80		0	MC	9		2.50		
Magnesium, Mg ... mg	6		0	MC	9		3		
Phosphorus, P ... mg	44		0	MC	9		23		
Potassium, K ... mg	53		0	MC	9		28		
Sodium, Na ... mg	331		0	MC	9		172		
Zinc, Zn ... mg	0.30		0	MC	9		0.16		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.151		
Riboflavin ... mg	0.330		0	MC	9		0.172		
Niacin ... mg	3.800		0	MC	9		1.976		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.208		
Folate, total ... µg	77		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg	368		0	NR	4		191		
Vitamin A, IU ... IU	1226		0	MC	9		638		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.00		0	MC	9		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D ... IU	0		0	MC	9		0		
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.100		0	MC	9		1.612		
Fatty acids, total monounsaturated ... g	2.100		0	MC	9		1.092		
Fatty acids, total polyunsaturated ... g	3.600		0	MC	9		1.872		
Fatty acids, total trans ... g	0.200		0	MC	9		0.104		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.75		0	MC	9		6.63		
Energy ... kcal	390		0	MC	9		203		
Energy ... kJ	1632		0	MC	9		849		
Protein ... g	4.00		0	MC	9		2.08		
Total lipid (fat) ... g	9.50		0	MC	9		4.94		
Ash ... g									
Carbohydrate, by difference ... g	72.40		0	MC	9		37.65		
Fiber, total dietary ... g	1.3		0	MC	9		0.7		
Sugars, total ... g	31.70		0	MC	9		16.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	3.50		0	MC	9		1.82		
Magnesium, Mg ... mg	6		0	MC	9		3		
Phosphorus, P ... mg	42		0	MC	9		22		
Potassium, K ... mg	51		0	MC	9		27		
Sodium, Na ... mg	315		0	MC	9		164		
Zinc, Zn ... mg	0.30		0	MC	9		0.16		
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.290		0	MC	9		0.151		
Riboflavin ... mg	0.330		0	MC	9		0.172		
Niacin ... mg	3.800		0	MC	9		1.976		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.400		0	MC	9		0.208		
Folate, total ... µg	77		0	MC	9		40		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	289		0	NR	4		150		
Vitamin A, IU ... IU	962		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.100		0	MC	9		1.612		
Fatty acids, total monounsaturated ... g	2.100		0	MC	9		1.092		
Fatty acids, total polyunsaturated ... g	3.500		0	MC	9		1.820		
Fatty acids, total trans ... g	0.200		0	MC	9		0.104		
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.50		0	MC	9		6.50		
Energy ... kcal	392		0	MC	9		204		
Energy ... kJ	1640		0	MC	9		853		
Protein ... g	6.20		0	MC	9		3.22		
Total lipid (fat) ... g	10.50		0	MC	9		5.46		
Ash ... g	1.20		0	MC	9		0.62		
Carbohydrate, by difference ... g	69.60		0	MC	9		36.19		
Fiber, total dietary ... g	1.4		0	MC	9		0.7		
Sugars, total ... g	36.50		0	MC	9		18.98		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	29		0	MC	9		15		
Iron, Fe ... mg	3.50		0	MC	9		1.82		
Magnesium, Mg ... mg	21		0	MC	9		11		
Phosphorus, P ... mg	75		0	MC	9		39		
Potassium, K ... mg	125		0	MC	9		65		
Sodium, Na ... mg	410		0	MC	9		213		
Zinc, Zn ... mg	0.40		0	MC	9		0.21		
Copper, Cu ... mg	0.100		0	MC	9		0.052		
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.300		0	MC	9		0.156		
Riboflavin ... mg	0.300		0	MC	9		0.156		
Niacin ... mg	3.800		0	MC	9		1.976		
Pantothenic acid ... mg	0.000		0	MC	9		0.000		
Vitamin B-6 ... mg	0.400		0	MC	9		0.208		
Folate, total ... µg	100		0	MC	9		52		
Folic acid ... µg									
Folate, food ... µg	100		0	MC	9		52		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	962		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.800		0	MC	9				

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.800			MC	9		1.456		
Fatty acids, total monounsaturated.....g	5.900		0	MC	9		3.068		
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9		0.936		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.50		0	MC	9		6.50		
Energy ... kcal	398		0	NC	4		207		
Energy ... kJ	1664		0	NC	4		865		
Protein ... g	4.70		0	MC	9		2.44		
Total lipid (fat) ... g	10.50		0	MC	9		5.46		
Ash ... g	1.20		0	MC	9		0.62		
Carbohydrate, by difference ... g	71.10		0	NC	4		36.97		
Fiber, total dietary ... g	1.1		0	MC	9		0.6		
Sugars, total ... g	33.00		0	MC	9		17.16		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24		0	MC	9		12		
Iron, Fe ... mg	3.50		0	MC	9		1.82		
Magnesium, Mg ... mg	11		0	MC	9		6		
Phosphorus, P ... mg	55		0	MC	9		29		
Potassium, K ... mg	93		0	MC	9		48		
Sodium, Na ... mg	355		0	MC	9		185		
Zinc, Zn ... mg	0.30		0	MC	9		0.16		
Copper, Cu ... mg	0.000		0	MC	9		0.000		
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	MC	9		0.0		
Thiamin ... mg	0.300		0	MC	9		0.156		
Riboflavin ... mg	0.300		0	MC	9		0.156		
Niacin ... mg	3.800		0	MC	9		1.976		
Pantothenic acid ... mg	0.000		0	MC	9		0.000		
Vitamin B-6 ... mg	0.400		0	MC	9		0.208		
Folate, total ... µg	100		0	MC	9		52		
Folate, DFE ... µg									
Choline, total ... mg	8.4		0	AS	1		4.3		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0	MC	9		0.00		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU	962		0	MC	9		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.900		0	MC	9		1.508		
Fatty acids, total monounsaturated ... g	6.200		0	MC	9		3.224		
Fatty acids, total polyunsaturated ... g	1.500		0	MC	9		0.780		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.04	0.132	17	A	1		7.44	3.98	
Energy....kcal	385		0	NC	4		204	109	
Energy....kJ	1609		0	NC	4		853	456	
Protein....g	4.01	0.033	17	A	1		2.13	1.14	
Total lipid (fat)....g	9.02	0.120	17	A	1		4.78	2.56	
Ash....g	1.10	0.017	17	A	1		0.58	0.31	
Carbohydrate, by difference....g	71.83		0	NC	4		38.07	20.36	
Fiber, total dietary....g	1.8	0.201	11	A	1		1.0	0.5	
Sugars, total....g	31.00	0.434	11	A	1		16.43	8.79	
Sucrose....g	8.88	0.180	11	A	1		4.71	2.52	
Glucose (dextrose)....g	14.90	0.177	11	A	1		7.90	4.22	
Fructose....g	3.88	0.068	11	A	1		2.06	1.10	
Lactose....g	0.26	0.014	11	A	1		0.14	0.07	
Maltose....g	3.07	0.148	11	A	1		1.63	0.87	
Galactose....g	0.00	0.000	11	A	1		0.00	0.00	
Starch....g	29.65	0.175	11	A	1		15.71	8.41	
Minerals:									
Calcium, Ca....mg	12	0.129	17	A	1		6	3	
Iron, Fe....mg	4.35	0.119	17	A	1		2.30	1.23	
Magnesium, Mg....mg	11	0.095	17	A	1		6	3	
Phosphorus, P....mg	71	0.893	17	A	1		38	20	
Potassium, K....mg	86	2.137	17	A	1		46	24	
Sodium, Na....mg	311	5.545	17	A	1		165	88	
Zinc, Zn....mg	0.36	0.004	17	A	1		0.19	0.10	
Copper, Cu....mg	0.062	0.002	17	A	1		0.033	0.017	
Manganese, Mn....mg	0.322	0.006	17	A	1		0.171	0.091	
Selenium, Se....µg	3.4	0.151	11	A	1		1.8	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	
Thiamin....mg	0.519	0.012	9	A	1		0.275	0.147	
Riboflavin....mg	0.495	0.020	9	A	1		0.262	0.140	
Niacin....mg	6.174	0.201	9	A	1		3.272	1.750	
Pantothenic acid....mg	0.304	0.002	6	A	1		0.161	0.086	
Vitamin B-6....mg	0.495	0.022	9	A	1		0.262	0.140	
Folate, total....µg	90	3.064	7	A	1		48	26	
Folic acid....µg	36		1	A	1		19	10	
Folate, food....µg	54		0	NC	4		29	15	
Folate, DFE....µg	115		0	NC	4		61	33	
Choline, total....mg	8.4		0	AS	1		4.4	2.4	
Betaine....mg	21.0		1	A	1		11.1	6.0	
Vitamin B-12....µg	0.01		0	FLA	4		0.01	0.00	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....µg	202		0	AS	1		107	57	
Retinol....µg	202		2	A	1		107	57	
Carotene, beta....µg	0		1	A	1		0	0	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	0		1	A	1		0	0	
Vitamin A, IU....IU	672		0	AS	1		356	190	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	52		1	A	1		28	15	
Vitamin E (alpha-tocopherol)....mg	0.74	0.014	9	A	1		0.39	0.21	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.16	0.010	9	A	1		0.08	0.05	
Tocopherol, gamma....mg	3.30	0.108	9	A	1		1.75	0.94	
Tocopherol, delta....mg	1.15	0.054	9	A	1		0.61	0.33	
Tocotrienol, alpha....mg	0.17	0.011	9	A	1		0.09	0.05	
Tocotrienol, beta....mg	0.49	0.038	9	A	1		0.26	0.14	

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.24	0.017	9	A	1		0.13	0.07	
Tocotrienol, delta....mg	0.08	0.013	9	A	1		0.04	0.02	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	19.4		2	A	1		10.3	5.5	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.091		0	NC	4		1.638	0.876	
4:0....g	0.000	0.000	11	A	1		0.000	0.000	
6:0....g	0.000	0.000	11	A	1		0.000	0.000	
8:0....g	0.000	0.000	11	A	1		0.000	0.000	
10:0....g	0.009	0.000	11	A	1		0.005	0.002	
12:0....g	0.010	0.000	11	A	1		0.005	0.003	
13:0....g									
14:0....g	0.049	0.001	11	A	1		0.026	0.014	
15:0....g	0.005	0.000	11	A	1		0.003	0.001	
16:0....g	2.561	0.016	11	A	1		1.357	0.726	
17:0....g	0.014	0.000	11	A	1		0.007	0.004	
18:0....g	0.385	0.002	11	A	1		0.204	0.109	
20:0....g	0.030	0.000	11	A	1		0.016	0.009	
22:0....g	0.018	0.000	11	A	1		0.009	0.005	
24:0....g	0.009	0.000	11	A	1		0.005	0.003	
Fatty acids, total monounsaturated....g	2.186		0	NC	4		1.159	0.620	
14:1....g	0.000	0.000	11	A	1		0.000	0.000	
15:1....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated....g	0.009	0.000	11	AS	1		0.005	0.003	
16:1 c....g	0.009	0.000	11	A	1		0.005	0.003	
16:1 t....g	0.000	0.000	11	A	1		0.000	0.000	
17:1....g	0.004	0.000	11	A	1		0.002	0.001	
18:1 undifferentiated....g	2.151	0.016	11	AS	1		1.140	0.610	
18:1 c....g	2.139	0.017	11	A	1		1.134	0.606	
18:1 t....g	0.012	0.002	11	A	1		0.006	0.003	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.002	11	A	1		0.011	0.006	
22:1 undifferentiated....g	0.000	0.000	11	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	11	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.360		0	NC	4		1.781	0.952	
18:2 undifferentiated....g	2.982	0.016	11	AS	1		1.580	0.845	
18:2 n-6 c,c....g	2.954	0.018	11	A	1		1.566	0.838	
18:2 CLAs....g	0.006	0.001	11	A	1		0.003	0.002	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.003	11	A	1		0.011	0.006	
18:3 undifferentiated....g	0.372	0.009	11	AS	1		0.197	0.105	
18:3 n-3 c,c,c (ALA)....g	0.358	0.009	11	A	1		0.190	0.101	
18:3 n-6 c,c,c....g	0.014	0.001	11	A	1		0.007	0.004	
18:3i....g	0.000	0.000	11	A	1		0.000	0.000	
18:4....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	11	A	1		0.001	0.001	
20:3 undifferentiated....g	0.000	0.000	11	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated....g	0.004	0.001	11	A	1		0.002	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	11	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	11	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	11	A	1		0.000	0.000	

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans....g	0.034		0	NC	4		0.018	0.010	
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.006	0.003	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.012	0.006	
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0	A	1		0.035	0.019	
Threonine....g	0.100		0	A	1		0.053	0.028	
Isoleucine....g	0.133		0	A	1		0.070	0.038	
Leucine....g	0.275		0	A	1		0.146	0.078	
Lysine....g	0.143		0	A	1		0.076	0.041	
Methionine....g	0.071		0	A	1		0.038	0.020	
Cystine....g	0.095		0	A	1		0.050	0.027	
Phenylalanine....g	0.166		0	A	1		0.088	0.047	
Tyrosine....g	0.090		0	A	1		0.048	0.026	
Valine....g	0.152		0	A	1		0.081	0.043	
Arginine....g	0.128		0	A	1		0.068	0.036	
Histidine....g	0.066		0	A	1		0.035	0.019	
Alanine....g	0.123		0	A	1		0.065	0.035	
Aspartic acid....g	0.294		0	A	1		0.156	0.083	
Glutamic acid....g	1.425		0	A	1		0.755	0.404	
Glycine....g	0.152		0	A	1		0.081	0.043	
Proline....g	0.323		0	A	1		0.171	0.092	
Serine....g	0.228		0	A	1		0.121	0.065	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 piece

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.09		1	A	1		3.99	7.19	
Energy....kcal	370		0	NC	4		105	189	
Energy....kJ	1549		0	NC	4		439	790	
Protein (N x 5.8)....g	4.06		1	A	1		1.15	2.07	
Total lipid (fat)....g	7.98		1	A	1		2.26	4.07	
Ash....g	1.23		1	A	1		0.35	0.63	
Carbohydrate, by difference....g	72.64		0	NC	4		20.59	37.05	
Fiber, total dietary....g	2.3		1	A	1		0.7	1.2	
Sugars, total....g	27.24		1	A	1		7.72	13.89	
Sucrose....g	16.26		1	A	1		4.61	8.29	
Glucose (dextrose)....g	8.03		1	A	1		2.28	4.10	
Fructose....g	1.25		1	A	1		0.35	0.64	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	1.70		1	A	1		0.48	0.87	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	30.90		1	A	1		8.76	15.76	
Minerals:									
Calcium, Ca....mg	293		1	A	1		83	149	
Iron, Fe....mg	5.62		1	A	1		1.59	2.87	
Magnesium, Mg....mg	18		1	A	1		5	9	
Phosphorus, P....mg	84		1	A	1		24	43	
Potassium, K....mg	105		1	A	1		30	53	
Sodium, Na....mg	361		1	A	1		102	184	
Zinc, Zn....mg	0.55		1	A	1		0.16	0.28	
Copper, Cu....mg	0.098		1	A	1		0.028	0.050	
Manganese, Mn....mg	0.534		1	A	1		0.151	0.272	
Selenium, Se....µg	3.5		1	A	1		1.0	1.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.660		1	A	1		0.187	0.337	
Riboflavin....mg	0.600		1	A	1		0.170	0.306	
Niacin....mg	7.230		1	A	1		2.050	3.687	
Pantothenic acid....mg	0.360		1	A	1		0.102	0.184	
Vitamin B-6....mg	0.580		1	A	1		0.164	0.296	
Folate, total....µg	137		1	A	1		39	70	
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.33		1	A	1		0.38	0.68	
Tocopherol, beta....mg	0.27		1	A	1		0.08	0.14	
Tocopherol, gamma....mg	5.98		1	A	1		1.70	3.05	
Tocopherol, delta....mg	2.19		1	A	1		0.62	1.12	
Tocotrienol, alpha....mg	0.10		1	A	1		0.03	0.05	
Tocotrienol, beta....mg	0.65		1	A	1		0.18	0.33	
Tocotrienol, gamma....mg	0.15		1	A	1		0.04	0.08	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 51g: 1 pastry

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.33	0.176	11	A	1		4.06	7.74	
Energy....kcal	388		0	NC	4		110	209	
Energy....kJ	1622		0	NC	4		460	876	
Protein (N x 6.25)....g	4.20	0.116	11	A	1		1.19	2.27	
Total lipid (fat)....g	9.95	0.195	11	A	1		2.82	5.37	
Ash....g	1.20	0.050	11	A	1		0.34	0.65	
Carbohydrate, by difference....g	70.32		0	NC	4		19.94	37.97	
Fiber, total dietary....g	1.0	0.047	5	A	1		0.3	0.5	
Sugars, total....g	26.13	0.903	5	A	1		7.41	14.11	
Sucrose....g	1.78	1.118	5	A	1		0.50	0.96	
Glucose (dextrose)....g	15.20	1.125	5	A	1		4.31	8.21	
Fructose....g	4.39	0.045	5	A	1		1.25	2.37	
Lactose....g	0.72	0.440	5	A	1		0.21	0.39	
Maltose....g	4.03	0.417	5	A	1		1.14	2.18	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g	33.03	1.288	5	A	1		9.36	17.84	
Minerals:									
Calcium, Ca....mg	16	1.528	11	A	1		5	9	
Iron, Fe....mg	5.51	0.127	11	A	1		1.56	2.98	
Magnesium, Mg....mg	12	0.212	11	A	1		4	7	
Phosphorus, P....mg	87	5.057	11	A	1		25	47	
Potassium, K....mg	102	7.031	11	A	1		29	55	
Sodium, Na....mg	334	7.919	11	A	1		95	180	
Zinc, Zn....mg	0.38	0.018	11	A	1		0.11	0.20	
Copper, Cu....mg	0.069	0.002	11	A	1		0.020	0.037	
Manganese, Mn....mg	0.324	0.023	11	A	1		0.092	0.175	
Selenium, Se....µg	3.1	0.336	5	A	1		0.9	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.649	0.043	5	A	1		0.184	0.350	
Riboflavin....mg	0.558	0.027	5	A	1		0.158	0.302	
Niacin....mg	6.791	0.482	5	A	1		1.925	3.667	
Pantothenic acid....mg	0.273	0.023	3	A	1		0.077	0.148	
Vitamin B-6....mg	0.520	0.050	5	A	1		0.147	0.281	
Folate, total....µg	111	11.520	5	A	1		31	60	
Folic acid....µg	91		0	FLC	4		26	49	
Folate, food....µg	20		0	FLC	4		6	11	
Folate, DFE....µg	174		0	NC	4		49	94	
Choline, total....mg	6.4		0	FLC	4		1.8	3.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	202		0	BFZN	4		57	109	
Retinol....µg	202		0	BFZN	4		57	109	
Carotene, beta....µg	3		0	BFZN	4		1	1	
Carotene, alpha....µg	3		0	BFZN	4		1	1	
Cryptoxanthin, beta....µg	3		0	BFZN	4		1	1	
Vitamin A, IU....IU	680		0	NC	4		193	367	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	52		0	BFZN	4		15	28	
Vitamin E (alpha-tocopherol)....mg	0.90	0.008	3	A	1		0.25	0.48	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.19	0.010	3	A	1		0.05	0.10	
Tocopherol, gamma....mg	3.33	0.171	3	A	1		0.94	1.80	
Tocopherol, delta....mg	1.25	0.071	3	A	1		0.35	0.67	
Tocotrienol, alpha....mg	0.16	0.011	3	A	1		0.05	0.09	
Tocotrienol, beta....mg	0.58	0.026	3	A	1		0.16	0.31	

NDB No. 18362
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.25	0.018	3	A	1		0.07	0.14	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	15.4		2	A	1		4.4	8.3	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.615		0	NC	4		1.025	1.952	
4:0....g	0.000	0.000	5	A	1		0.000	0.000	
6:0....g	0.000	0.000	5	A	1		0.000	0.000	
8:0....g	0.000	0.000	5	A	1		0.000	0.000	
10:0....g	0.018	0.002	5	A	1		0.005	0.010	
12:0....g	0.013	0.002	5	A	1		0.004	0.007	
13:0....g									
14:0....g	0.060	0.008	5	A	1		0.017	0.032	
15:0....g	0.006	0.000	5	A	1		0.002	0.003	
16:0....g	3.014	0.208	5	A	1		0.854	1.628	
17:0....g	0.013	0.002	5	A	1		0.004	0.007	
18:0....g	0.427	0.014	5	A	1		0.121	0.231	
20:0....g	0.033	0.001	5	A	1		0.009	0.018	
22:0....g	0.020	0.003	5	A	1		0.006	0.011	
24:0....g	0.011	0.001	5	A	1		0.003	0.006	
Fatty acids, total monounsaturated....g	2.723		0	NC	4		0.772	1.470	
14:1....g	0.000	0.000	5	A	1		0.000	0.000	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.011	0.001	5	AS	1		0.003	0.006	
16:1 c....g	0.011	0.001	5	A	1		0.003	0.006	
16:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
17:1....g	0.004	0.000	5	A	1		0.001	0.002	
18:1 undifferentiated....g	2.688	0.187	5	AS	1		0.762	1.452	
18:1 c....g	2.677	0.189	5	A	1		0.759	1.446	
18:1 t....g	0.011	0.002	5	A	1		0.003	0.006	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.002	5	A	1		0.006	0.011	
22:1 undifferentiated....g	0.000	0.000	5	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.235		0	NC	4		0.917	1.747	
18:2 undifferentiated....g	2.902	0.523	5	AS	1		0.823	1.567	
18:2 n-6 c,c....g	2.880	0.520	5	A	1		0.816	1.555	
18:2 CLAs....g	0.005	0.001	5	A	1		0.001	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017	0.001	5	A	1		0.005	0.009	
18:3 undifferentiated....g	0.328	0.086	5	AS	1		0.093	0.177	
18:3 n-3 c,c,c (ALA)....g	0.314	0.083	5	A	1		0.089	0.170	
18:3 n-6 c,c,c....g	0.014	0.003	5	A	1		0.004	0.007	
18:3i....g	0.000	0.000	5	A	1		0.000	0.000	
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	5	A	1		0.001	0.001	
20:3 undifferentiated....g	0.000	0.000	5	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	5	A	1		0.000	0.000	
20:4 undifferentiated....g	0.003	0.000	5	A	1		0.001	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	5	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1		0.000	0.000	

NDB No. 18362
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5	A	1		0.000	0.000	
Fatty acids, total trans....g	0.028		0	NC	4		0.008	0.015	
Fatty acids, total trans-monoenoic....g	0.011		0	NC	4		0.003	0.006	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.005	0.009	
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 54g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.46		2	A	1		5.33		
Energy....kcal	409		0	NC	4		209		
Energy....kJ	1711		0	NC	4		872		
Protein....g	4.70		2	A	1		2.40		
Total lipid (fat)....g	11.03		2	A	1		5.62		
Ash....g	1.11		2	A	1		0.57		
Carbohydrate, by difference....g	72.70		0	NC	4		37.08		
Fiber, total dietary....g	1.0		2	A	1		0.5		
Sugars, total....g	28.99		2	A	1		14.78		
Starch....g	34.20		2	A	1		17.44		
Minerals:									
Calcium, Ca....mg	11		1	A	1		6		
Iron, Fe....mg	3.92		1	A	1		2.00		
Magnesium, Mg....mg	12		1	A	1		6		
Phosphorus, P....mg	76		1	A	1		39		
Potassium, K....mg	81		1	A	1		41		
Sodium, Na....mg	354		1	A	1		181		
Zinc, Zn....mg	0.38		1	A	1		0.20		
Copper, Cu....mg	0.068		1	A	1		0.035		
Manganese, Mn....mg	0.332		1	A	1		0.169		
Selenium, Se....µg	5.1		2	A	1		2.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.365		2	A	1		0.186		
Riboflavin....mg	0.415		2	A	1		0.212		
Niacin....mg	5.250		2	A	1		2.677		
Pantothenic acid....mg	0.340		2	A	1		0.173		
Vitamin B-6....mg	0.465		2	A	1		0.237		
Folate, total....µg	48		2	A	1		24		
Folic acid....µg	40		2	A	1		20		
Folate, food....µg	8		0	AS	1		4		
Folate, DFE....µg	76		0	NC	4		39		
Choline, total....mg	9.2		0	AS	1		4.7		
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	467		0	AS	1		238		
Retinol....µg	467		2	A	1		238		
Carotene, beta....µg	3		2	A	1		1		
Carotene, alpha....µg	3		2	A	1		1		
Cryptoxanthin, beta....µg	3		2	A	1		1		
Vitamin A, IU....IU	1563		0	AS	1		797		
Lycopene....µg	3		2	A	1		1		
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.90		2	A	1		0.46		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.6		2	A	1		3.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.637		0	NC	4		1.345		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.000		2	A	1		0.000		
15:0....g	0.000		2	A	1		0.000		
16:0....g	1.518		2	A	1		0.774		
17:0....g	0.000		2	A	1		0.000		
18:0....g	1.097		2	A	1		0.559		
20:0....g	0.022		2	A	1		0.011		
22:0....g	0.000		2	A	1		0.000		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	6.550		0	NC	4		3.340		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	6.527		0	AS	1		3.329		
18:1 c....g									
18:1 t....g									
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000		
22:1 undifferentiated....g	0.022		2	A	1		0.011		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.281		0	NC	4		0.653		
18:2 undifferentiated....g	1.208		2	A	1		0.616		
18:3 undifferentiated....g	0.073		0	AS	1		0.037		
18:3 n-3 c,c,c (ALA)....g	0.073		2	A	1		0.037		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 pastry

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.89	1.100	6	A	1		13.01	8.72	11.01
Energy	kcal	218		0	NC	4		62	41	52
Energy	kJ	912		0	NC	4		258	173	219
Protein (N x 6.2)	g	5.70	0.128	29		1		1.62	1.08	1.37
Total lipid (fat)	g	2.85	0.030	6	A	1		0.81	0.54	0.68
Ash	g	0.93	0.025	6	A	1		0.26	0.18	0.22
Carbohydrate, by difference	g	44.64		0	NC	4		12.65	8.48	10.71
Fiber, total dietary	g	6.3		0	NC	4		1.8	1.2	1.5
Sugars, total	g	0.88		0	AS	1		0.25	0.17	0.21
Starch	g									
Minerals:										
Calcium, Ca	mg	81	11.634	6	A	1		23	15	19
Iron, Fe	mg	1.23	0.027	6	A	1		0.35	0.23	0.29
Magnesium, Mg	mg	72	5.044	6	A	1		20	14	17
Phosphorus, P	mg	314	26.162	42		1		89	60	75
Potassium, K	mg	186	4.217	6	A	1		53	35	45
Sodium, Na	mg	45	3.484	6	A	1		13	9	11
Zinc, Zn	mg	1.31	0.060	6	A	1		0.37	0.25	0.31
Copper, Cu	mg	0.154	0.012	6	A	1		0.044	0.029	0.037
Manganese, Mn	mg	0.326	0.007	6	A	1		0.093	0.062	0.078
Selenium, Se	µg	6.1	0.412	6	A	1		1.7	1.2	1.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin	mg	0.094	0.007	5	A	1		0.027	0.018	0.023
Riboflavin	mg	0.065	0.008	5	A	1		0.018	0.012	0.016
Niacin	mg	1.498	0.096	33		1		0.425	0.285	0.360
Pantothenic acid	mg	0.109	0.005	6	A	1		0.031	0.021	0.026
Vitamin B-6	mg	0.219	0.027	11		1		0.062	0.042	0.053
Folate, total	µg	5	0.890	6	A	1		1	1	1
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	5		0	O	4		1	1	1
Folate, DFE	µg	5		0	NC	4		1	1	1
Choline, total	mg	13.3		0	A	1		3.8	2.5	3.2
Betaine	mg	0.4		0	A	1		0.1	0.1	0.1
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	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	1		0	FLA	4		0	0	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	1		0	FLA	4		0	0	0
Vitamin A, IU	IU	2		0	NC	4		1	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	3		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol)	mg	0.28	0.027	3	A	1		0.08	0.05	0.07
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.453		0	NC	4		0.128	0.086	0.109
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.414	0.012	6	A	1		0.117	0.079	0.099
17:0....g									
18:0....g	0.039		0		1		0.011	0.007	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.692		0	NC	4		0.196	0.132	0.166
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.001	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.690	0.017	6	A	1		0.196	0.131	0.166
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.419		0	NC	4		0.402	0.270	0.341
18:2 undifferentiated....g	1.385	0.035	6	A	1		0.393	0.263	0.332
18:3 undifferentiated....g	0.034		0		1		0.010	0.006	0.008
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.012	0.008	0.010
Threonine....g	0.218		0		1		0.062	0.041	0.052
Isoleucine....g	0.208		0		1		0.059	0.040	0.050
Leucine....g	0.711		0		1		0.202	0.135	0.171
Lysine....g	0.163		0		1		0.046	0.031	0.039
Methionine....g	0.121		0		1		0.034	0.023	0.029
Cystine....g	0.105		0		1		0.030	0.020	0.025
Phenylalanine....g	0.285		0		1		0.081	0.054	0.068
Tyrosine....g	0.236		0		1		0.067	0.045	0.057
Valine....g	0.294		0		1		0.083	0.056	0.071
Arginine....g	0.289		0		1		0.082	0.055	0.069
Histidine....g	0.177		0		1		0.050	0.034	0.042
Alanine....g	0.434		0		1		0.123	0.082	0.104
Aspartic acid....g	0.403		0		1		0.114	0.077	0.097
Glutamic acid....g	1.087		0		1		0.308	0.207	0.261
Glycine....g	0.238		0		1		0.067	0.045	0.057
Proline....g	0.506		0		1		0.143	0.096	0.121
Serine....g	0.275		0		1		0.078	0.052	0.066
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 enchilada

Measure 3 = 24g: 1 tortilla

Calories Factors: Protein 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18449
Tortillas, ready-to-bake or -fry, corn, without added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.10	0.662	42		1		12.50	11.47	
Energy....kcal	222		0	NC	4		63	58	
Energy....kJ	929				4		263	242	
Protein (N x 6.2)....g	5.70	0.128	29		1		1.62	1.48	
Total lipid (fat)....g	2.50	0.238	25		1		0.71	0.65	
Ash....g	1.20	0.058	29		1		0.34	0.31	
Carbohydrate, by difference....g	46.60		0		4		13.21	12.12	
Fiber, total dietary....g	5.2		0		4		1.5	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	175	7.154	53		1		50	46	
Iron, Fe....mg	1.40	0.071	44		1		0.40	0.36	
Magnesium, Mg....mg	65	1.531	30		1		18	17	
Phosphorus, P....mg	314	26.162	42		1		89	82	
Potassium, K....mg	154	7.238	35		1		44	40	
Sodium, Na....mg	11		0		4		3	3	
Zinc, Zn....mg	0.94	0.076	33		1		0.27	0.24	
Copper, Cu....mg	0.154	0.015	13		1		0.044	0.040	
Manganese, Mn....mg	0.402	0.011	12		1		0.114	0.105	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5		1		0.0	0.0	
Thiamin....mg	0.112	0.015	31		1		0.032	0.029	
Riboflavin....mg	0.073	0.008	23		1		0.021	0.019	
Niacin....mg	1.498	0.096	33		1		0.425	0.389	
Pantothenic acid....mg	0.194	0.014	12		1		0.055	0.050	
Vitamin B-6....mg	0.219	0.027	11		1		0.062	0.057	
Folate, total....µg	114		0	BFZN	4		32	30	
Folic acid....µg	99		0	NC	4		28	26	
Folate, food....µg	15	1.288	11		1		4	4	
Folate, DFE....µg	183		0	NC	4		52	48	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18449
Tortillas, ready-to-bake or -fry, corn, without added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.334		0		4		0.095	0.087	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.295		0		4		0.084	0.077	
17:0....g									
18:0....g	0.039		0		4		0.011	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.649		0		4		0.184	0.169	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.647		0		4		0.183	0.168	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.122		0		4		0.318	0.292	
18:2 undifferentiated....g	1.088		0		4		0.308	0.283	
18:3 undifferentiated....g	0.034		0		4		0.010	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		4		0.012	0.011	
Threonine....g	0.218		0		4		0.062	0.057	
Isoleucine....g	0.208		0		4		0.059	0.054	
Leucine....g	0.711		0		4		0.202	0.185	
Lysine....g	0.163		0		4		0.046	0.042	
Methionine....g	0.121		0		4		0.034	0.031	
Cystine....g	0.105		0		4		0.030	0.027	
Phenylalanine....g	0.285		0		4		0.081	0.074	
Tyrosine....g	0.236		0		4		0.067	0.061	
Valine....g	0.294		0		4		0.083	0.076	
Arginine....g	0.289		0		4		0.082	0.075	
Histidine....g	0.177		0		4		0.050	0.046	
Alanine....g	0.434		0		4		0.123	0.113	
Aspartic acid....g	0.403		0		4		0.114	0.105	
Glutamic acid....g	1.087		0		4		0.308	0.283	
Glycine....g	0.238		0		4		0.067	0.062	
Proline....g	0.506		0		4		0.143	0.132	
Serine....g	0.275		0		4		0.078	0.072	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, without added salt

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 tortilla, medium (approx 6" dia)

Calories Factors: Protein 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour, refrigerated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.98	0.182	16	A	1		15.35	9.07	9.59
Energy....kcal	306		0	NC	4		147	87	92
Energy....kJ	1279		0	NC	4		614	363	384
Protein (N x 5.7)....g	8.20	0.069	16	A	1		3.94	2.33	2.46
Total lipid (fat)....g	7.99	0.100	16	A	1		3.84	2.27	2.40
Ash....g	2.45	0.027	16	A	1		1.17	0.69	0.73
Carbohydrate, by difference....g	49.38		0	NC	4		23.70	14.00	14.81
Fiber, total dietary....g	3.5	0.290	6	A	1		1.7	1.0	1.1
Sugars, total....g	3.71	0.194	9	A	1		1.78	1.05	1.11
Sucrose....g	0.60	0.069	9	A	1		0.29	0.17	0.18
Glucose (dextrose)....g	0.38	0.055	9	A	1		0.18	0.11	0.12
Fructose....g	0.28	0.029	9	A	1		0.13	0.08	0.08
Lactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose....g	2.45	0.221	9	A	1		1.17	0.69	0.73
Galactose....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch....g	38.38	0.647	9	A	1		18.42	10.88	11.51
Minerals:									
Calcium, Ca....mg	146	7.056	16	A	1		70	41	44
Iron, Fe....mg	3.63	0.161	16	A	1		1.74	1.03	1.09
Magnesium, Mg....mg	22	0.250	16	A	1		10	6	7
Phosphorus, P....mg	206	6.521	16	A	1		99	58	62
Potassium, K....mg	125	4.937	16	A	1		60	36	38
Sodium, Na....mg	736	10.740	16	A	1		353	209	221
Zinc, Zn....mg	0.53	0.006	16	A	1		0.25	0.15	0.16
Copper, Cu....mg	0.104	0.002	16	A	1		0.050	0.030	0.031
Manganese, Mn....mg	0.538	0.019	16	A	1		0.258	0.153	0.161
Selenium, Se....µg	22.3	1.570	9	A	1		10.7	6.3	6.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.503	0.031	9	A	1		0.242	0.143	0.151
Riboflavin....mg	0.282	0.007	9	A	1		0.135	0.080	0.085
Niacin....mg	4.415	0.135	9	A	1		2.119	1.252	1.324
Pantothenic acid....mg	0.562	0.011	5	A	1		0.270	0.159	0.169
Vitamin B-6....mg	0.059	0.001	6	A	1		0.028	0.017	0.018
Folate, total....µg	94	5.294	9	A	1		45	27	28
Folic acid....µg	79		0	FLA	4		38	22	24
Folate, food....µg	15		0	NC	4		7	4	5
Folate, DFE....µg	149		0	NC	4		71	42	45
Choline, total....mg	7.9		0	AS	1		3.8	2.2	2.4
Betaine....mg	5.3		1	A	1		2.5	1.5	1.6
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	FLA	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	9		0	FLA	4		4	3	3
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	0.84		2	A	1		0.40	0.24	0.25
Tocopherol, delta....mg	0.36		2	A	1		0.17	0.10	0.11
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.15		2	A	1		0.07	0.04	0.04

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	7.2		2	A	1		3.4	2.0	2.1
Dihydrophylloquinone....µg	0.1		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	2.924		0	NC	4		1.403	0.829	0.877
4:0....g	0.000		3	A	1		0.000	0.000	0.000
6:0....g	0.000		3	A	1		0.000	0.000	0.000
8:0....g	0.000		3	A	1		0.000	0.000	0.000
10:0....g	0.000		3	A	1		0.000	0.000	0.000
12:0....g	0.005		3	A	1		0.002	0.001	0.002
13:0....g									
14:0....g	0.034		3	A	1		0.016	0.010	0.010
15:0....g	0.005		3	A	1		0.002	0.001	0.002
16:0....g	1.669		3	A	1		0.801	0.473	0.501
17:0....g	0.008		3	A	1		0.004	0.002	0.002
18:0....g	1.157		3	A	1		0.555	0.328	0.347
20:0....g	0.024		3	A	1		0.011	0.007	0.007
22:0....g	0.014		3	A	1		0.007	0.004	0.004
24:0....g	0.008		3	A	1		0.004	0.002	0.002
Fatty acids, total monounsaturated....g	1.751		0	NC	4		0.840	0.496	0.525
14:1....g	0.000		3	A	1		0.000	0.000	0.000
15:1....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.007		3	AS	1		0.004	0.002	0.002
16:1 c....g	0.007		3	A	1		0.004	0.002	0.002
16:1 t....g	0.000		3	A	1		0.000	0.000	0.000
17:1....g	0.003		3	A	1		0.001	0.001	0.001
18:1 undifferentiated....g	1.717		3	AS	1		0.824	0.487	0.515
18:1 c....g	1.678		3	A	1		0.806	0.476	0.503
18:1 t....g	0.038		3	A	1		0.018	0.011	0.012
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		3	A	1		0.012	0.007	0.007
22:1 undifferentiated....g	0.000		3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		3	A	1		0.000	0.000	0.000
22:1 t....g	0.000		3	A	1		0.000	0.000	0.000
24:1 c....g	0.000		3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.290		0	NC	4		1.099	0.649	0.687
18:2 undifferentiated....g	2.062		3	AS	1		0.990	0.584	0.619
18:2 n-6 c,c....g	2.045		3	A	1		0.982	0.580	0.614
18:2 CLAs....g	0.002		3	A	1		0.001	0.001	0.001
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		3	A	1		0.007	0.004	0.004
18:3 undifferentiated....g	0.226		3	AS	1		0.109	0.064	0.068
18:3 n-3 c,c,c (ALA)....g	0.214		3	A	1		0.103	0.061	0.064
18:3 n-6 c,c,c....g	0.012		3	A	1		0.006	0.003	0.004
18:3i....g	0.000		3	A	1		0.000	0.000	0.000
18:4....g	0.000		3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.002		3	A	1		0.001	0.000	0.001
20:3 undifferentiated....g	0.000		3	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000		3	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000		3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		3	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		3	A	1		0.000	0.000	0.000

NDB No. 18364
Tortillas, ready-to-bake or -fry, flour, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.052		0	NC	4		0.025	0.015	0.016
Fatty acids, total trans-monoenoic....g	0.038		0	NC	4		0.018	0.011	0.012
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.007	0.004	0.004
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.065		0	FLA	4		0.031	0.018	0.019
Threonine....g	0.143		0	FLA	4		0.069	0.041	0.043
Isoleucine....g	0.182		0	FLA	4		0.087	0.052	0.055
Leucine....g	0.362		0	FLA	4		0.174	0.103	0.109
Lysine....g	0.116		0	FLA	4		0.056	0.033	0.035
Methionine....g	0.093		0	FLA	4		0.045	0.026	0.028
Cystine....g	0.112		0	FLA	4		0.054	0.032	0.034
Phenylalanine....g	0.265		0	FLA	4		0.127	0.075	0.080
Tyrosine....g	0.159		0	FLA	4		0.076	0.045	0.048
Valine....g	0.212		0	FLA	4		0.102	0.060	0.063
Arginine....g	0.213		0	FLA	4		0.102	0.060	0.064
Histidine....g	0.117		0	FLA	4		0.056	0.033	0.035
Alanine....g	0.169		0	FLA	4		0.081	0.048	0.051
Aspartic acid....g	0.222		0	FLA	4		0.106	0.063	0.067
Glutamic acid....g	1.774		0	FLA	4		0.852	0.503	0.532
Glycine....g	0.189		0	FLA	4		0.091	0.054	0.057
Proline....g	0.611		0	FLA	4		0.293	0.173	0.183
Serine....g	0.263		0	FLA	4		0.126	0.075	0.079
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 tortilla

Measure 2 = 28.35g: 1 oz

Measure 3 = 30g: 1 tortilla medium (approx 6" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18970
Tortillas, ready-to-bake or -fry, flour, shelf stable

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.43	0.502	12	A	1		15.89	156.97	
Energy....kcal	297		0	NC	4		146	1439	
Energy....kJ	1244		0	NC	4		610	6021	
Protein (N x 6.25)....g	8.01	0.189	12	A	1		3.92	38.75	
Total lipid (fat)....g	7.58	0.336	12	A	1		3.72	36.70	
Ash....g	2.71	0.115	12	A	1		1.33	13.10	
Carbohydrate, by difference....g	49.27		0	NC	4		24.14	238.48	
Fiber, total dietary....g	2.4	0.108	12	A	1		1.2	11.9	
Sugars, total....g	2.66	0.151	12	A	1		1.30	12.88	
Sucrose....g	0.48	0.193	12	A	1		0.23	2.32	
Glucose (dextrose)....g	0.09	0.050	12	A	1		0.05	0.46	
Fructose....g	0.03	0.030	12	A	1		0.01	0.15	
Lactose....g	0.00	0.000	12	A	1		0.00	0.00	
Maltose....g	2.06	0.086	12	A	1		1.01	9.96	
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	
Starch....g	40.20	0.959	12	A	1		19.70	194.57	
Minerals:									
Calcium, Ca....mg	163	13.267	12	A	1		80	789	
Iron, Fe....mg	3.32	0.116	12	A	1		1.63	16.06	
Magnesium, Mg....mg	21	0.962	12	A	1		10	103	
Phosphorus, P....mg	213	15.499	12	A	1		104	1032	
Potassium, K....mg	133	12.569	12	A	1		65	642	
Sodium, Na....mg	742	35.202	12	A	1		364	3593	
Zinc, Zn....mg	0.57	0.039	12	A	1		0.28	2.76	
Copper, Cu....mg	0.115	0.005	12	A	1		0.057	0.558	
Manganese, Mn....mg	0.516	0.041	12	A	1		0.253	2.497	
Selenium, Se....µg	21.9	3.029	12	A	1		10.7	106.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.487	0.036	12	A	1		0.238	2.355	
Riboflavin....mg	0.124	0.012	12	A	1		0.061	0.601	
Niacin....mg	4.191	0.167	12	A	1		2.054	20.284	
Pantothenic acid....mg	0.283		0	FLC	4		0.139	1.370	
Vitamin B-6....mg	0.028		0	FLC	4		0.014	0.138	
Folate, total....µg	118		0	FLC	4		58	573	
Folic acid....µg	100		0	FLC	4		49	482	
Folate, food....µg	19		0	FLC	4		9	91	
Folate, DFE....µg	188		0	NC	4		92	911	
Choline, total....mg	6.8		0	FLC	4		3.3	32.7	
Betaine....mg	45.4		0	FLC	4		22.3	219.8	
Vitamin B-12....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....µg	0		0	FLC	4		0	0	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	0		0	FLC	4		0	0	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	FLC	4		0	1	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	12		0	FLC	4		6	57	
Vitamin E (alpha-tocopherol)....mg	0.86		0	FLC	4		0.42	4.15	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.06		0	FLC	4		0.03	0.28	
Tocopherol, gamma....mg	2.32		0	FLC	4		1.14	11.23	
Tocopherol, delta....mg	0.58		0	FLC	4		0.28	2.80	
Tocotrienol, alpha....mg	0.01		0	FLC	4		0.01	0.07	
Tocotrienol, beta....mg	0.05		0	FLC	4		0.03	0.27	

NDB No. 18970
Tortillas, ready-to-bake or -fry, flour, shelf stable

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	FLC	4		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone)....µg	4.2		0	FLC	4		2.0	20.2	
Dihydrophylloquinone....µg	0.0		0	FLC	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.225		0	FLC	4		0.600	5.928	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.014		0	FLC	4		0.007	0.067	
15:0....g	0.000		0	FLC	4		0.000	0.000	
16:0....g	0.735		0	FLC	4		0.360	3.557	
17:0....g	0.000		0	FLC	4		0.000	0.000	
18:0....g	0.445		0	FLC	4		0.218	2.156	
20:0....g	0.023		0	FLC	4		0.011	0.109	
22:0....g	0.011		0	FLC	4		0.006	0.055	
24:0....g									
Fatty acids, total monounsaturated....g	3.801		0	FLC	4		1.862	18.397	
14:1....g	0.000		0	FLC	4		0.000	0.000	
15:1....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated....g	0.007		0	FLC	4		0.004	0.036	
17:1....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated....g	3.748		0	FLC	4		1.836	18.139	
20:1....g	0.046		0	FLC	4		0.022	0.222	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.152		0	FLC	4		1.054	10.414	
18:2 undifferentiated....g	1.764		0	FLC	4		0.865	8.539	
18:3 undifferentiated....g	0.387		0	FLC	4		0.190	1.874	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g	0.014		0	FLC	4		0.007	0.066	
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	FLC	4		0.040	0.397	
Threonine....g	0.182		0	FLC	4		0.089	0.879	
Isoleucine....g	0.231		0	FLC	4		0.113	1.117	
Leucine....g	0.459		0	FLC	4		0.225	2.221	
Lysine....g	0.147		0	FLC	4		0.072	0.713	
Methionine....g	0.118		0	FLC	4		0.058	0.572	
Cystine....g	0.142		0	FLC	4		0.069	0.685	
Phenylalanine....g	0.336		0	FLC	4		0.165	1.627	
Tyrosine....g	0.202		0	FLC	4		0.099	0.976	
Valine....g	0.268		0	FLC	4		0.131	1.298	
Arginine....g	0.270		0	FLC	4		0.132	1.304	
Histidine....g	0.149		0	FLC	4		0.073	0.719	
Alanine....g	0.215		0	FLC	4		0.105	1.039	

NDB No. 18970
Tortillas, ready-to-bake or -fry, flour, shelf stable

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.281		0	FLC	4		0.138	1.361	
Glutamic acid.....g	2.249		0	FLC	4		1.102	10.883	
Glycine.....g	0.240		0	FLC	4		0.117	1.161	
Proline.....g	0.774		0	FLC	4		0.379	3.747	
Serine.....g	0.333		0	FLC	4		0.163	1.614	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 tortilla

Measure 2 = 484g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18450
Tortillas, ready-to-bake or -fry, flour, without added calcium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.80	0.902	14		1		7.60	8.58	19.30
Energy....kcal	325		0	NC	4		92	104	234
Energy....kJ	1360				4		386	435	979
Protein (N x 5.7)....g	8.70	0.581	12		1		2.47	2.78	6.26
Total lipid (fat)....g	7.10	0.579	11		1		2.01	2.27	5.11
Ash....g	1.80	0.151	12		1		0.51	0.58	1.30
Carbohydrate, by difference....g	55.60		0		4		15.76	17.79	40.03
Fiber, total dietary....g	3.3		0	BFZN	4		0.9	1.1	2.4
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0		4		11	12	28
Iron, Fe....mg	3.30	0.125	38		1		0.94	1.06	2.38
Magnesium, Mg....mg	26	1.328	38		1		7	8	19
Phosphorus, P....mg	124	7.926	38		1		35	40	89
Potassium, K....mg	131	7.293	40		1		37	42	94
Sodium, Na....mg	478	24.050	40		1		136	153	344
Zinc, Zn....mg	0.71	0.083	40		1		0.20	0.23	0.51
Copper, Cu....mg	0.267	0.141	36		1		0.076	0.085	0.192
Manganese, Mn....mg	0.462	0.011	35		1		0.131	0.148	0.333
Selenium, Se....µg	23.4	2.389	34	A	1		6.6	7.5	16.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin....mg	0.531	0.025	14		1		0.151	0.170	0.382
Riboflavin....mg	0.293	0.069	14		1		0.083	0.094	0.211
Niacin....mg	3.572	0.135	14		1		1.013	1.143	2.572
Pantothenic acid....mg	0.582	0.061	12		1		0.165	0.186	0.419
Vitamin B-6....mg	0.050		2		1		0.014	0.016	0.036
Folate, total....µg	123		0	BFZN	4		35	39	89
Folic acid....µg	111		0	NC	4		31	36	80
Folate, food....µg	12	1.079	10		1		3	4	9
Folate, DFE....µg	201		0	NC	4		57	64	145
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	NC	4		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18450
Tortillas, ready-to-bake or -fry, flour, without added calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.745		0	BFZN	4		0.495	0.558	1.256
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	0.032		0	BFZN	4		0.009	0.010	0.023
15:0....g									
16:0....g	0.937		0	BFZN	4		0.266	0.300	0.675
17:0....g									
18:0....g	0.776		0	BFZN	4		0.220	0.248	0.559
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.768		0	BFZN	4		1.068	1.206	2.713
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0	BFZN	4		0.002	0.003	0.006
17:1....g									
18:1 undifferentiated....g	3.760		0	BFZN	4		1.066	1.203	2.707
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.063		0	BFZN	4		0.301	0.340	0.765
18:2 undifferentiated....g	1.009		0	BFZN	4		0.286	0.323	0.726
18:3 undifferentiated....g	0.054		0	BFZN	4		0.015	0.017	0.039
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		4		0.030	0.034	0.076
Threonine....g	0.245		0		4		0.069	0.078	0.176
Isoleucine....g	0.307		0		4		0.087	0.098	0.221
Leucine....g	0.600		0		4		0.170	0.192	0.432
Lysine....g	0.213		0		4		0.060	0.068	0.153
Methionine....g	0.155		0		4		0.044	0.050	0.112
Cystine....g	0.181		0		4		0.051	0.058	0.130
Phenylalanine....g	0.435		0		4		0.123	0.139	0.313
Tyrosine....g	0.266		0		4		0.075	0.085	0.192
Valine....g	0.356		0		4		0.101	0.114	0.256
Arginine....g	0.356		0		4		0.101	0.114	0.256
Histidine....g	0.195		0		4		0.055	0.062	0.140
Alanine....g	0.289		0		4		0.082	0.092	0.208
Aspartic acid....g	0.386		0		4		0.109	0.124	0.278
Glutamic acid....g	2.850		0		4		0.808	0.912	2.052
Glycine....g	0.316		0		4		0.090	0.101	0.228
Proline....g	0.979		0		4		0.278	0.313	0.705
Serine....g	0.432		0		4		0.122	0.138	0.311
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72g: 1 tortilla (approx 10" dia)

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28295
Tortillas, ready-to-bake or -fry, whole wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.15		0	FLC	4		12.36		
Energy....kcal	310		0	NC	4		127		
Energy....kJ	1299		0	NC	4		533		
Protein (N x 6.25)....g	9.76		0	LC	8		4.00		
Total lipid (fat)....g	9.76		0	LC	8		4.00		
Ash....g	4.45		0	FLC	4		1.82		
Carbohydrate, by difference....g	45.89		0	NC	4		18.81		
Fiber, total dietary....g	9.8		0	LC	8		4.0		
Sugars, total....g	2.44		0	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	244		0	LC	8		100		
Iron, Fe....mg	2.63		0	LC	8		1.08		
Magnesium, Mg....mg	85		0	FLC	4		35		
Phosphorus, P....mg	346		0	FLC	4		142		
Potassium, K....mg	262		0	FLC	4		107		
Sodium, Na....mg	512		0	LC	8		210		
Zinc, Zn....mg	1.92		0	FLC	4		0.79		
Copper, Cu....mg	0.266		0	FLC	4		0.109		
Manganese, Mn....mg									
Selenium, Se....µg	37.0		0	FLC	4		15.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.823		0	FLC	4		0.338		
Riboflavin....mg	0.289		0	FLC	4		0.119		
Niacin....mg	4.858		0	FLC	4		1.992		
Pantothenic acid....mg									
Vitamin B-6....mg	0.312		0	FLC	4		0.128		
Folate, total....µg	138		0	FLC	4		57		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	138		0	FLC	4		57		
Folate, DFE....µg	138		0	NC	4		57		
Choline, total....mg	20.0		0	FLC	4		8.2		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	3		0	FLC	4		1		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	5		0	NC	4		2		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	130		0	FLC	4		53		
Vitamin E (alpha-tocopherol)....mg	0.90		0	FLC	4		0.37		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	4.5		0	FLC	4		1.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28295
Tortillas, ready-to-bake or -fry, whole wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.878		0	LC	8		2.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.021		0	FLC	4		0.009		
13:0....g									
14:0....g	0.023		0	FLC	4		0.009		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	2.556		0	FLC	4		1.048		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	2.197		0	FLC	4		0.901		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.062		0	FLC	4		1.255		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.068		0	FLC	4		0.028		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	2.986		0	FLC	4		1.224		
20:1....g	0.005		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	0.992		0	FLC	4		0.407		
18:2 undifferentiated....g	0.959		0	FLC	4		0.393		
18:3 undifferentiated....g	0.033		0	FLC	4		0.013		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0	FLC	4		0.053		
Threonine....g	0.312		0	FLC	4		0.128		
Isoleucine....g	0.353		0	FLC	4		0.145		
Leucine....g	0.671		0	FLC	4		0.275		
Lysine....g	0.370		0	FLC	4		0.152		
Methionine....g	0.163		0	FLC	4		0.067		
Cystine....g	0.187		0	FLC	4		0.076		
Phenylalanine....g	0.488		0	FLC	4		0.200		
Tyrosine....g	0.217		0	FLC	4		0.089		
Valine....g	0.444		0	FLC	4		0.182		
Arginine....g	0.480		0	FLC	4		0.197		
Histidine....g	0.255		0	FLC	4		0.105		
Alanine....g	0.400		0	FLC	4		0.164		
Aspartic acid....g	0.626		0	FLC	4		0.257		
Glutamic acid....g	2.871		0	FLC	4		1.177		
Glycine....g	0.429		0	FLC	4		0.176		
Proline....g	1.307		0	FLC	4		0.536		
Serine....g	0.462		0	FLC	4		0.189		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		

NDB No. 28295
Tortillas, ready-to-bake or -fry, whole wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 tortilla 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18952
Tostada shells, corn

Latino food
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.32	0.206	3	A	1		0.41	1.23	
Energy....kcal	474		2	LC	8		58	175	
Energy....kJ	1983		2	LC	8		244	734	
Protein....g	6.15	0.917	3	A	1		0.76	2.27	
Total lipid (fat)....g	23.38	1.937	3	A	1		2.88	8.65	
Ash....g	2.72	0.059	3	A	1		0.33	1.01	
Carbohydrate, by difference....g	64.43		0	NC	4		7.93	23.84	
Fiber, total dietary....g	5.8	0.219	3	A	1		0.7	2.1	
Sugars, total....g									
Starch....g	55.40	2.159	3	A	1		6.81	20.50	
Minerals:									
Calcium, Ca....mg	76	8.838	3	A	1		9	28	
Iron, Fe....mg	1.53	0.186	3	A	1		0.19	0.57	
Magnesium, Mg....mg	76	4.631	3	A	1		9	28	
Phosphorus, P....mg	203	17.638	3	A	1		25	75	
Potassium, K....mg	237	8.819	3	A	1		29	88	
Sodium, Na....mg	657	43.716	3	A	1		81	243	
Zinc, Zn....mg	1.23	0.088	3	A	1		0.15	0.46	
Copper, Cu....mg	0.148	0.000	3	A	1		0.018	0.055	
Manganese, Mn....mg	0.363	0.013	3	A	1		0.045	0.134	
Selenium, Se....µg	2.2	0.000	3	A	1		0.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.353	0.038	3	A	1		0.043	0.131	
Riboflavin....mg	0.094	0.011	3	A	1		0.012	0.035	
Niacin....mg	1.553	0.119	3	A	1		0.191	0.575	
Pantothenic acid....mg	0.191	0.006	3	A	1		0.023	0.071	
Vitamin B-6....mg	0.363	0.025	3	A	1		0.045	0.134	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.011		0	NC	4		0.862	2.594	
4:0....g									
6:0....g									
8:0....g	0.014	0.002	3	A	1		0.002	0.005	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.029	0.020	3	A	1		0.004	0.011	
13:0....g									

NDB No. 18952
Tostada shells, corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.132	0.066	3	A	1		0.016	0.049	
15:0....g	0.006	0.003	3	A	1		0.001	0.002	
16:0....g	5.967	1.911	3	A	1		0.734	2.208	
17:0....g	0.021	0.004	3	A	1		0.003	0.008	
18:0....g	0.729	0.182	3	A	1		0.090	0.270	
20:0....g	0.088	0.005	3	A	1		0.011	0.032	
22:0....g	0.026	0.005	3	A	1		0.003	0.010	
24:0....g									
Fatty acids, total monounsaturated....g	7.217		0	NC	4		0.888	2.670	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.054	0.025	3	A	1		0.007	0.020	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	7.086	1.259	3	A	1		0.872	2.622	
18:1 c....g									
18:1 t....g	0.032	0.006	3	A	1		0.004	0.012	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.001	3	A	1		0.006	0.017	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.285		0	NC	4		1.019	3.065	
18:2 undifferentiated....g	8.025	2.170	3	A	1		0.987	2.969	
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 t,t....g	0.131	0.070	3	A	1		0.016	0.048	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.124	0.028	3	AS	1		0.015	0.046	
18:3 n-3 c,c,c (ALA)....g	0.124	0.028	3	A	1		0.015	0.046	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.005	0.003	3	A	1		0.001	0.002	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.163		0	NC	4		0.020	0.060	
Fatty acids, total trans-monoenoic....g	0.032		0	NC	4		0.004	0.012	
Fatty acids, total trans-polyenoic....g	0.131		0	NC	4		0.016	0.048	
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.3g: 1 piece

Measure 2 = 37g: 3 pieces (mean serving weight, aggregated over brands)

Calories Factors: Protein **Fat** **Carbohydrate**

NDB No. 18952
Tostada shells, corn

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28370

UDI'S, Gluten Free, Classic French Dinner Rolls

Udi's Gluten Free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	28.30		1	A	1		10.19		
Energy ... kcal	310		0	NC	4		112		
Energy ... kJ	1297		0	NC	4		467		
Protein (N x 6.25) ... g	7.99		1	A	1		2.88		
Total lipid (fat) ... g	6.40		1	A	1		2.30		
Ash ... g	2.21		1	A	1		0.80		
Carbohydrate, by difference ... g	55.10		0	NC	4		19.84		
Fiber, total dietary ... g	3.6		1	A	1		1.3		
Sugars, total ... g	9.53		1	A	1		3.43		
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	0.48		1	A	1		0.17		
Fructose ... g	0.35		1	A	1		0.13		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	8.70		1	A	1		3.13		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	40.30		1	A	1		14.51		
Minerals:									
Calcium, Ca ... mg	82		1	A	1		30		
Iron, Fe ... mg	0.78		1	A	1		0.28		
Magnesium, Mg ... mg	44		1	A	1		16		
Phosphorus, P ... mg	126		1	A	1		45		
Potassium, K ... mg	161		1	A	1		58		
Sodium, Na ... mg	707		1	A	1		255		
Zinc, Zn ... mg	0.70		1	A	1		0.25		
Copper, Cu ... mg	0.083		1	A	1		0.030		
Manganese, Mn ... mg	0.800		1	A	1		0.288		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg	0.500		1	A	1		0.180		
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 28370
UDI'S, Gluten Free, Classic French Dinner Rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 36g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28371

UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread

Udi's Gluten Free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	33.69	0.191	3	A	1		9.43		
Energy ... kcal	298		0	NC	4		84		
Energy ... kJ	1248		0	NC	4		349		
Protein ... g	5.40	0.104	3	A	1		1.51		
Total lipid (fat) ... g	8.02	0.082	3	A	1		2.24		
Ash ... g	1.75	0.015	3	A	1		0.49		
Carbohydrate, by difference ... g	51.15		0	NC	4		14.32		
Fiber, total dietary ... g	5.5	0.228	3	A	1		1.5		
Sugars, total ... g	11.30	0.208	3	A	1		3.16		
Sucrose ... g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) ... g	1.66	0.039	3	A	1		0.47		
Fructose ... g	1.54	0.015	3	A	1		0.43		
Lactose ... g	0.00	0.000	3	A	1		0.00		
Maltose ... g	8.10	0.246	3	A	1		2.27		
Galactose ... g	0.00	0.000	3	A	1		0.00		
Starch ... g	34.37	0.384	3	A	1		9.62		
Minerals:									
Calcium, Ca ... mg	59	0.353	3	A	1		16		
Iron, Fe ... mg	0.53	0.023	3	A	1		0.15		
Magnesium, Mg ... mg	25	1.168	3	A	1		7		
Phosphorus, P ... mg	70	1.634	3	A	1		19		
Potassium, K ... mg	107	4.924	3	A	1		30		
Sodium, Na ... mg	515	14.746	3	A	1		144		
Zinc, Zn ... mg	0.51	0.014	3	A	1		0.14		
Copper, Cu ... mg	0.053	0.002	3	A	1		0.015		
Manganese, Mn ... mg	0.439	0.027	3	A	1		0.123		
Selenium, Se ... µg	11.0		2	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.135		2	A	1		0.038		
Riboflavin ... mg	0.270		2	A	1		0.076		
Niacin ... mg	1.405		2	A	1		0.393		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.095		2	A	1		0.027		
Folate, total ... µg	19		2	A	1		5		
Folic acid ... µg									
Folate, food ... µg	19		2	A	1		5		
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	1.61		1	A	1		0.45		
Tocopherol, beta ... mg	0.00		1	A	1		0.00		
Tocopherol, gamma ... mg	2.76		1	A	1		0.77		
Tocopherol, delta ... mg	0.00		1	A	1		0.00		
Tocotrienol, alpha ... mg	0.00		1	A	1		0.00		
Tocotrienol, beta ... mg	0.00		1	A	1		0.00		
Tocotrienol, gamma ... mg	0.83		1	A	1		0.23		
Tocotrienol, delta ... mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) ... µg									

NDB No. 28371
UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.629		0	NC	4		0.176		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.005		2	A	1		0.001		
13:0....g									
14:0....g	0.011		2	A	1		0.003		
15:0....g	0.004		2	A	1		0.001		
16:0....g	0.379		2	A	1		0.106		
17:0....g	0.010		2	A	1		0.003		
18:0....g	0.136		2	A	1		0.038		
20:0....g	0.044		2	A	1		0.012		
22:0....g	0.024		2	A	1		0.007		
24:0....g	0.015		2	A	1		0.004		
Fatty acids, total monounsaturated....g	4.721		0	NC	4		1.322		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.028		0	AS	1		0.008		
16:1 c....g	0.028		2	A	1		0.008		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.011		2	A	1		0.003		
18:1 undifferentiated....g	4.546		0	AS	1		1.273		
18:1 c....g	4.533		2	A	1		1.269		
18:1 t....g	0.013		2	A	1		0.004		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.119		2	A	1		0.033		
22:1 undifferentiated....g	0.006		0	AS	1		0.002		
22:1 c....g	0.004		2	A	1		0.001		
22:1 t....g	0.002		2	A	1		0.001		
24:1 c....g	0.011		2	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.957		0	NC	4		0.548		
18:2 undifferentiated....g	1.427		0	AS	1		0.400		
18:2 n-6 c,c....g	1.415		2	A	1		0.396		
18:2 CLAs....g	0.003		2	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		2	A	1		0.002		
18:3 undifferentiated....g	0.520		0	AS	1		0.146		
18:3 n-3 c,c,c (ALA)....g	0.485		2	A	1		0.136		
18:3 n-6 c,c,c....g	0.035		2	A	1		0.010		
18:3i....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.006		2	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.002		2	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.023		0	NC	4		0.007		
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.004		

NDB No. 28371
UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.002		
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0	A	1		0.022		
Threonine.....g	0.230		0	A	1		0.064		
Isoleucine.....g	0.250		0	A	1		0.070		
Leucine.....g	0.460		0	A	1		0.129		
Lysine.....g	0.350		0	A	1		0.098		
Methionine.....g	0.190		0	A	1		0.053		
Cystine.....g	0.140		0	A	1		0.039		
Phenylalanine.....g	0.320		0	A	1		0.090		
Tyrosine.....g	0.180		0	A	1		0.050		
Valine.....g	0.280		0	A	1		0.078		
Arginine.....g	0.370		0	A	1		0.104		
Histidine.....g	0.130		0	A	1		0.036		
Alanine.....g	0.330		0	A	1		0.092		
Aspartic acid.....g	0.560		0	A	1		0.157		
Glutamic acid.....g	0.750		0	A	1		0.210		
Glycine.....g	0.230		0	A	1		0.064		
Proline.....g	0.240		0	A	1		0.067		
Serine.....g	0.370		0	A	1		0.104		
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 = 28g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28372

UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread

Udi's Gluten Free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	32.36		1	A	1		8.09		
Energy ... kcal	309		0	NC	4		77		
Energy ... kJ	1295		0	NC	4		324		
Protein (N x 6.25) ... g	7.25		1	A	1		1.81		
Total lipid (fat) ... g	9.34		1	A	1		2.34		
Ash ... g	1.96		1	A	1		0.49		
Carbohydrate, by difference ... g	49.09		0	NC	4		12.27		
Fiber, total dietary ... g	4.9		1	A	1		1.2		
Sugars, total ... g	9.81		1	A	1		2.45		
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	1.61		1	A	1		0.40		
Fructose ... g	1.39		1	A	1		0.35		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	6.81		1	A	1		1.70		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	32.50		1	A	1		8.13		
Minerals:									
Calcium, Ca ... mg	60		1	A	1		15		
Iron, Fe ... mg	0.76		1	A	1		0.19		
Magnesium, Mg ... mg	31		1	A	1		8		
Phosphorus, P ... mg	77		1	A	1		19		
Potassium, K ... mg	123		1	A	1		31		
Sodium, Na ... mg	510		1	A	1		128		
Zinc, Zn ... mg	0.58		1	A	1		0.14		
Copper, Cu ... mg	0.074		1	A	1		0.019		
Manganese, Mn ... mg	0.505		1	A	1		0.126		
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.180		1	A	1		0.045		
Riboflavin ... mg	0.320		1	A	1		0.080		
Niacin ... mg	1.410		1	A	1		0.352		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.090		1	A	1		0.023		
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 28372
UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.266		0	NC	4		0.066		
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									
14:0....g	0.010		1	A	1		0.002		
15:0....g	0.004		1	A	1		0.001		
16:0....g	0.000		1	A	1		0.000		
17:0....g	0.006		1	A	1		0.002		
18:0....g	0.162		1	A	1		0.041		
20:0....g	0.046		1	A	1		0.012		
22:0....g	0.023		1	A	1		0.006		
24:0....g	0.015		1	A	1		0.004		
Fatty acids, total monounsaturated....g	5.438		0	NC	4		1.359		
14:1....g	0.002		1	A	1		0.001		
15:1....g	0.428		1	A	1		0.107		
16:1 undifferentiated....g	0.028		0	AS	1		0.007		
16:1 c....g	0.028		1	A	1		0.007		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.010		1	A	1		0.002		
18:1 undifferentiated....g	4.837		0	AS	1		1.209		
18:1 c....g	4.827		1	A	1		1.207		
18:1 t....g	0.010		1	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.123		1	A	1		0.031		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.010		1	A	1		0.002		
Fatty acids, total polyunsaturated....g	2.415		0	NC	4		0.604		
18:2 undifferentiated....g	1.569		0	AS	1		0.392		
18:2 n-6 c,c....g	1.555		1	A	1		0.389		
18:2 CLAs....g	0.005		1	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		1	A	1		0.002		
18:3 undifferentiated....g	0.835		0	AS	1		0.209		
18:3 n-3 c,c,c (ALA)....g	0.799		1	A	1		0.200		
18:3 n-6 c,c,c....g	0.036		1	A	1		0.009		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.002		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.003		1	A	1		0.001		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	A	1		0.001		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.019		0	NC	4		0.005		
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.009		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 food, or similar food.

NDB No. 28372

UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread

Common Measures:

Measure 1 = 25g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28373

UDI'S, Gluten Free, Whole Grain Dinner Rolls

Udi's Gluten Free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	29.90		1	A	1		13.16		
Energy ... kcal	329		0	NC	4		145		
Energy ... kJ	1376		0	NC	4		605		
Protein (N x 6.25) ... g	11.80		1	A	1		5.19		
Total lipid (fat) ... g	11.60		1	A	1		5.10		
Ash ... g	2.41		1	A	1		1.06		
Carbohydrate, by difference ... g	44.29		0	NC	4		19.49		
Fiber, total dietary ... g	11.2		1	A	1		4.9		
Sugars, total ... g	4.20		1	A	1		1.85		
Sucrose ... g	0.00		1	A	1		0.00		
Glucose (dextrose) ... g	0.52		1	A	1		0.23		
Fructose ... g	0.72		1	A	1		0.32		
Lactose ... g	0.00		1	A	1		0.00		
Maltose ... g	2.96		1	A	1		1.30		
Galactose ... g	0.00		1	A	1		0.00		
Starch ... g	29.30		1	A	1		12.89		
Minerals:									
Calcium, Ca ... mg	118		1	A	1		52		
Iron, Fe ... mg	1.64		1	A	1		0.72		
Magnesium, Mg ... mg	96		1	A	1		42		
Phosphorus, P ... mg	233		1	A	1		103		
Potassium, K ... mg	273		1	A	1		120		
Sodium, Na ... mg	507		1	A	1		223		
Zinc, Zn ... mg	1.35		1	A	1		0.59		
Copper, Cu ... mg	0.259		1	A	1		0.114		
Manganese, Mn ... mg	1.690		1	A	1		0.744		
Selenium, Se ... µg	25.0		1	A	1		11.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.380		1	A	1		0.167		
Riboflavin ... mg	0.360		1	A	1		0.158		
Niacin ... mg	3.790		1	A	1		1.668		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	1.39		1	A	1		0.61		
Tocopherol, beta ... mg	0.08		1	A	1		0.04		
Tocopherol, gamma ... mg	3.14		1	A	1		1.38		
Tocopherol, delta ... mg	0.00		1	A	1		0.00		
Tocotrienol, alpha ... mg	0.00		1	A	1		0.00		
Tocotrienol, beta ... mg	0.00		1	A	1		0.00		
Tocotrienol, gamma ... mg	0.21		1	A	1		0.09		
Tocotrienol, delta ... mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 28373
UDI'S, Gluten Free, Whole Grain Dinner Rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.381		0	NC	4		0.608		
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	0.010		1	A	1		0.004		
13:0....g									
14:0....g	0.016		1	A	1		0.007		
15:0....g	0.006		1	A	1		0.003		
16:0....g	0.842		1	A	1		0.370		
17:0....g	0.011		1	A	1		0.005		
18:0....g	0.360		1	A	1		0.158		
20:0....g	0.057		1	A	1		0.025		
22:0....g	0.048		1	A	1		0.021		
24:0....g	0.031		1	A	1		0.014		
Fatty acids, total monounsaturated....g	5.352		0	NC	4		2.355		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.029		0	AS	1		0.013		
16:1 c....g	0.029		1	A	1		0.013		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.011		1	A	1		0.005		
18:1 undifferentiated....g	5.180		0	AS	1		2.279		
18:1 c....g	5.162		1	A	1		2.271		
18:1 t....g	0.018		1	A	1		0.008		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.115		1	A	1		0.051		
22:1 undifferentiated....g	0.006		0	AS	1		0.003		
22:1 c....g	0.004		1	A	1		0.002		
22:1 t....g	0.002		1	A	1		0.001		
24:1 c....g	0.011		1	A	1		0.005		
Fatty acids, total polyunsaturated....g	4.944		0	NC	4		2.176		
18:2 undifferentiated....g	3.148		0	AS	1		1.385		
18:2 n-6 c,c....g	3.129		1	A	1		1.377		
18:2 CLAs....g	0.005		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		1	A	1		0.006		
18:3 undifferentiated....g	1.772		0	AS	1		0.780		
18:3 n-3 c,c,c (ALA)....g	1.739		1	A	1		0.765		
18:3 n-6 c,c,c....g	0.033		1	A	1		0.014		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.003		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.002		1	A	1		0.001		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.005		1	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		1	A	1		0.004		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.034		0	NC	4		0.015		
Fatty acids, total trans-monoenoic....g	0.020		0	NC	4		0.009		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.006		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 28373
UDI'S, Gluten Free, Whole Grain Dinner Rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 44g: 1 roll

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18930
USDA Commodity, Bakery, Flour Mix

Include commodity code B367
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.62		1	A	1				
Energy ... kcal	400		0	NC	4				
Energy ... kJ	1674		0	NC	4				
Protein (N x 6.25) ... g	8.47		1	A	1				
Total lipid (fat) ... g	12.90		1	A	1				
Ash ... g	5.48		1	A	1				
Carbohydrate, by difference ... g	62.53		0	NC	4				
Fiber, total dietary ... g	7.1		1	A	1				
Sugars, total ... g									
Sucrose ... g	0.86		1	A	1				
Glucose (dextrose) ... g	0.00		1	A	1				
Fructose ... g	0.00		1	A	1				
Lactose ... g	0.00		1	A	1				
Maltose ... g	0.00		1	A	1				
Galactose ... g									
Starch ... g	58.00		1	A	1				
Minerals:									
Calcium, Ca ... mg	187		1	A	1				
Iron, Fe ... mg	4.11		1	A	1				
Magnesium, Mg ... mg	20		1	A	1				
Phosphorus, P ... mg	630		1	A	1				
Potassium, K ... mg	124		1	A	1				
Sodium, Na ... mg	1410		1	A	1				
Zinc, Zn ... mg	0.55		1	A	1				
Copper, Cu ... mg	0.103		1	A	1				
Manganese, Mn ... mg	0.738		1	A	1				
Selenium, Se ... µg	6.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1				
Thiamin ... mg	0.597		1	A	1				
Riboflavin ... mg	0.857		1	A	1				
Niacin ... mg	5.904		0	T	4				
Pantothenic acid ... mg	0.383		1	A	1				
Vitamin B-6 ... mg	0.080		1	A	1				
Folate, total ... µg	183		0	T	4				
Folic acid ... µg	154		0	T	4				
Folate, food ... µg	29		0	T	4				
Folate, DFE ... µg	291		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	NC	4				
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0	T	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									

NDB No. 18930
USDA Commodity, Bakery, Flour Mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	7.9		1	A	1				
Dihydrophylloquinone....µg	16.3		1	A	1				
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.090		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	0.020		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	1.480		1	A	1				
17:0....g	0.010		1	A	1				
18:0....g	1.490		1	A	1				
20:0....g	0.040		1	A	1				
22:0....g	0.040		1	A	1				
24:0....g	0.010		1	A	1				
Fatty acids, total monounsaturated....g	6.790		0	NC	4				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.010		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	6.750		1	A	1				
20:1....g	0.030		1	A	1				
22:1 undifferentiated....g	0.000		1	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.960		0	NC	4				
18:2 undifferentiated....g	1.910		1	A	1				
18:3 undifferentiated....g	0.050		1	A	1				
18:4....g	0.000		1	A	1				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18931
USDA Commodity, Bakery, Flour Mix Low-fat

Include commodity code B368
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.51		1	A	1				
Energy ... kcal	361		0	NC	4				
Energy ... kJ	1510		0	NC	4				
Protein (N x 6.25) ... g	9.07		1	A	1				
Total lipid (fat) ... g	4.70		1	A	1				
Ash ... g	5.13		1	A	1				
Carbohydrate, by difference ... g	70.59		0	NC	4				
Fiber, total dietary ... g	3.5		1	A	1				
Sugars, total ... g									
Sucrose ... g	0.84		1	A	1				
Glucose (dextrose) ... g	0.00		1	A	1				
Fructose ... g	0.00		1	A	1				
Lactose ... g	0.00		1	A	1				
Maltose ... g	0.00		1	A	1				
Galactose ... g									
Starch ... g	64.50		1	A	1				
Minerals:									
Calcium, Ca ... mg	181		1	A	1				
Iron, Fe ... mg	4.11		0	T	4				
Magnesium, Mg ... mg	28		1	A	1				
Phosphorus, P ... mg	633		1	A	1				
Potassium, K ... mg	141		1	A	1				
Sodium, Na ... mg	1360		1	A	1				
Zinc, Zn ... mg	0.68		1	A	1				
Copper, Cu ... mg	0.141		1	A	1				
Manganese, Mn ... mg	0.779		1	A	1				
Selenium, Se ... µg	6.7		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1				
Thiamin ... mg	0.650		1	A	1				
Riboflavin ... mg	0.423		1	A	1				
Niacin ... mg	5.904		0	T	4				
Pantothenic acid ... mg	0.425		1	A	1				
Vitamin B-6 ... mg	0.093		1	A	1				
Folate, total ... µg	183		0	T	4				
Folic acid ... µg	154		0	T	4				
Folate, food ... µg	29		0	T	4				
Folate, DFE ... µg	291		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... µg	0		0	NR	4				
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0	Z	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									

NDB No. 18931
USDA Commodity, Bakery, Flour Mix Low-fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.850		0	NC	4				
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.000		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	0.460		1	A	1				
17:0....g	0.000		1	A	1				
18:0....g	0.370		1	A	1				
20:0....g	0.010		1	A	1				
22:0....g	0.010		1	A	1				
24:0....g	0.000		1	A	1				
Fatty acids, total monounsaturated....g	1.830		0	NC	4				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.000		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	1.820		1	A	1				
20:1....g	0.010		1	A	1				
22:1 undifferentiated....g	0.000		1	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.650		0	NC	4				
18:2 undifferentiated....g	0.620		1	A	1				
18:3 undifferentiated....g	0.030		1	A	1				
18:4....g	0.000		1	A	1				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28374

VAN'S, Gluten Free, Totally Original Pancakes

Van's International Foods

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.24		1	A	1		24.12	176.84	
Energy....kcal	215		0	NC	4		103	758	
Energy....kJ	902		0	NC	4		433	3175	
Protein (N x 6.25)....g	3.31		1	A	1		1.59	11.66	
Total lipid (fat)....g	4.55		1	A	1		2.18	16.02	
Ash....g	1.58		1	A	1		0.76	5.56	
Carbohydrate, by difference....g	40.32		0	NC	4		19.35	141.92	
Fiber, total dietary....g	1.5		1	A	1		0.7	5.5	
Sugars, total....g	4.06		1	A	1		1.95	14.29	
Sucrose....g	3.29		1	A	1		1.58	11.58	
Glucose (dextrose)....g	0.34		1	A	1		0.16	1.20	
Fructose....g	0.43		1	A	1		0.21	1.51	
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	36.90		1	A	1		17.71	129.89	
Minerals:									
Calcium, Ca....mg	39		1	A	1		19	137	
Iron, Fe....mg	0.70		1	A	1		0.34	2.47	
Magnesium, Mg....mg	34		1	A	1		17	121	
Phosphorus, P....mg	306		1	A	1		147	1077	
Potassium, K....mg	127		1	A	1		61	447	
Sodium, Na....mg	331		1	A	1		159	1165	
Zinc, Zn....mg	0.55		1	A	1		0.26	1.93	
Copper, Cu....mg	0.109		1	A	1		0.052	0.383	
Manganese, Mn....mg	0.925		1	A	1		0.444	3.256	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.070		1	A	1		0.034	0.246	
Riboflavin....mg	0.040		1	A	1		0.019	0.140	
Niacin....mg	1.550		1	A	1		0.744	5.456	
Pantothenic acid....mg									
Vitamin B-6....mg	0.075		1	A	1		0.036	0.264	
Folate, total....µg	9		1	A	1		4	32	
Folic acid....µg									
Folate, food....µg	9		1	A	1		4	32	
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									

NDB No. 28374
VAN'S, Gluten Free, Totally Original Pancakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.480		0	NC	4		0.230	1.688	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.005		1	A	1		0.002	0.017	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.012		1	A	1		0.006	0.042	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.010		1	A	1		0.005	0.035	
15:0....g	0.003		1	A	1		0.001	0.011	
16:0....g	0.317		1	A	1		0.152	1.116	
17:0....g	0.004		1	A	1		0.002	0.014	
18:0....g	0.085		1	A	1		0.041	0.299	
20:0....g	0.022		1	A	1		0.011	0.077	
22:0....g	0.012		1	A	1		0.006	0.042	
24:0....g	0.010		1	A	1		0.005	0.035	
Fatty acids, total monounsaturated....g	2.376		0	NC	4		1.140	8.362	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.001		1	A	1		0.000	0.004	
16:1 undifferentiated....g	0.009		0	AS	1		0.004	0.031	
16:1 c....g	0.009		1	A	1		0.004	0.031	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.005		1	A	1		0.002	0.017	
18:1 undifferentiated....g	2.301		0	AS	1		1.104	8.099	
18:1 c....g	2.292		1	A	1		1.100	8.068	
18:1 t....g	0.009		1	A	1		0.004	0.031	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054		1	A	1		0.026	0.190	
22:1 undifferentiated....g	0.001		0	AS	1		0.000	0.004	
22:1 c....g	0.001		1	A	1		0.000	0.004	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.005		1	A	1		0.002	0.017	
Fatty acids, total polyunsaturated....g	1.241		0	NC	4		0.596	4.368	
18:2 undifferentiated....g	0.942		0	AS	1		0.452	3.316	
18:2 n-6 c,c....g	0.934		1	A	1		0.448	3.288	
18:2 CLAs....g	0.004		1	A	1		0.002	0.014	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		1	A	1		0.002	0.014	
18:3 undifferentiated....g	0.291		0	AS	1		0.140	1.024	
18:3 n-3 c,c,c (ALA)....g	0.277		1	A	1		0.133	0.975	
18:3 n-6 c,c,c....g	0.014		1	A	1		0.007	0.049	
18:3i....g	0.000		1	A	1		0.000	0.000	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003		1	A	1		0.001	0.011	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002		1	A	1		0.001	0.007	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	A	1		0.001	0.011	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.013		0	NC	4		0.006	0.045	
Fatty acids, total trans-monoenoic....g	0.009		0	NC	4		0.004	0.031	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.002	0.014	
Cholesterol....mg									

NDB No. 28374
VAN'S, Gluten Free, Totally Original Pancakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 pancake

Measure 2 = 352g: 1 box

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28375

VAN'S, Gluten Free, Totally Original Waffles

Van's International Foods

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.22	0.328	5	A	1		21.72	117.85	
Energy....kcal	248		0	NC	4		117	633	
Energy....kJ	1038		0	NC	4		488	2647	
Protein....g	2.99	0.100	5	A	1		1.40	7.62	
Total lipid (fat)....g	8.22	0.126	5	A	1		3.86	20.96	
Ash....g	2.04	0.025	5	A	1		0.96	5.20	
Carbohydrate, by difference....g	40.54		0	NC	4		19.05	103.37	
Fiber, total dietary....g									
Sugars, total....g	1.73		2	A	1		0.81	4.41	
Sucrose....g	0.79		2	A	1		0.37	2.03	
Glucose (dextrose)....g	0.43		2	A	1		0.20	1.10	
Fructose....g	0.50		2	A	1		0.24	1.29	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	48	0.367	3	A	1		22	122	
Iron, Fe....mg	0.56	0.055	3	A	1		0.26	1.42	
Magnesium, Mg....mg	31	0.984	3	A	1		15	80	
Phosphorus, P....mg	345	3.512	3	A	1		162	880	
Potassium, K....mg	121	5.044	3	A	1		57	309	
Sodium, Na....mg	508	1.155	3	A	1		239	1295	
Zinc, Zn....mg	0.54	0.014	3	A	1		0.25	1.37	
Copper, Cu....mg	0.097	0.002	3	A	1		0.046	0.248	
Manganese, Mn....mg	0.886	0.047	3	A	1		0.417	2.260	
Selenium, Se....µg	0.4		1	A	1		0.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.083	0.003	3	A	1		0.039	0.212	
Riboflavin....mg	0.040	0.000	3	A	1		0.019	0.102	
Niacin....mg	1.803	0.139	3	A	1		0.848	4.598	
Pantothenic acid....mg	0.480		1	A	1		0.226	1.224	
Vitamin B-6....mg	0.067		2	A	1		0.032	0.172	
Folate, total....µg	8		1	A	1		4	21	
Folic acid....µg									
Folate, food....µg	8		1	A	1		4	21	
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									

NDB No. 28375
VAN'S, Gluten Free, Totally Original Waffles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.781		0	NC	4		0.367	1.991	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.004	0.000	3	A	1		0.002	0.011	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.013	0.003	3	A	1		0.006	0.033	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.013	0.000	3	A	1		0.006	0.032	
15:0....g	0.004	0.000	3	A	1		0.002	0.010	
16:0....g	0.503	0.008	3	A	1		0.236	1.283	
17:0....g	0.005	0.000	3	A	1		0.002	0.012	
18:0....g	0.170	0.003	3	A	1		0.080	0.434	
20:0....g	0.041	0.002	3	A	1		0.019	0.104	
22:0....g	0.013	0.007	3	A	1		0.006	0.034	
24:0....g	0.015	0.001	3	A	1		0.007	0.038	
Fatty acids, total monounsaturated....g	4.456		0	NC	4		2.094	11.363	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.001	
16:1 undifferentiated....g	0.014	0.000	3	AS	1		0.006	0.035	
16:1 c....g	0.014	0.000	3	A	1		0.006	0.035	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.006	0.000	3	A	1		0.003	0.016	
18:1 undifferentiated....g	4.334	0.170	3	AS	1		2.037	11.051	
18:1 c....g	4.328	0.170	3	A	1		2.034	11.036	
18:1 t....g	0.006	0.001	3	A	1		0.003	0.015	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.090	0.008	3	A	1		0.042	0.230	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.001	0.006	
22:1 c....g	0.002	0.000	3	A	1		0.001	0.006	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.009	0.000	3	A	1		0.004	0.024	
Fatty acids, total polyunsaturated....g	2.375		0	NC	4		1.116	6.056	
18:2 undifferentiated....g	1.594	0.041	3	AS	1		0.749	4.064	
18:2 n-6 c,c....g	1.585	0.041	3	A	1		0.745	4.042	
18:2 CLAs....g	0.005	0.001	3	A	1		0.002	0.013	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004	0.000	3	A	1		0.002	0.009	
18:3 undifferentiated....g	0.770	0.122	3	AS	1		0.362	1.964	
18:3 n-3 c,c,c (ALA)....g	0.766	0.118	3	A	1		0.360	1.954	
18:3 n-6 c,c,c....g	0.004	0.004	3	A	1		0.002	0.010	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.002	0.013	
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.001	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.001	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002	0.000	3	A	1		0.001	0.006	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	3	A	1		0.001	0.008	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.010		0	NC	4		0.005	0.024	
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.003	0.015	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.002	0.009	
Cholesterol....mg									

NDB No. 28375
VAN'S, Gluten Free, Totally Original Waffles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 waffle

Measure 2 = 255g: 1 box

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28376

VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free

Van's International Foods

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.09		1	A	1		0.26		
Energy....kcal	471		0	NC	4		40		
Energy....kJ	1971		0	NC	4		166		
Protein (N x 6.25)....g	7.63		1	A	1		0.64		
Total lipid (fat)....g	18.93		1	A	1		1.59		
Ash....g	2.79		1	A	1		0.23		
Carbohydrate, by difference....g	67.57		0	NC	4		5.68		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57		1	A	1		5		
Iron, Fe....mg	1.94		1	A	1		0.16		
Magnesium, Mg....mg	94		1	A	1		8		
Phosphorus, P....mg	269		1	A	1		23		
Potassium, K....mg	255		1	A	1		21		
Sodium, Na....mg	730		1	A	1		61		
Zinc, Zn....mg	1.72		1	A	1		0.14		
Copper, Cu....mg	0.281		1	A	1		0.024		
Manganese, Mn....mg	2.360		1	A	1		0.198		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg	0.790		1	A	1		0.066		
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.4g: 3 crackers

NDB No. 28376

VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free

Calories Factors:	**Protein**	**Fat**	**Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18934
Waffle, buttermilk, frozen, ready-to-heat, microwaved

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.48		2	A	1		12.77		
Energy....kcal	289		0	NC	4		101		
Energy....kJ	1209		0	NC	4		423		
Protein....g	6.92		2	A	1		2.42		
Total lipid (fat)....g	9.40		2	A	1		3.29		
Ash....g	3.04		2	A	1		1.06		
Carbohydrate, by difference....g	44.16		0	NC	4		15.45		
Fiber, total dietary....g	2.4		2	A	1		0.9		
Sugars, total....g	4.50		2	A	1		1.57		
Sucrose....g	2.77		2	A	1		0.97		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	1.39		2	A	1		0.49		
Maltose....g	0.34		2	A	1		0.12		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	38.55		2	A	1		13.49		
Minerals:									
Calcium, Ca....mg	125		1	A	1		44		
Iron, Fe....mg	6.53		2	A	1		2.29		
Magnesium, Mg....mg	20		2	A	1		7		
Phosphorus, P....mg	410		2	A	1		144		
Potassium, K....mg	110		2	A	1		38		
Sodium, Na....mg	663		2	A	1		232		
Zinc, Zn....mg	0.58		2	A	1		0.20		
Copper, Cu....mg	0.063		2	A	1		0.022		
Manganese, Mn....mg	0.235		2	A	1		0.082		
Selenium, Se....µg	10.1		2	A	1		3.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.576		2	A	1		0.201		
Riboflavin....mg	0.695		2	A	1		0.243		
Niacin....mg	6.730		2	A	1		2.355		
Pantothenic acid....mg	0.240		2	A	1		0.084		
Vitamin B-6....mg	1.105		2	A	1		0.387		
Folate, total....µg	64		2	A	1		22		
Folic acid....µg	50		2	A	1		18		
Folate, food....µg	14		0	AS	1		5		
Folate, DFE....µg	99		0	NC	4		34		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.44		2	A	1		0.86		
Vitamin A, RAE....µg	429		0	AS	1		150		
Retinol....µg	429		2	A	1		150		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1430		0	AS	1		501		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.63		2	A	1		0.22		
Tocopherol, beta....mg	0.08		2	A	1		0.03		
Tocopherol, gamma....mg	4.21		2	A	1		1.47		
Tocopherol, delta....mg	1.33		2	A	1		0.47		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 18934
Waffle, buttermilk, frozen, ready-to-heat, microwaved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	10.8		1	A	1		3.8		
Dihydrophylloquinone....µg	20.8		1	A	1		7.3		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.057		0	NC	4		0.720		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.023		2	A	1		0.008		
15:0....g	0.000		2	A	1		0.000		
16:0....g	1.112		2	A	1		0.389		
17:0....g	0.011		2	A	1		0.004		
18:0....g	0.843		2	A	1		0.295		
20:0....g	0.032		2	A	1		0.011		
22:0....g	0.035		2	A	1		0.012		
24:0....g									
Fatty acids, total monounsaturated....g	4.864		0	NC	4		1.702		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.024		2	A	1		0.008		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	4.797		2	A	1		1.679		
20:1....g	0.043		2	A	1		0.015		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.615		0	NC	4		0.565		
18:2 undifferentiated....g	1.482		2	A	1		0.519		
18:3 undifferentiated....g	0.123		2	A	1		0.043		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.005		2	A	1		0.002		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		2	A	1		6		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 waffle

NDB No. 18934
Waffle, buttermilk, frozen, ready-to-heat, microwaved

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18933
Waffle, buttermilk, frozen, ready-to-heat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.57	0.600	6	A	1		8.84	10.42	10.42
Energy....kcal	309		0	NC	4		86	102	102
Energy....kJ	1291		0	NC	4		362	426	426
Protein....g	7.42	0.108	6	A	1		2.08	2.45	2.45
Total lipid (fat)....g	9.49	0.057	6	A	1		2.66	3.13	3.13
Ash....g	3.13	0.113	6	A	1		0.88	1.03	1.03
Carbohydrate, by difference....g	48.39		0	NC	4		13.55	15.97	15.97
Fiber, total dietary....g	2.6	0.164	3	A	1		0.7	0.8	0.8
Sugars, total....g	4.41	0.464	3	A	1		1.24	1.46	1.46
Sucrose....g	2.85	0.275	3	A	1		0.80	0.94	0.94
Glucose (dextrose)....g	0.05	0.045	3	A	1		0.01	0.01	0.01
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose....g	1.35	0.365	3	A	1		0.38	0.45	0.45
Maltose....g	0.17	0.073	3	A	1		0.05	0.06	0.06
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	39.70	0.728	3	A	1		11.12	13.10	13.10
Minerals:									
Calcium, Ca....mg	299	89.839	5	A	1		84	99	99
Iron, Fe....mg	6.59	0.436	6	A	1		1.85	2.18	2.18
Magnesium, Mg....mg	22	1.922	6	A	1		6	7	7
Phosphorus, P....mg	444	4.137	6	A	1		124	146	146
Potassium, K....mg	138	14.101	6	A	1		39	46	46
Sodium, Na....mg	710	38.481	6	A	1		199	234	234
Zinc, Zn....mg	0.48	0.049	6	A	1		0.13	0.16	0.16
Copper, Cu....mg	0.037	0.008	6	A	1		0.010	0.012	0.012
Manganese, Mn....mg	0.223	0.038	6	A	1		0.062	0.074	0.074
Selenium, Se....µg	10.3	0.361	3	A	1		2.9	3.4	3.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin....mg	0.563	0.049	5	A	1		0.158	0.186	0.186
Riboflavin....mg	0.648	0.072	5	A	1		0.181	0.214	0.214
Niacin....mg	7.942	0.750	5	A	1		2.224	2.621	2.621
Pantothenic acid....mg	0.217	0.019	3	A	1		0.061	0.071	0.071
Vitamin B-6....mg	1.110	0.132	3	A	1		0.311	0.366	0.366
Folate, total....µg	68	6.557	3	A	1		19	22	22
Folic acid....µg	55	5.364	3	A	1		15	18	18
Folate, food....µg	13	2.667	3	AS	1		4	4	4
Folate, DFE....µg	107		0	NC	4		30	35	35
Choline, total....mg	28.1		0	BFZN	4		7.9	9.3	9.3
Betaine....mg									
Vitamin B-12....µg	1.62	0.662	3	A	1		0.45	0.53	0.53
Vitamin B-12, added....µg	1.50		0	RA	4		0.42	0.50	0.50
Vitamin A, RAE....µg	437		0	AS	1		122	144	144
Retinol....µg	437	137.497	3	A	1		122	144	144
Carotene, beta....µg	2		0	RA	4		1	1	1
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	2		0	RA	4		0	1	1
Vitamin A, IU....IU	1463		0	NC	4		410	483	483
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	66		0	RA	4		19	22	22
Vitamin E (alpha-tocopherol)....mg	0.68	0.066	3	A	1		0.19	0.22	0.22
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 18933
Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	12.5		1	A	1		3.5	4.1	4.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.283		0	NC	4		0.639	0.754	0.754
4:0....g	0.005		0	RA	4		0.001	0.002	0.002
6:0....g	0.003		0	RA	4		0.001	0.001	0.001
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.027	0.002	3	A	1		0.008	0.009	0.009
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	1.202	0.052	3	A	1		0.337	0.397	0.397
17:0....g	0.013	0.000	3	A	1		0.004	0.004	0.004
18:0....g	0.967	0.076	3	A	1		0.271	0.319	0.319
20:0....g	0.031	0.001	3	A	1		0.009	0.010	0.010
22:0....g	0.036	0.001	3	A	1		0.010	0.012	0.012
24:0....g									
Fatty acids, total monounsaturated....g	5.292		0	NC	4		1.482	1.746	1.746
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.022	0.005	3	A	1		0.006	0.007	0.007
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	5.230	0.411	3	A	1		1.464	1.726	1.726
20:1....g	0.040	0.006	3	A	1		0.011	0.013	0.013
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.526		0	NC	4		0.427	0.504	0.504
18:2 undifferentiated....g	1.396	0.290	3	A	1		0.391	0.461	0.461
18:3 undifferentiated....g	0.099	0.058	3	A	1		0.028	0.033	0.033
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.003	0.003	3	A	1		0.001	0.001	0.001
18:3i....g									
18:4....g	0.003		0	RA	4		0.001	0.001	0.001
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.004	0.004	3	A	1		0.001	0.001	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.013		0	RA	4		0.004	0.004	0.004
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.008		0	RA	4		0.002	0.003	0.003
Fatty acids, total trans....g									
Cholesterol....mg	13	6.346	3	A	1		4	4	4
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	RA	4		0.023	0.027	0.027
Threonine....g	0.250		0	RA	4		0.070	0.083	0.083
Isoleucine....g	0.312		0	RA	4		0.087	0.103	0.103
Leucine....g	0.544		0	RA	4		0.152	0.179	0.179
Lysine....g	0.329		0	RA	4		0.092	0.109	0.109
Methionine....g	0.148		0	RA	4		0.041	0.049	0.049
Cystine....g	0.172		0	RA	4		0.048	0.057	0.057
Phenylalanine....g	0.337		0	RA	4		0.094	0.111	0.111
Tyrosine....g	0.172		0	RA	4		0.048	0.057	0.057
Valine....g	0.362		0	RA	4		0.101	0.120	0.120

NDB No. 18933
Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.314		0	RA	4		0.088	0.103	0.103
Histidine.....g	0.159		0	RA	4		0.044	0.052	0.052
Alanine.....g	0.276		0	RA	4		0.077	0.091	0.091
Aspartic acid.....g	0.451		0	RA	4		0.126	0.149	0.149
Glutamic acid.....g	1.793		0	RA	4		0.502	0.592	0.592
Glycine.....g	0.237		0	RA	4		0.066	0.078	0.078
Proline.....g	0.621		0	RA	4		0.174	0.205	0.205
Serine.....g	0.385		0	RA	4		0.108	0.127	0.127
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Measure 2 = 33g: 1 waffle round (4" dia)

Measure 3 = 33g: 1 waffle square (4" square)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18935
Waffle, plain, frozen, ready-to-heat, microwave

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.95		2	A	1		11.18		
Energy....kcal	298		0	NC	4		95		
Energy....kJ	1245		0	NC	4		399		
Protein....g	6.71		2	A	1		2.15		
Total lipid (fat)....g	9.91		2	A	1		3.17		
Ash....g	3.02		2	A	1		0.97		
Carbohydrate, by difference....g	45.41		0	NC	4		14.53		
Fiber, total dietary....g	2.4		2	A	1		0.8		
Sugars, total....g	5.04		2	A	1		1.61		
Sucrose....g	3.31		2	A	1		1.06		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	1.46		2	A	1		0.47		
Maltose....g	0.28		2	A	1		0.09		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	38.63		2	A	1		12.36		
Minerals:									
Calcium, Ca....mg	197		1	A	1		63		
Iron, Fe....mg	5.81		2	A	1		1.86		
Magnesium, Mg....mg	25		2	A	1		8		
Phosphorus, P....mg	410		2	A	1		131		
Potassium, K....mg	148		2	A	1		47		
Sodium, Na....mg	682		2	A	1		218		
Zinc, Zn....mg	0.45		2	A	1		0.15		
Copper, Cu....mg	0.038		1	A	1		0.012		
Manganese, Mn....mg	0.154		2	A	1		0.049		
Selenium, Se....µg	12.8		2	A	1		4.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.544		2	A	1		0.174		
Riboflavin....mg	0.655		2	A	1		0.210		
Niacin....mg	7.785		2	A	1		2.491		
Pantothenic acid....mg	0.325		2	A	1		0.104		
Vitamin B-6....mg	1.016		2	A	1		0.325		
Folate, total....µg	67		1	A	1		21		
Folic acid....µg	56		1	A	1		18		
Folate, food....µg	11		0	AS	1		4		
Folate, DFE....µg	106		0	NC	4		34		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.18		2	A	1		0.70		
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	0.95		2	A	1		0.31		
Tocopherol, beta....mg	0.07		2	A	1		0.02		
Tocopherol, gamma....mg	4.52		2	A	1		1.45		
Tocopherol, delta....mg	1.18		2	A	1		0.38		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									

NDB No. 18935
Waffle, plain, frozen, ready-to-heat, microwave

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	8.1		1	A	1		2.6		
Dihydrophylloquinone....µg	23.0		1	A	1		7.4		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.580		0	NC	4		0.506		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.012		2	A	1		0.004		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.909		2	A	1		0.291		
17:0....g	0.005		2	A	1		0.002		
18:0....g	0.576		2	A	1		0.184		
20:0....g	0.042		2	A	1		0.014		
22:0....g	0.035		2	A	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	5.195		0	NC	4		1.663		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.026		2	A	1		0.008		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	5.099		2	A	1		1.632		
20:1....g	0.070		2	A	1		0.022		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.240		0	NC	4		0.717		
18:2 undifferentiated....g	1.856		2	A	1		0.594		
18:3 undifferentiated....g	0.371		2	A	1		0.119		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.007		2	A	1		0.002		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005		2	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		2	A	1		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 waffle, round (4"dia)

NDB No. 18935
Waffle, plain, frozen, ready-to-heat, microwave

Calories	Factors: Protein	Fat	Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18932
Waffles, buttermilk, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.34		2	A	1		15.73	15.33	
Energy....kcal	273		0	NC	4		107	104	
Energy....kJ	1144		0	NC	4		446	435	
Protein....g	6.58		2	A	1		2.57	2.50	
Total lipid (fat)....g	9.22		2	A	1		3.60	3.50	
Ash....g	2.81		2	A	1		1.10	1.07	
Carbohydrate, by difference....g	41.05		0	NC	4		16.01	15.60	
Fiber, total dietary....g	2.2		2	A	1		0.8	0.8	
Sugars, total....g	4.30		2	A	1		1.68	1.63	
Sucrose....g	2.67		2	A	1		1.04	1.01	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	1.35		2	A	1		0.53	0.51	
Maltose....g	0.29		2	A	1		0.11	0.11	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	35.51		2	A	1		13.85	13.49	
Minerals:									
Calcium, Ca....mg	279		2	A	1		109	106	
Iron, Fe....mg	6.04		2	A	1		2.36	2.30	
Magnesium, Mg....mg	19		2	A	1		7	7	
Phosphorus, P....mg	388		2	A	1		151	147	
Potassium, K....mg	126		2	A	1		49	48	
Sodium, Na....mg	621		2	A	1		242	236	
Zinc, Zn....mg	0.48		2	A	1		0.19	0.18	
Copper, Cu....mg	0.040		2	A	1		0.016	0.015	
Manganese, Mn....mg	0.215		2	A	1		0.084	0.082	
Selenium, Se....µg	9.5		2	A	1		3.7	3.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	
Thiamin....mg	0.499		2	A	1		0.195	0.190	
Riboflavin....mg	0.665		2	A	1		0.259	0.253	
Niacin....mg	6.675		2	A	1		2.603	2.536	
Pantothenic acid....mg	0.240		2	A	1		0.094	0.091	
Vitamin B-6....mg	0.972		2	A	1		0.379	0.369	
Folate, total....µg	63		2	A	1		24	24	
Folic acid....µg	49		2	A	1		19	18	
Folate, food....µg	14		0	AS	1		5	5	
Folate, DFE....µg	96		0	NC	4		38	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.86		2	A	1		1.12	1.09	
Vitamin B-12, added....µg	2.70		0	FLA	4		1.05	1.03	
Vitamin A, RAE....µg	401		0	NC	4		156	152	
Retinol....µg	401		2	A	1		156	152	
Carotene, beta....µg	2		0	FLA	4		1	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	2		0	FLA	4		1	1	
Vitamin A, IU....IU	1340		0	NC	4		522	509	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	63		0	FLA	4		25	24	
Vitamin E (alpha-tocopherol)....mg	0.62		2	A	1		0.24	0.23	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.07		2	A	1		0.03	0.03	
Tocopherol, gamma....mg	4.03		2	A	1		1.57	1.53	
Tocopherol, delta....mg	1.27		2	A	1		0.50	0.48	
Tocotrienol, alpha....mg	0.03		2	A	1		0.01	0.01	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

NDB No. 18932
Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	10.5		1	A	1		4.1	4.0	
Dihydrophylloquinone....µg	17.9		1	A	1		7.0	6.8	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.898		0	NC	4		0.740	0.721	
4:0....g	0.005		0	FLA	4		0.002	0.002	
6:0....g	0.003		0	FLA	4		0.001	0.001	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.021		2	A	1		0.008	0.008	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.025		2	A	1		0.400	0.389	
17:0....g	0.010		2	A	1		0.004	0.004	
18:0....g	0.772		2	A	1		0.301	0.293	
20:0....g	0.031		2	A	1		0.012	0.012	
22:0....g	0.030		2	A	1		0.012	0.011	
24:0....g									
Fatty acids, total monounsaturated....g	4.530		0	NC	4		1.767	1.722	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.022		2	A	1		0.009	0.008	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	4.469		2	A	1		1.743	1.698	
20:1....g	0.039		2	A	1		0.015	0.015	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.445		0	NC	4		0.564	0.549	
18:2 undifferentiated....g	1.414		2	A	1		0.552	0.537	
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.009		2	A	1		0.004	0.003	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012		0	FLA	4		0.005	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.007		0	FLA	4		0.003	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	15		2	A	1		6	6	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0	FLA	4		0.029	0.028	
Threonine....g	0.225		0	FLA	4		0.088	0.086	
Isoleucine....g	0.281		0	FLA	4		0.110	0.107	
Leucine....g	0.489		0	FLA	4		0.191	0.186	
Lysine....g	0.296		0	FLA	4		0.116	0.113	
Methionine....g	0.133		0	FLA	4		0.052	0.051	
Cystine....g	0.154		0	FLA	4		0.060	0.059	

NDB No. 18932
Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.304		0	FLA	4		0.118	0.115	
Tyrosine....g	0.154		0	FLA	4		0.060	0.059	
Valine....g	0.326		0	FLA	4		0.127	0.124	
Arginine....g	0.282		0	FLA	4		0.110	0.107	
Histidine....g	0.143		0	FLA	4		0.056	0.054	
Alanine....g	0.249		0	FLA	4		0.097	0.095	
Aspartic acid....g	0.406		0	FLA	4		0.158	0.154	
Glutamic acid....g	1.614		0	FLA	4		0.629	0.613	
Glycine....g	0.214		0	FLA	4		0.083	0.081	
Proline....g	0.559		0	FLA	4		0.218	0.212	
Serine....g	0.347		0	FLA	4		0.135	0.132	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 waffle, square

Measure 2 = 38g: 1 waffle, round

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18951
Waffles, chocolate chip, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.62		0	MC	9		24.93		
Energy	kcal	297		0	NC	4		208		
Energy	kJ	1242		0	NC	4		869		
Protein (N x 6.25)	g	5.80		0	MC	9		4.06		
Total lipid (fat)	g	10.10		0	MC	9		7.07		
Ash	g	2.80		0	BFSN	4		1.96		
Carbohydrate, by difference	g	45.68		0	NC	4		31.98		
Fiber, total dietary	g	1.5		0	MC	9		1.1		
Sugars, total	g	13.10		0	MC	9		9.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	357		0	MC	9		250		
Iron, Fe	mg	6.40		0	MC	9		4.48		
Magnesium, Mg	mg	16		0	MC	9		11		
Phosphorus, P	mg	272		0	MC	9		190		
Potassium, K	mg	74		0	MC	9		52		
Sodium, Na	mg	529		0	MC	9		370		
Zinc, Zn	mg	0.40		0	MC	9		0.28		
Copper, Cu	mg	0.221		0	FLC	4		0.154		
Manganese, Mn	mg	0.393		0	FLC	4		0.275		
Selenium, Se	µg	13.1		0	FLC	4		9.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.430		0	MC	9		0.301		
Riboflavin	mg	0.490		0	MC	9		0.343		
Niacin	mg	5.700		0	MC	9		3.990		
Pantothenic acid	mg	0.218		0	FLC	4		0.153		
Vitamin B-6	mg	0.570		0	MC	9		0.399		
Folate, total	µg	75		0	MC	9		53		
Folic acid	µg	59		0	FLM	4		42		
Folate, food	µg	16		0	FLM	4		11		
Folate, DFE	µg	117		0	NC	4		82		
Choline, total	mg	15.9		0	FLC	4		11.2		
Betaine	mg									
Vitamin B-12	µg	1.70		0	MC	9		1.19		
Vitamin B-12, added	µg	1.10		0	NR	4		0.77		
Vitamin A, RAE	µg	429		0	NR	4		300		
Retinol	µg	429		0	NR	4		300		
Carotene, beta	µg	0		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	1429		0	MC	9		1000		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	22		0	FLC	4		15		
Vitamin E (alpha-tocopherol)	mg	0.00		0	MC	9		0.00		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	FLC	4		0.0		
Vitamin D	IU	2		0	MC	9		1		
Vitamin K (phylloquinone)	µg	9.3		0	FLC	4		6.5		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 18951
Waffles, chocolate chip, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.567		0	NC	4		2.497		
4:0....g	0.002		0	FLC	4		0.001		
6:0....g	0.008		0	FLC	4		0.006		
8:0....g	0.096		0	FLC	4		0.067		
10:0....g	0.072		0	FLC	4		0.050		
12:0....g	0.833		0	FLC	4		0.583		
13:0....g									
14:0....g	0.268		0	FLC	4		0.188		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.685		0	FLC	4		1.180		
17:0....g	0.002		0	FLC	4		0.001		
18:0....g	0.563		0	FLC	4		0.394		
20:0....g	0.024		0	FLC	4		0.017		
22:0....g	0.014		0	FLC	4		0.009		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	2.564		0	NC	4		1.794		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.015		0	FLC	4		0.010		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	2.535		0	FLC	4		1.775		
20:1....g	0.013		0	FLC	4		0.009		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	3.272		0	NC	4		2.291		
18:2 undifferentiated....g	2.916		0	FLC	4		2.041		
18:3 undifferentiated....g	0.347		0	FLC	4		0.243		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.007		0	FLC	4		0.005		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.002		0	FLC	4		0.001		
Fatty acids, total trans....g	0.200		0	MC	9		0.140		
Cholesterol....mg	21		0	MC	9		15		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0	FLC	4		0.043		
Threonine....g	0.150		0	FLC	4		0.105		
Isoleucine....g	0.179		0	FLC	4		0.125		
Leucine....g	0.331		0	FLC	4		0.232		
Lysine....g	0.158		0	FLC	4		0.110		
Methionine....g	0.085		0	FLC	4		0.060		
Cystine....g	0.094		0	FLC	4		0.066		
Phenylalanine....g	0.240		0	FLC	4		0.168		
Tyrosine....g	0.156		0	FLC	4		0.109		
Valine....g	0.224		0	FLC	4		0.157		
Arginine....g	0.220		0	FLC	4		0.154		
Histidine....g	0.103		0	FLC	4		0.072		
Alanine....g	0.180		0	FLC	4		0.126		
Aspartic acid....g	0.285		0	FLC	4		0.200		
Glutamic acid....g	1.336		0	FLC	4		0.935		
Glycine....g	0.178		0	FLC	4		0.125		
Proline....g	0.450		0	FLC	4		0.315		
Serine....g	0.248		0	FLC	4		0.173		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		

NDB No. 18951
Waffles, chocolate chip, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	10		0	FLC	4		7		
Theobromine.....mg	89		0	FLC	4		63		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28346
Waffles, gluten-free, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.37	1.410	8	A	1		19.52	104.96	
Energy....kcal	263		0	NC	4		118	636	
Energy....kJ	1099		0	NC	4		495	2660	
Protein (N x 6.25)....g	2.72	0.145	8	A	1		1.22	6.58	
Total lipid (fat)....g	8.84	0.316	8	A	1		3.98	21.40	
Ash....g	2.02	0.030	8	A	1		0.91	4.89	
Carbohydrate, by difference....g	43.05		0	NC	4		19.37	104.18	
Fiber, total dietary....g	1.4		1	A	1		0.6	3.5	
Sugars, total....g	1.73		2	A	1		0.78	4.19	
Sucrose....g	0.79		2	A	1		0.36	1.92	
Glucose (dextrose)....g	0.43		2	A	1		0.19	1.04	
Fructose....g	0.50		2	A	1		0.23	1.22	
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	39.90		2	A	1		17.95	96.56	
Minerals:									
Calcium, Ca....mg	40	6.701	5	A	1		18	96	
Iron, Fe....mg	0.63	0.103	5	A	1		0.28	1.53	
Magnesium, Mg....mg	31	1.189	5	A	1		14	76	
Phosphorus, P....mg	359	12.278	5	A	1		161	868	
Potassium, K....mg	124	5.054	5	A	1		56	300	
Sodium, Na....mg	505	3.458	5	A	1		227	1223	
Zinc, Zn....mg	0.50	0.029	5	A	1		0.22	1.20	
Copper, Cu....mg	0.089	0.005	5	A	1		0.040	0.216	
Manganese, Mn....mg	0.781	0.070	5	A	1		0.351	1.889	
Selenium, Se....µg	0.4	0.000	3	A	1		0.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.080	0.003	5	A	1		0.036	0.193	
Riboflavin....mg	0.040	0.000	3	A	1		0.018	0.097	
Niacin....mg	1.803	0.139	3	A	1		0.811	4.364	
Pantothenic acid....mg	0.480		1	A	1		0.216	1.161	
Vitamin B-6....mg	0.067		2	A	1		0.030	0.163	
Folate, total....µg	8		1	A	1		4	20	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		1	A	1		4	20	
Folate, DFE....µg	8		0	NC	4		4	20	
Choline, total....mg	15.5		0	BFNN	4		7.0	37.6	
Betaine....mg									
Vitamin B-12....µg	2.68		0	BFNN	4		1.21	6.48	
Vitamin B-12, added....µg	2.46		0	BFNN	4		1.11	5.96	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	1		0	BFFN	4		1	3	
Carotene, alpha....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....µg	1		0	BFFN	4		0	2	
Vitamin A, IU....IU	3		0	NC	4		1	7	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	44		0	BFFN	4		20	106	
Vitamin E (alpha-tocopherol)....mg	0.96		0	BFFN	4		0.43	2.32	
Vitamin E, added....mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 28346
Waffles, gluten-free, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.9		0	BFNN	4		3.1	16.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.781		0	NC	4		0.351	1.890	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.004	0.000	3	A	1		0.002	0.010	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.013	0.003	3	A	1		0.006	0.031	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.013	0.000	3	A	1		0.006	0.031	
15:0....g	0.004	0.000	3	A	1		0.002	0.010	
16:0....g	0.503	0.008	3	A	1		0.226	1.217	
17:0....g	0.005	0.000	3	A	1		0.002	0.012	
18:0....g	0.170	0.003	3	A	1		0.077	0.412	
20:0....g	0.041	0.002	3	A	1		0.018	0.098	
22:0....g	0.013	0.007	3	A	1		0.006	0.032	
24:0....g	0.015	0.001	3	A	1		0.007	0.036	
Fatty acids, total monounsaturated....g	4.456		0	NC	4		2.005	10.784	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.001	
16:1 undifferentiated....g	0.014	0.000	3	AS	1		0.006	0.033	
16:1 c....g	0.014	0.000	3	A	1		0.006	0.033	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.006	0.000	3	A	1		0.003	0.015	
18:1 undifferentiated....g	4.334	0.170	3	AS	1		1.950	10.488	
18:1 c....g	4.328	0.170	3	A	1		1.948	10.474	
18:1 t....g	0.006	0.001	3	A	1		0.003	0.014	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.090	0.008	3	A	1		0.041	0.219	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.001	0.006	
22:1 c....g	0.002	0.000	3	A	1		0.001	0.006	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.009	0.000	3	A	1		0.004	0.022	
Fatty acids, total polyunsaturated....g	2.375		0	NC	4		1.069	5.748	
18:2 undifferentiated....g	1.594	0.041	3	AS	1		0.717	3.857	
18:2 n-6 c,c....g	1.585	0.041	3	A	1		0.713	3.836	
18:2 CLAs....g	0.005	0.001	3	A	1		0.002	0.012	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004	0.000	3	A	1		0.002	0.009	
18:3 undifferentiated....g	0.770	0.122	3	AS	1		0.347	1.864	
18:3 n-3 c,c,c (ALA)....g	0.766	0.118	3	A	1		0.345	1.854	
18:3 n-6 c,c,c....g	0.004	0.004	3	A	1		0.002	0.010	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	3	A	1		0.002	0.013	
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.001	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.001	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002	0.000	3	A	1		0.001	0.006	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	3	A	1		0.001	0.007	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.010		0	NC	4		0.004	0.023	
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.003	0.014	

NDB No. 28346
Waffles, gluten-free, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.002	0.009	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 waffle

Measure 2 = 242g: 1 box

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18403
Waffles, plain, frozen, ready -to-heat, toasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.59	0.559	6	A	1		8.67	10.09	10.09
Energy....kcal	312		0	NC	4		89	103	103
Energy....kJ	1307		0	NC	4		371	431	431
Protein....g	7.19	0.102	6	A	1		2.04	2.37	2.37
Total lipid (fat)....g	9.61	0.239	6	A	1		2.73	3.17	3.17
Ash....g	3.32	0.104	6	A	1		0.94	1.10	1.10
Carbohydrate, by difference....g	49.29		0	NC	4		13.97	16.26	16.26
Fiber, total dietary....g	2.4	0.194	3	A	1		0.7	0.8	0.8
Sugars, total....g	5.02	1.053	3	A	1		1.42	1.66	1.66
Sucrose....g	3.24	0.714	3	A	1		0.92	1.07	1.07
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose....g	1.56	0.308	3	A	1		0.44	0.51	0.51
Maltose....g	0.22	0.035	3	A	1		0.06	0.07	0.07
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g	40.94	1.272	3	A	1		11.61	13.51	13.51
Minerals:									
Calcium, Ca....mg	307	52.957	6	A	1		87	101	101
Iron, Fe....mg	6.91	0.490	6	A	1		1.96	2.28	2.28
Magnesium, Mg....mg	24	1.262	6	A	1		7	8	8
Phosphorus, P....mg	429	10.669	6	A	1		122	142	142
Potassium, K....mg	144	7.499	6	A	1		41	47	47
Sodium, Na....mg	730	18.186	6	A	1		207	241	241
Zinc, Zn....mg	0.53	0.062	6	A	1		0.15	0.17	0.17
Copper, Cu....mg	0.031	0.002	6	A	1		0.009	0.010	0.010
Manganese, Mn....mg	0.299	0.012	6	A	1		0.085	0.099	0.099
Selenium, Se....µg	12.6	2.567	3	A	1		3.6	4.1	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	0.0
Thiamin....mg	0.525	0.035	5	A	1		0.149	0.173	0.173
Riboflavin....mg	0.704	0.023	5	A	1		0.200	0.232	0.232
Niacin....mg	8.888	0.410	5	A	1		2.520	2.933	2.933
Pantothenic acid....mg	0.323	0.029	3	A	1		0.092	0.107	0.107
Vitamin B-6....mg	1.044	0.134	3	A	1		0.296	0.344	0.344
Folate, total....µg	75		2	A	1		21	25	25
Folic acid....µg	64		2	A	1		18	21	21
Folate, food....µg	11		0	AS	1		3	4	4
Folate, DFE....µg	119		0	NC	4		34	39	39
Choline, total....mg	28.1		0	BFZN	4		8.0	9.3	9.3
Betaine....mg									
Vitamin B-12....µg	2.90	0.291	3	A	1		0.82	0.96	0.96
Vitamin B-12, added....µg	2.83		0	RA	4		0.80	0.93	0.93
Vitamin A, RAE....µg	398		0	RA	4		113	131	131
Retinol....µg	398		0	RA	4		113	131	131
Carotene, beta....µg	1		0	RA	4		0	0	0
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	1		0	RA	4		0	0	0
Vitamin A, IU....IU	1331		0	RA	4		377	439	439
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	51		0	RA	4		14	17	17
Vitamin E (alpha-tocopherol)....mg	0.98	0.169	3	A	1		0.28	0.32	0.32
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 18403
Waffles, plain, frozen, ready -to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	6.8		1	A	1		1.9	2.2	2.2
Dihydrophylloquinone....µg	35.5		1	A	1		10.1	11.7	11.7
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.638		0	NC	4		0.464	0.541	0.541
4:0....g	0.001		0	RA	4		0.000	0.000	0.000
6:0....g	0.000		0	RA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.012	0.000	3	A	1		0.003	0.004	0.004
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	0.920	0.150	3	A	1		0.261	0.304	0.304
17:0....g	0.009	0.001	3	A	1		0.003	0.003	0.003
18:0....g	0.624	0.149	3	A	1		0.177	0.206	0.206
20:0....g	0.038	0.011	3	A	1		0.011	0.013	0.013
22:0....g	0.033	0.004	3	A	1		0.009	0.011	0.011
24:0....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.914		0	NC	4		1.393	1.622	1.622
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.024	0.004	3	A	1		0.007	0.008	0.008
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.829	0.749	3	A	1		1.369	1.594	1.594
20:1....g	0.061	0.029	3	A	1		0.017	0.020	0.020
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.197		0	NC	4		0.623	0.725	0.725
18:2 undifferentiated....g	1.874	0.514	3	A	1		0.531	0.618	0.618
18:3 undifferentiated....g	0.312	0.247	3	A	1		0.088	0.103	0.103
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.001		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005	0.005	3	A	1		0.001	0.002	0.002
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	RA	4		0.001	0.002	0.002
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.003		0	RA	4		0.001	0.001	0.001
Fatty acids, total trans....g									
Cholesterol....mg	15	5.521	3	A	1		4	5	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0	RA	4		0.024	0.028	0.028
Threonine....g	0.253		0	RA	4		0.072	0.084	0.084
Isoleucine....g	0.298		0	RA	4		0.084	0.098	0.098
Leucine....g	0.526		0	RA	4		0.149	0.174	0.174
Lysine....g	0.311		0	RA	4		0.088	0.103	0.103
Methionine....g	0.134		0	RA	4		0.038	0.044	0.044
Cystine....g	0.174		0	RA	4		0.049	0.058	0.058
Phenylalanine....g	0.310		0	RA	4		0.088	0.102	0.102
Tyrosine....g	0.149		0	RA	4		0.042	0.049	0.049
Valine....g	0.337		0	RA	4		0.096	0.111	0.111

NDB No. 18403
Waffles, plain, frozen, ready -to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.287		0	RA	4		0.081	0.095	0.095
Histidine....g	0.148		0	RA	4		0.042	0.049	0.049
Alanine....g	0.268		0	RA	4		0.076	0.088	0.088
Aspartic acid....g	0.437		0	RA	4		0.124	0.144	0.144
Glutamic acid....g	1.813		0	RA	4		0.514	0.598	0.598
Glycine....g	0.230		0	RA	4		0.065	0.076	0.076
Proline....g	0.611		0	RA	4		0.173	0.202	0.202
Serine....g	0.360		0	RA	4		0.102	0.119	0.119
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0
Theobromine....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 waffle, round (4" dia)

Measure 3 = 33g: 1 waffle, square (4" square)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18365
Waffles, plain, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.95		2	A	1		10.76	13.28	
Energy....kcal	285		0	NC	4		81	100	
Energy....kJ	1193		0	NC	4		338	418	
Protein....g	6.47		2	A	1		1.84	2.27	
Total lipid (fat)....g	9.70		2	A	1		2.75	3.39	
Ash....g	2.90		2	A	1		0.82	1.01	
Carbohydrate, by difference....g	42.98		0	NC	4		12.18	15.04	
Fiber, total dietary....g	2.2		2	A	1		0.6	0.8	
Sugars, total....g	4.91		2	A	1		1.39	1.72	
Sucrose....g	3.16		2	A	1		0.90	1.11	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	1.48		2	A	1		0.42	0.52	
Maltose....g	0.26		2	A	1		0.07	0.09	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	34.90		2	A	1		9.90	12.22	
Minerals:									
Calcium, Ca....mg	308		2	A	1		87	108	
Iron, Fe....mg	5.61		2	A	1		1.59	1.96	
Magnesium, Mg....mg	23		2	A	1		7	8	
Phosphorus, P....mg	361		2	A	1		102	126	
Potassium, K....mg	125		2	A	1		35	44	
Sodium, Na....mg	638		2	A	1		181	223	
Zinc, Zn....mg	0.59		2	A	1		0.17	0.20	
Copper, Cu....mg	0.043		2	A	1		0.012	0.015	
Manganese, Mn....mg	0.225		2	A	1		0.064	0.079	
Selenium, Se....µg	12.2		2	A	1		3.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin....mg	0.620		2	A	1		0.176	0.217	
Riboflavin....mg	0.620		2	A	1		0.176	0.217	
Niacin....mg	7.575		2	A	1		2.147	2.651	
Pantothenic acid....mg	0.315		2	A	1		0.089	0.110	
Vitamin B-6....mg	0.898		2	A	1		0.255	0.314	
Folate, total....µg	68		1	A	1		19	24	
Folic acid....µg	57		1	A	1		16	20	
Folate, food....µg	11		0	AS	1		3	4	
Folate, DFE....µg	108		0	NC	4		31	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.93		2	A	1		0.83	1.03	
Vitamin B-12, added....µg	2.70		0	FLA	4		0.77	0.94	
Vitamin A, RAE....µg	381		0	FLA	4		108	133	
Retinol....µg	380		0	FLA	4		108	133	
Carotene, beta....µg	1		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	1		0	FLA	4		0	0	
Vitamin A, IU....IU	1271		0	FLA	4		360	445	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	48		0	FLA	4		14	17	
Vitamin E (alpha-tocopherol)....mg	1.05		2	A	1		0.30	0.37	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.07		2	A	1		0.02	0.03	
Tocopherol, gamma....mg	4.40		2	A	1		1.25	1.54	
Tocopherol, delta....mg	0.97		2	A	1		0.27	0.34	
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

NDB No. 18365
Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	7.8		1	A	1		2.2	2.7	
Dihydrophylloquinone....µg	19.6		1	A	1		5.5	6.9	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.531		0	NC	4		0.434	0.536	
4:0....g	0.001		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.011		2	A	1		0.003	0.004	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.880		2	A	1		0.250	0.308	
17:0....g	0.005		2	A	1		0.001	0.002	
18:0....g	0.560		2	A	1		0.159	0.196	
20:0....g	0.040		2	A	1		0.011	0.014	
22:0....g	0.036		2	A	1		0.010	0.012	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	5.129		0	NC	4		1.454	1.795	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.025		2	A	1		0.007	0.009	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	5.036		2	A	1		1.428	1.763	
20:1....g	0.068		2	A	1		0.019	0.024	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.165		0	NC	4		0.614	0.758	
18:2 undifferentiated....g	1.798		2	A	1		0.510	0.629	
18:3 undifferentiated....g	0.354		2	A	1		0.100	0.124	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.005		2	A	1		0.001	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	FLA	4		0.001	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.003		0	FLA	4		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	14		2	A	1		4	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0	FLA	4		0.021	0.026	
Threonine....g	0.228		0	FLA	4		0.065	0.080	
Isoleucine....g	0.268		0	FLA	4		0.076	0.094	
Leucine....g	0.474		0	FLA	4		0.134	0.166	
Lysine....g	0.280		0	FLA	4		0.079	0.098	
Methionine....g	0.120		0	FLA	4		0.034	0.042	
Cystine....g	0.157		0	FLA	4		0.044	0.055	

NDB No. 18365
Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.279		0	FLA	4		0.079	0.098	
Tyrosine....g	0.134		0	FLA	4		0.038	0.047	
Valine....g	0.304		0	FLA	4		0.086	0.106	
Arginine....g	0.259		0	FLA	4		0.073	0.091	
Histidine....g	0.133		0	FLA	4		0.038	0.046	
Alanine....g	0.241		0	FLA	4		0.068	0.084	
Aspartic acid....g	0.394		0	FLA	4		0.112	0.138	
Glutamic acid....g	1.631		0	FLA	4		0.462	0.571	
Glycine....g	0.207		0	FLA	4		0.059	0.072	
Proline....g	0.550		0	FLA	4		0.156	0.192	
Serine....g	0.324		0	FLA	4		0.092	0.113	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 waffle, square (4" square) (include frozen)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18367
Waffles, plain, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.00		0		1		11.91	31.50	
Energy	kcal	291		0	NC	4		82	218	
Energy	kJ	1218				4		345	913	
Protein (N x 0)	g	7.90		0		1		2.24	5.93	
Total lipid (fat)	g	14.10		0		1		4.00	10.58	
Ash	g	3.10		0		1		0.88	2.33	
Carbohydrate, by difference	g	32.90		0	NC	4		9.33	24.68	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	255		0		1		72	191	
Iron, Fe	mg	2.31		0		1		0.65	1.73	
Magnesium, Mg	mg	19		0		1		5	14	
Phosphorus, P	mg	190		0		1		54	143	
Potassium, K	mg	159		0		1		45	119	
Sodium, Na	mg	511		0		1		145	383	
Zinc, Zn	mg	0.68		0		1		0.19	0.51	
Copper, Cu	mg	0.062		0		1		0.018	0.047	
Manganese, Mn	mg	0.265		0		1		0.075	0.199	
Selenium, Se	µg	46.2		0	RK	4		13.1	34.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.1	0.3	
Thiamin	mg	0.263		0		1		0.075	0.197	
Riboflavin	mg	0.347		0		1		0.098	0.260	
Niacin	mg	2.073		0		1		0.588	1.555	
Pantothenic acid	mg	0.485		0		1		0.137	0.364	
Vitamin B-6	mg	0.056		0		1		0.016	0.042	
Folate, total	µg	46		0	RK	4		13	35	
Folic acid	µg	31		0	NC	4		9	23	
Folate, food	µg	15		0		1		4	11	
Folate, DFE	µg	68		0	NC	4		19	51	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.25		0		1		0.07	0.19	
Vitamin A, RAE	µg	65		0	NC	4		18	48	
Retinol	µg	64		0	NC	4		18	48	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	228		0		1		65	171	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 18367
Waffles, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.866		0		1		0.813	2.150	
4:0....g	0.041		0		1		0.012	0.031	
6:0....g	0.025		0		1		0.007	0.019	
8:0....g	0.014		0		1		0.004	0.011	
10:0....g	0.032		0		1		0.009	0.024	
12:0....g	0.036		0		1		0.010	0.027	
13:0....g									
14:0....g	0.145		0		1		0.041	0.109	
15:0....g									
16:0....g	1.865		0		1		0.529	1.399	
17:0....g									
18:0....g	0.696		0		1		0.197	0.522	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.521		0		1		0.998	2.641	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.096		0		1		0.027	0.072	
17:1....g									
18:1 undifferentiated....g	3.395		0		1		0.962	2.546	
20:1....g	0.026		0		1		0.007	0.020	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.785		0		1		1.924	5.089	
18:2 undifferentiated....g	5.975		0		1		1.694	4.481	
18:3 undifferentiated....g	0.782		0		1		0.222	0.587	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0		1		0.006	0.016	
20:5 n-3 (EPA)....g	0.001		0		1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0		1		0.002	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	69		0		1		20	52	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.028	0.074	
Threonine....g	0.289		0		1		0.082	0.217	
Isoleucine....g	0.362		0		1		0.103	0.272	
Leucine....g	0.630		0		1		0.179	0.473	
Lysine....g	0.384		0		1		0.109	0.288	
Methionine....g	0.179		0		1		0.051	0.134	
Cystine....g	0.145		0		1		0.041	0.109	
Phenylalanine....g	0.395		0		1		0.112	0.296	
Tyrosine....g	0.293		0		1		0.083	0.220	
Valine....g	0.409		0		1		0.116	0.307	
Arginine....g	0.345		0		1		0.098	0.259	
Histidine....g	0.187		0		1		0.053	0.140	
Alanine....g	0.301		0		1		0.085	0.226	
Aspartic acid....g	0.509		0		1		0.144	0.382	
Glutamic acid....g	1.989		0		1		0.564	1.492	
Glycine....g	0.247		0		1		0.070	0.185	
Proline....g	0.726		0		1		0.206	0.545	
Serine....g	0.447		0		1		0.127	0.335	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18367

Waffles, plain, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 75g: 1 waffle, round (7" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 28304
Waffles, whole wheat, low fat, frozen, ready-to-heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.39		0	FLC	4		26.87		
Energy....kcal	257		0	NC	4		180		
Energy....kJ	1077		0	NC	4		754		
Protein (N x 6.25)....g	7.14		0	LC	8		5.00		
Total lipid (fat)....g	3.57		0	LC	8		2.50		
Ash....g	1.74		0	FLC	4		1.22		
Carbohydrate, by difference....g	49.16		0	NC	4		34.41		
Fiber, total dietary....g	4.3		0	LC	8		3.0		
Sugars, total....g	4.29		0	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0	LC	8		100		
Iron, Fe....mg	6.43		0	LC	8		4.50		
Magnesium, Mg....mg	65		0	FLC	4		45		
Phosphorus, P....mg	286		0	LC	8		200		
Potassium, K....mg	164		0	LC	8		115		
Sodium, Na....mg	557		0	LC	8		390		
Zinc, Zn....mg	1.17		0	FLC	4		0.82		
Copper, Cu....mg	0.193		0	FLC	4		0.135		
Manganese, Mn....mg	1.711		0	FLC	4		1.197		
Selenium, Se....µg	30.5		0	FLC	4		21.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.429		0	LC	8		0.300		
Riboflavin....mg	0.486		0	LC	8		0.340		
Niacin....mg	5.714		0	LC	8		4.000		
Pantothenic acid....mg	0.371		0	FLC	4		0.260		
Vitamin B-6....mg	0.571		0	LC	8		0.400		
Folate, total....µg	57		0	LC	8		40		
Folic acid....µg	44		0	FLC	4		31		
Folate, food....µg	13		0	NC	4		9		
Folate, DFE....µg	88		0	NC	4		62		
Choline, total....mg	14.7		0	FLC	4		10.3		
Betaine....mg									
Vitamin B-12....µg	1.71		0	LC	8		1.20		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	155		0	BFFN	4		109		
Retinol....µg	155		0	BFFN	4		109		
Carotene, beta....µg	1		0	BFFN	4		1		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	1		0	BFFN	4		0		
Vitamin A, IU....IU	519		0	NC	4		363		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	24		0	BFFN	4		17		
Vitamin E (alpha-tocopherol)....mg	0.41		0	FLC	4		0.29		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	3.3		0	FLC	4		2.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 28304
Waffles, whole wheat, low fat, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.714		0	LC	8		0.500		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.001		0	FLC	4		0.001		
8:0....g	0.021		0	FLC	4		0.014		
10:0....g	0.023		0	FLC	4		0.016		
12:0....g	0.292		0	FLC	4		0.204		
13:0....g									
14:0....g	0.102		0	FLC	4		0.071		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.219		0	FLC	4		0.153		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.052		0	FLC	4		0.036		
20:0....g	0.002		0	FLC	4		0.002		
22:0....g	0.002		0	FLC	4		0.002		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.714		0	LC	8		0.500		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.001		0	FLC	4		0.001		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.705		0	FLC	4		0.494		
20:1....g	0.007		0	FLC	4		0.005		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	1.429		0	LC	8		1.000		
18:2 undifferentiated....g	1.296		0	FLC	4		0.907		
18:3 undifferentiated....g	0.133		0	FLC	4		0.093		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g	0.000		0	FLC	4		0.000		
22:4....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	LC	8		0.000		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 serving 2 waffles

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.80		0		1		8.16	9.22	2.30
Energy....kcal	291		0	NC	4		82	93	23
Energy....kJ	1218				4		345	390	97
Protein (N x 0)....g	9.80		0		1		2.78	3.14	0.78
Total lipid (fat)....g	1.50		0		1		0.43	0.48	0.12
Ash....g	1.90		0		1		0.54	0.61	0.15
Carbohydrate, by difference....g	57.90		0	NC	4		16.41	18.53	4.63
Fiber, total dietary....g	1.8		0		4		0.5	0.6	0.1
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	47		0		1		13	15	4
Iron, Fe....mg	3.36		0		1		0.95	1.08	0.27
Magnesium, Mg....mg	20		0		1		6	6	2
Phosphorus, P....mg	81		0		1		23	26	6
Potassium, K....mg	82		0		1		23	26	7
Sodium, Na....mg	572		0		1		162	183	46
Zinc, Zn....mg	0.71		0		1		0.20	0.23	0.06
Copper, Cu....mg	0.147		0		1		0.042	0.047	0.012
Manganese, Mn....mg	0.638		0		1		0.181	0.204	0.051
Selenium, Se....µg	28.2		0	FLA	4		8.0	9.0	2.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.519		0		1		0.147	0.166	0.042
Riboflavin....mg	0.378		0		1		0.107	0.121	0.030
Niacin....mg	5.424		0		1		1.538	1.736	0.434
Pantothenic acid....mg	0.025		0		1		0.007	0.008	0.002
Vitamin B-6....mg	0.030		0		1		0.009	0.010	0.002
Folate, total....µg	86		0	FLA	4		24	28	7
Folic acid....µg	69		0	NC	4		20	22	6
Folate, food....µg	17		0		1		5	5	1
Folate, DFE....µg	134		0	NC	4		38	43	11
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		1		0.01	0.01	0.00
Vitamin A, RAE....µg	4		0	NC	4		1	1	0
Retinol....µg	4		0	NC	4		1	1	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	14		0		1		4	4	1
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.263		0		1		0.075	0.084	0.021
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		0		1		0.001	0.001	0.000
15:0....g									
16:0....g	0.223		0		1		0.063	0.071	0.018
17:0....g									
18:0....g	0.025		0		1		0.007	0.008	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.195		0		1		0.055	0.062	0.016
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.003	0.003	0.001
17:1....g									
18:1 undifferentiated....g	0.183		0		1		0.052	0.059	0.015
20:1....g	0.001		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	0.610		0		1		0.173	0.195	0.049
18:2 undifferentiated....g	0.571		0		1		0.162	0.183	0.046
18:3 undifferentiated....g	0.035		0		1		0.010	0.011	0.003
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	0.003		0		1		0.001	0.001	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	0.001		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	9		0		1		3	3	1
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.114		0		1		0.032	0.036	0.009
Threonine....g	0.268		0		1		0.076	0.086	0.021
Isoleucine....g	0.369		0		1		0.105	0.118	0.030
Leucine....g	0.684		0		1		0.194	0.219	0.055
Lysine....g	0.204		0		1		0.058	0.065	0.016
Methionine....g	0.176		0		1		0.050	0.056	0.014
Cystine....g	0.221		0		1		0.063	0.071	0.018
Phenylalanine....g	0.486		0		1		0.138	0.156	0.039
Tyrosine....g	0.273		0		1		0.077	0.087	0.022
Valine....g	0.417		0		1		0.118	0.133	0.033
Arginine....g	0.348		0		1		0.099	0.111	0.028
Histidine....g	0.209		0		1		0.059	0.067	0.017
Alanine....g	0.307		0		1		0.087	0.098	0.025
Aspartic acid....g	0.413		0		1		0.117	0.132	0.033
Glutamic acid....g	3.384		0		1		0.959	1.083	0.271
Glycine....g	0.336		0		1		0.095	0.108	0.027
Proline....g	1.134		0		1		0.321	0.363	0.091
Serine....g	0.483		0		1		0.137	0.155	0.039
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 18368
Wonton wrappers (includes egg roll wrappers)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 wrapper, eggroll (7" square)

Measure 3 = 8.0g: 1 wrapper, wonton (3-1/2" square)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)