

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.282		0	NC	4		3.083		
4:0.....g	0.005		2	A	1		0.004		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.012		2	A	1		0.009		
12:0.....g	0.009		2	A	1		0.006		
13:0.....g									
14:0.....g	0.197		2	A	1		0.142		
15:0.....g	0.024		2	A	1		0.017		
16:0.....g	2.700		2	A	1		1.944		
17:0.....g	0.063		2	A	1		0.045		
18:0.....g	1.251		2	A	1		0.901		
20:0.....g	0.015		2	A	1		0.011		
22:0.....g	0.005		2	A	1		0.004		
24:0.....g	0.001		2	A	1		0.001		
Fatty acids, total monounsaturated.....g	5.158		0	NC	4		3.714		
14:1.....g	0.059		2	A	1		0.042		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.427		0	AS	1		0.307		
16:1 c.....g	0.413		2	A	1		0.297		
16:1 t.....g	0.014		2	A	1		0.010		
17:1.....g	0.043		2	A	1		0.031		
18:1 undifferentiated.....g	4.515		0	AS	1		3.251		
18:1 c.....g	4.291		2	A	1		3.090		
18:1 t.....g	0.224		2	A	1		0.162		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.112		2	A	1		0.081		
22:1 undifferentiated.....g	0.002		0	AS	1		0.001		
22:1 c.....g	0.002		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	1.656		0	NC	4		1.193		
18:2 undifferentiated.....g	1.482		0	AS	1		1.067		
18:2 n-6 c,c.....g	1.398		2	A	1		1.007		
18:2 CLAs.....g	0.031		2	A	1		0.022		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.053		2	A	1		0.038		
18:3 undifferentiated.....g	0.065		0	AS	1		0.047		
18:3 n-3 c,c,c (ALA).....g	0.063		2	A	1		0.045		
18:3 n-6 c,c,c.....g	0.003		2	A	1		0.002		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.002		2	A	1		0.001		
20:2 n-6 c,c.....g	0.033		2	A	1		0.024		
20:3 undifferentiated.....g	0.018		0	AS	1		0.013		
20:3 n-3.....g	0.004		2	A	1		0.003		
20:3 n-6.....g	0.014		2	A	1		0.010		
20:4 undifferentiated.....g	0.035		2	A	1		0.025		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		2	A	1		0.002		
21:5.....g									
22:4.....g	0.011		2	A	1		0.008		
22:5 n-3 (DPA).....g	0.005		2	A	1		0.004		
22:6 n-3 (DHA).....g	0.003		2	A	1		0.002		
Fatty acids, total trans.....g	0.291		0	NC	4		0.210		
Fatty acids, total trans-monoenoic.....g	0.238		0	NC	4		0.172		

NDB No. 32035

BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.038		
Cholesterol.....mg	36	1.363	3	A	1		26		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 72g: 1 patty

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22529

Beef Pot Pie, frozen entree, 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	2.7	1.608	3	A	1		7.2		
Dihydrophyloquinone.....µg	3.3	3.311	3	A	1		8.9		
Menquinone-4.....µg	2.2	0.118	3	A	1		5.9		
Lipids:									
Fatty acids, total saturated.....g	4.149		0	NC	4		11.121		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.005	0.003	4	A	1		0.013		
12:0.....g	0.002	0.002	4	A	1		0.007		
13:0.....g									
14:0.....g	0.177	0.046	4	A	1		0.476		
15:0.....g	0.015	0.005	4	A	1		0.040		
16:0.....g	2.360	0.311	4	A	1		6.325		
17:0.....g	0.060	0.014	4	A	1		0.161		
18:0.....g	1.497	0.073	4	A	1		4.013		
20:0.....g	0.025	0.005	4	A	1		0.067		
22:0.....g	0.007	0.007	4	A	1		0.020		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.312		0	NC	4		14.237		
14:1.....g	0.025	0.010	4	A	1		0.067		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.245	0.070	4	A	1		0.656		
17:1.....g	0.045	0.010	4	A	1		0.120		
18:1 undifferentiated.....g	4.940	0.371	4	A	1		13.239		
20:1.....g	0.057	0.009	4	A	1		0.154		
22:1 undifferentiated.....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	1.462		0	NC	4		3.919		
18:2 undifferentiated.....g	1.345	0.107	4	A	1		3.604		
18:3 undifferentiated.....g	0.065	0.003	4	A	1		0.174		
18:4.....g	0.020	0.007	4	A	1		0.053		
20:2 n-6 c,c.....g	0.027	0.009	4	A	1		0.073		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.005	0.005	4	A	1		0.013		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g	0.000	0.000	4	A	1		0.000		
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	2.583	3	A	1		56		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0	A	1		0.206		
Threonine.....g	0.267		0	A	1		0.716		
Isoleucine.....g	0.271		0	A	1		0.726		
Leucine.....g	0.517		0	A	1		1.386		
Lysine.....g	0.419		0	A	1		1.122		
Methionine.....g	0.133		0	A	1		0.357		
Cystine.....g	0.106		0	A	1		0.283		
Phenylalanine.....g	0.299		0	A	1		0.802		
Tyrosine.....g	0.200		0	A	1		0.537		
Valine.....g	0.316		0	A	1		0.848		
Arginine.....g	0.402		0	A	1		1.076		
Histidine.....g	0.187		0	A	1		0.500		
Alanine.....g	0.370		0	A	1		0.991		
Aspartic acid.....g	0.542		0	A	1		1.452		
Glutamic acid.....g	1.546		0	A	1		4.143		
Glycine.....g	0.370		0	A	1		0.992		

NDB No. 22529

Beef Pot Pie, frozen entree, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3		
			of Data	Deriv				Source	Confidence
			Points	Code	Code	Code			
Glycine.....g	0.370			A	1				
Proline.....g	0.550		0	A	1	1.474			
Serine.....g	0.289		0	A	1	0.774			
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 268g: 1 pie, cooked (average weight)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22402

Beef macaroni with tomato sauce, frozen entree, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.443		0	NC	4		1.191	0.126	
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	0.002		0	FLC	4		0.006	0.001	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.019		0	FLC	4		0.052	0.005	
15:0.....g	0.003		0	FLC	4		0.009	0.001	
16:0.....g	0.261		0	FLC	4		0.702	0.074	
17:0.....g	0.008		0	FLC	4		0.022	0.002	
18:0.....g	0.143		0	FLC	4		0.386	0.041	
20:0.....g	0.003		0	FLC	4		0.009	0.001	
22:0.....g	0.002		0	FLC	4		0.006	0.001	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.816		0	NC	4		2.196	0.231	
14:1.....g	0.005		0	FLC	4		0.014	0.001	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.036		0	FLC	4		0.097	0.010	
17:1.....g	0.004		0	FLC	4		0.011	0.001	
18:1 undifferentiated.....g	0.765		0	FLC	4		2.057	0.217	
20:1.....g	0.006		0	FLC	4		0.017	0.002	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.228		0	NC	4		0.614	0.065	
18:2 undifferentiated.....g	0.201		0	FLC	4		0.542	0.057	
18:3 undifferentiated.....g	0.024		0	FLC	4		0.066	0.007	
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	0.002		0	FLC	4		0.007	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.025		0	FLC	4		0.067	0.007	
Cholesterol.....mg	10		0	FLC	4		26	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.053		0	FLC	4		0.142	0.015	
Threonine.....g	0.214		0	FLC	4		0.574	0.061	
Isoleucine.....g	0.234		0	FLC	4		0.630	0.066	
Leucine.....g	0.425		0	FLC	4		1.143	0.120	
Lysine.....g	0.334		0	FLC	4		0.898	0.095	
Methionine.....g	0.111		0	FLC	4		0.300	0.032	
Cystine.....g	0.080		0	FLC	4		0.215	0.023	
Phenylalanine.....g	0.243		0	FLC	4		0.653	0.069	
Tyrosine.....g	0.149		0	FLC	4		0.400	0.042	
Valine.....g	0.263		0	FLC	4		0.708	0.075	
Arginine.....g	0.309		0	FLC	4		0.832	0.088	
Histidine.....g	0.163		0	FLC	4		0.439	0.046	
Alanine.....g	0.281		0	FLC	4		0.756	0.080	
Aspartic acid.....g	0.456		0	FLC	4		1.226	0.129	
Glutamic acid.....g	1.418		0	FLC	4		3.815	0.402	
Glycine.....g	0.276		0	FLC	4		0.744	0.078	
Proline.....g	0.414		0	FLC	4		1.114	0.117	
Serine.....g	0.238		0	FLC	4		0.641	0.068	
Hydroxyproline.....g	0.036		0	FLC	4		0.096	0.010	
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	

NDB No. 22402

Beef macaroni with tomato sauce, frozen entree, reduced fat

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

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Common Measures:

Measure 1 = 269g: 1 serving

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22905
Beef stew, canned entree

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.78	0.611	4	A	1		158.34		
Energy.....kcal	99		0	NC	4		194		
Energy.....kJ	413		0	NC	4		809		
Protein.....g	4.41	0.330	4	A	1		8.64		
Total lipid (fat).....g	5.53	1.032	4	A	1		10.84		
Ash.....g	1.43	0.065	4	A	1		2.80		
Carbohydrate, by difference.....g	7.85		0	NC	4		15.38		
Fiber, total dietary.....g	0.9		1	A	1		1.8		
Sugars, total.....g	1.76		0	NR	4		3.45		
Sucrose.....g	0.48	0.054	3	A	1		0.94		
Glucose (dextrose).....g	0.95		1	A	1		1.86		
Fructose.....g	0.33		2	A	1		0.65		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g									
Starch.....g	5.43	0.271	3	A	1		10.64		
Minerals:									
Calcium, Ca.....mg	12	0.860	4	A	1		24		
Iron, Fe.....mg	2.48	0.962	4	A	1		4.86		
Magnesium, Mg.....mg	8	0.988	4	A	1		16		
Phosphorus, P.....mg	42	1.833	4	A	1		82		
Potassium, K.....mg	163	12.627	4	A	1		319		
Sodium, Na.....mg	388	23.813	4	A	1		760		
Zinc, Zn.....mg	1.00	0.110	4	A	1		1.96		
Copper, Cu.....mg	0.141	0.036	4	A	1		0.277		
Manganese, Mn.....mg	0.059	0.020	4	A	1		0.117		
Selenium, Se.....µg	4.7	2.667	3	A	1		9.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		2	A	1		1.4		
Thiamin.....mg	0.073		2	A	1		0.144		
Riboflavin.....mg	0.053	0.008	3	A	1		0.105		
Niacin.....mg	1.096	0.086	3	A	1		2.147		
Pantothenic acid.....mg	0.120	0.013	3	A	1		0.235		
Vitamin B-6.....mg	0.087	0.007	4	A	1		0.171		
Folate, total.....µg	14		0	FLA	4		26		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	14		0	FLA	4		26		
Folate, DFE.....µg	14		0	NC	4		26		
Choline, total.....mg	15.6		0	AS	1		30.5		
Betaine.....mg	1.8		1	A	1		3.6		
Vitamin B-12.....µg	0.50	0.076	3	A	1		0.97		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	11		0	AS	1		22		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	106		1	A	1		207		
Carotene, alpha.....µg	53		1	A	1		103		
Cryptoxanthin, beta.....µg	3		1	A	1		6		
Vitamin A, IU.....IU	223		0	AS	1		437		
Lycopene.....µg	28		1	A	1		56		
Lutein + zeaxanthin.....µg	4		1	A	1		8		
Vitamin E (alpha-tocopherol).....mg	0.27		1	A	1		0.53		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.01		1	A	1		0.03		
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		

NDB No. 22905
Beef stew, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	6.2		0	FLA	4		12.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.185		0	NC	4		4.283		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.010	0.000	3	A	1		0.020		
13:0.....g									
14:0.....g	0.169	0.027	3	A	1		0.331		
15:0.....g	0.028	0.005	3	A	1		0.055		
16:0.....g	1.232	0.205	3	A	1		2.416		
17:0.....g	0.066	0.012	3	A	1		0.128		
18:0.....g	0.673	0.097	3	A	1		1.319		
20:0.....g	0.007	0.001	3	A	1		0.014		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.543		0	NC	4		4.984		
14:1.....g	0.056	0.011	3	A	1		0.109		
15:1.....g									
16:1 undifferentiated.....g	0.227	0.045	3	A	1		0.444		
17:1.....g	0.064	0.011	3	A	1		0.126		
18:1 undifferentiated.....g	2.150	0.394	3	A	1		4.215		
20:1.....g	0.036	0.007	3	A	1		0.070		
22:1 undifferentiated.....g	0.010		2	A	1		0.020		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.251		0	NC	4		0.492		
18:2 undifferentiated.....g	0.200	0.027	3	A	1		0.392		
18:3 undifferentiated.....g	0.034	0.004	3	A	1		0.067		
18:4.....g	0.017		1	A	1		0.032		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g	0.000		1	A	1		0.000		
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									
Cholesterol.....mg	13	1.420	3	A	1		25		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0	A	1		0.039		
Threonine.....g	0.157		0	A	1		0.308		
Isoleucine.....g	0.148		0	A	1		0.289		
Leucine.....g	0.271		0	A	1		0.532		
Lysine.....g	0.239		0	A	1		0.469		
Methionine.....g	0.090		0	A	1		0.176		
Cystine.....g	0.040		0	A	1		0.078		
Phenylalanine.....g	0.147		0	A	1		0.288		
Tyrosine.....g	0.084		0	A	1		0.166		
Valine.....g	0.182		0	A	1		0.356		
Arginine.....g	0.200		0	A	1		0.393		
Histidine.....g	0.103		0	A	1		0.203		
Alanine.....g	0.242		0	A	1		0.474		

NDB No. 22905
Beef stew, canned entree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	0.382		0	A	1	0.749		
Glutamic acid.....g	0.705		0	A	1	1.381		
Glycine.....g	0.252		0	A	1	0.493		
Proline.....g	0.208		0	A	1	0.408		
Serine.....g	0.156		0	A	1	0.306		
Hydroxyproline.....g								
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 = 196g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22908

Beef, corned beef hash, with potato, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	4.320		1		1		10.195		
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	0.029		0	FLC	4		0.067		
12:0.....g	0.019		0	FLC	4		0.044		
13:0.....g									
14:0.....g	0.342		0	FLC	4		0.808		
15:0.....g									
16:0.....g	2.545		0	FLC	4		6.005		
17:0.....g									
18:0.....g	1.202		0	FLC	4		2.837		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.260		1		1		12.414		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.767		0	FLC	4		1.811		
17:1.....g									
18:1 undifferentiated.....g	4.489		0	FLC	4		10.595		
20:1.....g	0.004		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	0.300		1		1		0.708		
18:2 undifferentiated.....g	0.234		0	FLC	4		0.551		
18:3 undifferentiated.....g	0.065		0	FLC	4		0.152		
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	0.002		0	FLC	4		0.004		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	32		1		1		75		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0	FLC	4		0.111		
Threonine.....g	0.223		0	FLC	4		0.526		
Isoleucine.....g	0.253		0	FLC	4		0.597		
Leucine.....g	0.430		0	FLC	4		1.015		
Lysine.....g	0.454		0	FLC	4		1.072		
Methionine.....g	0.137		0	FLC	4		0.323		
Cystine.....g	0.073		0	FLC	4		0.173		
Phenylalanine.....g	0.229		0	FLC	4		0.541		
Tyrosine.....g	0.186		0	FLC	4		0.439		
Valine.....g	0.288		0	FLC	4		0.681		
Arginine.....g	0.347		0	FLC	4		0.818		
Histidine.....g	0.170		0	FLC	4		0.402		
Alanine.....g	0.312		0	FLC	4		0.737		
Aspartic acid.....g	0.682		0	FLC	4		1.608		
Glutamic acid.....g	0.871		0	FLC	4		2.055		
Glycine.....g	0.312		0	FLC	4		0.737		
Proline.....g	0.258		0	FLC	4		0.608		
Serine.....g	0.228		0	FLC	4		0.537		
Hydroxyproline.....g	0.048		0	FLC	4		0.114		
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		

NDB No. 22908

Beef, corned beef hash, with potato, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	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 = 236g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22918

Burrito, bean and cheese, 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	50.99	0.237	11	A	1		65.78		
Energy.....kcal	221		0	NC	4		285		
Energy.....kJ	925		0	NC	4		1193		
Protein.....g	7.07	0.069	13	A	1		9.12		
Total lipid (fat).....g	6.30	0.197	11	A	1		8.13		
Ash.....g	1.63	0.020	11	A	1		2.10		
Carbohydrate, by difference.....g	34.01		0	NC	4		43.87		
Fiber, total dietary.....g	3.4	0.110	5	A	1		4.4		
Sugars, total.....g	3.21	0.071	9	A	1		4.15		
Sucrose.....g	0.44	0.015	9	A	1		0.57		
Glucose (dextrose).....g	0.00	0.000	9	A	1		0.00		
Fructose.....g	0.00	0.000	9	A	1		0.00		
Lactose.....g	0.04	0.000	9	A	1		0.05		
Maltose.....g	2.73	0.068	9	A	1		3.53		
Galactose.....g	0.00	0.000	9	A	1		0.00		
Starch.....g	26.37	0.279	5	A	1		34.02		
Minerals:									
Calcium, Ca.....mg	52	1.571	11	A	1		68		
Iron, Fe.....mg	2.51	0.039	11	A	1		3.24		
Magnesium, Mg.....mg	31	0.969	11	A	1		41		
Phosphorus, P.....mg	117	2.475	11	A	1		152		
Potassium, K.....mg	210	3.986	11	A	1		271		
Sodium, Na.....mg	351	5.486	11	A	1		452		
Zinc, Zn.....mg	0.71	0.024	11	A	1		0.91		
Copper, Cu.....mg	0.129	0.004	11	A	1		0.167		
Manganese, Mn.....mg	0.408	0.014	11	A	1		0.527		
Selenium, Se.....µg	12.7	0.678	9	A	1		16.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.4		
Thiamin.....mg	0.287	0.013	11	A	1		0.371		
Riboflavin.....mg	0.143	0.009	11	A	1		0.184		
Niacin.....mg	2.480	0.064	11	A	1		3.200		
Pantothenic acid.....mg	0.403	0.003	4	A	1		0.520		
Vitamin B-6.....mg	0.085	0.002	9	A	1		0.110		
Folate, total.....µg	105		0	FLA	4		136		
Folic acid.....µg	47		0	NR	4		61		
Folate, food.....µg	58		0	FLA	4		75		
Folate, DFE.....µg	138		0	NC	4		178		
Choline, total.....mg	22.3		0	BFSN	4		28.7		
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.018	9	A	1		0.11		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	8		0	AS	1		10		
Retinol.....µg	5	0.154	5	A	1		7		
Carotene, beta.....µg	24	0.149	4	A	1		31		
Carotene, alpha.....µg	1	0.016	4	A	1		2		
Cryptoxanthin, beta.....µg	11	0.000	4	A	1		15		
Vitamin A, IU.....IU	68		0	AS	1		88		
Lycopene.....µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin.....µg	36	1.659	4	A	1		46		
Vitamin E (alpha-tocopherol).....mg	0.37	0.007	5	A	1		0.48		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.13	0.011	5	A	1		0.17		
Tocopherol, gamma.....mg	3.58	0.066	5	A	1		4.62		
Tocopherol, delta.....mg	1.31	0.034	5	A	1		1.69		
Tocotrienol, alpha.....mg	0.03	0.002	5	A	1		0.04		
Tocotrienol, beta.....mg	0.30	0.008	5	A	1		0.39		

NDB No. 22918
Burrito, bean and cheese, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.003	5	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.002	5	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	7.6	0.281	5	A	1		9.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.343		0	NC	4		1.733		
4:0.....g	0.021	0.001	11	A	1		0.027		
6:0.....g	0.015	0.001	11	A	1		0.020		
8:0.....g	0.011	0.000	11	A	1		0.014		
10:0.....g	0.022	0.001	11	A	1		0.029		
12:0.....g	0.026	0.001	11	A	1		0.033		
13:0.....g									
14:0.....g	0.083	0.002	11	A	1		0.107		
15:0.....g	0.010	0.000	11	A	1		0.013		
16:0.....g	0.795	0.013	11	A	1		1.025		
17:0.....g	0.011	0.000	11	A	1		0.014		
18:0.....g	0.310	0.006	11	A	1		0.400		
20:0.....g	0.017	0.000	11	A	1		0.021		
22:0.....g	0.015	0.000	11	A	1		0.020		
24:0.....g	0.007	0.000	11	A	1		0.009		
Fatty acids, total monounsaturated.....g	1.298		0	NC	4		1.675		
14:1.....g	0.006	0.000	11	A	1		0.008		
15:1.....g	0.000	0.000	11	A	1		0.000		
16:1 undifferentiated.....g	0.019	0.001	11	AS	1		0.024		
16:1 c.....g	0.016	0.000	11	A	1		0.020		
16:1 t.....g	0.003	0.000	11	A	1		0.004		
17:1.....g	0.005	0.000	11	A	1		0.007		
18:1 undifferentiated.....g	1.252	0.024	11	AS	1		1.615		
18:1 c.....g	1.228	0.024	11	A	1		1.584		
18:1 t.....g	0.024	0.001	11	A	1		0.031		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.001	11	A	1		0.020		
22:1 undifferentiated.....g	0.000	0.000	11	AS	1		0.001		
22:1 c.....g	0.000	0.000	11	A	1		0.000		
22:1 t.....g	0.000	0.000	11	A	1		0.000		
24:1 c.....g	0.000	0.000	11	A	1		0.001		
Fatty acids, total polyunsaturated.....g	3.104		0	NC	4		4.004		
18:2 undifferentiated.....g	2.649	0.046	11	AS	1		3.417		
18:2 n-6 c,c.....g	2.628	0.046	11	A	1		3.391		
18:2 CLAs.....g	0.007	0.000	11	A	1		0.009		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014	0.000	11	A	1		0.017		
18:3 undifferentiated.....g	0.446	0.008	11	AS	1		0.575		
18:3 n-3 c,c,c (ALA).....g	0.446	0.008	11	A	1		0.575		
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	11	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	11	A	1		0.003		
20:3 undifferentiated.....g	0.001	0.000	11	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	11	A	1		0.000		
20:3 n-6.....g	0.001	0.000	11	A	1		0.001		
20:4 undifferentiated.....g	0.003	0.000	11	A	1		0.004		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	11	A	1		0.001		
21:5.....g									
22:4.....g	0.002	0.000	11	A	1		0.002		
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000		

NDB No. 22918

Burrito, bean and cheese, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1	0.000		
Fatty acids, total trans.....g	0.041		0	NC	4	0.052		
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4	0.035		
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4	0.017		
Cholesterol.....mg	2	0.186	11	A	1	3		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	0		

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

Common Measures:

Measure 1 = 129g: 1 burrito

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22917
 Burrito, beef and bean, 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	50.48		2	A	1		70.17	14.31	
Energy.....kcal	239		0	NC	4		332	68	
Energy.....kJ	999		0	NC	4		1389	283	
Protein.....g	7.26		2	A	1		10.09	2.06	
Total lipid (fat).....g	9.61		2	A	1		13.35	2.72	
Ash.....g	1.81		2	A	1		2.52	0.51	
Carbohydrate, by difference.....g	30.84		0	NC	4		42.87	8.74	
Fiber, total dietary.....g	4.2		2	A	1		5.9	1.2	
Sugars, total.....g	0.70		0	NR	4		0.97	0.20	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		2	A	1		47	10	
Iron, Fe.....mg	2.96		2	A	1		4.11	0.84	
Magnesium, Mg.....mg	32		2	A	1		45	9	
Phosphorus, P.....mg	72		2	A	1		100	20	
Potassium, K.....mg	221		2	A	1		307	63	
Sodium, Na.....mg	587		2	A	1		815	166	
Zinc, Zn.....mg	0.99		2	A	1		1.38	0.28	
Copper, Cu.....mg	0.211		2	A	1		0.294	0.060	
Manganese, Mn.....mg	0.481		2	A	1		0.668	0.136	
Selenium, Se.....µg	10.7		2	A	1		14.9	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	LC	8		1.2	0.2	
Thiamin.....mg	0.393		0	FLA	4		0.546	0.111	
Riboflavin.....mg	0.236		2	A	1		0.329	0.067	
Niacin.....mg	2.889		0	FLA	4		4.015	0.819	
Pantothenic acid.....mg	0.008		2	A	1		0.011	0.002	
Vitamin B-6.....mg	0.090		1	A	1		0.125	0.026	
Folate, total.....µg	80		2	A	1		111	23	
Folic acid.....µg	62		0	FLA	4		87	18	
Folate, food.....µg	17		0	FLA	4		24	5	
Folate, DFE.....µg	123		0	NC	4		171	35	
Choline, total.....mg	22.5		0	BFSN	4		31.2	6.4	
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	11		0	NC	4		15	3	
Retinol.....µg	0		2	A	1		0	0	
Carotene, beta.....µg	117		0	FLC	4		162	33	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	21		0	FLC	4		29	6	
Vitamin A, IU.....IU	212		1	LC	8		294	60	
Lycopene.....µg	2533		0	FLC	4		3521	718	
Lutein + zeaxanthin.....µg	52		0	FLC	4		72	15	
Vitamin E (alpha-tocopherol).....mg	0.64		0	FLC	4		0.89	0.18	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.8		2	A	1		9.5	1.9	
Dihydrophylloquinone.....µg	1.9		2	A	1		2.7	0.6	
Menaquinone-4.....µg									
Lipids:									

NDB No. 22917

Burrito, beef and bean, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	2.949		0	NC	4	4.099	0.836
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	0.196		2	A	1	0.273	0.056
15:0.....g	0.000		2	A	1	0.000	0.000
16:0.....g	1.777		2	A	1	2.470	0.504
17:0.....g	0.000		2	A	1	0.000	0.000
18:0.....g	0.976		2	A	1	1.356	0.277
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	3.789		0	NC	4	5.266	1.074
14:1.....g	0.000		2	A	1	0.000	0.000
15:1.....g							
16:1 undifferentiated.....g	0.287		2	A	1	0.398	0.081
17:1.....g							
18:1 undifferentiated.....g	3.502		2	A	1	4.868	0.993
20:1.....g	0.000		2	A	1	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.358		0	NC	4	1.888	0.385
18:2 undifferentiated.....g	1.199		2	A	1	1.667	0.340
18:3 undifferentiated.....g	0.159		2	A	1	0.221	0.045
18:4.....g	0.000		2	A	1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	8		2	A	1	10	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 = 139g: 1 burrito frozen

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Burrito, beef and bean, 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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.5		2	A	1		8.8	2.1	
Dihydrophyllquinone.....µg	2.4		2	A	1		2.8	0.7	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.072		0	NC	4		4.723	1.154	
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	0.264	0.009	3	A	1		0.306	0.075	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	2.386	0.070	3	A	1		2.768	0.676	
17:0.....g	0.075	0.037	3	A	1		0.087	0.021	
18:0.....g	1.348	0.034	3	A	1		1.563	0.382	
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	5.035		0	NC	4		5.840	1.427	
14:1.....g	0.036	0.036	3	A	1		0.041	0.010	
15:1.....g									
16:1 undifferentiated.....g	0.375	0.013	3	A	1		0.435	0.106	
17:1.....g									
18:1 undifferentiated.....g	4.624	0.144	3	A	1		5.364	1.311	
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	1.763		0	NC	4		2.045	0.500	
18:2 undifferentiated.....g	1.553	0.047	3	A	1		1.801	0.440	
18:3 undifferentiated.....g	0.210	0.006	3	A	1		0.244	0.060	
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	9	0.288	3	A	1		11	3	
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 = 116g: 1 burrito cooked

Measure 2 = 28.35g: 1 oz

NDB No. 22928

Burrito, beef and bean, microwaved

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22906

Chicken pot pie, frozen entree, 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	62.58	0.133	12	A	1		188.99		
Energy.....kcal	204		0	NC	4		616		
Energy.....kJ	853		0	NC	4		2576		
Protein.....g	5.11	0.066	12	A	1		15.42		
Total lipid (fat).....g	11.85	0.080	12	A	1		35.79		
Ash.....g	1.25	0.024	12	A	1		3.77		
Carbohydrate, by difference.....g	19.21		0	NC	4		58.03		
Fiber, total dietary.....g	1.1	0.066	4	A	1		3.3		
Sugars, total.....g	2.26	0.025	6	A	1		6.82		
Sucrose.....g	0.42	0.024	6	A	1		1.27		
Glucose (dextrose).....g	0.49	0.023	6	A	1		1.49		
Fructose.....g	0.10	0.000	6	A	1		0.30		
Lactose.....g	0.15	0.012	6	A	1		0.45		
Maltose.....g	0.99	0.032	6	A	1		3.00		
Galactose.....g	0.10	0.000	6	A	1		0.30		
Starch.....g	14.26	0.150	6	A	1		43.06		
Minerals:									
Calcium, Ca.....mg	20	0.572	12	A	1		59		
Iron, Fe.....mg	0.76	0.013	12	A	1		2.31		
Magnesium, Mg.....mg	11	0.052	12	A	1		35		
Phosphorus, P.....mg	72	0.685	12	A	1		219		
Potassium, K.....mg	110	2.088	12	A	1		333		
Sodium, Na.....mg	393	8.871	12	A	1		1188		
Zinc, Zn.....mg	0.42	0.004	12	A	1		1.27		
Copper, Cu.....mg	0.042	0.001	12	A	1		0.126		
Manganese, Mn.....mg	0.187	0.002	12	A	1		0.565		
Selenium, Se.....µg	5.4	0.123	6	A	1		16.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6	A	1		3.0		
Thiamin.....mg	0.104	0.003	6	A	1		0.315		
Riboflavin.....mg	0.041	0.001	6	A	1		0.123		
Niacin.....mg	1.871	0.036	6	A	1		5.652		
Pantothenic acid.....mg	0.368	0.011	6	A	1		1.112		
Vitamin B-6.....mg	0.092	0.004	6	A	1		0.278		
Folate, total.....µg	35	12.454	3	A	1		105		
Folic acid.....µg	22	11.170	3	A	1		67		
Folate, food.....µg	12	2.333	3	AS	1		37		
Folate, DFE.....µg	50		0	NC	4		152		
Choline, total.....mg	12.4		0	AS	1		37.5		
Betaine.....mg	12.7		1	A	1		38.4		
Vitamin B-12.....µg	0.11	0.002	6	A	1		0.34		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	34		0	AS	1		102		
Retinol.....µg	0		2	A	1		0		
Carotene, beta.....µg	339	33.482	6	A	1		1024		
Carotene, alpha.....µg	132	13.060	6	A	1		398		
Cryptoxanthin, beta.....µg	0	0.000	6	A	1		0		
Vitamin A, IU.....IU	675		0	AS	1		2039		
Lycopene.....µg	2	0.496	6	A	1		7		
Lutein + zeaxanthin.....µg	90	4.112	6	A	1		272		
Vitamin E (alpha-tocopherol).....mg	0.53	0.022	6	A	1		1.61		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.07	0.019	6	A	1		0.23		
Tocopherol, gamma.....mg	2.15	0.037	6	A	1		6.49		
Tocopherol, delta.....mg	0.76	0.024	6	A	1		2.28		
Tocotrienol, alpha.....mg	0.04	0.000	6	A	1		0.13		
Tocotrienol, beta.....mg	0.26	0.006	6	A	1		0.78		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLA	4		6		
Vitamin K (phylloquinone).....µg	10.7		2	A	1		32.3		
Dihydrophyloquinone.....µg	5.1		1	A	1		15.4		
Menaquinone-4.....µg	9.9		2	A	1		29.9		
Lipids:									
Fatty acids, total saturated.....g	4.365		0	NC	4		13.183		
4:0.....g	0.005	0.001	6	A	1		0.014		
6:0.....g	0.003	0.000	6	A	1		0.009		
8:0.....g	0.003	0.000	6	A	1		0.008		
10:0.....g	0.010	0.000	6	A	1		0.030		
12:0.....g	0.011	0.001	6	A	1		0.034		
13:0.....g									
14:0.....g	0.100	0.002	6	A	1		0.302		
15:0.....g	0.010	0.000	6	A	1		0.030		
16:0.....g	2.171	0.028	6	A	1		6.556		
17:0.....g	0.029	0.002	6	A	1		0.088		
18:0.....g	1.980	0.027	6	A	1		5.979		
20:0.....g	0.027	0.000	6	A	1		0.083		
22:0.....g	0.011	0.004	6	A	1		0.034		
24:0.....g	0.005	0.001	6	A	1		0.016		
Fatty acids, total monounsaturated.....g	3.613		0	NC	4		10.911		
14:1.....g	0.007	0.000	6	A	1		0.022		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.208	0.004	6	AS	1		0.628		
16:1 c.....g	0.204	0.004	6	A	1		0.617		
16:1 t.....g	0.004	0.000	6	A	1		0.011		
17:1.....g	0.016	0.000	6	A	1		0.047		
18:1 undifferentiated.....g	3.312	0.050	6	AS	1		10.001		
18:1 c.....g	3.255	0.048	6	A	1		9.831		
18:1 t.....g	0.056	0.004	6	A	1		0.170		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.066	0.002	6	A	1		0.199		
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.014		
22:1 c.....g	0.003	0.000	6	A	1		0.010		
22:1 t.....g	0.001	0.000	6	A	1		0.004		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	3.302		0	NC	4		9.973		
18:2 undifferentiated.....g	2.971	0.033	6	AS	1		8.973		
18:2 n-6 c,c.....g	2.938	0.033	6	A	1		8.874		
18:2 CLAs.....g	0.009	0.000	6	A	1		0.028		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.002	6	A	1		0.071		
18:3 undifferentiated.....g	0.247	0.007	6	AS	1		0.747		
18:3 n-3 c,c,c (ALA).....g	0.235	0.007	6	A	1		0.710		
18:3 n-6 c,c,c.....g	0.012	0.002	6	A	1		0.037		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.034	0.000	6	A	1		0.103		
20:3 undifferentiated.....g	0.013	0.000	6	AS	1		0.038		
20:3 n-3.....g	0.004	0.000	6	A	1		0.013		
20:3 n-6.....g	0.008	0.000	6	A	1		0.025		
20:4 undifferentiated.....g	0.023	0.000	6	A	1		0.068		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.003		
21:5.....g									
22:4.....g	0.007	0.000	6	A	1		0.022		
22:5 n-3 (DPA).....g	0.005	0.001	6	A	1		0.014		

NDB No. 22906

Chicken pot pie, frozen entree, 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.005			
Fatty acids, total trans.....g	0.085		0	NC	4		0.256			
Fatty acids, total trans-monoenoic.....g	0.061		0	NC	4		0.185			
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.071			
Cholesterol.....mg	15	0.541	6	A	1		46			
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.071		0	A	1		0.214			
Threonine.....g	0.211		0	A	1		0.638			
Isoleucine.....g	0.222		0	A	1		0.669			
Leucine.....g	0.418		0	A	1		1.263			
Lysine.....g	0.313		0	A	1		0.946			
Methionine.....g	0.096		0	A	1		0.289			
Cystine.....g	0.089		0	A	1		0.268			
Phenylalanine.....g	0.244		0	A	1		0.736			
Tyrosine.....g	0.170		0	A	1		0.514			
Valine.....g	0.250		0	A	1		0.756			
Arginine.....g	0.309		0	A	1		0.933			
Histidine.....g	0.166		0	A	1		0.502			
Alanine.....g	0.273		0	A	1		0.823			
Aspartic acid.....g	0.420		0	A	1		1.269			
Glutamic acid.....g	1.319		0	A	1		3.982			
Glycine.....g	0.239		0	A	1		0.723			
Proline.....g	0.532		0	A	1		1.605			
Serine.....g	0.244		0	A	1		0.736			
Hydroxyproline.....g	0.020		2	A	1		0.060			
Others:										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0			
Caffeine.....mg	0		0	FLA	4		0			
Theobromine.....mg	0		0	FLA	4		0			

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

Common Measures:

Measure 1 = 302g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22978

Chicken tenders, breaded, frozen, 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	54.83	0.786	13	A	1		11.51		
Energy.....kcal	240		0	NC	4		50		
Energy.....kJ	1005		0	NC	4		211		
Protein.....g	14.62	0.202	13	A	1		3.07		
Total lipid (fat).....g	13.58	0.146	13	A	1		2.85		
Ash.....g	2.11	0.031	13	A	1		0.44		
Carbohydrate, by difference.....g	14.86		0	NC	4		3.12		
Fiber, total dietary.....g	1.7	0.124	7	A	1		0.4		
Sugars, total.....g	0.57		2	A	1		0.12		
Sucrose.....g	0.33		2	A	1		0.07		
Glucose (dextrose).....g	0.12		2	A	1		0.03		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.12		2	A	1		0.03		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	13.19	0.298	7	A	1		2.77		
Minerals:									
Calcium, Ca.....mg	39	10.758	13	A	1		8		
Iron, Fe.....mg	0.84	0.075	13	A	1		0.18		
Magnesium, Mg.....mg	29	0.554	13	A	1		6		
Phosphorus, P.....mg	200	4.543	13	A	1		42		
Potassium, K.....mg	281	5.593	13	A	1		59		
Sodium, Na.....mg	527	6.573	13	A	1		111		
Zinc, Zn.....mg	0.61	0.005	13	A	1		0.13		
Copper, Cu.....mg	0.085	0.003	13	A	1		0.018		
Manganese, Mn.....mg	0.310	0.014	13	A	1		0.065		
Selenium, Se.....µg	19.3	0.546	7	A	1		4.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5	0.148	5	A	1		0.1		
Thiamin.....mg	0.132	0.002	7	A	1		0.028		
Riboflavin.....mg	0.064	0.001	7	A	1		0.014		
Niacin.....mg	5.917	0.278	7	A	1		1.243		
Pantothenic acid.....mg	0.647	0.031	5	A	1		0.136		
Vitamin B-6.....mg	0.338	0.011	7	A	1		0.071		
Folate, total.....µg	28		0	FLC	4		6		
Folic acid.....µg	7		0	FLC	4		2		
Folate, food.....µg	20		0	NC	4		4		
Folate, DFE.....µg	33		0	NC	4		7		
Choline, total.....mg	46.2		0	AS	1		9.7		
Betaine.....mg	7.1		1	A	1		1.5		
Vitamin B-12.....µg	0.18		0	FLC	4		0.04		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	7		0	AS	1		1		
Retinol.....µg	5		2	A	1		1		
Carotene, beta.....µg	9		1	A	1		2		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	7		1	A	1		2		
Vitamin A, IU.....IU	40		0	AS	1		8		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	44		1	A	1		9		
Vitamin E (alpha-tocopherol).....mg	2.22	0.095	7	A	1		0.47		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.13	0.003	7	A	1		0.03		
Tocopherol, gamma.....mg	6.46	0.054	7	A	1		1.36		
Tocopherol, delta.....mg	0.87	0.148	7	A	1		0.18		
Tocotrienol, alpha.....mg	0.12	0.008	7	A	1		0.03		
Tocotrienol, beta.....mg	0.00	0.000	7	A	1		0.00		

Chicken tenders, breaded, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.56	0.006	7	A	1		0.12		
Tocotrienol, delta.....mg	0.00	0.000	7	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	17.7	1.895	7	A	1		3.7		
Dihydrophyloquinone.....µg	3.8		1	A	1		0.8		
Menaquinone-4.....µg	6.6	0.052	7	A	1		1.4		
Lipids:									
Fatty acids, total saturated.....g	2.437		0	NC	4		0.512		
4:0.....g	0.000	0.000	5	A	1		0.000		
6:0.....g	0.000	0.000	7	A	1		0.000		
8:0.....g	0.004	0.000	7	A	1		0.001		
10:0.....g	0.006	0.000	7	A	1		0.001		
12:0.....g	0.005	0.000	7	A	1		0.001		
13:0.....g									
14:0.....g	0.026	0.001	7	A	1		0.005		
15:0.....g	0.004	0.000	7	A	1		0.001		
16:0.....g	1.829	0.014	7	A	1		0.384		
17:0.....g	0.012	0.000	7	A	1		0.003		
18:0.....g	0.463	0.010	7	A	1		0.097		
20:0.....g	0.041	0.001	7	A	1		0.009		
22:0.....g	0.027	0.001	7	A	1		0.006		
24:0.....g	0.018	0.000	7	A	1		0.004		
Fatty acids, total monounsaturated.....g	4.081		0	NC	4		0.857		
14:1.....g	0.006	0.000	7	A	1		0.001		
15:1.....g	0.000	0.000	7	A	1		0.000		
16:1 undifferentiated.....g	0.177	0.005	7	AS	1		0.037		
16:1 c.....g	0.177	0.005	7	A	1		0.037		
16:1 t.....g	0.000	0.000	7	A	1		0.000		
17:1.....g	0.007	0.000	7	A	1		0.001		
18:1 undifferentiated.....g	3.815	0.185	7	AS	1		0.801		
18:1 c.....g	3.791	0.184	7	A	1		0.796		
18:1 t.....g	0.023	0.002	7	A	1		0.005		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.069	0.005	7	A	1		0.014		
22:1 undifferentiated.....g	0.003	0.000	7	AS	1		0.001		
22:1 c.....g	0.003	0.000	7	A	1		0.001		
22:1 t.....g	0.000	0.000	7	A	1		0.000		
24:1 c.....g	0.005	0.000	7	A	1		0.001		
Fatty acids, total polyunsaturated.....g	6.235		0	NC	4		1.309		
18:2 undifferentiated.....g	5.811	0.104	7	AS	1		1.220		
18:2 n-6 c,c.....g	5.770	0.104	7	A	1		1.212		
18:2 CLAs.....g	0.009	0.000	7	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.031	0.001	7	A	1		0.007		
18:3 undifferentiated.....g	0.356	0.021	7	AS	1		0.075		
18:3 n-3 c,c,c (ALA).....g	0.337	0.021	7	A	1		0.071		
18:3 n-6 c,c,c.....g	0.019	0.000	7	A	1		0.004		
18:3i.....g									
18:4.....g	0.001	0.000	7	A	1		0.000		
20:2 n-6 c,c.....g	0.010	0.000	7	A	1		0.002		
20:3 undifferentiated.....g	0.011	0.000	7	AS	1		0.002		
20:3 n-3.....g	0.000	0.000	7	A	1		0.000		
20:3 n-6.....g	0.011	0.000	7	A	1		0.002		
20:4 undifferentiated.....g	0.030	0.001	7	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	7	A	1		0.000		
21:5.....g									
22:4.....g	0.011	0.000	7	A	1		0.002		
22:5 n-3 (DPA).....g	0.003	0.000	7	A	1		0.001		

NDB No. 22978

Chicken tenders, breaded, frozen, 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.003	0.000	7	A	1		0.001			
Fatty acids, total trans.....g	0.055		0	NC	4		0.012			
Fatty acids, total trans-monoenoic.....g	0.024		0	NC	4		0.005			
Fatty acids, total trans-polyenoic.....g	0.031		0	NC	4		0.007			
Cholesterol.....mg	36	1.093	7	A	1		8			
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.148		0	A	1		0.031			
Threonine.....g	0.416		0	A	1		0.087			
Isoleucine.....g	0.364		0	A	1		0.076			
Leucine.....g	0.910		0	A	1		0.191			
Lysine.....g	0.958		0	A	1		0.201			
Methionine.....g	0.287		0	A	1		0.060			
Cystine.....g	0.173		0	A	1		0.036			
Phenylalanine.....g	0.470		0	A	1		0.099			
Tyrosine.....g	0.365		0	A	1		0.077			
Valine.....g	0.408		0	A	1		0.086			
Arginine.....g	0.740		0	A	1		0.155			
Histidine.....g	0.367		0	A	1		0.077			
Alanine.....g	0.641		0	A	1		0.135			
Aspartic acid.....g	1.090		0	A	1		0.229			
Glutamic acid.....g	2.094		0	A	1		0.440			
Glycine.....g	0.556		0	A	1		0.117			
Proline.....g	0.858		0	A	1		0.180			
Serine.....g	0.573		0	A	1		0.120			
Hydroxyproline.....g	0.088		2	A	1		0.018			
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 = 21g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Chicken, nuggets, dark and white meat, precooked, frozen, not reheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	BFSN	4		0.2	0.0	
Vitamin D.....IU	10		0	BFSN	4		9	2	
Vitamin K (phylloquinone).....µg	10.0		0	BFZN	4		8.7	1.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.203		0	NC	4		2.787	0.577	
4:0.....g	0.002	0.000	12	A	1		0.001	0.000	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.004	0.000	12	A	1		0.004	0.001	
10:0.....g	0.003	0.000	12	A	1		0.003	0.001	
12:0.....g	0.005	0.000	12	A	1		0.005	0.001	
13:0.....g									
14:0.....g	0.046	0.001	12	A	1		0.040	0.008	
15:0.....g	0.006	0.000	12	A	1		0.005	0.001	
16:0.....g	2.480	0.038	12	A	1		2.158	0.446	
17:0.....g	0.013	0.000	12	A	1		0.011	0.002	
18:0.....g	0.560	0.010	12	A	1		0.487	0.101	
20:0.....g	0.041	0.001	12	A	1		0.036	0.007	
22:0.....g	0.025	0.001	12	A	1		0.022	0.005	
24:0.....g	0.017	0.001	12	A	1		0.015	0.003	
Fatty acids, total monounsaturated.....g	5.276		0	NC	4		4.590	0.950	
14:1.....g	0.013	0.000	12	A	1		0.012	0.002	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.401	0.011	12	AS	1		0.349	0.072	
16:1 c.....g	0.398	0.011	12	A	1		0.346	0.072	
16:1 t.....g	0.003	0.000	12	A	1		0.002	0.000	
17:1.....g	0.011	0.000	12	A	1		0.009	0.002	
18:1 undifferentiated.....g	4.769	0.088	12	AS	1		4.149	0.858	
18:1 c.....g	4.742	0.088	12	A	1		4.125	0.854	
18:1 t.....g	0.027	0.001	12	A	1		0.023	0.005	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.076	0.003	12	A	1		0.066	0.014	
22:1 undifferentiated.....g	0.005	0.000	12	AS	1		0.004	0.001	
22:1 c.....g	0.004	0.000	12	A	1		0.003	0.001	
22:1 t.....g	0.001	0.000	12	A	1		0.001	0.000	
24:1 c.....g	0.002	0.000	12	A	1		0.002	0.000	
Fatty acids, total polyunsaturated.....g	6.116		0	NC	4		5.321	1.101	
18:2 undifferentiated.....g	5.643	0.134	12	AS	1		4.909	1.016	
18:2 n-6 c,c.....g	5.566	0.131	12	A	1		4.842	1.002	
18:2 CLAs.....g	0.017	0.000	12	A	1		0.015	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.060	0.004	12	A	1		0.052	0.011	
18:3 undifferentiated.....g	0.389	0.018	12	AS	1		0.339	0.070	
18:3 n-3 c,c,c (ALA).....g	0.376	0.018	12	A	1		0.327	0.068	
18:3 n-6 c,c,c.....g	0.013	0.000	12	A	1		0.011	0.002	
18:3i.....g									
18:4.....g	0.002	0.000	12	A	1		0.002	0.000	
20:2 n-6 c,c.....g	0.010	0.000	12	A	1		0.009	0.002	
20:3 undifferentiated.....g	0.013	0.000	12	AS	1		0.011	0.002	
20:3 n-3.....g	0.001	0.000	12	A	1		0.001	0.000	
20:3 n-6.....g	0.012	0.000	12	A	1		0.011	0.002	
20:4 undifferentiated.....g	0.038	0.001	12	A	1		0.033	0.007	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	12	A	1		0.003	0.001	
21:5.....g									
22:4.....g	0.010	0.000	12	A	1		0.008	0.002	
22:5 n-3 (DPA).....g	0.004	0.000	12	A	1		0.004	0.001	
22:6 n-3 (DHA).....g	0.003	0.000	12	A	1		0.002	0.000	
Fatty acids, total trans.....g	0.091		0	NC	4		0.079	0.016	
Fatty acids, total trans-monoenoic.....g	0.031		0	NC	4		0.027	0.006	

NDB No. 22974

Chicken, nuggets, dark and white meat, precooked, frozen, not reheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.060		0	NC	4	0.052	0.011	
Cholesterol.....mg	32	0.719	11	A	1	28	6	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	
Caffeine.....mg	0		0	BFZN	4	0	0	
Theobromine.....mg	0		0	BFZN	4	0	0	

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

Common Measures:

Measure 1 = 87g: 1 serving

Measure 2 = 18g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22975

Chicken, nuggets, white meat, precooked, frozen, not reheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	10.0		0	BFZN	4		8.2	2.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.366		0	NC	4		2.760	0.673	
4:0.....g	0.002	0.000	7	A	1		0.001	0.000	
6:0.....g	0.000	0.000	7	A	1		0.000	0.000	
8:0.....g	0.003	0.000	7	A	1		0.003	0.001	
10:0.....g	0.004	0.000	7	A	1		0.003	0.001	
12:0.....g	0.005	0.001	7	A	1		0.004	0.001	
13:0.....g									
14:0.....g	0.054	0.012	7	A	1		0.045	0.011	
15:0.....g	0.007	0.001	7	A	1		0.006	0.001	
16:0.....g	2.533	0.281	7	A	1		2.077	0.507	
17:0.....g	0.016	0.002	7	A	1		0.013	0.003	
18:0.....g	0.675	0.054	7	A	1		0.553	0.135	
20:0.....g	0.031	0.002	7	A	1		0.025	0.006	
22:0.....g	0.027	0.003	7	A	1		0.022	0.005	
24:0.....g	0.009	0.001	7	A	1		0.008	0.002	
Fatty acids, total monounsaturated.....g	4.667		0	NC	4		3.827	0.933	
14:1.....g	0.014	0.001	7	A	1		0.011	0.003	
15:1.....g	0.000	0.000	7	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.406	0.041	7	AS	1		0.333	0.081	
16:1 c.....g	0.403	0.040	7	A	1		0.330	0.081	
16:1 t.....g	0.003	0.001	7	A	1		0.002	0.001	
17:1.....g	0.012	0.001	7	A	1		0.010	0.002	
18:1 undifferentiated.....g	4.161	0.337	7	AS	1		3.412	0.832	
18:1 c.....g	4.134	0.333	7	A	1		3.390	0.827	
18:1 t.....g	0.027	0.006	7	A	1		0.022	0.005	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.066	0.008	7	A	1		0.054	0.013	
22:1 undifferentiated.....g	0.005	0.000	7	AS	1		0.004	0.001	
22:1 c.....g	0.003	0.000	7	A	1		0.003	0.001	
22:1 t.....g	0.002	0.000	7	A	1		0.002	0.000	
24:1 c.....g	0.002	0.000	7	A	1		0.002	0.000	
Fatty acids, total polyunsaturated.....g	6.168		0	NC	4		5.058	1.234	
18:2 undifferentiated.....g	5.518	0.283	7	AS	1		4.525	1.104	
18:2 n-6 c,c.....g	5.451	0.278	7	A	1		4.470	1.090	
18:2 CLAs.....g	0.016	0.003	7	A	1		0.013	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.051	0.008	7	A	1		0.042	0.010	
18:3 undifferentiated.....g	0.561	0.073	7	AS	1		0.460	0.112	
18:3 n-3 c,c,c (ALA).....g	0.548	0.073	7	A	1		0.449	0.110	
18:3 n-6 c,c,c.....g	0.013	0.001	7	A	1		0.011	0.003	
18:3i.....g									
18:4.....g	0.002	0.000	7	A	1		0.002	0.000	
20:2 n-6 c,c.....g	0.012	0.001	7	A	1		0.009	0.002	
20:3 undifferentiated.....g	0.014	0.001	7	AS	1		0.011	0.003	
20:3 n-3.....g	0.001	0.000	7	A	1		0.001	0.000	
20:3 n-6.....g	0.013	0.001	7	A	1		0.011	0.003	
20:4 undifferentiated.....g	0.039	0.002	7	A	1		0.032	0.008	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	7	A	1		0.003	0.001	
21:5.....g									
22:4.....g	0.010	0.001	7	A	1		0.008	0.002	
22:5 n-3 (DPA).....g	0.004	0.000	7	A	1		0.004	0.001	
22:6 n-3 (DHA).....g	0.003	0.000	7	A	1		0.003	0.001	
Fatty acids, total trans.....g	0.082		0	NC	4		0.067	0.016	
Fatty acids, total trans-monoenoic.....g	0.031		0	NC	4		0.026	0.006	

NDB No. 22975

Chicken, nuggets, white meat, precooked, frozen, not reheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	0.051		0	NC	4		0.042	0.010	
Cholesterol.....mg	34	0.806	4	A	1		28	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 82g: 1 serving

Measure 2 = 20g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	5.207		0	NC	4		6.926		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.004	0.000	6	A	1		0.005		
10:0.....g	0.007	0.001	6	A	1		0.010		
12:0.....g	0.005	0.000	6	A	1		0.007		
13:0.....g									
14:0.....g	0.070	0.002	6	A	1		0.094		
15:0.....g	0.009	0.000	6	A	1		0.012		
16:0.....g	3.678	0.062	6	A	1		4.892		
17:0.....g	0.020	0.001	6	A	1		0.026		
18:0.....g	1.291	0.022	6	A	1		1.716		
20:0.....g	0.058	0.001	6	A	1		0.077		
22:0.....g	0.048	0.001	6	A	1		0.064		
24:0.....g	0.018	0.000	6	A	1		0.023		
Fatty acids, total monounsaturated.....g	10.123		0	NC	4		13.464		
14:1.....g	0.023	0.001	6	A	1		0.030		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.751	0.013	6	AS	1		0.999		
16:1 c.....g	0.746	0.013	6	A	1		0.993		
16:1 t.....g	0.004	0.000	6	A	1		0.006		
17:1.....g	0.012	0.000	6	A	1		0.016		
18:1 undifferentiated.....g	9.222	0.133	6	AS	1		12.266		
18:1 c.....g	8.211	0.118	6	A	1		10.921		
18:1 t.....g	1.011	0.017	6	A	1		1.345		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.109	0.002	6	A	1		0.145		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.003		
22:1 c.....g	0.002	0.000	6	A	1		0.003		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.005	0.000	6	A	1		0.006		
Fatty acids, total polyunsaturated.....g	4.813		0	NC	4		6.401		
18:2 undifferentiated.....g	4.419	0.080	6	AS	1		5.878		
18:2 n-6 c,c.....g	4.147	0.077	6	A	1		5.515		
18:2 CLAs.....g	0.027	0.001	6	A	1		0.035		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.246	0.004	6	A	1		0.327		
18:3 undifferentiated.....g	0.242	0.005	6	AS	1		0.322		
18:3 n-3 c,c,c (ALA).....g	0.227	0.005	6	A	1		0.302		
18:3 n-6 c,c,c.....g	0.014	0.000	6	A	1		0.018		
18:3i.....g	0.001	0.000	6	A	1		0.002		
18:4.....g	0.003	0.000	6	A	1		0.004		
20:2 n-6 c,c.....g	0.014	0.000	6	A	1		0.019		
20:3 undifferentiated.....g	0.027	0.001	6	AS	1		0.036		
20:3 n-3.....g	0.002	0.000	6	A	1		0.002		
20:3 n-6.....g	0.025	0.001	6	A	1		0.033		
20:4 undifferentiated.....g	0.078	0.003	6	A	1		0.104		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1		0.003		
21:5.....g									
22:4.....g	0.016	0.000	6	A	1		0.022		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.008		
22:6 n-3 (DHA).....g	0.004	0.000	6	A	1		0.005		
Fatty acids, total trans.....g	1.263		0	NC	4		1.680		
Fatty acids, total trans-monoenoic.....g	1.016		0	NC	4		1.351		
Fatty acids, total trans-polyenoic.....g	0.247		0	NC	4		0.329		
Cholesterol.....mg	87	2.238	3	A	1		115		
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. 32020

Chicken, thighs, frozen, breaded, reheated

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

food, or similar food.

Common Measures:

Measure 1 = 133g: 1 thigh with bone and breading

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22904

Chili con carne with beans, canned entree

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.69	0.179	11	A	1		183.17		
Energy.....kcal	107		0	NC	4		259		
Energy.....kJ	447		0	NC	4		1082		
Protein.....g	5.80	0.133	11	A	1		14.03		
Total lipid (fat).....g	3.47	0.134	11	A	1		8.40		
Ash.....g	1.94	0.022	11	A	1		4.69		
Carbohydrate, by difference.....g	13.10		0	NC	4		31.70		
Fiber, total dietary.....g	3.3	0.058	3	A	1		8.0		
Sugars, total.....g	1.87	0.051	6	A	1		4.52		
Sucrose.....g	1.03	0.027	6	A	1		2.50		
Glucose (dextrose).....g	0.34	0.022	6	A	1		0.83		
Fructose.....g	0.49	0.010	6	A	1		1.18		
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	6.90	0.503	3	A	1		16.70		
Minerals:									
Calcium, Ca.....mg	33	0.822	11	A	1		81		
Iron, Fe.....mg	1.34	0.026	11	A	1		3.24		
Magnesium, Mg.....mg	28	0.523	11	A	1		68		
Phosphorus, P.....mg	87	1.217	11	A	1		212		
Potassium, K.....mg	264	2.643	11	A	1		638		
Sodium, Na.....mg	449	6.533	11	A	1		1087		
Zinc, Zn.....mg	0.89	0.015	11	A	1		2.16		
Copper, Cu.....mg	0.096	0.004	11	A	1		0.233		
Manganese, Mn.....mg	0.205	0.007	11	A	1		0.497		
Selenium, Se.....µg	3.6	0.270	6	A	1		8.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.016	6	A	1		0.4		
Thiamin.....mg	0.019	0.002	11	A	1		0.045		
Riboflavin.....mg	0.029	0.002	11	A	1		0.070		
Niacin.....mg	0.782	0.010	11	A	1		1.892		
Pantothenic acid.....mg	0.297	0.003	3	A	1		0.718		
Vitamin B-6.....mg	0.105	0.002	6	A	1		0.253		
Folate, total.....µg	21	0	0	FLA	4		52		
Folic acid.....µg	0	0	0	FLA	4		0		
Folate, food.....µg	21	0	0	FLA	4		52		
Folate, DFE.....µg	21	0	0	NC	4		52		
Choline, total.....mg	22.5	0	0	FLA	4		54.5		
Betaine.....mg									
Vitamin B-12.....µg	0.28	0.015	6	A	1		0.68		
Vitamin B-12, added.....µg	0.00	0	0	FLA	4		0.00		
Vitamin A, RAE.....µg	23	0	0	AS	1		56		
Retinol.....µg	0	0	0	FLA	4		0		
Carotene, beta.....µg	233	9.127	3	A	1		564		
Carotene, alpha.....µg	9	2.119	3	A	1		22		
Cryptoxanthin, beta.....µg	85	3.992	3	A	1		206		
Vitamin A, IU.....IU	467	0	0	AS	1		1130		
Lycopene.....µg	663	76.381	3	A	1		1604		
Lutein + zeaxanthin.....µg	151	9.282	3	A	1		365		
Vitamin E (alpha-tocopherol).....mg	0.50	0.013	3	A	1		1.22		
Vitamin E, added.....mg	0.00	0	0	NR	4		0.00		
Tocopherol, beta.....mg	0.31	0.031	3	A	1		0.75		
Tocopherol, gamma.....mg	1.19	0.015	3	A	1		2.89		
Tocopherol, delta.....mg	0.03	0.005	3	A	1		0.07		
Tocotrienol, alpha.....mg	0.06	0.005	3	A	1		0.15		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

Chili con carne with beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.04	0.005	3	A	1		0.10		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	FLA	4		3		
Vitamin K (phylloquinone).....µg	4.6	0.309	6	A	1		11.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.253		0	NC	4		3.032		
4:0.....g	0.003		1	A	1		0.007		
6:0.....g	0.000	0.000	11	A	1		0.000		
8:0.....g	0.002	0.000	11	A	1		0.004		
10:0.....g	0.001	0.000	11	A	1		0.003		
12:0.....g	0.003	0.000	11	A	1		0.008		
13:0.....g									
14:0.....g	0.086	0.004	11	A	1		0.209		
15:0.....g	0.015	0.001	11	A	1		0.037		
16:0.....g	0.709	0.026	11	A	1		1.715		
17:0.....g	0.037	0.002	11	A	1		0.089		
18:0.....g	0.390	0.019	11	A	1		0.943		
20:0.....g	0.005	0.000	11	A	1		0.011		
22:0.....g	0.003	0.000	11	A	1		0.006		
24:0.....g	0.003	0.000	11	A	1		0.007		
Fatty acids, total monounsaturated.....g	1.412		0	NC	4		3.418		
14:1.....g	0.023	0.001	11	A	1		0.056		
15:1.....g	0.000	0.000	11	A	1		0.000		
16:1 undifferentiated.....g	0.101	0.005	11	AS	1		0.245		
16:1 c.....g	0.092	0.005	11	A	1		0.223		
16:1 t.....g	0.009	0.000	11	A	1		0.022		
17:1.....g	0.026	0.001	11	A	1		0.062		
18:1 undifferentiated.....g	1.251	0.052	11	AS	1		3.028		
18:1 c.....g	1.115	0.046	11	A	1		2.699		
18:1 t.....g	0.136	0.008	11	A	1		0.328		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011	0.000	11	A	1		0.026		
22:1 undifferentiated.....g	0.000	0.000	11	AS	1		0.000		
22:1 c.....g	0.000	0.000	11	A	1		0.000		
22:1 t.....g	0.000	0.000	11	A	1		0.000		
24:1 c.....g	0.000	0.000	11	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.400		0	NC	4		0.968		
18:2 undifferentiated.....g	0.270	0.006	11	AS	1		0.653		
18:2 n-6 c,c.....g	0.233	0.005	11	A	1		0.565		
18:2 CLAs.....g	0.016	0.001	11	A	1		0.038		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.021	0.003	11	A	1		0.051		
18:3 undifferentiated.....g	0.115	0.001	11	AS	1		0.278		
18:3 n-3 c,c,c (ALA).....g	0.115	0.001	11	A	1		0.278		
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	11	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	11	A	1		0.004		
20:3 undifferentiated.....g	0.004	0.000	11	AS	1		0.009		
20:3 n-3.....g	0.000	0.000	11	A	1		0.000		
20:3 n-6.....g	0.004	0.000	11	A	1		0.009		
20:4 undifferentiated.....g	0.006	0.000	11	A	1		0.016		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	11	A	1		0.000		
21:5.....g									
22:4.....g	0.001	0.000	11	A	1		0.004		
22:5 n-3 (DPA).....g	0.002	0.000	11	A	1		0.005		

NDB No. 22904

Chili con carne with beans, canned entree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1	0.000		
Fatty acids, total trans.....g	0.166		0	NC	4	0.401		
Fatty acids, total trans-monoenoic.....g	0.145		0	NC	4	0.350		
Fatty acids, total trans-polyenoic.....g	0.021		0	NC	4	0.051		
Cholesterol.....mg	9	0.387	11	A	1	22		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	0		

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

Common Measures:

Measure 1 = 242g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22969

Chili with beans, microwavable bowls

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.89	0.181	9	A	1		190.05	328.70	
Energy.....kcal	100		0	NC	4		244	422	
Energy.....kJ	419		0	NC	4		1022	1768	
Protein.....g	5.85	0.089	9	A	1		14.27	24.67	
Total lipid (fat).....g	3.68	0.110	9	A	1		8.99	15.55	
Ash.....g	1.70	0.029	9	A	1		4.14	7.16	
Carbohydrate, by difference.....g	10.88		0	NC	4		26.55	45.92	
Fiber, total dietary.....g	2.9	0.126	5	A	1		7.1	12.2	
Sugars, total.....g	1.84	0.062	9	A	1		4.50	7.78	
Sucrose.....g	0.76	0.019	9	A	1		1.86	3.22	
Glucose (dextrose).....g	0.45	0.022	9	A	1		1.10	1.91	
Fructose.....g	0.63	0.026	9	A	1		1.53	2.65	
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Starch.....g	4.70	0.135	5	A	1		11.47	19.83	
Minerals:									
Calcium, Ca.....mg	34	1.196	9	A	1		83	143	
Iron, Fe.....mg	1.13	0.044	9	A	1		2.75	4.76	
Magnesium, Mg.....mg	25	0.427	9	A	1		60	104	
Phosphorus, P.....mg	80	1.215	9	A	1		196	340	
Potassium, K.....mg	245	5.719	9	A	1		598	1034	
Sodium, Na.....mg	385	4.162	9	A	1		939	1624	
Zinc, Zn.....mg	0.95	0.012	9	A	1		2.31	3.99	
Copper, Cu.....mg	0.080	0.003	9	A	1		0.196	0.339	
Manganese, Mn.....mg	0.205	0.004	9	A	1		0.501	0.867	
Selenium, Se.....µg	4.0	0.162	9	A	1		9.8	16.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.070	9	A	1		2.0	3.4	
Thiamin.....mg	0.019	0.003	9	A	1		0.046	0.080	
Riboflavin.....mg	0.029	0.002	9	A	1		0.071	0.122	
Niacin.....mg	0.941	0.024	9	A	1		2.295	3.970	
Pantothenic acid.....mg	0.299	0.008	5	A	1		0.730	1.262	
Vitamin B-6.....mg	0.109	0.003	9	A	1		0.267	0.462	
Folate, total.....µg	24		0	FLA	4		60	103	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	24		0	FLA	4		60	103	
Folate, DFE.....µg	24		0	NC	4		60	103	
Choline, total.....mg	29.8		0	FLA	4		72.8	125.9	
Betaine.....mg									
Vitamin B-12.....µg	0.32	0.013	9	A	1		0.79	1.37	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	23		0	AS	1		55	95	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	228	8.486	5	A	1		555	961	
Carotene, alpha.....µg	14	0.683	5	A	1		35	60	
Cryptoxanthin, beta.....µg	73	8.946	5	A	1		177	307	
Vitamin A, IU.....IU	452		0	AS	1		1103	1907	
Lycopene.....µg	1523	109.363	5	A	1		3716	6426	
Lutein + zeaxanthin.....µg	126	10.839	5	A	1		306	530	
Vitamin E (alpha-tocopherol).....mg	0.64	0.020	5	A	1		1.56	2.70	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.15	0.023	5	A	1		0.37	0.64	
Tocopherol, gamma.....mg	0.92	0.044	5	A	1		2.24	3.87	
Tocopherol, delta.....mg	0.07	0.004	5	A	1		0.17	0.30	
Tocotrienol, alpha.....mg	0.07	0.006	5	A	1		0.16	0.27	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	

Chili with beans, microwavable 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
Tocotrienol, gamma.....mg	0.02	0.003	5	A	1		0.04	0.08	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
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	3.9	0.192	9	A	1		9.5	16.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.372		0	NC	4		3.347	5.788	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000	0.000	9	A	1		0.000	0.001	
8:0.....g	0.002	0.000	9	A	1		0.006	0.010	
10:0.....g	0.002	0.000	9	A	1		0.004	0.006	
12:0.....g	0.004	0.000	9	A	1		0.009	0.015	
13:0.....g									
14:0.....g	0.102	0.002	9	A	1		0.250	0.432	
15:0.....g	0.017	0.001	9	A	1		0.043	0.074	
16:0.....g	0.785	0.017	9	A	1		1.916	3.313	
17:0.....g	0.039	0.001	9	A	1		0.096	0.166	
18:0.....g	0.410	0.011	9	A	1		1.002	1.732	
20:0.....g	0.004	0.000	9	A	1		0.010	0.018	
22:0.....g	0.003	0.000	9	A	1		0.006	0.011	
24:0.....g	0.003	0.000	9	A	1		0.006	0.011	
Fatty acids, total monounsaturated.....g	1.595		0	NC	4		3.891	6.730	
14:1.....g	0.028	0.001	9	A	1		0.068	0.118	
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.120	0.002	9	AS	1		0.293	0.506	
16:1 c.....g	0.110	0.002	9	A	1		0.267	0.462	
16:1 t.....g	0.010	0.000	9	A	1		0.025	0.044	
17:1.....g	0.029	0.001	9	A	1		0.071	0.123	
18:1 undifferentiated.....g	1.406	0.029	9	AS	1		3.432	5.935	
18:1 c.....g	1.242	0.026	9	A	1		3.032	5.243	
18:1 t.....g	0.164	0.004	9	A	1		0.400	0.692	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011	0.000	9	A	1		0.028	0.048	
22:1 undifferentiated.....g	0.000	0.000	9	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	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	0.401		0	NC	4		0.977	1.691	
18:2 undifferentiated.....g	0.290	0.006	9	AS	1		0.706	1.222	
18:2 n-6 c,c.....g	0.248	0.005	9	A	1		0.605	1.047	
18:2 CLAs.....g	0.021	0.001	9	A	1		0.051	0.089	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.021	0.002	9	A	1		0.050	0.087	
18:3 undifferentiated.....g	0.093	0.002	9	AS	1		0.227	0.392	
18:3 n-3 c,c,c (ALA).....g	0.092	0.002	9	A	1		0.225	0.390	
18:3 n-6 c,c,c.....g	0.001	0.000	9	A	1		0.001	0.002	
18:3i.....g									
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	9	A	1		0.004	0.007	
20:3 undifferentiated.....g	0.004	0.000	9	AS	1		0.009	0.016	
20:3 n-3.....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 n-6.....g	0.004	0.000	9	A	1		0.009	0.016	
20:4 undifferentiated.....g	0.008	0.000	9	A	1		0.020	0.034	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.002	0.000	9	A	1		0.004	0.007	
22:5 n-3 (DPA).....g	0.003	0.000	9	A	1		0.007	0.011	

NDB No. 22969

Chili with beans, microwavable bowls

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.195		0	NC	4	0.475	0.822	
Fatty acids, total trans-monoenoic.....g	0.174		0	NC	4	0.425	0.735	
Fatty acids, total trans-polyenoic.....g	0.021		0	NC	4	0.050	0.087	
Cholesterol.....mg	10	0.337	9	A	1	25	43	
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 = 244g: 1 cup

Measure 2 = 422g: 1 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22911
Chili, no beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.2		
Vitamin D.....IU	3		0	FLC	4		8		
Vitamin K (phylloquinone).....µg	2.2		0	FLC	4		5.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.255		0	NC	4		5.412		
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	0.015	0.005	6	A	1		0.036		
13:0.....g									
14:0.....g	0.164	0.031	6	A	1		0.392		
15:0.....g	0.030	0.006	6	A	1		0.072		
16:0.....g	1.260	0.236	6	A	1		3.024		
17:0.....g	0.075	0.015	6	A	1		0.180		
18:0.....g	0.687	0.140	6	A	1		1.648		
20:0.....g	0.011	0.002	6	A	1		0.027		
22:0.....g	0.008	0.001	5	A	1		0.019		
24:0.....g	0.006		1	A	1		0.014		
Fatty acids, total monounsaturated.....g	2.469		0	NC	4		5.925		
14:1.....g	0.054	0.010	6	A	1		0.130		
15:1.....g									
16:1 undifferentiated.....g	0.241	0.046	6	A	1		0.578		
17:1.....g	0.066	0.013	5	A	1		0.157		
18:1 undifferentiated.....g	2.057	0.400	5	A	1		4.938		
20:1.....g	0.047	0.009	6	A	1		0.112		
22:1 undifferentiated.....g	0.004		2	A	1		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.501		0	NC	4		1.203		
18:2 undifferentiated.....g	0.408	0.044	6	A	1		0.980		
18:3 undifferentiated.....g	0.052	0.007	6	A	1		0.124		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.007	0.001	6	A	1		0.018		
20:4 undifferentiated.....g	0.024		0	FLC	4		0.057		
20:5 n-3 (EPA).....g	0.002		0	FLC	4		0.004		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.008		0	FLC	4		0.019		
22:6 n-3 (DHA).....g	0.001		0	FLC	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.543	6	A	1		51		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.309		1	A	1		0.742		
Isoleucine.....g	0.298		1	A	1		0.715		
Leucine.....g	0.559		1	A	1		1.342		
Lysine.....g	0.393		1	A	1		0.943		
Methionine.....g	0.103		1	A	1		0.247		
Cystine.....g									
Phenylalanine.....g	0.284		1	A	1		0.682		
Tyrosine.....g	0.188		1	A	1		0.451		
Valine.....g	0.378		1	A	1		0.907		
Arginine.....g	0.406		1	A	1		0.974		
Histidine.....g	0.168		1	A	1		0.403		
Alanine.....g	0.522		1	A	1		1.253		
Aspartic acid.....g	0.636		1	A	1		1.526		
Glutamic acid.....g	1.240		1	A	1		2.976		
Glycine.....g	0.625		1	A	1		1.500		

NDB No. 22911
Chili, no beans, canned entree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Proline.....g	0.457		1	A	1		1.097		
Serine.....g	0.332		1	A	1		0.797		
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 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22973
 Corn dogs, frozen, 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	50.32	0.216	12	A	1		39.25	8.56	
Energy.....kcal	250		0	NC	4		195	43	
Energy.....kJ	1047		0	NC	4		817	178	
Protein.....g	8.57	0.143	12	A	1		6.69	1.46	
Total lipid (fat).....g	12.02	0.423	12	A	1		9.38	2.04	
Ash.....g	2.13	0.082	12	A	1		1.66	0.36	
Carbohydrate, by difference.....g	26.96		0	NC	4		21.03	4.58	
Fiber, total dietary.....g	1.0	0.003	6	A	1		0.8	0.2	
Sugars, total.....g	7.54	0.503	8	A	1		5.88	1.28	
Sucrose.....g	6.23	0.668	8	A	1		4.86	1.06	
Glucose (dextrose).....g	0.62	0.052	8	A	1		0.49	0.11	
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose.....g	0.69	0.178	8	A	1		0.54	0.12	
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Starch.....g	17.61	0.517	8	A	1		13.74	2.99	
Minerals:									
Calcium, Ca.....mg	72	11.706	12	A	1		57	12	
Iron, Fe.....mg	1.90	0.072	12	A	1		1.48	0.32	
Magnesium, Mg.....mg	17	0.197	12	A	1		13	3	
Phosphorus, P.....mg	224	3.260	12	A	1		174	38	
Potassium, K.....mg	125	3.890	12	A	1		98	21	
Sodium, Na.....mg	668	36.752	12	A	1		521	114	
Zinc, Zn.....mg	0.85	0.039	12	A	1		0.66	0.14	
Copper, Cu.....mg	0.072	0.007	12	A	1		0.056	0.012	
Manganese, Mn.....mg	0.171	0.003	12	A	1		0.134	0.029	
Selenium, Se.....µg	27.6		0	FLA	4		21.6	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLA	4		0.4	0.1	
Thiamin.....mg	0.141	0.008	6	A	1		0.110	0.024	
Riboflavin.....mg	0.155	0.003	6	A	1		0.121	0.026	
Niacin.....mg	2.786	0.146	6	A	1		2.173	0.474	
Pantothenic acid.....mg	0.406		0	FLA	4		0.317	0.069	
Vitamin B-6.....mg	0.117	0.005	6	A	1		0.091	0.020	
Folate, total.....µg	60		0	FLA	4		47	10	
Folic acid.....µg	53		0	FLA	4		41	9	
Folate, food.....µg	7		0	FLA	4		6	1	
Folate, DFE.....µg	97		0	NC	4		76	17	
Choline, total.....mg	26.9		0	FLA	4		20.9	4.6	
Betaine.....mg									
Vitamin B-12.....µg	0.48	0.059	6	A	1		0.37	0.08	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	48		0	NC	4		37	8	
Retinol.....µg	47		0	FLA	4		37	8	
Carotene, beta.....µg	3	0.934	6	A	1		2	0	
Carotene, alpha.....µg	0	0.110	6	A	1		0	0	
Cryptoxanthin, beta.....µg	4	2.098	6	A	1		3	1	
Vitamin A, IU.....IU	166		0	NC	4		129	28	
Lycopene.....µg	0	0.000	6	A	1		0	0	
Lutein + zeaxanthin.....µg	132	3.118	6	A	1		103	23	
Vitamin E (alpha-tocopherol).....mg	0.60	0.148	6	A	1		0.46	0.10	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.010	6	A	1		0.03	0.01	
Tocopherol, gamma.....mg	0.89	0.056	6	A	1		0.69	0.15	
Tocopherol, delta.....mg	0.39	0.163	6	A	1		0.30	0.07	
Tocotrienol, alpha.....mg	0.04	0.005	6	A	1		0.03	0.01	
Tocotrienol, beta.....mg	0.19	0.012	6	A	1		0.15	0.03	

NDB No. 22973
Corn dogs, frozen, 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	0.06	0.011	6	A	1		0.05	0.01	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.4		0	FLA	4		0.3	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	15		0	FLA	4		12	3	
Vitamin K (phylloquinone).....µg	5.8	4.092	4	A	1		4.5	1.0	
Dihydrophyloquinone.....µg	1.2	0.060	3	A	1		1.0	0.2	
Menaquinone-4.....µg	11.1	6.840	4	A	1		8.6	1.9	
Lipids:									
Fatty acids, total saturated.....g	3.466		0	NC	4		2.703	0.589	
4:0.....g	0.002	0.000	12	A	1		0.001	0.000	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.003	0.001	12	A	1		0.002	0.000	
10:0.....g	0.002	0.000	12	A	1		0.001	0.000	
12:0.....g	0.011	0.002	12	A	1		0.009	0.002	
13:0.....g									
14:0.....g	0.081	0.006	12	A	1		0.063	0.014	
15:0.....g	0.011	0.001	12	A	1		0.008	0.002	
16:0.....g	2.569	0.055	12	A	1		2.004	0.437	
17:0.....g	0.022	0.002	12	A	1		0.017	0.004	
18:0.....g	0.724	0.021	12	A	1		0.564	0.123	
20:0.....g	0.019	0.002	12	A	1		0.015	0.003	
22:0.....g	0.016	0.002	12	A	1		0.012	0.003	
24:0.....g	0.007	0.001	12	A	1		0.006	0.001	
Fatty acids, total monounsaturated.....g	4.732		0	NC	4		3.691	0.804	
14:1.....g	0.018	0.002	12	A	1		0.014	0.003	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.483	0.022	12	AS	1		0.377	0.082	
16:1 c.....g	0.478	0.022	12	A	1		0.373	0.081	
16:1 t.....g	0.006	0.001	12	A	1		0.004	0.001	
17:1.....g	0.015	0.001	12	A	1		0.011	0.003	
18:1 undifferentiated.....g	4.115	0.074	12	AS	1		3.210	0.700	
18:1 c.....g	3.999	0.077	12	A	1		3.119	0.680	
18:1 t.....g	0.116	0.017	12	A	1		0.090	0.020	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.068	0.010	12	A	1		0.053	0.012	
22:1 undifferentiated.....g	0.028	0.001	12	AS	1		0.022	0.005	
22:1 c.....g	0.028	0.001	12	A	1		0.022	0.005	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.004	0.001	12	A	1		0.003	0.001	
Fatty acids, total polyunsaturated.....g	3.354		0	NC	4		2.616	0.570	
18:2 undifferentiated.....g	3.055	0.323	12	AS	1		2.383	0.519	
18:2 n-6 c,c.....g	2.988	0.321	12	A	1		2.331	0.508	
18:2 CLAs.....g	0.019	0.001	12	A	1		0.015	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.048	0.003	12	A	1		0.037	0.008	
18:3 undifferentiated.....g	0.193	0.058	12	AS	1		0.151	0.033	
18:3 n-3 c,c,c (ALA).....g	0.178	0.058	12	A	1		0.139	0.030	
18:3 n-6 c,c,c.....g	0.015	0.000	12	A	1		0.012	0.003	
18:3i.....g									
18:4.....g	0.002	0.000	12	A	1		0.002	0.000	
20:2 n-6 c,c.....g	0.014	0.001	12	A	1		0.011	0.002	
20:3 undifferentiated.....g	0.020	0.001	12	AS	1		0.016	0.003	
20:3 n-3.....g	0.001	0.000	12	A	1		0.001	0.000	
20:3 n-6.....g	0.019	0.001	12	A	1		0.015	0.003	
20:4 undifferentiated.....g	0.043	0.004	12	A	1		0.033	0.007	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	12	A	1		0.003	0.001	
21:5.....g									
22:4.....g	0.014	0.001	12	A	1		0.011	0.002	
22:5 n-3 (DPA).....g	0.006	0.001	12	A	1		0.004	0.001	

NDB No. 22973
Corn dogs, frozen, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.003	0.000	12	A	1		0.002	0.001	
Fatty acids, total trans.....g	0.170		0	NC	4		0.132	0.029	
Fatty acids, total trans-monoenoic.....g	0.122		0	NC	4		0.095	0.021	
Fatty acids, total trans-polyenoic.....g	0.048		0	NC	4		0.037	0.008	
Cholesterol.....mg	44	4.006	12	A	1		34	7	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		0	A	1		0.070	0.015	
Threonine.....g	0.274		0	A	1		0.214	0.047	
Isoleucine.....g	0.328		0	A	1		0.256	0.056	
Leucine.....g	0.630		0	A	1		0.492	0.107	
Lysine.....g	0.452		0	A	1		0.353	0.077	
Methionine.....g	0.148		0	A	1		0.115	0.025	
Cystine.....g	0.117		0	A	1		0.091	0.020	
Phenylalanine.....g	0.366		0	A	1		0.285	0.062	
Tyrosine.....g	0.228		0	A	1		0.178	0.039	
Valine.....g	0.408		0	A	1		0.318	0.069	
Arginine.....g	0.391		0	A	1		0.305	0.066	
Histidine.....g	0.217		0	A	1		0.169	0.037	
Alanine.....g	0.403		0	A	1		0.314	0.068	
Aspartic acid.....g	0.589		0	A	1		0.460	0.100	
Glutamic acid.....g	1.805		0	A	1		1.408	0.307	
Glycine.....g	0.415		0	A	1		0.324	0.071	
Proline.....g	0.596		0	A	1		0.465	0.101	
Serine.....g	0.355		0	A	1		0.277	0.060	
Hydroxyproline.....g									
<u>Others:</u>									
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 = 78g: 1 corndog
 Measure 2 = 17g: 1 corndog mini

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 32025

Dumpling, potato- or cheese-filled, 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
Lipids:									
Fatty acids, total saturated.....g	1.316		0	LC	8		1.500		
4:0.....g	0.021		0	FLC	4		0.024		
6:0.....g	0.008		0	FLC	4		0.009		
8:0.....g	0.004		0	FLC	4		0.005		
10:0.....g	0.011		0	FLC	4		0.012		
12:0.....g	0.015		0	FLC	4		0.017		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.047		0	FLC	4		0.054		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.814		0	FLC	4		0.928		
17:0.....g	0.002		0	FLC	4		0.002		
18:0.....g	0.349		0	FLC	4		0.397		
20:0.....g	0.018		0	FLC	4		0.021		
22:0.....g	0.018		0	FLC	4		0.021		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.243		0	NC	4		1.416		
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		0.006		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.228		0	FLC	4		1.400		
20:1.....g	0.009		0	FLC	4		0.010		
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	3.236		0	NC	4		3.690		
18:2 undifferentiated.....g	2.970		0	FLC	4		3.386		
18:3 undifferentiated.....g	0.267		0	FLC	4		0.304		
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	4		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 = 114g: 3 pieces pierogies

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22954

Egg rolls, chicken, refrigerated, heated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.18		1	A	1		43.34	15.36	
Energy.....kcal	197		0	NC	4		157	56	
Energy.....kJ	822		0	NC	4		658	233	
Protein (N x 6.25).....g	10.44		1	A	1		8.35	2.96	
Total lipid (fat).....g	4.51		1	A	1		3.61	1.28	
Ash.....g	2.33		1	A	1		1.86	0.66	
Carbohydrate, by difference.....g	28.54		0	NC	4		22.83	8.09	
Fiber, total dietary.....g	2.4		1	A	1		1.9	0.7	
Sugars, total.....g	5.57		1	A	1		4.46	1.58	
Sucrose.....g	2.50		1	A	1		2.00	0.71	
Glucose (dextrose).....g	1.05		1	A	1		0.84	0.30	
Fructose.....g	0.82		1	A	1		0.66	0.23	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	1.20		1	A	1		0.96	0.34	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	19.10		1	A	1		15.28	5.41	
Minerals:									
Calcium, Ca.....mg	47		1	A	1		37	13	
Iron, Fe.....mg	1.69		1	A	1		1.35	0.48	
Magnesium, Mg.....mg	30		1	A	1		24	8	
Phosphorus, P.....mg	118		1	A	1		94	33	
Potassium, K.....mg	281		1	A	1		225	80	
Sodium, Na.....mg	478		0	LC	8		382	136	
Zinc, Zn.....mg	0.52		1	A	1		0.41	0.15	
Copper, Cu.....mg	0.105		1	A	1		0.084	0.030	
Manganese, Mn.....mg	0.404		1	A	1		0.323	0.115	
Selenium, Se.....µg	17.3		1	A	1		13.8	4.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.2		0	FLA	4		8.9	3.2	
Thiamin.....mg	0.240		1	A	1		0.192	0.068	
Riboflavin.....mg	0.170		1	A	1		0.136	0.048	
Niacin.....mg	3.630		1	A	1		2.904	1.029	
Pantothenic acid.....mg	0.660		1	A	1		0.528	0.187	
Vitamin B-6.....mg	0.287		1	A	1		0.230	0.081	
Folate, total.....µg	63		0	FLA	4		50	18	
Folic acid.....µg	42		0	FLA	4		34	12	
Folate, food.....µg	20		0	FLA	4		16	6	
Folate, DFE.....µg	93		0	NC	4		74	26	
Choline, total.....mg	31.2		0	FLA	4		25.0	8.8	
Betaine.....mg									
Vitamin B-12.....µg	0.10		1	A	1		0.08	0.03	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	55		0	FLA	4		44	16	
Retinol.....µg	2		0	FLA	4		2	1	
Carotene, beta.....µg	524		0	FLA	4		419	149	
Carotene, alpha.....µg	223		0	FLA	4		178	63	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	1066		0	FLA	4		853	302	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	73		0	FLA	4		58	21	
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1		0.30	0.10	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.54		1	A	1		0.43	0.15	
Tocopherol, gamma.....mg	0.98		1	A	1		0.78	0.28	
Tocopherol, delta.....mg	0.25		1	A	1		0.20	0.07	
Tocotrienol, alpha.....mg	0.20		1	A	1		0.16	0.06	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 22954

Egg rolls, chicken, refrigerated, heated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
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	1		0	FLA	4		1	0	
Vitamin K (phylloquinone).....µg	23.8		1	A	1		19.0	6.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.964		0	NC	4		0.771	0.273	
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	0.011		1	A	1		0.009	0.003	
15:0.....g	0.003		1	A	1		0.002	0.001	
16:0.....g	0.739		1	A	1		0.591	0.210	
17:0.....g	0.004		1	A	1		0.003	0.001	
18:0.....g	0.185		1	A	1		0.148	0.052	
20:0.....g	0.009		1	A	1		0.007	0.003	
22:0.....g	0.009		1	A	1		0.007	0.003	
24:0.....g	0.004		1	A	1		0.003	0.001	
Fatty acids, total monounsaturated.....g	1.329		0	NC	4		1.063	0.377	
14:1.....g	0.003		1	A	1		0.002	0.001	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.089		0	AS	1		0.071	0.025	
17:1.....g	0.003		1	A	1		0.002	0.001	
18:1 undifferentiated.....g	1.223		0	AS	1		0.978	0.347	
20:1.....g	0.011		1	A	1		0.009	0.003	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.813		0	NC	4		1.450	0.514	
18:2 undifferentiated.....g	1.674		0	AS	1		1.339	0.475	
18:3 undifferentiated.....g	0.117		0	AS	1		0.094	0.033	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.002	0.001	
20:3 undifferentiated.....g	0.003		0	AS	1		0.002	0.001	
20:4 undifferentiated.....g	0.010		1	A	1		0.008	0.003	
20:5 n-3 (EPA).....g	0.003		1	A	1		0.002	0.001	
21:5.....g									
22:4.....g	0.002		1	A	1		0.002	0.001	
22:5 n-3 (DPA).....g	0.002		1	A	1		0.002	0.001	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1	A	1		11	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0	A	1		0.112	0.040	
Threonine.....g	0.340		0	A	1		0.272	0.096	
Isoleucine.....g	0.350		0	A	1		0.280	0.099	
Leucine.....g	0.680		0	A	1		0.544	0.193	
Lysine.....g	0.480		0	A	1		0.384	0.136	
Methionine.....g	0.190		0	A	1		0.152	0.054	
Cystine.....g	0.140		0	A	1		0.112	0.040	
Phenylalanine.....g	0.430		0	A	1		0.344	0.122	
Tyrosine.....g	0.210		0	A	1		0.168	0.060	
Valine.....g	0.390		0	A	1		0.312	0.111	
Arginine.....g	0.480		0	A	1		0.384	0.136	
Histidine.....g	0.250		0	A	1		0.200	0.071	
Alanine.....g	0.420		0	A	1		0.336	0.119	

NDB No. 22954

Egg rolls, chicken, refrigerated, heated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.740		0	A	1	0.592	0.210
Glutamic acid.....g	2.280		0	A	1	1.824	0.646
Glycine.....g	0.400		0	A	1	0.320	0.113
Proline.....g	0.720		0	A	1	0.576	0.204
Serine.....g	0.430		0	A	1	0.344	0.122
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 = 80g: 1 roll
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22953

Egg rolls, pork, refrigerated, heated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	51.33		1	A	1		43.63	14.55	
Energy.....kcal	222		0	NC	4		189	63	
Energy.....kJ	930		0	NC	4		791	264	
Protein (N x 6.25).....g	9.94		1	A	1		8.45	2.82	
Total lipid (fat).....g	7.17		1	A	1		6.09	2.03	
Ash.....g	2.06		1	A	1		1.75	0.58	
Carbohydrate, by difference.....g	29.50		0	NC	4		25.08	8.36	
Fiber, total dietary.....g	2.1		1	A	1		1.8	0.6	
Sugars, total.....g	5.32		1	A	1		4.52	1.51	
Sucrose.....g	1.60		1	A	1		1.36	0.45	
Glucose (dextrose).....g	1.18		1	A	1		1.00	0.33	
Fructose.....g	0.70		1	A	1		0.59	0.20	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	1.84		1	A	1		1.56	0.52	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	22.40		1	A	1		19.04	6.35	
Minerals:									
Calcium, Ca.....mg	34		1	A	1		29	10	
Iron, Fe.....mg	1.55		1	A	1		1.32	0.44	
Magnesium, Mg.....mg	20		1	A	1		17	6	
Phosphorus, P.....mg	91		1	A	1		77	26	
Potassium, K.....mg	212		1	A	1		180	60	
Sodium, Na.....mg	407		0	LC	8		346	115	
Zinc, Zn.....mg	0.90		1	A	1		0.76	0.25	
Copper, Cu.....mg	0.092		1	A	1		0.078	0.026	
Manganese, Mn.....mg	0.332		1	A	1		0.282	0.094	
Selenium, Se.....µg	22.8		1	A	1		19.4	6.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	29.3		0	FLA	4		24.9	8.3	
Thiamin.....mg	0.240		1	A	1		0.204	0.068	
Riboflavin.....mg	0.110		1	A	1		0.093	0.031	
Niacin.....mg	2.250		1	A	1		1.913	0.638	
Pantothenic acid.....mg	0.490		1	A	1		0.417	0.139	
Vitamin B-6.....mg	0.173		1	A	1		0.147	0.049	
Folate, total.....µg	80		0	FLA	4		68	23	
Folic acid.....µg	34		0	FLA	4		29	10	
Folate, food.....µg	46		0	FLA	4		39	13	
Folate, DFE.....µg	103		0	NC	4		88	29	
Choline, total.....mg	40.4		0	FLA	4		34.3	11.5	
Betaine.....mg									
Vitamin B-12.....µg	0.15		1	A	1		0.13	0.04	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	390		0	FLA	4		332	111	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	3845		0	FLA	4		3268	1090	
Carotene, alpha.....µg	1674		0	FLA	4		1423	475	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	7804		0	FLA	4		6634	2213	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	454		0	FLA	4		386	129	
Vitamin E (alpha-tocopherol).....mg	0.27		1	A	1		0.23	0.08	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	2.42		1	A	1		2.06	0.69	
Tocopherol, gamma.....mg	1.27		1	A	1		1.08	0.36	
Tocopherol, delta.....mg	0.58		1	A	1		0.49	0.16	
Tocotrienol, alpha.....mg	1.12		1	A	1		0.95	0.32	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Egg rolls, pork, refrigerated, heated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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	0.1		0	FLA	4		0.1	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	FLA	4		4	1	
Vitamin K (phylloquinone).....µg	22.6		1	A	1		19.2	6.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.588		0	NC	4		1.350	0.450	
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	0.002		1	A	1		0.002	0.001	
13:0.....g									
14:0.....g	0.032		1	A	1		0.027	0.009	
15:0.....g	0.002		1	A	1		0.002	0.001	
16:0.....g	1.060		1	A	1		0.901	0.300	
17:0.....g	0.010		1	A	1		0.008	0.003	
18:0.....g	0.448		1	A	1		0.381	0.127	
20:0.....g	0.015		1	A	1		0.013	0.004	
22:0.....g	0.012		1	A	1		0.010	0.003	
24:0.....g	0.007		1	A	1		0.006	0.002	
Fatty acids, total monounsaturated.....g	2.350		0	NC	4		1.997	0.666	
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	0.067		0	AS	1		0.057	0.019	
17:1.....g	0.009		1	A	1		0.008	0.003	
18:1 undifferentiated.....g	2.241		0	AS	1		1.905	0.635	
20:1.....g	0.032		1	A	1		0.027	0.009	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
24:1 c.....g	0.001		1	A	1		0.001	0.000	
Fatty acids, total polyunsaturated.....g	2.464		0	NC	4		2.094	0.698	
18:2 undifferentiated.....g	2.212		0	AS	1		1.880	0.627	
18:3 undifferentiated.....g	0.208		0	AS	1		0.177	0.059	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.012		1	A	1		0.010	0.003	
20:3 undifferentiated.....g	0.005		0	AS	1		0.004	0.001	
20:4 undifferentiated.....g	0.012		1	A	1		0.010	0.003	
20:5 n-3 (EPA).....g	0.005		1	A	1		0.004	0.001	
21:5.....g									
22:4.....g	0.003		1	A	1		0.003	0.001	
22:5 n-3 (DPA).....g	0.004		1	A	1		0.003	0.001	
22:6 n-3 (DHA).....g	0.001		1	A	1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1	A	1		12	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	A	1		0.093	0.031	
Threonine.....g	0.310		0	A	1		0.264	0.088	
Isoleucine.....g	0.300		0	A	1		0.255	0.085	
Leucine.....g	0.610		0	A	1		0.519	0.173	
Lysine.....g	0.410		0	A	1		0.348	0.116	
Methionine.....g	0.160		0	A	1		0.136	0.045	
Cystine.....g	0.150		0	A	1		0.128	0.043	
Phenylalanine.....g	0.390		0	A	1		0.331	0.111	
Tyrosine.....g	0.210		0	A	1		0.178	0.060	
Valine.....g	0.340		0	A	1		0.289	0.096	
Arginine.....g	0.420		0	A	1		0.357	0.119	
Histidine.....g	0.210		0	A	1		0.178	0.060	
Alanine.....g	0.380		0	A	1		0.323	0.108	

NDB No. 22953

Egg rolls, pork, refrigerated, heated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.620		0	A	1	0.527	0.176
Glutamic acid.....g	2.270		0	A	1	1.929	0.644
Glycine.....g	0.390		0	A	1	0.331	0.111
Proline.....g	0.740		0	A	1	0.629	0.210
Serine.....g	0.400		0	A	1	0.340	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 = 85g: 1 roll
- Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22955

Egg rolls, vegetable, frozen, 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	53.37	1.275	6	A	1		36.29	15.13	
Energy.....kcal	214		0	NC	4		145	61	
Energy.....kJ	894		0	NC	4		608	253	
Protein (N x 6.25).....g	5.95	0.284	6	A	1		4.05	1.69	
Total lipid (fat).....g	6.97	0.606	6	A	1		4.74	1.98	
Ash.....g	1.94	0.102	6	A	1		1.32	0.55	
Carbohydrate, by difference.....g	31.77		0	NC	4		21.60	9.01	
Fiber, total dietary.....g	2.4		3	A	1		1.6	0.7	
Sugars, total.....g	5.96		3	A	1		4.05	1.69	
Sucrose.....g	2.34		3	A	1		1.59	0.66	
Glucose (dextrose).....g	1.53		3	A	1		1.04	0.43	
Fructose.....g	1.06		3	A	1		0.72	0.30	
Lactose.....g	0.00		3	A	1		0.00	0.00	
Maltose.....g	1.02		3	A	1		0.70	0.29	
Galactose.....g	0.00		3	A	1		0.00	0.00	
Starch.....g	20.94		3	A	1		14.24	5.94	
Minerals:									
Calcium, Ca.....mg	50	3.035	6	A	1		34	14	
Iron, Fe.....mg	1.95	0.182	6	A	1		1.32	0.55	
Magnesium, Mg.....mg	23	0.434	6	A	1		16	6	
Phosphorus, P.....mg	72	1.518	6	A	1		49	20	
Potassium, K.....mg	222	7.343	6	A	1		151	63	
Sodium, Na.....mg	490	21.065	6	A	1		334	139	
Zinc, Zn.....mg	0.45	0.010	6	A	1		0.31	0.13	
Copper, Cu.....mg	0.096	0.002	6	A	1		0.065	0.027	
Manganese, Mn.....mg	0.419	0.013	6	A	1		0.285	0.119	
Selenium, Se.....µg	11.1		3	A	1		7.5	3.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.7		0	FLA	4		4.6	1.9	
Thiamin.....mg	0.279		3	A	1		0.190	0.079	
Riboflavin.....mg	0.245		3	A	1		0.167	0.069	
Niacin.....mg	2.519		3	A	1		1.713	0.714	
Pantothenic acid.....mg	0.317		2	A	1		0.216	0.090	
Vitamin B-6.....mg	0.095		3	A	1		0.065	0.027	
Folate, total.....µg	71		3	A	1		48	20	
Folic acid.....µg	5		0	FLA	4		4	2	
Folate, food.....µg	66		0	NC	4		45	19	
Folate, DFE.....µg	75		0	NC	4		51	21	
Choline, total.....mg	14.7		0	AS	1		10.0	4.2	
Betaine.....mg	20.1		1	A	1		13.6	5.7	
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	49		0	AS	1		33	14	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	494		1	A	1		336	140	
Carotene, alpha.....µg	179		1	A	1		122	51	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	972		0	AS	1		661	276	
Lycopene.....µg	10		1	A	1		7	3	
Lutein + zeaxanthin.....µg	149		1	A	1		102	42	
Vitamin E (alpha-tocopherol).....mg	0.75		3	A	1		0.51	0.21	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.06		3	A	1		0.04	0.02	
Tocopherol, gamma.....mg	2.34		3	A	1		1.59	0.66	
Tocopherol, delta.....mg	0.78		3	A	1		0.53	0.22	
Tocotrienol, alpha.....mg	0.01		3	A	1		0.01	0.00	
Tocotrienol, beta.....mg	0.17		3	A	1		0.11	0.05	

Egg rolls, vegetable, frozen, 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	0.08		3	A	1		0.05	0.02	
Tocotrienol, delta.....mg	0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D.....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	39.4		2	A	1		26.8	11.2	
Dihydrophyloquinone.....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	1.138		0	NC	4		0.774	0.323	
4:0.....g	0.000		3	A	1		0.000	0.000	
6:0.....g	0.000		3	A	1		0.000	0.000	
8:0.....g	0.001		3	A	1		0.001	0.000	
10:0.....g	0.007		3	A	1		0.005	0.002	
12:0.....g	0.004		3	A	1		0.003	0.001	
13:0.....g									
14:0.....g	0.013		3	A	1		0.009	0.004	
15:0.....g	0.002		3	A	1		0.001	0.001	
16:0.....g	0.779		3	A	1		0.530	0.221	
17:0.....g	0.006		3	A	1		0.004	0.002	
18:0.....g	0.271		3	A	1		0.185	0.077	
20:0.....g	0.024		3	A	1		0.016	0.007	
22:0.....g	0.021		3	A	1		0.014	0.006	
24:0.....g	0.010		3	A	1		0.007	0.003	
Fatty acids, total monounsaturated.....g	1.811		0	NC	4		1.232	0.514	
14:1.....g	0.000		3	A	1		0.000	0.000	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.012		3	AS	1		0.008	0.003	
16:1 c.....g	0.012		3	A	1		0.008	0.003	
16:1 t.....g	0.000		3	A	1		0.000	0.000	
17:1.....g	0.004		3	A	1		0.002	0.001	
18:1 undifferentiated.....g	1.769		3	AS	1		1.203	0.502	
18:1 c.....g	1.743		3	A	1		1.185	0.494	
18:1 t.....g	0.026		3	A	1		0.018	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027		3	A	1		0.018	0.008	
22:1 undifferentiated.....g	0.000		3	AS	1		0.000	0.000	
22:1 c.....g	0.000		3	A	1		0.000	0.000	
22:1 t.....g	0.000		3	A	1		0.000	0.000	
24:1 c.....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.406		0	NC	4		2.316	0.966	
18:2 undifferentiated.....g	3.033		3	AS	1		2.063	0.860	
18:2 n-6 c,c.....g	3.003		3	A	1		2.042	0.851	
18:2 CLAs.....g	0.006		3	A	1		0.004	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024		3	A	1		0.016	0.007	
18:3 undifferentiated.....g	0.366		3	AS	1		0.249	0.104	
18:3 n-3 c,c,c (ALA).....g	0.345		3	A	1		0.235	0.098	
18:3 n-6 c,c,c.....g	0.021		3	A	1		0.014	0.006	
18:3i.....g	0.000		3	A	1		0.000	0.000	
18:4.....g	0.000		3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003		3	A	1		0.002	0.001	
20:3 undifferentiated.....g	0.000		3	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		3	A	1		0.000	0.000	
20:3 n-6.....g	0.000		3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004		3	A	1		0.003	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000	0.000	

NDB No. 22955

Egg rolls, vegetable, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.000		3	A	1	0.000	0.000
Fatty acids, total trans.....g	0.050		0	NC	4	0.034	0.014
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4	0.018	0.007
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4	0.016	0.007
Cholesterol.....mg	0		0	FLA	4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.050		0	A	1	0.034	0.014
Threonine.....g	0.121		0	A	1	0.082	0.034
Isoleucine.....g	0.151		0	A	1	0.103	0.043
Leucine.....g	0.302		0	A	1	0.206	0.086
Lysine.....g	0.141		0	A	1	0.096	0.040
Methionine.....g	0.071		0	A	1	0.048	0.020
Cystine.....g	0.081		0	A	1	0.055	0.023
Phenylalanine.....g	0.202		0	A	1	0.137	0.057
Tyrosine.....g	0.101		0	A	1	0.069	0.029
Valine.....g	0.151		0	A	1	0.103	0.043
Arginine.....g	0.212		0	A	1	0.144	0.060
Histidine.....g	0.091		0	A	1	0.062	0.026
Alanine.....g	0.141		0	A	1	0.096	0.040
Aspartic acid.....g	0.212		0	A	1	0.144	0.060
Glutamic acid.....g	1.290		0	A	1	0.877	0.366
Glycine.....g	0.161		0	A	1	0.110	0.046
Proline.....g	0.504		0	A	1	0.343	0.143
Serine.....g	0.212		0	A	1	0.144	0.060
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	Z	7	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 = 68g: 1 egg roll

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	FLA	4		0.3	0.6	
Vitamin D.....IU	10		0	FLA	4		12	25	
Vitamin K (phylloquinone).....µg	0.8		0	FLA	4		1.0	1.9	
Dihydrophyloquinone.....µg									
Menquinone-4.....µg	1.8		1	A	1		2.3	4.6	
Lipids:									
Fatty acids, total saturated.....g	3.545		0	NC	4		4.503	9.076	
4:0.....g	0.008	0.001	4	A	1		0.010	0.020	
6:0.....g	0.019	0.001	4	A	1		0.024	0.048	
8:0.....g	0.026	0.001	4	A	1		0.033	0.067	
10:0.....g	0.047	0.001	4	A	1		0.059	0.119	
12:0.....g	0.229	0.010	4	A	1		0.291	0.587	
13:0.....g									
14:0.....g	0.237	0.005	4	A	1		0.302	0.608	
15:0.....g	0.016	0.000	4	A	1		0.020	0.041	
16:0.....g	2.161	0.046	4	A	1		2.745	5.533	
17:0.....g	0.021	0.001	4	A	1		0.027	0.055	
18:0.....g	0.749	0.022	4	A	1		0.951	1.918	
20:0.....g	0.015	0.005	4	A	1		0.019	0.038	
22:0.....g	0.011	0.001	4	A	1		0.014	0.028	
24:0.....g	0.005	0.001	4	A	1		0.006	0.013	
Fatty acids, total monounsaturated.....g	2.547		0	NC	4		3.234	6.520	
14:1.....g	0.008	0.000	4	A	1		0.011	0.022	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.087	0.005	4	AS	1		0.111	0.223	
16:1 c.....g	0.081	0.005	4	A	1		0.103	0.209	
16:1 t.....g	0.006	0.000	4	A	1		0.007	0.015	
17:1.....g	0.014	0.004	4	A	1		0.018	0.036	
18:1 undifferentiated.....g	2.401	0.089	4	AS	1		3.049	6.147	
18:1 c.....g	2.272	0.087	4	A	1		2.886	5.817	
18:1 t.....g	0.129	0.004	4	A	1		0.164	0.330	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.033	0.001	4	A	1		0.043	0.086	
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.001	
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.002	0.001	4	A	1		0.003	0.005	
Fatty acids, total polyunsaturated.....g	1.936		0	NC	4		2.458	4.955	
18:2 undifferentiated.....g	1.710	0.115	4	AS	1		2.171	4.377	
18:2 n-6 c,c.....g	1.650	0.111	4	A	1		2.096	4.225	
18:2 CLAs.....g	0.014	0.000	4	A	1		0.017	0.035	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.005	4	A	1		0.058	0.116	
18:3 undifferentiated.....g	0.169	0.014	4	AS	1		0.215	0.434	
18:3 n-3 c,c,c (ALA).....g	0.168	0.014	4	A	1		0.213	0.429	
18:3 n-6 c,c,c.....g	0.002	0.000	4	A	1		0.002	0.004	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.014	0.001	4	A	1		0.018	0.037	
20:3 undifferentiated.....g	0.008	0.001	4	AS	1		0.010	0.021	
20:3 n-3.....g	0.002	0.000	4	A	1		0.003	0.006	
20:3 n-6.....g	0.006	0.000	4	A	1		0.008	0.015	
20:4 undifferentiated.....g	0.021	0.001	4	A	1		0.026	0.053	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.001	4	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.006	0.000	4	A	1		0.008	0.015	
22:5 n-3 (DPA).....g	0.003	0.000	4	A	1		0.004	0.008	
22:6 n-3 (DHA).....g	0.002	0.000	4	A	1		0.003	0.006	
Fatty acids, total trans.....g	0.180		0	NC	4		0.229	0.461	
Fatty acids, total trans-monoenoic.....g	0.134		0	NC	4		0.171	0.344	

NDB No. 22537

HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.058	0.116	
Cholesterol.....mg	23	0.132	4	A	1		29	59	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.125		0	A	1		0.158	0.319	
Threonine.....g	0.354		0	A	1		0.449	0.906	
Isoleucine.....g	0.394		0	A	1		0.500	1.008	
Leucine.....g	0.728		0	A	1		0.924	1.863	
Lysine.....g	0.543		0	A	1		0.690	1.391	
Methionine.....g	0.189		0	A	1		0.241	0.485	
Cystine.....g	0.129		0	A	1		0.164	0.331	
Phenylalanine.....g	0.409		0	A	1		0.519	1.046	
Tyrosine.....g	0.264		0	A	1		0.335	0.676	
Valine.....g	0.453		0	A	1		0.576	1.161	
Arginine.....g	0.468		0	A	1		0.595	1.199	
Histidine.....g	0.284		0	A	1		0.361	0.727	
Alanine.....g	0.399		0	A	1		0.506	1.020	
Aspartic acid.....g	0.653		0	A	1		0.829	1.671	
Glutamic acid.....g	2.133		0	A	1		2.709	5.460	
Glycine.....g	0.389		0	A	1		0.494	0.995	
Proline.....g	0.757		0	A	1		0.962	1.939	
Serine.....g	0.418		0	A	1		0.531	1.071	
Hydroxyproline.....g									
<u>Others:</u>									
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 = 127g: 1 serving (1 hot pocket)

Measure 2 = 256g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, 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
Lipids:									
Fatty acids, total saturated.....g	2.620		1	A	1		3.327		
4:0.....g	0.006		0	BFZN	4		0.007		
6:0.....g	0.014		0	BFZN	4		0.018		
8:0.....g	0.020		0	BFZN	4		0.025		
10:0.....g	0.035		0	BFZN	4		0.045		
12:0.....g	0.173		0	BFZN	4		0.219		
13:0.....g									
14:0.....g	0.179		0	BFZN	4		0.227		
15:0.....g									
16:0.....g	1.629		0	BFZN	4		2.069		
17:0.....g									
18:0.....g	0.565		0	BFZN	4		0.717		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.420		1	A	1		4.343		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.118		0	BFZN	4		0.150		
17:1.....g									
18:1 undifferentiated.....g	3.256		0	BFZN	4		4.135		
20:1.....g	0.045		0	BFZN	4		0.057		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.300		1	A	1		1.651		
18:2 undifferentiated.....g	1.165		0	BFZN	4		1.480		
18:3 undifferentiated.....g	0.115		0	BFZN	4		0.147		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.018		
20:5 n-3 (EPA).....g	0.001		0	BFZN	4		0.002		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.002		0	BFZN	4		0.003		
22:6 n-3 (DHA).....g	0.002		0	BFZN	4		0.002		
Fatty acids, total trans.....g									
Cholesterol.....mg	29		1	A	1		37		
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 = 127g: 1 serving (1 hot pocket)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22961

HOT POCKETS, meatballs & mozzarella stuffed sandwich, 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, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	FLA	4		0.3		
Vitamin D.....IU	10		0	FLA	4		12		
Vitamin K (phylloquinone).....µg	10.8		1	A	1		13.7		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menquinone-4.....µg	1.6		1	A	1		2.0		
Lipids:									
Fatty acids, total saturated.....g	4.007		0	NC	4		5.089		
4:0.....g	0.019	0.005	5	A	1		0.024		
6:0.....g	0.025	0.002	5	A	1		0.032		
8:0.....g	0.029	0.002	5	A	1		0.037		
10:0.....g	0.060	0.005	5	A	1		0.076		
12:0.....g	0.225	0.014	5	A	1		0.286		
13:0.....g									
14:0.....g	0.273	0.013	5	A	1		0.347		
15:0.....g	0.020	0.001	5	A	1		0.025		
16:0.....g	2.442	0.006	5	A	1		3.101		
17:0.....g	0.025	0.001	5	A	1		0.032		
18:0.....g	0.847	0.016	5	A	1		1.075		
20:0.....g	0.024	0.000	5	A	1		0.031		
22:0.....g	0.013	0.001	5	A	1		0.017		
24:0.....g	0.004	0.001	5	A	1		0.005		
Fatty acids, total monounsaturated.....g	2.787		0	NC	4		3.540		
14:1.....g	0.012	0.001	5	A	1		0.016		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.098	0.007	5	AS	1		0.125		
16:1 c.....g	0.092	0.007	5	A	1		0.117		
16:1 t.....g	0.006	0.001	5	A	1		0.008		
17:1.....g	0.006	0.002	5	A	1		0.008		
18:1 undifferentiated.....g	2.632	0.017	5	AS	1		3.342		
18:1 c.....g	2.534	0.014	5	A	1		3.218		
18:1 t.....g	0.098	0.004	5	A	1		0.124		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037	0.001	5	A	1		0.047		
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	0.001	0.000	5	A	1		0.002		
Fatty acids, total polyunsaturated.....g	2.611		0	NC	4		3.316		
18:2 undifferentiated.....g	2.304	0.034	5	AS	1		2.926		
18:2 n-6 c,c.....g	2.236	0.028	5	A	1		2.840		
18:2 CLAs.....g	0.016	0.001	5	A	1		0.020		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.051	0.006	5	A	1		0.065		
18:3 undifferentiated.....g	0.256	0.006	5	AS	1		0.325		
18:3 n-3 c,c,c (ALA).....g	0.254	0.006	5	A	1		0.323		
18:3 n-6 c,c,c.....g	0.002	0.000	5	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c.....g	0.015	0.000	5	A	1		0.019		
20:3 undifferentiated.....g	0.007	0.000	5	AS	1		0.009		
20:3 n-3.....g	0.002	0.000	5	A	1		0.003		
20:3 n-6.....g	0.005	0.000	5	A	1		0.007		
20:4 undifferentiated.....g	0.018	0.000	5	A	1		0.023		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.001	5	A	1		0.002		
21:5.....g									
22:4.....g	0.005	0.000	5	A	1		0.006		
22:5 n-3 (DPA).....g	0.003	0.000	5	A	1		0.004		
22:6 n-3 (DHA).....g	0.002	0.000	5	A	1		0.002		
Fatty acids, total trans.....g	0.156		0	NC	4		0.198		
Fatty acids, total trans-monoenoic.....g	0.104		0	NC	4		0.132		

NDB No. 22961

HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.051		0	NC	4		0.065		
Cholesterol.....mg	20	0.549	5	A	1		25		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.130		0	A	1		0.165		
Threonine.....g	0.349		0	A	1		0.444		
Isoleucine.....g	0.409		0	A	1		0.520		
Leucine.....g	0.753		0	A	1		0.957		
Lysine.....g	0.564		0	A	1		0.716		
Methionine.....g	0.185		0	A	1		0.234		
Cystine.....g	0.120		0	A	1		0.152		
Phenylalanine.....g	0.454		0	A	1		0.576		
Tyrosine.....g	0.294		0	A	1		0.374		
Valine.....g	0.474		0	A	1		0.602		
Arginine.....g	0.459		0	A	1		0.583		
Histidine.....g	0.279		0	A	1		0.355		
Alanine.....g	0.374		0	A	1		0.475		
Aspartic acid.....g	0.704		0	A	1		0.894		
Glutamic acid.....g	2.211		0	A	1		2.809		
Glycine.....g	0.359		0	A	1		0.457		
Proline.....g	0.833		0	A	1		1.058		
Serine.....g	0.449		0	A	1		0.570		
Hydroxyproline.....g									
<u>Others:</u>									
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 = 127g: 1 hot pocket (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	3.426		0	NC	4		2.193		
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	0.004		2	A	1		0.003		
13:0.....g									
14:0.....g	0.236		2	A	1		0.151		
15:0.....g	0.029		2	A	1		0.019		
16:0.....g	1.990		2	A	1		1.274		
17:0.....g	0.079		2	A	1		0.051		
18:0.....g	1.079		2	A	1		0.691		
20:0.....g	0.004		2	A	1		0.003		
22:0.....g	0.002		2	A	1		0.001		
24:0.....g	0.001		2	A	1		0.001		
Fatty acids, total monounsaturated.....g	3.933		0	NC	4		2.517		
14:1.....g	0.060		2	A	1		0.038		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.315		0	AS	1		0.202		
16:1 c.....g	0.296		2	A	1		0.190		
16:1 t.....g	0.019		2	A	1		0.012		
17:1.....g	0.054		2	A	1		0.035		
18:1 undifferentiated.....g	3.471		0	AS	1		2.221		
18:1 c.....g	3.160		2	A	1		2.022		
18:1 t.....g	0.311		2	A	1		0.199		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032		2	A	1		0.020		
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	0.533		0	NC	4		0.341		
18:2 undifferentiated.....g	0.481		0	AS	1		0.308		
18:2 n-6 c,c.....g	0.427		2	A	1		0.274		
18:2 CLAs.....g	0.036		2	A	1		0.023		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018		2	A	1		0.011		
18:3 undifferentiated.....g	0.024		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA).....g	0.023		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	0.007		2	A	1		0.004		
20:3 undifferentiated.....g	0.005		0	AS	1		0.003		
20:3 n-3.....g	0.001		2	A	1		0.001		
20:3 n-6.....g	0.004		2	A	1		0.003		
20:4 undifferentiated.....g	0.010		2	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		2	A	1		0.000		
21:5.....g									
22:4.....g	0.003		2	A	1		0.002		
22:5 n-3 (DPA).....g	0.002		2	A	1		0.002		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.347		0	NC	4		0.222		
Fatty acids, total trans-monoenoic.....g	0.330		0	NC	4		0.211		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.011		
Cholesterol.....mg	26	0.133	3	A	1		17		
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. 32034

HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared

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

food, or similar food.

Common Measures:

Measure 1 = 64g: 1 patty

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.595		0	NC	4		11.002	51.140	
4:0.....g	0.052	0.003	3	A	1		0.066	0.307	
6:0.....g	0.038	0.003	3	A	1		0.048	0.224	
8:0.....g	0.023	0.003	3	A	1		0.030	0.139	
10:0.....g	0.061	0.004	3	A	1		0.078	0.365	
12:0.....g	0.105	0.002	3	A	1		0.134	0.623	
13:0.....g									
14:0.....g	0.452	0.016	3	A	1		0.578	2.689	
15:0.....g	0.034	0.002	3	A	1		0.043	0.202	
16:0.....g	5.842	0.120	3	A	1		7.477	34.758	
17:0.....g	0.054	0.001	3	A	1		0.069	0.319	
18:0.....g	1.866	0.043	3	A	1		2.389	11.105	
20:0.....g	0.048	0.000	3	A	1		0.061	0.286	
22:0.....g	0.014	0.001	3	A	1		0.017	0.081	
24:0.....g	0.007	0.001	3	A	1		0.009	0.044	
Fatty acids, total monounsaturated.....g	8.539		0	NC	4		10.930	50.807	
14:1.....g	0.027	0.001	3	A	1		0.035	0.162	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.319	0.009	3	AS	1		0.408	1.895	
16:1 c.....g	0.308	0.009	3	A	1		0.394	1.830	
16:1 t.....g	0.011	0.000	3	A	1		0.014	0.065	
17:1.....g	0.032	0.003	3	A	1		0.040	0.188	
18:1 undifferentiated.....g	8.041	0.180	3	AS	1		10.292	47.841	
18:1 c.....g	7.923	0.181	3	A	1		10.142	47.143	
18:1 t.....g	0.117	0.002	3	A	1		0.150	0.698	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.117	0.005	3	A	1		0.150	0.698	
22:1 undifferentiated.....g	0.004	0.000	3	AS	1		0.005	0.022	
22:1 c.....g	0.004	0.000	3	A	1		0.005	0.022	
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	3.881		0	NC	4		4.968	23.094	
18:2 undifferentiated.....g	3.473	0.068	3	AS	1		4.445	20.663	
18:2 n-6 c,c.....g	3.394	0.065	3	A	1		4.345	20.196	
18:2 CLAs.....g	0.030	0.003	3	A	1		0.038	0.176	
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.049	0.002	3	A	1		0.063	0.291	
18:3 undifferentiated.....g	0.194	0.002	3	AS	1		0.249	1.156	
18:3 n-3 c,c,c (ALA).....g	0.183	0.002	3	A	1		0.235	1.091	
18:3 n-6 c,c,c.....g	0.011	0.001	3	A	1		0.014	0.065	
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	0.079	0.004	3	A	1		0.101	0.468	
20:3 undifferentiated.....g	0.029	0.001	3	AS	1		0.037	0.174	
20:3 n-3.....g	0.009	0.001	3	A	1		0.012	0.055	
20:3 n-6.....g	0.020	0.001	3	A	1		0.025	0.118	
20:4 undifferentiated.....g	0.066	0.001	3	A	1		0.084	0.390	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.004	0.018	
21:5.....g									
22:4.....g	0.014	0.002	3	A	1		0.018	0.085	
22:5 n-3 (DPA).....g	0.008	0.001	3	A	1		0.011	0.049	
22:6 n-3 (DHA).....g	0.012	0.000	3	A	1		0.016	0.073	
Fatty acids, total trans.....g	0.177		0	NC	4		0.227	1.054	
Fatty acids, total trans-monoenoic.....g	0.128		0	NC	4		0.164	0.763	
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.063	0.291	
Cholesterol.....mg	85	0.431	3	A	1		109	508	

NDB No. 32036

JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared

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

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 = 128g: 1 biscuit

Measure 2 = 595g: 1 box

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22979

KASHI Black Bean Mango, frozen, unprepared

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

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

Common Measures:

Measure 1 = 283g: 1 entree

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 32030

KASHI Italian Vegetable Medley Pasta, frozen, unprepared

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

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

Common Measures:

Measure 1 = 298g: .5 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22986

KASHI Mayan Harvest Bake, frozen, unprepared

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

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

Common Measures:

Measure 1 = 283g: 1 entree

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 32023

KASHI Mushroom & Asparagus Risotto, frozen, unprepared

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

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

Common Measures:

Measure 1 = 284g: .5 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22987

KASHI Pesto Pasta Primavera, frozen, unprepared

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

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

Common Measures:

Measure 1 = 283g: 1 entree

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22993

KASHI Spicy Black Bean Enchilada, frozen, unprepared

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

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

Common Measures:

Measure 1 = 255g: 1 entree

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22994

KASHI Spinach Artichoke Pasta, frozen, unprepared

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

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

Common Measures:

Measure 1 = 269g: 1 entree

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22996

KASHI Three Cheese Penne, frozen, unprepared

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

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

Common Measures:

Measure 1 = 269g: 1 Entrée

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 32022

KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared

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

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

Common Measures:

Measure 1 = 241g: .5 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22981

KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree

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

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

Common Measures:

Measure 1 = 255g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22983

KASHI, Chicken Florentine, Frozen Entree

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

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

Common Measures:

Measure 1 = 283g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22984

KASHI, Chicken Pasta Pomodoro, Frozen Entree

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

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

Common Measures:

Measure 1 = 283g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22980

KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree

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

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

Common Measures:

Measure 1 = 269g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22985

KASHI, Lemongrass Coconut Chicken, Frozen Entree

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

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

Common Measures:

Measure 1 = 283g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22988

KASHI, Pilaf, 7 Whole Grain, unprepared

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.70		0	MC	9		10.78		
Energy.....kcal	375		0	MC	9		525		
Energy.....kJ	1569		0	MC	9		2197		
Protein (N x 6.25).....g	13.81		0	MC	9		19.33		
Total lipid (fat).....g	5.40		0	MC	9		7.56		
Ash.....g									
Carbohydrate, by difference.....g	71.00		0	MC	9		99.40		
Fiber, total dietary.....g	12.3		0	MC	9		17.2		
Sugars, total.....g	0.80		0	MC	9		1.12		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.63		0	MC	9		5.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	348		0	MC	9		487		
Sodium, Na.....mg	5		0	MC	9		7		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.930		0	MC	9		1.302		
Fatty acids, total monounsaturated.....g	1.690		0	MC	9		2.366		
Fatty acids, total polyunsaturated.....g	2.780		0	MC	9		3.892		
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 = 140g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22989

KASHI, Red Curry Chicken, Frozen Entree

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

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

Common Measures:

Measure 1 = 269g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22982

KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree

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

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

Common Measures:

Measure 1 = 269g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22990

KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree

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

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

Common Measures:

Measure 1 = 269g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22991

KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree

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

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

Common Measures:

Measure 1 = 269g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22992

KASHI, Southwest Style Chicken, Frozen Entree

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

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

Common Measures:

Measure 1 = 283g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22995

KASHI, Sweet and Sour Chicken, Frozen Entree

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

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

Common Measures:

Measure 1 = 283g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22997

KASHI, Tuscan Veggie Bake, Frozen Entree

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

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

Common Measures:

Measure 1 = 283g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22962
 LEAN POCKETS, Ham N Cheddar
 Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.48	0.205	4	A	1		61.57	62.54	
Energy.....kcal	230		0	NC	4		292	297	
Energy.....kJ	962		0	NC	4		1222	1241	
Protein.....g	10.28	0.150	4	A	1		13.06	13.26	
Total lipid (fat).....g	6.53	0.076	4	A	1		8.29	8.42	
Ash.....g	2.19	0.027	4	A	1		2.78	2.83	
Carbohydrate, by difference.....g	32.52		0	NC	4		41.30	41.95	
Fiber, total dietary.....g	1.7	0.048	4	A	1		2.2	2.2	
Sugars, total.....g	7.60		0	BFZN	4		9.65	9.80	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	196	4.571	4	A	1		249	253	
Iron, Fe.....mg	2.15	0.126	4	A	1		2.73	2.77	
Magnesium, Mg.....mg	21	0.318	4	A	1		27	27	
Phosphorus, P.....mg	197	2.958	4	A	1		250	253	
Potassium, K.....mg	203	2.529	4	A	1		258	262	
Sodium, Na.....mg	423		0	LC	8		537	546	
Zinc, Zn.....mg	1.21	0.021	4	A	1		1.53	1.55	
Copper, Cu.....mg	0.076	0.001	4	A	1		0.097	0.098	
Manganese, Mn.....mg	0.286	0.010	4	A	1		0.363	0.369	
Selenium, Se.....µg	11.8	0.250	4	A	1		14.9	15.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.1	0.1	
Thiamin.....mg	0.412	0.022	4	A	1		0.524	0.532	
Riboflavin.....mg	0.307	0.015	4	A	1		0.390	0.397	
Niacin.....mg	3.462	0.201	4	A	1		4.397	4.467	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.102	0.006	4	A	1		0.130	0.132	
Folate, total.....µg	54		0	BFZN	4		69	70	
Folic acid.....µg	43		0	BFZN	4		54	55	
Folate, food.....µg	11		0	BFZN	4		14	15	
Folate, DFE.....µg	84		0	NC	4		107	108	
Choline, total.....mg	29.1		0	BFZN	4		37.0	37.5	
Betaine.....mg									
Vitamin B-12.....µg	0.44	0.021	4	A	1		0.56	0.57	
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	BFZN	4		0	0	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	115		0	BFZN	4		146	149	
Vitamin E (alpha-tocopherol).....mg	0.29		0	BFZN	4		0.36	0.37	
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	BFZN	4		0.3	0.3	
Vitamin D.....IU	10		0	BFZN	4		12	12	
Vitamin K (phylloquinone).....µg	1.7		1	A	1		2.2	2.2	
Dihydrophylloquinone.....µg	2.2		1	A	1		2.7	2.8	
Menaquinone-4.....µg	1.5		1	A	1		1.9	1.9	

NDB No. 22962
LEAN POCKETS, Ham N 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
Lipids:									
Fatty acids, total saturated.....g	2.389		0	NC	4		3.034	3.082	
4:0.....g	0.003	0.001	4	A	1		0.004	0.004	
6:0.....g	0.011	0.000	4	A	1		0.014	0.014	
8:0.....g	0.020	0.001	4	A	1		0.025	0.026	
10:0.....g	0.033	0.001	4	A	1		0.042	0.042	
12:0.....g	0.217	0.014	4	A	1		0.275	0.279	
13:0.....g									
14:0.....g	0.168	0.007	4	A	1		0.213	0.216	
15:0.....g	0.010	0.001	4	A	1		0.013	0.013	
16:0.....g	1.223	0.012	4	A	1		1.553	1.578	
17:0.....g	0.013	0.000	4	A	1		0.017	0.017	
18:0.....g	0.668	0.008	4	A	1		0.848	0.861	
20:0.....g	0.013	0.000	4	A	1		0.017	0.017	
22:0.....g	0.008	0.000	4	A	1		0.010	0.011	
24:0.....g	0.001	0.000	4	A	1		0.002	0.002	
Fatty acids, total monounsaturated.....g	1.551		0	NC	4		1.969	2.000	
14:1.....g	0.006	0.000	4	A	1		0.008	0.008	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.052	0.001	4	AS	1		0.066	0.067	
16:1 c.....g	0.049	0.001	4	A	1		0.062	0.063	
16:1 t.....g	0.003	0.000	4	A	1		0.004	0.004	
17:1.....g	0.002	0.000	4	A	1		0.002	0.002	
18:1 undifferentiated.....g	1.469	0.010	4	AS	1		1.866	1.896	
18:1 c.....g	1.339	0.011	4	A	1		1.700	1.727	
18:1 t.....g	0.131	0.003	4	A	1		0.166	0.169	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.021	0.001	4	A	1		0.026	0.027	
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	4	A	1		0.001	0.001	
Fatty acids, total polyunsaturated.....g	1.403		0	NC	4		1.781	1.809	
18:2 undifferentiated.....g	1.248	0.053	4	AS	1		1.585	1.609	
18:2 n-6 c,c.....g	1.195	0.050	4	A	1		1.518	1.542	
18:2 CLAs.....g	0.008	0.000	4	A	1		0.010	0.010	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.003	4	A	1		0.057	0.058	
18:3 undifferentiated.....g	0.116	0.007	4	AS	1		0.147	0.149	
18:3 n-3 c,c,c (ALA).....g	0.115	0.007	4	A	1		0.145	0.148	
18:3 n-6 c,c,c.....g	0.001	0.000	4	A	1		0.001	0.001	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.001	4	A	1		0.010	0.010	
20:3 undifferentiated.....g	0.005	0.000	4	AS	1		0.006	0.006	
20:3 n-3.....g	0.001	0.000	4	A	1		0.002	0.002	
20:3 n-6.....g	0.004	0.000	4	A	1		0.005	0.005	
20:4 undifferentiated.....g	0.018	0.000	4	A	1		0.022	0.023	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	4	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.004	0.000	4	A	1		0.005	0.005	
22:5 n-3 (DPA).....g	0.002	0.000	4	A	1		0.003	0.003	
22:6 n-3 (DHA).....g	0.002	0.000	4	A	1		0.002	0.002	
Fatty acids, total trans.....g	0.178		0	NC	4		0.227	0.230	
Fatty acids, total trans-monoenoic.....g	0.134		0	NC	4		0.170	0.172	
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.057	0.058	
Cholesterol.....mg	20	0.361	4	A	1		25	26	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1		0.182	0.185	
Threonine.....g	0.386		0	A	1		0.490	0.498	

NDB No. 22962
 LEAN POCKETS, Ham N 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
Isoleucine.....g	0.445		0	A	1		0.566	0.575	
Leucine.....g	0.827		0	A	1		1.050	1.066	
Lysine.....g	0.619		0	A	1		0.786	0.798	
Methionine.....g	0.218		0	A	1		0.277	0.281	
Cystine.....g	0.128		0	A	1		0.163	0.166	
Phenylalanine.....g	0.465		0	A	1		0.590	0.600	
Tyrosine.....g	0.306		0	A	1		0.389	0.395	
Valine.....g	0.520		0	A	1		0.660	0.670	
Arginine.....g	0.475		0	A	1		0.603	0.613	
Histidine.....g	0.312		0	A	1		0.396	0.402	
Alanine.....g	0.411		0	A	1		0.522	0.530	
Aspartic acid.....g	0.708		0	A	1		0.899	0.913	
Glutamic acid.....g	2.345		0	A	1		2.978	3.025	
Glycine.....g	0.386		0	A	1		0.490	0.498	
Proline.....g	0.886		0	A	1		1.125	1.143	
Serine.....g	0.480		0	A	1		0.610	0.619	
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 = 127g: 1 hot pocket (1 NLEA serving)
- Measure 2 = 129g: 1 each (analytical measurement)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22916

Lasagna with meat & sauce, frozen entree

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.10	0.263	12	A	1		97.95	84.06	203.21
Energy.....kcal	124		0	NC	4		166	142	344
Energy.....kJ	518		0	NC	4		694	596	1440
Protein.....g	6.63	0.233	12	A	1		8.89	7.63	18.43
Total lipid (fat).....g	4.42	0.304	12	A	1		5.92	5.08	12.29
Ash.....g	1.46	0.031	12	A	1		1.96	1.68	4.06
Carbohydrate, by difference.....g	14.39		0	NC	4		19.28	16.55	40.00
Fiber, total dietary.....g	1.4	0.045	4	A	1		1.8	1.6	3.8
Sugars, total.....g	2.96	0.085	6	A	1		3.96	3.40	8.22
Sucrose.....g	0.48	0.005	6	A	1		0.65	0.56	1.34
Glucose (dextrose).....g	0.95	0.029	6	A	1		1.27	1.09	2.64
Fructose.....g	1.07	0.037	6	A	1		1.43	1.23	2.97
Lactose.....g	0.46	0.050	6	A	1		0.61	0.53	1.27
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	9.80	0.267	6	A	1		13.14	11.28	27.26
Minerals:									
Calcium, Ca.....mg	73	2.808	12	A	1		98	84	204
Iron, Fe.....mg	0.65	0.010	12	A	1		0.86	0.74	1.79
Magnesium, Mg.....mg	18	0.301	12	A	1		24	21	51
Phosphorus, P.....mg	102	2.364	12	A	1		137	118	285
Potassium, K.....mg	184	4.971	12	A	1		247	212	512
Sodium, Na.....mg	347	3.443	12	A	1		464	399	964
Zinc, Zn.....mg	0.79	0.016	12	A	1		1.06	0.91	2.19
Copper, Cu.....mg	0.086	0.001	12	A	1		0.115	0.099	0.239
Manganese, Mn.....mg	0.178	0.003	12	A	1		0.238	0.204	0.494
Selenium, Se.....µg	14.8	1.523	6	A	1		19.8	17.0	41.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.1	0.294	6	A	1		5.5	4.7	11.4
Thiamin.....mg	0.052	0.002	6	A	1		0.070	0.060	0.144
Riboflavin.....mg	0.050	0.001	6	A	1		0.067	0.057	0.138
Niacin.....mg	1.426	0.012	6	A	1		1.911	1.640	3.965
Pantothenic acid.....mg	0.298	0.004	4	A	1		0.399	0.343	0.829
Vitamin B-6.....mg	0.124	0.002	6	A	1		0.167	0.143	0.346
Folate, total.....µg	14	3.469	3	A	1		19	16	39
Folic acid.....µg	11		0	BFYY	4		15	13	31
Folate, food.....µg	3		0	NC	4		4	3	8
Folate, DFE.....µg	22		0	NC	4		29	25	61
Choline, total.....mg	15.3		0	AS	1		20.5	17.6	42.6
Betaine.....mg	5.6		1	A	1		7.5	6.5	15.6
Vitamin B-12.....µg	0.74	0.166	3	A	1		1.00	0.86	2.07
Vitamin B-12, added.....µg	0.00		0	BFYN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	37		0	AS	1		49	42	102
Retinol.....µg	18		2	A	1		24	20	49
Carotene, beta.....µg	222	22.715	6	A	1		298	255	618
Carotene, alpha.....µg	7	2.594	6	A	1		10	8	20
Cryptoxanthin, beta.....µg	2	1.532	6	A	1		3	3	7
Vitamin A, IU.....IU	437		0	AS	1		586	503	1216
Lycopene.....µg	3350	316.472	6	A	1		4489	3853	9313
Lutein + zeaxanthin.....µg	175	6.667	6	A	1		234	201	485
Vitamin E (alpha-tocopherol).....mg	0.87	0.032	6	A	1		1.17	1.00	2.42
Vitamin E, added.....mg	0.00		0	BFYN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.06	0.019	6	A	1		0.08	0.07	0.16
Tocopherol, gamma.....mg	0.11	0.005	6	A	1		0.15	0.13	0.30
Tocopherol, delta.....mg	0.01	0.012	6	A	1		0.02	0.01	0.03
Tocotrienol, alpha.....mg	0.02	0.001	6	A	1		0.03	0.02	0.05
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

Lasagna with meat & sauce, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.014	6	A	1		0.04	0.03	0.08
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	BFYN	4		0.0	0.0	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	BFYN	4		1	1	3
Vitamin K (phylloquinone).....µg	5.9	0.112	6	A	1		8.0	6.8	16.5
Dihydrophyloquinone.....µg	0.4	0.000	3	A	1		0.5	0.5	1.1
Menaquinone-4.....µg	1.2	0.138	6	A	1		1.6	1.4	3.4
Lipids:									
Fatty acids, total saturated.....g	2.067		0	NC	4		2.770	2.377	5.746
4:0.....g	0.037	0.004	6	A	1		0.049	0.042	0.102
6:0.....g	0.026	0.003	6	A	1		0.035	0.030	0.072
8:0.....g	0.016	0.002	6	A	1		0.022	0.019	0.046
10:0.....g	0.045	0.004	6	A	1		0.061	0.052	0.126
12:0.....g	0.050	0.004	6	A	1		0.067	0.057	0.138
13:0.....g									
14:0.....g	0.230	0.018	6	A	1		0.308	0.265	0.640
15:0.....g	0.028	0.002	6	A	1		0.038	0.033	0.079
16:0.....g	1.060	0.080	6	A	1		1.421	1.220	2.948
17:0.....g	0.038	0.003	6	A	1		0.051	0.044	0.105
18:0.....g	0.522	0.046	6	A	1		0.699	0.600	1.451
20:0.....g	0.006	0.001	6	A	1		0.009	0.007	0.018
22:0.....g	0.004	0.000	6	A	1		0.005	0.005	0.011
24:0.....g	0.003	0.000	6	A	1		0.004	0.003	0.008
Fatty acids, total monounsaturated.....g	1.600		0	NC	4		2.144	1.840	4.449
14:1.....g	0.030	0.002	6	A	1		0.040	0.034	0.083
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.124	0.010	6	AS	1		0.167	0.143	0.346
16:1 c.....g	0.111	0.009	6	A	1		0.149	0.128	0.310
16:1 t.....g	0.013	0.001	6	A	1		0.017	0.015	0.036
17:1.....g	0.022	0.003	6	A	1		0.029	0.025	0.060
18:1 undifferentiated.....g	1.411	0.101	6	AS	1		1.891	1.623	3.923
18:1 c.....g	1.271	0.102	6	A	1		1.703	1.462	3.533
18:1 t.....g	0.140	0.007	6	A	1		0.188	0.161	0.390
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.013	0.001	6	A	1		0.017	0.015	0.036
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	0.358		0	NC	4		0.480	0.412	0.996
18:2 undifferentiated.....g	0.315	0.008	6	AS	1		0.422	0.362	0.875
18:2 n-6 c,c.....g	0.267	0.006	6	A	1		0.358	0.307	0.743
18:2 CLAs.....g	0.020	0.001	6	A	1		0.027	0.024	0.057
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.001	6	A	1		0.036	0.031	0.075
18:3 undifferentiated.....g	0.023	0.002	6	AS	1		0.031	0.027	0.065
18:3 n-3 c,c,c (ALA).....g	0.023	0.002	6	A	1		0.031	0.026	0.064
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	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	0.003	0.000	6	A	1		0.004	0.004	0.009
20:3 undifferentiated.....g	0.005	0.000	6	AS	1		0.007	0.006	0.015
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.005	0.000	6	A	1		0.007	0.006	0.014
20:4 undifferentiated.....g	0.006	0.001	6	A	1		0.009	0.007	0.018
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.001	0.000	0.001
21:5.....g									
22:4.....g	0.002	0.001	6	A	1		0.003	0.003	0.006
22:5 n-3 (DPA).....g	0.003	0.001	6	A	1		0.004	0.003	0.008

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Lasagna with meat & sauce, frozen entree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.180		0	NC	4	0.241	0.207	0.501
Fatty acids, total trans-monoenoic.....g	0.153		0	NC	4	0.205	0.176	0.426
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4	0.036	0.031	0.075
Cholesterol.....mg	14	0.810	6	A	1	19	16	39
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.077		0	A	1	0.103	0.089	0.214
Threonine.....g	0.199		0	A	1	0.266	0.229	0.553
Isoleucine.....g	0.204		0	A	1	0.273	0.235	0.567
Leucine.....g	0.525		0	A	1	0.704	0.604	1.461
Lysine.....g	0.442		0	A	1	0.593	0.509	1.230
Methionine.....g	0.149		0	A	1	0.200	0.171	0.415
Cystine.....g	0.105		0	A	1	0.141	0.121	0.293
Phenylalanine.....g	0.299		0	A	1	0.401	0.344	0.832
Tyrosine.....g	0.217		0	A	1	0.291	0.249	0.603
Valine.....g	0.260		0	A	1	0.348	0.299	0.722
Arginine.....g	0.298		0	A	1	0.400	0.343	0.829
Histidine.....g	0.166		0	A	1	0.223	0.191	0.462
Alanine.....g	0.271		0	A	1	0.363	0.311	0.753
Aspartic acid.....g	0.526		0	A	1	0.705	0.605	1.463
Glutamic acid.....g	1.700		0	A	1	2.278	1.955	4.726
Glycine.....g	0.255		0	A	1	0.341	0.293	0.708
Proline.....g	0.715		0	A	1	0.958	0.822	1.987
Serine.....g	0.338		0	A	1	0.453	0.388	0.939
Hydroxyproline.....g	0.052		2	A	1	0.069	0.059	0.144
Others:								
Alcohol, ethyl.....g	0.0		0	BFYY	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFYN	4	0	0	0
Theobromine.....mg	0		0	BFYN	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 = 134g: 1 piece side
- Measure 2 = 115g: 1 piece corner
- Measure 3 = 278g: 1 piece center

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22915

Lasagna with meat & sauce, low-fat, frozen entree

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.36	0.337	3	A	1		235.95	21.65	
Energy.....kcal	101		0	NC	4		313	29	
Energy.....kJ	424		0	NC	4		1310	120	
Protein.....g	6.81	0.391	3	A	1		21.05	1.93	
Total lipid (fat).....g	2.23	0.465	3	A	1		6.89	0.63	
Ash.....g	1.10	0.027	3	A	1		3.40	0.31	
Carbohydrate, by difference.....g	13.50		0	NC	4		41.72	3.83	
Fiber, total dietary.....g	1.3		1	A	1		4.1	0.4	
Sugars, total.....g									
Sucrose.....g	0.50		2	A	1		1.53	0.14	
Glucose (dextrose).....g	0.75		2	A	1		2.32	0.21	
Fructose.....g	0.76		2	A	1		2.34	0.21	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	9.45		2	A	1		29.21	2.68	
Minerals:									
Calcium, Ca.....mg	108		2	A	1		332	31	
Iron, Fe.....mg	0.97	0.077	3	A	1		3.01	0.28	
Magnesium, Mg.....mg	19	0.586	3	A	1		58	5	
Phosphorus, P.....mg	34	4.943	3	A	1		104	10	
Potassium, K.....mg	150	14.810	3	A	1		463	43	
Sodium, Na.....mg	181	8.386	3	A	1		561	51	
Zinc, Zn.....mg	0.86	0.052	3	A	1		2.66	0.24	
Copper, Cu.....mg	0.167	0.058	3	A	1		0.517	0.047	
Manganese, Mn.....mg	0.213	0.007	3	A	1		0.659	0.060	
Selenium, Se.....µg	13.0		2	A	1		40.2	3.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	17.9		1	A	1		55.3	5.1	
Thiamin.....mg	0.038		2	A	1		0.117	0.011	
Riboflavin.....mg	0.126		2	A	1		0.388	0.036	
Niacin.....mg	1.221		2	A	1		3.771	0.346	
Pantothenic acid.....mg	0.107		1	A	1		0.331	0.030	
Vitamin B-6.....mg	0.122		2	A	1		0.377	0.035	
Folate, total.....µg	38		1	A	1		117	11	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.45		2	A	1		1.38	0.13	
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. 22915

Lasagna with meat & sauce, low-fat, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.967		0	NC	4		2.988	0.274	
4:0.....g									
6:0.....g									
8:0.....g	0.002		1	A	1		0.006	0.001	
10:0.....g	0.016		2	A	1		0.049	0.005	
12:0.....g	0.029		2	A	1		0.088	0.008	
13:0.....g	0.002		1	A	1		0.006	0.001	
14:0.....g	0.119		2	A	1		0.366	0.034	
15:0.....g	0.018		2	A	1		0.054	0.005	
16:0.....g	0.516		2	A	1		1.594	0.146	
17:0.....g	0.019		2	A	1		0.057	0.005	
18:0.....g	0.240		2	A	1		0.742	0.068	
20:0.....g	0.010		1	A	1		0.031	0.003	
22:0.....g	0.005		2	A	1		0.015	0.001	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.698		0	NC	4		2.155	0.198	
14:1.....g	0.019		2	A	1		0.057	0.005	
15:1.....g									
16:1 undifferentiated.....g	0.049		2	A	1		0.150	0.014	
17:1.....g	0.025		2	A	1		0.077	0.007	
18:1 undifferentiated.....g	0.602		2	A	1		1.859	0.171	
20:1.....g									
22:1 undifferentiated.....g	0.004		2	A	1		0.012	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.279		0	NC	4		0.862	0.079	
18:2 undifferentiated.....g	0.244		2	A	1		0.752	0.069	
18:3 undifferentiated.....g	0.034		2	A	1		0.104	0.009	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.004		1	A	1		0.012	0.001	
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	7		2	A	1		21	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 = 309g: 1 package

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22977

Lasagna with meat sauce, frozen, 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	70.87	0.291	12	A	1		87.17	80.79	180.71
Energy.....kcal	135		0	NC	4		166	154	344
Energy.....kJ	564		0	NC	4		694	643	1438
Protein (N x 6.25).....g	7.28	0.179	12	A	1		8.95	8.30	18.56
Total lipid (fat).....g	4.92	0.247	12	A	1		6.05	5.61	12.55
Ash.....g	1.57	0.045	12	A	1		1.93	1.79	4.01
Carbohydrate, by difference.....g	15.36		0	NC	4		18.89	17.51	39.17
Fiber, total dietary.....g	1.7	0.127	4	A	1		2.0	1.9	4.2
Sugars, total.....g	3.11	0.054	6	A	1		3.82	3.54	7.92
Sucrose.....g	0.54	0.008	6	A	1		0.66	0.61	1.36
Glucose (dextrose).....g	0.93	0.026	6	A	1		1.15	1.07	2.38
Fructose.....g	1.04	0.028	6	A	1		1.27	1.18	2.64
Lactose.....g	0.60	0.041	6	A	1		0.74	0.69	1.54
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	9.83	0.108	6	A	1		12.10	11.21	25.08
Minerals:									
Calcium, Ca.....mg	88	3.894	12	A	1		108	100	223
Iron, Fe.....mg	0.71	0.014	12	A	1		0.87	0.80	1.80
Magnesium, Mg.....mg	20	0.254	12	A	1		24	22	50
Phosphorus, P.....mg	115	2.882	12	A	1		141	131	292
Potassium, K.....mg	196	3.933	12	A	1		242	224	501
Sodium, Na.....mg	373	9.430	12	A	1		459	425	952
Zinc, Zn.....mg	0.87	0.011	12	A	1		1.07	0.99	2.22
Copper, Cu.....mg	0.090	0.001	12	A	1		0.111	0.103	0.230
Manganese, Mn.....mg	0.193	0.004	12	A	1		0.238	0.220	0.493
Selenium, Se.....µg	15.9	0.774	6	A	1		19.6	18.1	40.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.5	0.079	6	A	1		3.1	2.9	6.4
Thiamin.....mg	0.070	0.005	6	A	1		0.086	0.080	0.178
Riboflavin.....mg	0.074	0.002	6	A	1		0.092	0.085	0.190
Niacin.....mg	1.528	0.055	6	A	1		1.879	1.742	3.896
Pantothenic acid.....mg	0.323	0.008	4	A	1		0.398	0.369	0.824
Vitamin B-6.....mg	0.122	0.003	6	A	1		0.150	0.139	0.310
Folate, total.....µg	24		0	FLC	4		30	27	61
Folic acid.....µg	17		0	FLC	4		21	20	44
Folate, food.....µg	7		0	NC	4		8	8	17
Folate, DFE.....µg	36		0	NC	4		45	41	92
Choline, total.....mg	23.2		0	AS	1		28.5	26.4	59.1
Betaine.....mg	6.0		1	A	1		7.4	6.8	15.3
Vitamin B-12.....µg	0.33		0	FLC	4		0.41	0.38	0.85
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	41		0	AS	1		51	47	105
Retinol.....µg	23		2	A	1		29	27	60
Carotene, beta.....µg	210	10.826	6	A	1		258	239	535
Carotene, alpha.....µg	8	2.242	6	A	1		9	9	20
Cryptoxanthin, beta.....µg	3	0.642	6	A	1		4	4	8
Vitamin A, IU.....IU	437		0	AS	1		537	498	1114
Lycopene.....µg	3592	176.951	6	A	1		4418	4095	9160
Lutein + zeaxanthin.....µg	176	8.091	6	A	1		217	201	449
Vitamin E (alpha-tocopherol).....mg	0.85	0.062	6	A	1		1.04	0.97	2.16
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.04	0.012	6	A	1		0.05	0.05	0.11
Tocopherol, gamma.....mg	0.11	0.005	6	A	1		0.14	0.13	0.29
Tocopherol, delta.....mg	0.03	0.028	6	A	1		0.03	0.03	0.07
Tocotrienol, alpha.....mg	0.02	0.002	6	A	1		0.03	0.03	0.06
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

Lasagna with meat sauce, frozen, 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	0.05	0.024	6	A	1		0.06	0.06	0.13
Tocotrienol, delta.....mg	0.01	0.009	6	A	1		0.01	0.01	0.02
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	FLC	4		1	1	3
Vitamin K (phylloquinone).....µg	7.0	0.353	6	A	1		8.6	7.9	17.7
Dihydrophyloquinone.....µg	0.4		1	A	1		0.5	0.5	1.0
Menaquinone-4.....µg	1.4	0.087	6	A	1		1.7	1.6	3.5
Lipids:									
Fatty acids, total saturated.....g	2.348		0	NC	4		2.888	2.677	5.987
4:0.....g	0.046	0.003	6	A	1		0.057	0.053	0.118
6:0.....g	0.033	0.002	6	A	1		0.040	0.037	0.083
8:0.....g	0.021	0.001	6	A	1		0.026	0.024	0.054
10:0.....g	0.056	0.002	6	A	1		0.069	0.064	0.143
12:0.....g	0.063	0.002	6	A	1		0.077	0.072	0.160
13:0.....g									
14:0.....g	0.273	0.007	6	A	1		0.335	0.311	0.695
15:0.....g	0.033	0.001	6	A	1		0.041	0.038	0.084
16:0.....g	1.196	0.024	6	A	1		1.472	1.364	3.051
17:0.....g	0.039	0.002	6	A	1		0.049	0.045	0.101
18:0.....g	0.571	0.014	6	A	1		0.703	0.651	1.457
20:0.....g	0.007	0.000	6	A	1		0.009	0.008	0.019
22:0.....g	0.004	0.000	6	A	1		0.006	0.005	0.011
24:0.....g	0.003	0.000	6	A	1		0.004	0.003	0.008
Fatty acids, total monounsaturated.....g	1.758		0	NC	4		2.162	2.004	4.482
14:1.....g	0.032	0.001	6	A	1		0.039	0.037	0.082
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.129	0.003	6	AS	1		0.159	0.147	0.330
16:1 c.....g	0.116	0.003	6	A	1		0.142	0.132	0.295
16:1 t.....g	0.013	0.000	6	A	1		0.017	0.015	0.034
17:1.....g	0.022	0.001	6	A	1		0.027	0.025	0.056
18:1 undifferentiated.....g	1.557	0.043	6	AS	1		1.915	1.775	3.971
18:1 c.....g	1.409	0.040	6	A	1		1.733	1.606	3.593
18:1 t.....g	0.148	0.012	6	A	1		0.182	0.169	0.378
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.000	6	A	1		0.020	0.018	0.041
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	0.001	0.000	6	A	1		0.002	0.002	0.004
Fatty acids, total polyunsaturated.....g	0.433		0	NC	4		0.532	0.493	1.104
18:2 undifferentiated.....g	0.379	0.006	6	AS	1		0.466	0.432	0.966
18:2 n-6 c,c.....g	0.322	0.004	6	A	1		0.396	0.367	0.821
18:2 CLAs.....g	0.023	0.001	6	A	1		0.028	0.026	0.058
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.034	0.002	6	A	1		0.042	0.039	0.087
18:3 undifferentiated.....g	0.026	0.001	6	AS	1		0.031	0.029	0.065
18:3 n-3 c,c,c (ALA).....g	0.026	0.001	6	A	1		0.031	0.029	0.065
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		0.001	0.000	0.001
20:2 n-6 c,c.....g	0.005	0.000	6	A	1		0.006	0.005	0.012
20:3 undifferentiated.....g	0.007	0.000	6	AS	1		0.008	0.008	0.018
20:3 n-3.....g	0.000	0.000	6	A	1		0.001	0.001	0.001
20:3 n-6.....g	0.006	0.000	6	A	1		0.008	0.007	0.016
20:4 undifferentiated.....g	0.009	0.000	6	A	1		0.011	0.010	0.023
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001	0.001	0.001
21:5.....g									
22:4.....g	0.004	0.000	6	A	1		0.004	0.004	0.009
22:5 n-3 (DPA).....g	0.003	0.000	6	A	1		0.004	0.004	0.008

NDB No. 22977

Lasagna with meat sauce, frozen, 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	0.000
Fatty acids, total trans.....g	0.196		0	NC	4		0.241	0.223	0.499
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.199	0.184	0.412
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4		0.042	0.039	0.087
Cholesterol.....mg	17	0.366	6	A	1		20	19	42
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0	A	1		0.104	0.097	0.216
Threonine.....g	0.219		0	A	1		0.269	0.249	0.557
Isoleucine.....g	0.224		0	A	1		0.276	0.256	0.572
Leucine.....g	0.578		0	A	1		0.710	0.659	1.473
Lysine.....g	0.486		0	A	1		0.598	0.554	1.240
Methionine.....g	0.164		0	A	1		0.202	0.187	0.418
Cystine.....g	0.116		0	A	1		0.143	0.132	0.296
Phenylalanine.....g	0.329		0	A	1		0.404	0.375	0.839
Tyrosine.....g	0.238		0	A	1		0.293	0.272	0.608
Valine.....g	0.285		0	A	1		0.351	0.325	0.728
Arginine.....g	0.328		0	A	1		0.403	0.374	0.836
Histidine.....g	0.183		0	A	1		0.225	0.208	0.466
Alanine.....g	0.298		0	A	1		0.366	0.339	0.759
Aspartic acid.....g	0.578		0	A	1		0.712	0.659	1.475
Glutamic acid.....g	1.869		0	A	1		2.298	2.130	4.765
Glycine.....g	0.280		0	A	1		0.344	0.319	0.714
Proline.....g	0.786		0	A	1		0.967	0.896	2.004
Serine.....g	0.371		0	A	1		0.457	0.423	0.947
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
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 = 123g: 1 piece side
- Measure 2 = 114g: 1 piece corner
- Measure 3 = 255g: 1 piece center

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22956

Lasagna, Vegetable, 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
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.866		0	NC	4		6.506	6.477	0.813
4:0.....g	0.134		0	FLA	4		0.305	0.304	0.038
6:0.....g	0.035		0	FLA	4		0.079	0.078	0.010
8:0.....g	0.041		2	A	1		0.094	0.093	0.012
10:0.....g	0.101		2	A	1		0.228	0.227	0.028
12:0.....g	0.112		2	A	1		0.255	0.254	0.032
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.396		2	A	1		0.900	0.896	0.112
15:0.....g	0.035		2	A	1		0.080	0.080	0.010
16:0.....g	1.384		2	A	1		3.142	3.128	0.392
17:0.....g	0.024		2	A	1		0.053	0.053	0.007
18:0.....g	0.597		2	A	1		1.356	1.350	0.169
20:0.....g	0.006		2	A	1		0.013	0.013	0.002
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	1.721		0	NC	4		3.907	3.890	0.488
14:1.....g	0.024		2	A	1		0.053	0.053	0.007
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.059		2	A	1		0.134	0.134	0.017
17:1.....g	0.006		2	A	1		0.013	0.013	0.002
18:1 undifferentiated.....g	1.627		2	A	1		3.693	3.677	0.461
20:1.....g	0.006		2	A	1		0.013	0.013	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	1.337		0	NC	4		3.034	3.021	0.379
18:2 undifferentiated.....g	1.154		2	A	1		2.618	2.607	0.327
18:3 undifferentiated.....g	0.160		2	A	1		0.362	0.361	0.045
18:4.....g	0.024		2	A	1		0.053	0.053	0.007
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	14		2	A	1		31	31	4
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0	FLA	4		0.252	0.251	0.031
Threonine.....g	0.250		0	FLA	4		0.568	0.565	0.071
Isoleucine.....g	0.293		0	FLA	4		0.665	0.662	0.083
Leucine.....g	0.517		0	FLA	4		1.173	1.168	0.146
Lysine.....g	0.295		0	FLA	4		0.669	0.666	0.084
Methionine.....g	0.121		0	FLA	4		0.276	0.274	0.034
Cystine.....g	0.093		0	FLA	4		0.210	0.210	0.026
Phenylalanine.....g	0.294		0	FLA	4		0.668	0.665	0.083
Tyrosine.....g	0.244		0	FLA	4		0.554	0.551	0.069
Valine.....g	0.343		0	FLA	4		0.778	0.775	0.097
Arginine.....g	0.189		0	FLA	4		0.430	0.428	0.054
Histidine.....g	0.151		0	FLA	4		0.343	0.342	0.043
Alanine.....g	0.207		0	FLA	4		0.470	0.468	0.059
Aspartic acid.....g	0.422		0	FLA	4		0.958	0.954	0.120
Glutamic acid.....g	1.519		0	FLA	4		3.447	3.432	0.431
Glycine.....g	0.158		0	FLA	4		0.358	0.357	0.045
Proline.....g	0.664		0	FLA	4		1.507	1.500	0.188
Serine.....g	0.260		0	FLA	4		0.590	0.587	0.074
Hydroxyproline.....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 22956

Lasagna, Vegetable, frozen, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 = 227g: 1 serving

Measure 2 = 226g: 1 cup

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22910

Lasagna, cheese, frozen, 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	72.78		2	A	1		163.77		
Energy.....kcal	130		0	NC	4		291		
Energy.....kJ	542		0	NC	4		1220		
Protein (N x 6.25).....g	6.54		2	A	1		14.71		
Total lipid (fat).....g	5.33		2	A	1		12.00		
Ash.....g	1.51		2	A	1		3.39		
Carbohydrate, by difference.....g	13.84		0	NC	4		31.14		
Fiber, total dietary.....g	1.7		2	A	1		3.9		
Sugars, total.....g	4.23		2	A	1		9.51		
Sucrose.....g	0.32		2	A	1		0.73		
Glucose (dextrose).....g	1.86		2	A	1		4.17		
Fructose.....g	0.99		2	A	1		2.23		
Lactose.....g	1.01		2	A	1		2.28		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.05		2	A	1		0.10		
Starch.....g	8.91		2	A	1		20.04		
Minerals:									
Calcium, Ca.....mg	111		2	A	1		249		
Iron, Fe.....mg	1.27		2	A	1		2.86		
Magnesium, Mg.....mg	21		2	A	1		48		
Phosphorus, P.....mg	107		2	A	1		241		
Potassium, K.....mg	182		2	A	1		409		
Sodium, Na.....mg	284		2	A	1		639		
Zinc, Zn.....mg	0.91		2	A	1		2.05		
Copper, Cu.....mg	0.109		2	A	1		0.244		
Manganese, Mn.....mg	0.197		2	A	1		0.442		
Selenium, Se.....µg	26.2		2	A	1		58.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	17.1		2	A	1		38.5		
Thiamin.....mg	0.114		2	A	1		0.255		
Riboflavin.....mg	0.154		2	A	1		0.345		
Niacin.....mg	1.361		2	A	1		3.062		
Pantothenic acid.....mg	0.204		2	A	1		0.458		
Vitamin B-6.....mg	0.069		2	A	1		0.155		
Folate, total.....µg	32		0	BFYY	4		73		
Folic acid.....µg	26		0	BFYY	4		59		
Folate, food.....µg	6		0	NC	4		14		
Folate, DFE.....µg	51		0	NC	4		114		
Choline, total.....mg	10.3		0	BFYY	4		23.2		
Betaine.....mg									
Vitamin B-12.....µg	0.57		2	A	1		1.29		
Vitamin B-12, added.....µg	0.00		0	BFYN	4		0.00		
Vitamin A, RAE.....µg	46		0	NC	4		105		
Retinol.....µg	39		2	A	1		88		
Carotene, beta.....µg	87		0	BFYY	4		196		
Carotene, alpha.....µg	2		0	BFYY	4		5		
Cryptoxanthin, beta.....µg	0		0	BFYY	4		0		
Vitamin A, IU.....IU	277		0	NC	4		624		
Lycopene.....µg	2779		0	BFYY	4		6253		
Lutein + zeaxanthin.....µg	28		0	BFYY	4		62		
Vitamin E (alpha-tocopherol).....mg	0.88		2	A	1		1.98		
Vitamin E, added.....mg	0.00		0	BFYN	4		0.00		
Tocopherol, beta.....mg	0.02		2	A	1		0.04		
Tocopherol, gamma.....mg	0.82		2	A	1		1.84		
Tocopherol, delta.....mg	0.17		2	A	1		0.37		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

NDB No. 22910

Lasagna, cheese, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFYN	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	BFYN	4		3		
Vitamin K (phylloquinone).....µg	9.1		1	A	1		20.5		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.110		0	NC	4		4.748		
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	0.061		2	A	1		0.136		
13:0.....g									
14:0.....g	0.369		2	A	1		0.830		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	1.212		2	A	1		2.726		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.469		2	A	1		1.055		
20:0.....g	0.000		2	A	1		0.000		
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	1.573		0	NC	4		3.538		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.111		2	A	1		0.250		
17:1.....g									
18:1 undifferentiated.....g	1.462		2	A	1		3.288		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.022		0	NC	4		2.298		
18:2 undifferentiated.....g	0.893		2	A	1		2.008		
18:3 undifferentiated.....g	0.129		2	A	1		0.290		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	BFYN	4		0.000		
Cholesterol.....mg	13		2	A	1		28		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		2	A	1		0.146		
Threonine.....g	0.205		2	A	1		0.461		
Isoleucine.....g	0.200		2	A	1		0.450		
Leucine.....g	0.530		2	A	1		1.192		
Lysine.....g	0.360		2	A	1		0.810		
Methionine.....g	0.145		2	A	1		0.326		
Cystine.....g	0.105		2	A	1		0.236		
Phenylalanine.....g	0.285		2	A	1		0.641		
Tyrosine.....g	0.235		2	A	1		0.529		
Valine.....g	0.255		2	A	1		0.574		
Arginine.....g	0.220		2	A	1		0.495		
Histidine.....g	0.145		2	A	1		0.326		
Alanine.....g	0.215		2	A	1		0.484		

NDB No. 22910

Lasagna, cheese, frozen, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.555		2	A	1		1.249		
Glutamic acid.....g	1.825		2	A	1		4.106		
Glycine.....g	0.150		2	A	1		0.338		
Proline.....g	2.180		1	A	1		4.905		
Serine.....g	0.390		2	A	1		0.877		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	BFYY	4		0.0		
Caffeine.....mg	0		0	BFYN	4		0		
Theobromine.....mg	0		0	BFYN	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 = 225g: 1 cup 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32019
Lasagna, cheese, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	2.110		0	LC	8		5.000		
4:0.....g	0.114		0	FLC	4		0.270		
6:0.....g	0.037		0	FLC	4		0.089		
8:0.....g	0.020		0	FLC	4		0.048		
10:0.....g	0.054		0	FLC	4		0.127		
12:0.....g	0.062		0	FLC	4		0.148		
13:0.....g	0.001		0	FLC	4		0.002		
14:0.....g	0.282		0	FLC	4		0.669		
15:0.....g	0.007		0	FLC	4		0.017		
16:0.....g	1.097		0	FLC	4		2.599		
17:0.....g	0.004		0	FLC	4		0.010		
18:0.....g	0.365		0	FLC	4		0.865		
20:0.....g	0.008		0	FLC	4		0.019		
22:0.....g	0.005		0	FLC	4		0.012		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.077		0	NC	4		2.553		
14:1.....g	0.004		0	FLC	4		0.010		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.051		0	FLC	4		0.120		
17:1.....g	0.003		0	FLC	4		0.007		
18:1 undifferentiated.....g	1.013		0	FLC	4		2.402		
20:1.....g	0.006		0	FLC	4		0.013		
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	0.618		0	NC	4		1.465		
18:2 undifferentiated.....g	0.548		0	FLC	4		1.298		
18:3 undifferentiated.....g	0.070		0	FLC	4		0.166		
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	0.001		0	FLC	4		0.001		
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	11		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 = 237g: 1 cup 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22963

Lean Pockets, Meatballs & Mozzarella

Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.94	0.180	5	A	1		60.09		
Energy.....kcal	240		0	NC	4		308		
Energy.....kJ	1006		0	NC	4		1288		
Protein.....g	10.49	0.162	5	A	1		13.42		
Total lipid (fat).....g	7.70	0.160	5	A	1		9.86		
Ash.....g	2.59	0.041	5	A	1		3.31		
Carbohydrate, by difference.....g	32.28		0	NC	4		41.32		
Fiber, total dietary.....g	2.0	0.086	5	A	1		2.6		
Sugars, total.....g	8.81		2	A	1		11.28		
Sucrose.....g	0.28		2	A	1		0.35		
Glucose (dextrose).....g	1.30		2	A	1		1.67		
Fructose.....g	1.24		2	A	1		1.59		
Lactose.....g	1.25		2	A	1		1.60		
Maltose.....g	4.74		2	A	1		6.06		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	196	2.665	5	A	1		251		
Iron, Fe.....mg	2.06	0.046	5	A	1		2.63		
Magnesium, Mg.....mg	23	0.193	5	A	1		29		
Phosphorus, P.....mg	180	2.502	5	A	1		230		
Potassium, K.....mg	221	1.068	5	A	1		283		
Sodium, Na.....mg	557	11.766	5	A	1		713		
Zinc, Zn.....mg	0.98	0.017	5	A	1		1.26		
Copper, Cu.....mg	0.082	0.003	5	A	1		0.105		
Manganese, Mn.....mg	0.289	0.007	5	A	1		0.370		
Selenium, Se.....µg	10.1	0.391	5	A	1		12.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.428	0.012	5	A	1		0.548		
Riboflavin.....mg	0.248	0.004	5	A	1		0.317		
Niacin.....mg	2.982	0.100	5	A	1		3.817		
Pantothenic acid.....mg	0.655		2	A	1		0.838		
Vitamin B-6.....mg	0.102	0.007	5	A	1		0.130		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.46	0.009	5	A	1		0.58		
Vitamin A, RAE.....µg	36		0	NC	4		46		
Vitamin A, IU.....IU	256		0	NC	4		328		
Lycopene.....µg	2174		2	A	1		2783		
Lutein + zeaxanthin.....µg	153		2	A	1		196		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	3.5		1	A	1		4.5		
Dihydrophylloquinone.....µg	1.5		1	A	1		1.9		
Menquinone-4.....µg	1.1		1	A	1		1.4		
Lipids:									

Lean Pockets, Meatballs & Mozzarella

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.087		0	NC	4		3.951		
4:0.....g	0.014	0.008	5	A	1		0.017		
6:0.....g	0.019	0.003	5	A	1		0.025		
8:0.....g	0.028	0.003	5	A	1		0.036		
10:0.....g	0.053	0.008	5	A	1		0.067		
12:0.....g	0.266	0.021	5	A	1		0.340		
13:0.....g									
14:0.....g	0.243	0.017	5	A	1		0.311		
15:0.....g	0.017	0.001	5	A	1		0.021		
16:0.....g	1.539	0.064	5	A	1		1.970		
17:0.....g	0.020	0.001	5	A	1		0.026		
18:0.....g	0.860	0.039	5	A	1		1.101		
20:0.....g	0.015	0.001	5	A	1		0.020		
22:0.....g	0.008	0.000	5	A	1		0.010		
24:0.....g	0.004	0.001	5	A	1		0.005		
Fatty acids, total monounsaturated.....g	1.971		0	NC	4		2.523		
14:1.....g	0.010	0.001	5	A	1		0.013		
15:1.....g									
16:1 undifferentiated.....g	0.079	0.003	5	AS	1		0.101		
16:1 c.....g	0.074	0.003	5	A	1		0.095		
16:1 t.....g	0.005	0.000	5	A	1		0.007		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	1.853	0.071	5	AS	1		2.372		
18:1 c.....g	1.752	0.066	5	A	1		2.243		
18:1 t.....g	0.101	0.006	5	A	1		0.130		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.001	5	A	1		0.035		
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	0.001	0.000	5	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.479		0	NC	4		1.893		
18:2 undifferentiated.....g	1.313	0.024	5	AS	1		1.681		
18:2 n-6 c,c.....g	1.261	0.026	5	A	1		1.614		
18:2 CLAs.....g	0.011	0.000	5	A	1		0.014		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.042	0.003	5	A	1		0.054		
18:3 undifferentiated.....g	0.118	0.005	5	AS	1		0.151		
18:3 n-3 c,c,c (ALA).....g	0.117	0.005	5	A	1		0.149		
18:3 n-6 c,c,c.....g	0.001	0.000	5	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1		0.000		
20:2 n-6 c,c.....g	0.014	0.000	5	A	1		0.017		
20:3 undifferentiated.....g	0.007	0.000	5	AS	1		0.009		
20:3 n-3.....g	0.002	0.000	5	A	1		0.003		
20:3 n-6.....g	0.005	0.000	5	A	1		0.006		
20:4 undifferentiated.....g	0.016	0.001	5	A	1		0.021		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	5	A	1		0.002		
21:5.....g									
22:4.....g	0.005	0.000	5	A	1		0.006		
22:5 n-3 (DPA).....g	0.003	0.000	5	A	1		0.004		
22:6 n-3 (DHA).....g	0.001	0.000	5	A	1		0.002		
Fatty acids, total trans.....g	0.148		0	NC	4		0.190		
Fatty acids, total trans-monoenoic.....g	0.106		0	NC	4		0.136		
Fatty acids, total trans-polyenoic.....g	0.042		0	NC	4		0.054		
Cholesterol.....mg	20	0.497	5	A	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1		0.184		
Threonine.....g	0.380		0	A	1		0.486		
Isoleucine.....g	0.457		0	A	1		0.585		

NDB No. 22963

Lean Pockets, Meatballs & Mozzarella

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Leucine.....g	0.857		0	A	1	1.097		
Lysine.....g	0.636		0	A	1	0.815		
Methionine.....g	0.205		0	A	1	0.263		
Cystine.....g	0.128		0	A	1	0.164		
Phenylalanine.....g	0.503		0	A	1	0.644		
Tyrosine.....g	0.355		0	A	1	0.454		
Valine.....g	0.560		0	A	1	0.717		
Arginine.....g	0.488		0	A	1	0.624		
Histidine.....g	0.313		0	A	1	0.401		
Alanine.....g	0.406		0	A	1	0.519		
Aspartic acid.....g	0.765		0	A	1	0.979		
Glutamic acid.....g	2.504		0	A	1	3.205		
Glycine.....g	0.375		0	A	1	0.480		
Proline.....g	0.944		0	A	1	1.209		
Serine.....g	0.503		0	A	1	0.644		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 128g: 1 each

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Macaroni and Cheese, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.2		0	FLA	4		0.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.881		0	NC	4		2.148		
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	0.175		2	A	1		0.427		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.591		2	A	1		1.441		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.115		2	A	1		0.281		
20:0.....g	0.000		2	A	1		0.000		
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	0.600		0	NC	4		1.464		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.600		2	A	1		1.464		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	0.303		0	NC	4		0.739		
18:2 undifferentiated.....g	0.303		2	A	1		0.739		
18:3 undifferentiated.....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		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		2	A	1		16		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 244g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 22247

Macaroni and Cheese, canned entree

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22919

Macaroni and Cheese, canned, microwavable

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.94		2	A	1		155.37		
Energy.....kcal	134		0	NC	4		285		
Energy.....kJ	559		0	NC	4		1191		
Protein.....g	5.98		2	A	1		12.74		
Total lipid (fat).....g	5.99		2	A	1		12.76		
Ash.....g	1.12		2	A	1		2.39		
Carbohydrate, by difference.....g	13.96		0	NC	4		29.74		
Fiber, total dietary.....g	0.4		1	A	1		0.8		
Sugars, total.....g	1.41		1	A	1		3.01		
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	1.18		1	A	1		2.50		
Maltose.....g	0.24		1	A	1		0.50		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	11.44		1	A	1		24.37		
Minerals:									
Calcium, Ca.....mg	57		2	A	1		121		
Iron, Fe.....mg	0.91		2	A	1		1.94		
Magnesium, Mg.....mg	13		2	A	1		27		
Phosphorus, P.....mg	97		2	A	1		206		
Potassium, K.....mg	72		2	A	1		153		
Sodium, Na.....mg	335		2	A	1		713		
Zinc, Zn.....mg	0.55		2	A	1		1.18		
Copper, Cu.....mg	0.260		2	A	1		0.553		
Manganese, Mn.....mg	0.220		2	A	1		0.469		
Selenium, Se.....µg	11.5		2	A	1		24.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.076		2	A	1		0.161		
Riboflavin.....mg	0.186		2	A	1		0.395		
Niacin.....mg	1.046		2	A	1		2.228		
Pantothenic acid.....mg	0.130		1	A	1		0.277		
Vitamin B-6.....mg	0.037		2	A	1		0.080		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		2	A	1		0.19		
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. 22919

Macaroni and Cheese, canned, microwavable

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.665		0	NC	4		7.807		
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	0.142		2	A	1		0.302		
12:0.....g	0.190		2	A	1		0.404		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.622		2	A	1		1.326		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	1.836		2	A	1		3.911		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.875		2	A	1		1.865		
20:0.....g	0.000		2	A	1		0.000		
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	1.773		0	NC	4		3.776		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.119		2	A	1		0.254		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	1.654		2	A	1		3.522		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.431		0	NC	4		0.918		
18:2 undifferentiated.....g	0.431		2	A	1		0.918		
18:3 undifferentiated.....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		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	20		2	A	1		43		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 213g: 7.5 oz 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22959

Macaroni and cheese dinner with dry sauce mix, boxed, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0		
Vitamin D.....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	0.2		0	FLA	4		0.2		
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.151		0	NC	4		0.805		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.164		2	A	1		0.114		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.770		2	A	1		0.539		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.217		2	A	1		0.152		
20:0.....g	0.000		2	A	1		0.000		
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	0.665		0	NC	4		0.465		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.665		2	A	1		0.465		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.813		0	NC	4		0.569		
18:2 undifferentiated.....g	0.813		2	A	1		0.569		
18:3 undifferentiated.....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									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	FLA	4		0.000		
Cholesterol.....mg	7		2	A	1		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0	A	1		0.154		
Threonine.....g	0.492		0	A	1		0.345		
Isoleucine.....g	0.581		0	A	1		0.407		
Leucine.....g	1.082		0	A	1		0.757		
Lysine.....g	0.405		0	A	1		0.284		
Methionine.....g	0.167		0	A	1		0.117		
Cystine.....g	0.179		0	A	1		0.125		
Phenylalanine.....g	0.692		0	A	1		0.484		
Tyrosine.....g	0.223		0	A	1		0.156		
Valine.....g	0.639		0	A	1		0.447		
Arginine.....g	0.504		0	A	1		0.353		
Histidine.....g	0.327		0	A	1		0.229		
Alanine.....g	0.472		0	A	1		0.331		
Aspartic acid.....g	0.760		0	A	1		0.532		
Glutamic acid.....g	4.554		0	A	1		3.188		

NDB No. 22959

Macaroni and cheese dinner with dry sauce mix, boxed, uncooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.444		0	A	1		0.311		
Proline.....g	1.785		0	A	1		1.250		
Serine.....g	0.728		0	A	1		0.510		
Hydroxyproline.....g	0.000		0	FLA	4		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 70g: 1 serving (makes about 1 cup prepared)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Macaroni and cheese, box mix with cheese sauce, 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	1.636		0	NC	4		3.092		
4:0.....g	0.045	0.001	12	A	1		0.084		
6:0.....g	0.033	0.001	12	A	1		0.062		
8:0.....g	0.028	0.001	12	A	1		0.053		
10:0.....g	0.059	0.001	12	A	1		0.111		
12:0.....g	0.066	0.001	12	A	1		0.125		
13:0.....g									
14:0.....g	0.218	0.003	12	A	1		0.411		
15:0.....g	0.024	0.000	12	A	1		0.046		
16:0.....g	0.810	0.012	12	A	1		1.530		
17:0.....g	0.016	0.000	12	A	1		0.031		
18:0.....g	0.299	0.004	12	A	1		0.566		
20:0.....g	0.019	0.000	12	A	1		0.036		
22:0.....g	0.011	0.000	12	A	1		0.022		
24:0.....g	0.006	0.000	12	A	1		0.012		
Fatty acids, total monounsaturated.....g	2.216		0	NC	4		4.188		
14:1.....g	0.017	0.000	12	A	1		0.032		
15:1.....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated.....g	0.043	0.001	12	AS	1		0.081		
16:1 c.....g	0.035	0.001	12	A	1		0.066		
16:1 t.....g	0.008	0.000	12	A	1		0.015		
17:1.....g	0.006	0.000	12	A	1		0.012		
18:1 undifferentiated.....g	2.089	0.028	12	AS	1		3.948		
18:1 c.....g	2.028	0.027	12	A	1		3.832		
18:1 t.....g	0.061	0.001	12	A	1		0.116		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.057	0.001	12	A	1		0.108		
22:1 undifferentiated.....g	0.002	0.000	12	AS	1		0.003		
22:1 c.....g	0.002	0.000	12	A	1		0.003		
22:1 t.....g	0.000	0.000	12	A	1		0.000		
24:1 c.....g	0.002	0.001	12	A	1		0.004		
Fatty acids, total polyunsaturated.....g	1.044		0	NC	4		1.973		
18:2 undifferentiated.....g	0.786	0.009	12	AS	1		1.486		
18:2 n-6 c,c.....g	0.749	0.008	12	A	1		1.415		
18:2 CLAs.....g	0.015	0.000	12	A	1		0.029		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.001	12	A	1		0.042		
18:3 undifferentiated.....g	0.230	0.004	12	AS	1		0.435		
18:3 n-3 c,c,c (ALA).....g	0.229	0.004	12	A	1		0.433		
18:3 n-6 c,c,c.....g	0.001	0.000	12	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.001		
20:2 n-6 c,c.....g	0.003	0.000	12	A	1		0.005		
20:3 undifferentiated.....g	0.003	0.000	12	AS	1		0.006		
20:3 n-3.....g	0.000	0.000	12	A	1		0.000		
20:3 n-6.....g	0.003	0.000	12	A	1		0.006		
20:4 undifferentiated.....g	0.003	0.001	12	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.012	0.002	12	A	1		0.023		
21:5.....g									
22:4.....g	0.003	0.000	12	A	1		0.005		
22:5 n-3 (DPA).....g	0.002	0.000	12	A	1		0.003		
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total trans.....g	0.092		0	NC	4		0.173		
Fatty acids, total trans-monoenoic.....g	0.069		0	NC	4		0.131		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	8	0.208	6	A	1		15		
Phytosterols.....mg									

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

NDB No. 32005

Macaroni and cheese, box mix with cheese sauce, prepared

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

food, or similar food.

Common Measures:

Measure 1 = 189g: 1 cup prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Macaroni and cheese, box mix with cheese sauce, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.184		0	FLC	4		0.296	0.438	
4:0.....g	0.019		0	FLC	4		0.005	0.007	
6:0.....g	0.009		0	FLC	4		0.002	0.003	
8:0.....g	0.006		0	FLC	4		0.001	0.002	
10:0.....g	0.013		0	FLC	4		0.003	0.005	
12:0.....g	0.013		0	FLC	4		0.003	0.005	
13:0.....g									
14:0.....g	0.051		0	FLC	4		0.013	0.019	
15:0.....g									
16:0.....g	0.699		0	FLC	4		0.175	0.259	
17:0.....g									
18:0.....g	0.270		0	FLC	4		0.068	0.100	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.070		0	FLC	4		1.518	2.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLC	4		0.008	0.011	
17:1.....g									
18:1 undifferentiated.....g	5.911		0	FLC	4		1.478	2.187	
20:1.....g	0.121		0	FLC	4		0.030	0.045	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.962		0	FLC	4		0.740	1.096	
18:2 undifferentiated.....g	2.102		0	FLC	4		0.525	0.778	
18:3 undifferentiated.....g	0.860		0	FLC	4		0.215	0.318	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	FLC	4		1	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	FLC	4		0.037	0.054	
Threonine.....g	0.400		0	FLC	4		0.100	0.148	
Isoleucine.....g	0.474		0	FLC	4		0.119	0.176	
Leucine.....g	0.859		0	FLC	4		0.215	0.318	
Lysine.....g	0.424		0	FLC	4		0.106	0.157	
Methionine.....g	0.162		0	FLC	4		0.040	0.060	
Cystine.....g	0.169		0	FLC	4		0.042	0.063	
Phenylalanine.....g	0.522		0	FLC	4		0.131	0.193	
Tyrosine.....g	0.290		0	FLC	4		0.073	0.107	
Valine.....g	0.539		0	FLC	4		0.135	0.199	
Arginine.....g	0.375		0	FLC	4		0.094	0.139	
Histidine.....g	0.251		0	FLC	4		0.063	0.093	
Alanine.....g	0.352		0	FLC	4		0.088	0.130	
Aspartic acid.....g	0.594		0	FLC	4		0.149	0.220	
Glutamic acid.....g	3.192		0	FLC	4		0.798	1.181	
Glycine.....g	0.310		0	FLC	4		0.077	0.115	
Proline.....g	1.171		0	FLC	4		0.293	0.433	
Serine.....g	0.516		0	FLC	4		0.129	0.191	
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. 32004

Macaroni and cheese, box mix with cheese sauce, unprepared

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

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

Common Measures:

Measure 1 = 25g: 1 serving (3.5 oz)

Measure 2 = 37g: 1 serving (4 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from 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
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.4		2	A	1		12.6		
Dihydrophyloquinone.....µg	5.9		2	A	1		11.6		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.816		0	NC	4		3.595		
4:0.....g	0.018	0.000	12	A	1		0.036		
6:0.....g	0.014	0.000	12	A	1		0.028		
8:0.....g	0.010	0.000	12	A	1		0.019		
10:0.....g	0.024	0.001	12	A	1		0.048		
12:0.....g	0.029	0.001	12	A	1		0.057		
13:0.....g									
14:0.....g	0.093	0.003	12	A	1		0.184		
15:0.....g	0.011	0.000	12	A	1		0.023		
16:0.....g	1.032	0.011	12	A	1		2.044		
17:0.....g	0.013	0.000	12	A	1		0.027		
18:0.....g	0.514	0.006	12	A	1		1.019		
20:0.....g	0.023	0.000	12	A	1		0.045		
22:0.....g	0.023	0.000	12	A	1		0.045		
24:0.....g	0.010	0.000	12	A	1		0.019		
Fatty acids, total monounsaturated.....g	3.687		0	NC	4		7.299		
14:1.....g	0.007	0.000	12	A	1		0.014		
15:1.....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated.....g	0.021	0.001	12	AS	1		0.041		
16:1 c.....g	0.017	0.000	12	A	1		0.033		
16:1 t.....g	0.004	0.000	12	A	1		0.008		
17:1.....g	0.005	0.000	12	A	1		0.010		
18:1 undifferentiated.....g	3.638	0.048	12	AS	1		7.204		
18:1 c.....g	2.496	0.033	12	A	1		4.942		
18:1 t.....g	1.142	0.015	12	A	1		2.262		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.015	0.000	12	A	1		0.031		
22:1 undifferentiated.....g	0.000	0.000	12	AS	1		0.000		
22:1 c.....g	0.000	0.000	12	A	1		0.000		
22:1 t.....g	0.000	0.000	12	A	1		0.000		
24:1 c.....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.880		0	NC	4		3.723		
18:2 undifferentiated.....g	1.673	0.018	12	AS	1		3.312		
18:2 n-6 c,c.....g	1.563	0.016	12	A	1		3.096		
18:2 CLAs.....g	0.012	0.000	12	A	1		0.023		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.098	0.002	12	A	1		0.193		
18:3 undifferentiated.....g	0.199	0.002	12	AS	1		0.394		
18:3 n-3 c,c,c (ALA).....g	0.190	0.002	12	A	1		0.376		
18:3 n-6 c,c,c.....g	0.009	0.000	12	A	1		0.017		
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	12	A	1		0.004		
20:3 undifferentiated.....g	0.001	0.000	12	AS	1		0.002		
20:3 n-3.....g	0.000	0.000	12	A	1		0.000		
20:3 n-6.....g	0.001	0.000	12	A	1		0.002		
20:4 undifferentiated.....g	0.005	0.000	12	A	1		0.011		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	12	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total trans.....g	1.244		0	NC	4		2.463		
Fatty acids, total trans-monoenoic.....g	1.146		0	NC	4		2.269		
Fatty acids, total trans-polyenoic.....g	0.098		0	NC	4		0.193		
Cholesterol.....mg	3	0.261	6	A	1		6		

NDB No. 22960

Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.060		0	A	1		0.119	
Threonine.....g	0.204		0	A	1		0.404	
Isoleucine.....g	0.248		0	A	1		0.491	
Leucine.....g	0.452		0	A	1		0.895	
Lysine.....g	0.190		0	A	1		0.376	
Methionine.....g	0.063		0	A	1		0.124	
Cystine.....g	0.114		0	A	1		0.226	
Phenylalanine.....g	0.288		0	A	1		0.570	
Tyrosine.....g	0.172		0	A	1		0.341	
Valine.....g	0.280		0	A	1		0.554	
Arginine.....g	0.224		0	A	1		0.443	
Histidine.....g	0.122		0	A	1		0.241	
Alanine.....g	0.196		0	A	1		0.388	
Aspartic acid.....g	0.297		0	A	1		0.588	
Glutamic acid.....g	1.805		0	A	1		3.573	
Glycine.....g	0.180		0	A	1		0.356	
Proline.....g	0.677		0	A	1		1.340	
Serine.....g	0.302		0	A	1		0.598	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 198g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22970

Macaroni and cheese, frozen entree

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.39	0.159	20	A	1		95.06	196.37	
Energy.....kcal	149		0	NC	4		204	422	
Energy.....kJ	624		0	NC	4		855	1766	
Protein.....g	5.60	0.039	20	A	1		7.68	15.86	
Total lipid (fat).....g	6.41	0.087	20	A	1		8.78	18.14	
Ash.....g	1.31	0.012	20	A	1		1.80	3.72	
Carbohydrate, by difference.....g	17.28		0	NC	4		23.68	48.91	
Fiber, total dietary.....g	1.1	0.044	7	A	1		1.5	3.1	
Sugars, total.....g	1.53	0.031	14	A	1		2.09	4.32	
Sucrose.....g	0.00	0.000	14	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	14	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	14	A	1		0.00	0.00	
Lactose.....g	1.23	0.014	14	A	1		1.69	3.48	
Maltose.....g	0.30	0.026	14	A	1		0.41	0.84	
Galactose.....g	0.00	0.000	14	A	1		0.00	0.00	
Starch.....g	13.71	0.266	14	A	1		18.78	38.79	
Minerals:									
Calcium, Ca.....mg	114	0.921	20	A	1		156	322	
Iron, Fe.....mg	0.57	0.034	20	A	1		0.78	1.62	
Magnesium, Mg.....mg	17	0.295	20	A	1		23	47	
Phosphorus, P.....mg	119	0.975	20	A	1		163	336	
Potassium, K.....mg	95	1.466	20	A	1		130	269	
Sodium, Na.....mg	290	2.545	20	A	1		398	821	
Zinc, Zn.....mg	0.80	0.013	20	A	1		1.09	2.25	
Copper, Cu.....mg	0.051	0.002	20	A	1		0.069	0.143	
Manganese, Mn.....mg	0.216	0.006	20	A	1		0.296	0.612	
Selenium, Se.....µg	18.5	0.631	14	A	1		25.4	52.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.054	0.005	20	A	1		0.074	0.152	
Riboflavin.....mg	0.057	0.003	20	A	1		0.078	0.160	
Niacin.....mg	0.739	0.018	20	A	1		1.012	2.091	
Pantothenic acid.....mg	0.388	0.006	7	A	1		0.532	1.099	
Vitamin B-6.....mg	0.042	0.001	14	A	1		0.057	0.119	
Folate, total.....µg	7		0	FLA	4		10	20	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	7		0	NR	4		10	20	
Folate, DFE.....µg	7		0	NC	4		10	20	
Choline, total.....mg	8.3		0	FLA	4		11.3	23.4	
Betaine.....mg									
Vitamin B-12.....µg	0.12	0.007	14	A	1		0.16	0.33	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	47		0	NC	4		64	132	
Retinol.....µg	45		0	NR	4		62	127	
Carotene, beta.....µg	20		0	FLA	4		27	56	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	182		0	AS	1		250	516	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	4		0	FLA	4		5	10	
Vitamin E (alpha-tocopherol).....mg	0.25	0.029	7	A	1		0.34	0.71	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.004	7	A	1		0.06	0.11	
Tocopherol, gamma.....mg	1.04	0.156	7	A	1		1.42	2.94	
Tocopherol, delta.....mg	0.40	0.063	7	A	1		0.55	1.13	
Tocotrienol, alpha.....mg	0.04	0.005	7	A	1		0.06	0.12	
Tocotrienol, beta.....mg	0.27	0.017	7	A	1		0.37	0.77	

Macaroni and cheese, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02	0.011	7	A	1		0.02	0.05	
Tocotrienol, delta.....mg	0.02	0.003	7	A	1		0.03	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	5.1		0	FLA	4		6.9	14.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.608		0	NC	4		3.573	7.381	
4:0.....g	0.069	0.008	20	A	1		0.095	0.196	
6:0.....g	0.065	0.001	20	A	1		0.089	0.185	
8:0.....g	0.043	0.001	20	A	1		0.059	0.122	
10:0.....g	0.100	0.002	20	A	1		0.137	0.283	
12:0.....g	0.117	0.002	20	A	1		0.160	0.331	
13:0.....g									
14:0.....g	0.378	0.007	20	A	1		0.517	1.069	
15:0.....g	0.041	0.001	20	A	1		0.056	0.115	
16:0.....g	1.275	0.024	20	A	1		1.747	3.610	
17:0.....g	0.026	0.001	20	A	1		0.035	0.073	
18:0.....g	0.468	0.010	20	A	1		0.642	1.325	
20:0.....g	0.011	0.000	20	A	1		0.016	0.032	
22:0.....g	0.008	0.000	20	A	1		0.011	0.024	
24:0.....g	0.004	0.000	20	A	1		0.005	0.010	
Fatty acids, total monounsaturated.....g	1.433		0	NC	4		1.963	4.054	
14:1.....g	0.032	0.001	20	A	1		0.044	0.092	
15:1.....g	0.000	0.000	19	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.070	0.003	20	AS	1		0.096	0.198	
16:1 c.....g	0.056	0.002	20	A	1		0.077	0.159	
16:1 t.....g	0.014	0.000	20	A	1		0.019	0.039	
17:1.....g	0.009	0.000	19	A	1		0.012	0.025	
18:1 undifferentiated.....g	1.305	0.025	20	AS	1		1.787	3.692	
18:1 c.....g	1.199	0.019	20	A	1		1.643	3.393	
18:1 t.....g	0.106	0.009	20	A	1		0.145	0.299	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.001	20	A	1		0.022	0.045	
22:1 undifferentiated.....g	0.001	0.000	19	AS	1		0.001	0.003	
22:1 c.....g	0.001	0.000	19	A	1		0.001	0.003	
22:1 t.....g	0.000	0.000	19	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	20	A	1		0.000	0.001	
Fatty acids, total polyunsaturated.....g	1.363		0	NC	4		1.867	3.857	
18:2 undifferentiated.....g	1.195	0.019	20	AS	1		1.637	3.381	
18:2 n-6 c,c.....g	1.138	0.018	20	A	1		1.559	3.220	
18:2 CLAs.....g	0.023	0.001	20	A	1		0.032	0.066	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.034	0.001	20	A	1		0.046	0.096	
18:3 undifferentiated.....g	0.147	0.003	20	AS	1		0.202	0.417	
18:3 n-3 c,c,c (ALA).....g	0.146	0.003	20	A	1		0.201	0.414	
18:3 n-6 c,c,c.....g	0.001	0.000	20	A	1		0.001	0.003	
18:3i.....g									
18:4.....g	0.000	0.000	19	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	20	A	1		0.003	0.006	
20:3 undifferentiated.....g	0.004	0.000	20	AS	1		0.006	0.013	
20:3 n-3.....g	0.000	0.000	20	A	1		0.000	0.000	
20:3 n-6.....g	0.004	0.000	20	A	1		0.006	0.012	
20:4 undifferentiated.....g	0.006	0.000	20	A	1		0.009	0.018	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	20	A	1		0.003	0.006	
21:5.....g									
22:4.....g	0.001	0.000	20	A	1		0.002	0.004	
22:5 n-3 (DPA).....g	0.003	0.000	20	A	1		0.004	0.009	

NDB No. 22970

Macaroni and cheese, frozen entree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	20	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.153		0	NC	4	0.210	0.433	
Fatty acids, total trans-monoenoic.....g	0.119		0	NC	4	0.163	0.337	
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4	0.046	0.096	
Cholesterol.....mg	10	0.324	20	A	1	14	29	
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 = 137g: 1 cup

Measure 2 = 283g: 1 container (mean weight over brands)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.409		0	NC	4		0.405		
4:0.....g	0.007		0	BFFN	4		0.007		
6:0.....g	0.003		0	BFFN	4		0.003		
8:0.....g	0.002		0	BFFN	4		0.002		
10:0.....g	0.005		0	BFFN	4		0.005		
12:0.....g	0.005		0	BFFN	4		0.005		
13:0.....g									
14:0.....g	0.019		0	BFFN	4		0.019		
15:0.....g									
16:0.....g	0.264		0	BFFN	4		0.262		
17:0.....g									
18:0.....g	0.102		0	BFFN	4		0.101		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.291		0	NC	4		2.268		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	BFFN	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	2.234		0	BFFN	4		2.212		
20:1.....g	0.046		0	BFFN	4		0.045		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.119		0	NC	4		1.108		
18:2 undifferentiated.....g	0.794		0	BFFN	4		0.786		
18:3 undifferentiated.....g	0.325		0	BFFN	4		0.322		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	15		0	LC	8		15		
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 = 99g: 1 serving (3.5 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Macaroni or noodles with cheese, microwaveable, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.814		0	NC	4		1.716		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.400		0	BFZN	4		0.244		
15:0.....g									
16:0.....g	1.883		0	BFZN	4		1.149		
17:0.....g									
18:0.....g	0.531		0	BFZN	4		0.324		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.625		0	NC	4		0.991		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.625		0	BFZN	4		0.991		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.987		0	NC	4		1.212		
18:2 undifferentiated.....g	1.987		0	BFZN	4		1.212		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	8		0	LC	8		5		
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 = 61g: 1 serving 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.697		0	NC	4		0.815	0.293	
4:0.....g	0.018		2	A	1		0.022	0.008	
6:0.....g	0.013		2	A	1		0.015	0.005	
8:0.....g	0.011		2	A	1		0.013	0.005	
10:0.....g	0.028		2	A	1		0.033	0.012	
12:0.....g	0.024		2	A	1		0.028	0.010	
13:0.....g									
14:0.....g	0.079		2	A	1		0.093	0.033	
15:0.....g	0.009		2	A	1		0.010	0.004	
16:0.....g	0.395		2	A	1		0.462	0.166	
17:0.....g	0.006		2	A	1		0.007	0.003	
18:0.....g	0.101		2	A	1		0.118	0.042	
20:0.....g	0.004		2	A	1		0.005	0.002	
22:0.....g	0.004		2	A	1		0.004	0.001	
24:0.....g	0.003		2	A	1		0.004	0.001	
Fatty acids, total monounsaturated.....g	0.546		0	NC	4		0.639	0.229	
14:1.....g	0.008		2	A	1		0.009	0.003	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.013		0	AS	1		0.015	0.005	
16:1 c.....g	0.011		2	A	1		0.013	0.005	
16:1 t.....g	0.002		2	A	1		0.002	0.001	
17:1.....g	0.002		2	A	1		0.002	0.001	
18:1 undifferentiated.....g	0.516		0	AS	1		0.604	0.217	
18:1 c.....g	0.434		2	A	1		0.508	0.182	
18:1 t.....g	0.082		2	A	1		0.096	0.035	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007		2	A	1		0.008	0.003	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.519		0	NC	4		0.608	0.218	
18:2 undifferentiated.....g	0.485		0	AS	1		0.567	0.204	
18:2 n-6 c,c.....g	0.466		2	A	1		0.545	0.196	
18:2 CLAs.....g	0.004		2	A	1		0.005	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.015		2	A	1		0.018	0.006	
18:3 undifferentiated.....g	0.030		0	AS	1		0.035	0.013	
18:3 n-3 c,c,c (ALA).....g	0.030		2	A	1		0.035	0.013	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001		2	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.001		0	AS	1		0.001	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.001		2	A	1		0.001	0.000	
20:4 undifferentiated.....g	0.004		2	A	1		0.004	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.099		0	NC	4		0.116	0.042	
Fatty acids, total trans-monoenoic.....g	0.084		0	NC	4		0.099	0.035	
Fatty acids, total trans-polyenoic.....g	0.015		0	NC	4		0.018	0.006	
Cholesterol.....mg	1		1	A	1		1	0	
Phytosterols.....mg									

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

NDB No. 32017

Pasta mix, Italian four cheese lasagna, unprepared

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

food, or similar food.

Common Measures:

Measure 1 = 117g: 1 package

Measure 2 = 42g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32010

Pasta mix, Italian lasagna, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.94	0.120	6	A	1		11.20	6.28	
Energy.....kcal	356		0	NC	4		503	282	
Energy.....kJ	1491		0	NC	4		2102	1178	
Protein (N x 6.25).....g	10.90	0.093	6	A	1		15.37	8.61	
Total lipid (fat).....g	1.97	0.071	6	A	1		2.77	1.55	
Ash.....g	5.41	0.148	6	A	1		7.64	4.28	
Carbohydrate, by difference.....g	73.77		0	NC	4		104.02	58.28	
Fiber, total dietary.....g	2.8	0.266	3	A	1		4.0	2.2	
Sugars, total.....g	11.27	0.995	3	A	1		15.89	8.90	
Sucrose.....g	6.83	0.555	3	A	1		9.63	5.40	
Glucose (dextrose).....g	0.60	0.058	3	A	1		0.85	0.47	
Fructose.....g	0.80	0.058	3	A	1		1.13	0.63	
Lactose.....g	0.37	0.033	3	A	1		0.52	0.29	
Maltose.....g	2.67	0.296	3	A	1		3.76	2.11	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	53.90	2.371	3	A	1		76.00	42.58	
Minerals:									
Calcium, Ca.....mg	52	1.041	6	A	1		74	41	
Iron, Fe.....mg	2.87	0.052	6	A	1		4.05	2.27	
Magnesium, Mg.....mg	37	0.577	6	A	1		53	30	
Phosphorus, P.....mg	124	2.251	6	A	1		175	98	
Potassium, K.....mg	277	5.624	6	A	1		390	219	
Sodium, Na.....mg	1850	46.332	6	A	1		2609	1462	
Zinc, Zn.....mg	0.84	0.023	6	A	1		1.19	0.66	
Copper, Cu.....mg	0.154	0.003	6	A	1		0.218	0.122	
Manganese, Mn.....mg	0.582	0.015	6	A	1		0.821	0.460	
Selenium, Se.....µg	24.9	2.536	3	A	1		35.1	19.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	FLC	4		1.2	0.7	
Thiamin.....mg	0.700	0.023	3	A	1		0.987	0.553	
Riboflavin.....mg	0.427	0.038	3	A	1		0.602	0.337	
Niacin.....mg	5.577	0.267	3	A	1		7.863	4.406	
Pantothenic acid.....mg	0.600		2	A	1		0.846	0.474	
Vitamin B-6.....mg	0.160	0.006	3	A	1		0.226	0.126	
Folate, total.....µg	113	5.292	3	A	1		159	89	
Folic acid.....µg	105		0	FLC	4		148	83	
Folate, food.....µg	8		0	NC	4		11	6	
Folate, DFE.....µg	187		0	NC	4		263	147	
Choline, total.....mg	9.7		0	FLC	4		13.7	7.7	
Betaine.....mg									
Vitamin B-12.....µg	0.19		1	A	1		0.27	0.15	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	10		0	FLC	4		14	8	
Retinol.....µg	3		0	FLC	4		4	3	
Carotene, beta.....µg	78		0	FLC	4		110	62	
Carotene, alpha.....µg	1		0	FLC	4		1	1	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	141		0	NC	4		199	112	
Lycopene.....µg	334		0	FLC	4		471	264	
Lutein + zeaxanthin.....µg	27		0	FLC	4		38	21	
Vitamin E (alpha-tocopherol).....mg	0.81		2	A	1		1.14	0.64	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.09		2	A	1		0.13	0.07	
Tocopherol, gamma.....mg	0.32		2	A	1		0.45	0.25	
Tocopherol, delta.....mg	0.06		2	A	1		0.08	0.05	
Tocotrienol, alpha.....mg	0.06		2	A	1		0.09	0.05	
Tocotrienol, beta.....mg	0.61		2	A	1		0.86	0.48	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	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	12.9		0	FLC	4		18.1	10.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.443		0	NC	4		0.624	0.350	
4:0.....g	0.014		2	A	1		0.019	0.011	
6:0.....g	0.008		2	A	1		0.011	0.006	
8:0.....g	0.020		2	A	1		0.028	0.016	
10:0.....g	0.028		2	A	1		0.040	0.022	
12:0.....g	0.013		2	A	1		0.018	0.010	
13:0.....g									
14:0.....g	0.036		2	A	1		0.051	0.028	
15:0.....g	0.006		2	A	1		0.008	0.005	
16:0.....g	0.241		2	A	1		0.339	0.190	
17:0.....g	0.004		2	A	1		0.005	0.003	
18:0.....g	0.066		2	A	1		0.093	0.052	
20:0.....g	0.004		2	A	1		0.005	0.003	
22:0.....g	0.003		2	A	1		0.004	0.002	
24:0.....g	0.002		2	A	1		0.003	0.002	
Fatty acids, total monounsaturated.....g	0.423		0	NC	4		0.596	0.334	
14:1.....g	0.003		2	A	1		0.004	0.002	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.007		0	AS	1		0.010	0.006	
16:1 c.....g	0.006		2	A	1		0.008	0.005	
16:1 t.....g	0.001		2	A	1		0.001	0.001	
17:1.....g	0.002		2	A	1		0.002	0.001	
18:1 undifferentiated.....g	0.405		0	AS	1		0.572	0.320	
18:1 c.....g	0.335		2	A	1		0.472	0.265	
18:1 t.....g	0.070		2	A	1		0.099	0.056	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006		2	A	1		0.008	0.005	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.415		0	NC	4		0.586	0.328	
18:2 undifferentiated.....g	0.388		0	AS	1		0.547	0.306	
18:2 n-6 c,c.....g	0.367		2	A	1		0.518	0.290	
18:2 CLAs.....g	0.003		2	A	1		0.004	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.017		2	A	1		0.025	0.014	
18:3 undifferentiated.....g	0.027		0	AS	1		0.037	0.021	
18:3 n-3 c,c,c (ALA).....g	0.027		2	A	1		0.037	0.021	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g	0.000		2	A	1		0.000	0.000	
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	0.001		2	A	1		0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	

NDB No. 32010

Pasta mix, Italian lasagna, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.089		0	NC	4	0.125	0.070	
Fatty acids, total trans-monoenoic.....g	0.071		0	NC	4	0.101	0.056	
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4	0.025	0.014	
Cholesterol.....mg	1		1	A	1	1	1	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

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

Common Measures:

Measure 1 = 141g: 1 package

Measure 2 = 79g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32009

Pasta mix, classic beef, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.58	0.074	6	A	1		10.47	3.78	
Energy.....kcal	354		0	NC	4		432	156	
Energy.....kJ	1482		0	NC	4		1808	652	
Protein (N x 6.25).....g	12.32	0.275	6	A	1		15.03	5.42	
Total lipid (fat).....g	1.78	0.017	6	A	1		2.18	0.78	
Ash.....g	5.12	0.091	6	A	1		6.25	2.25	
Carbohydrate, by difference.....g	72.20		0	NC	4		88.08	31.77	
Fiber, total dietary.....g	2.0		2	A	1		2.5	0.9	
Sugars, total.....g	4.95	0.506	3	A	1		6.04	2.18	
Sucrose.....g	0.40	0.000	3	A	1		0.49	0.18	
Glucose (dextrose).....g	0.10	0.000	3	A	1		0.12	0.04	
Fructose.....g	0.08	0.009	3	A	1		0.10	0.04	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	4.37	0.498	3	A	1		5.33	1.92	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	57.23	3.298	3	A	1		69.82	25.18	
Minerals:									
Calcium, Ca.....mg	21	0.363	6	A	1		26	9	
Iron, Fe.....mg	2.71	0.088	6	A	1		3.31	1.19	
Magnesium, Mg.....mg	39	3.038	6	A	1		48	17	
Phosphorus, P.....mg	127	1.783	6	A	1		155	56	
Potassium, K.....mg	342	9.119	6	A	1		417	151	
Sodium, Na.....mg	1537	34.416	6	A	1		1875	676	
Zinc, Zn.....mg	0.99	0.017	6	A	1		1.21	0.44	
Copper, Cu.....mg	0.163	0.003	6	A	1		0.199	0.072	
Manganese, Mn.....mg	0.657	0.009	6	A	1		0.802	0.289	
Selenium, Se.....µg	43.2	1.963	3	A	1		52.7	19.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6		0	FLC	4		3.2	1.1	
Thiamin.....mg	2.360	0.081	3	A	1		2.879	1.038	
Riboflavin.....mg	0.423	0.027	3	A	1		0.516	0.186	
Niacin.....mg	5.240	0.730	3	A	1		6.393	2.306	
Pantothenic acid.....mg	0.570		2	A	1		0.695	0.251	
Vitamin B-6.....mg	0.133	0.009	3	A	1		0.163	0.059	
Folate, total.....µg	127	20.947	3	A	1		154	56	
Folic acid.....µg	101		0	NR	4		123	45	
Folate, food.....µg	25		0	NC	4		31	11	
Folate, DFE.....µg	197		0	NC	4		241	87	
Choline, total.....mg	5.2		0	AS	1		6.4	2.3	
Betaine.....mg	8.6		1	A	1		10.5	3.8	
Vitamin B-12.....µg	0.01		0	FLC	4		0.01	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	FLC	4		1	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol).....mg	0.33		1	A	1		0.40	0.14	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.15		1	A	1		0.19	0.07	
Tocopherol, gamma.....mg	0.26		1	A	1		0.32	0.11	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.08		1	A	1		0.09	0.03	
Tocotrienol, beta.....mg	0.96		1	A	1		1.18	0.42	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	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	0.3		0	FLC	4		0.4	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.439		0	NC	4		0.536	0.193	
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	0.005		2	A	1		0.006	0.002	
10:0.....g	0.019		2	A	1		0.023	0.008	
12:0.....g	0.004		2	A	1		0.005	0.002	
13:0.....g									
14:0.....g	0.002		2	A	1		0.002	0.001	
15:0.....g	0.005		2	A	1		0.006	0.002	
16:0.....g	0.280		2	A	1		0.342	0.123	
17:0.....g	0.002		2	A	1		0.002	0.001	
18:0.....g	0.110		2	A	1		0.134	0.048	
20:0.....g	0.004		2	A	1		0.005	0.002	
22:0.....g	0.005		2	A	1		0.006	0.002	
24:0.....g	0.004		2	A	1		0.005	0.002	
Fatty acids, total monounsaturated.....g	0.501		0	NC	4		0.611	0.220	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.002		0	AS	1		0.002	0.001	
16:1 c.....g	0.002		2	A	1		0.002	0.001	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.490		0	AS	1		0.598	0.216	
18:1 c.....g	0.403		2	A	1		0.491	0.177	
18:1 t.....g	0.088		2	A	1		0.107	0.039	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009		2	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		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.808		0	NC	4		0.986	0.356	
18:2 undifferentiated.....g	0.768		0	AS	1		0.937	0.338	
18:2 n-6 c,c.....g	0.750		2	A	1		0.915	0.330	
18:2 CLAs.....g	0.000		2	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018		2	A	1		0.022	0.008	
18:3 undifferentiated.....g	0.039		0	AS	1		0.048	0.017	
18:3 n-3 c,c,c (ALA).....g	0.039		2	A	1		0.048	0.017	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001		2	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	

NDB No. 32009

Pasta mix, classic beef, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.106		0	NC	4	0.129	0.047	
Fatty acids, total trans-monoenoic.....g	0.088		0	NC	4	0.107	0.039	
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4	0.022	0.008	
Cholesterol.....mg	0		1	A	1	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 = 122g: 1 package

Measure 2 = 44g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32008

Pasta mix, classic cheeseburger macaroni, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.06	0.088	6	A	1		11.15	4.62	
Energy.....kcal	349		0	NC	4		430	178	
Energy.....kJ	1462		0	NC	4		1798	746	
Protein.....g	11.60	0.073	6	A	1		14.27	5.92	
Total lipid (fat).....g	1.88	0.060	6	A	1		2.32	0.96	
Ash.....g	5.94	0.272	6	A	1		7.31	3.03	
Carbohydrate, by difference.....g	71.51		0	NC	4		87.96	36.47	
Fiber, total dietary.....g	2.7		2	A	1		3.3	1.4	
Sugars, total.....g	4.97	0.348	3	A	1		6.11	2.53	
Sucrose.....g	2.50	0.208	3	A	1		3.08	1.28	
Glucose (dextrose).....g	0.17	0.033	3	A	1		0.21	0.09	
Fructose.....g	0.23	0.033	3	A	1		0.29	0.12	
Lactose.....g	0.70	0.058	3	A	1		0.86	0.36	
Maltose.....g	1.37	0.088	3	A	1		1.68	0.70	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	58.73	1.598	3	A	1		72.24	29.95	
Minerals:									
Calcium, Ca.....mg	28	0.276	6	A	1		34	14	
Iron, Fe.....mg	2.75	0.138	6	A	1		3.39	1.41	
Magnesium, Mg.....mg	35	0.852	6	A	1		43	18	
Phosphorus, P.....mg	131	1.932	6	A	1		161	67	
Potassium, K.....mg	204	6.483	6	A	1		251	104	
Sodium, Na.....mg	2152	66.754	6	A	1		2647	1097	
Zinc, Zn.....mg	0.82	0.040	6	A	1		1.01	0.42	
Copper, Cu.....mg	0.140	0.007	6	A	1		0.172	0.071	
Manganese, Mn.....mg	0.655	0.024	6	A	1		0.806	0.334	
Selenium, Se.....µg	37.8	3.431	3	A	1		46.5	19.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		0	FLC	4		2.9	1.2	
Thiamin.....mg	0.860	0.107	3	A	1		1.058	0.439	
Riboflavin.....mg	0.433	0.047	3	A	1		0.533	0.221	
Niacin.....mg	5.703	0.617	3	A	1		7.015	2.909	
Pantothenic acid.....mg	0.595		2	A	1		0.732	0.303	
Vitamin B-6.....mg	0.127	0.009	3	A	1		0.156	0.065	
Folate, total.....µg	122	24.624	3	A	1		150	62	
Folic acid.....µg	109		0	FLC	4		134	56	
Folate, food.....µg	13		0	NC	4		16	7	
Folate, DFE.....µg	198		0	NC	4		244	101	
Choline, total.....mg	8.8		0	FLC	4		10.8	4.5	
Betaine.....mg									
Vitamin B-12.....µg	0.30		1	A	1		0.37	0.15	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	25		0	FLC	4		30	13	
Retinol.....µg	7		0	FLC	4		9	4	
Carotene, beta.....µg	208		0	FLC	4		256	106	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	371		0	NC	4		457	189	
Lycopene.....µg	925		0	FLC	4		1138	472	
Lutein + zeaxanthin.....µg	37		0	FLC	4		45	19	
Vitamin E (alpha-tocopherol).....mg	0.43		1	A	1		0.53	0.22	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.16		1	A	1		0.19	0.08	
Tocopherol, gamma.....mg	0.17		1	A	1		0.21	0.09	
Tocopherol, delta.....mg	0.07		1	A	1		0.08	0.03	
Tocotrienol, alpha.....mg	0.08		1	A	1		0.09	0.04	
Tocotrienol, beta.....mg	0.81		1	A	1		1.00	0.41	

Pasta mix, classic cheeseburger macaroni, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	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	1.1		0	FLC	4		1.3	0.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.368		0	NC	4		0.453	0.188	
4:0.....g	0.015		2	A	1		0.019	0.008	
6:0.....g	0.004		2	A	1		0.005	0.002	
8:0.....g	0.020		2	A	1		0.024	0.010	
10:0.....g	0.021		2	A	1		0.026	0.011	
12:0.....g	0.018		2	A	1		0.023	0.009	
13:0.....g									
14:0.....g	0.017		2	A	1		0.021	0.009	
15:0.....g	0.003		2	A	1		0.004	0.002	
16:0.....g	0.201		2	A	1		0.247	0.103	
17:0.....g	0.002		2	A	1		0.002	0.001	
18:0.....g	0.058		2	A	1		0.072	0.030	
20:0.....g	0.003		2	A	1		0.003	0.001	
22:0.....g	0.003		2	A	1		0.003	0.001	
24:0.....g	0.002		2	A	1		0.002	0.001	
Fatty acids, total monounsaturated.....g	0.292		0	NC	4		0.359	0.149	
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	0.003		0	AS	1		0.003	0.001	
16:1 c.....g	0.003		2	A	1		0.003	0.001	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.001		2	A	1		0.001	0.001	
18:1 undifferentiated.....g	0.283		0	AS	1		0.349	0.145	
18:1 c.....g	0.239		2	A	1		0.294	0.122	
18:1 t.....g	0.045		2	A	1		0.055	0.023	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005		2	A	1		0.006	0.002	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.497		0	NC	4		0.611	0.253	
18:2 undifferentiated.....g	0.470		0	AS	1		0.578	0.240	
18:2 n-6 c,c.....g	0.459		2	A	1		0.565	0.234	
18:2 CLAs.....g	0.001		2	A	1		0.001	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.009		2	A	1		0.012	0.005	
18:3 undifferentiated.....g	0.027		0	AS	1		0.033	0.014	
18:3 n-3 c,c,c (ALA).....g	0.027		2	A	1		0.033	0.014	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001		2	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	

NDB No. 32008

Pasta mix, classic cheeseburger macaroni, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.054		0	NC	4	0.066	0.027	
Fatty acids, total trans-monoenoic.....g	0.045		0	NC	4	0.055	0.023	
Fatty acids, total trans-polyenoic.....g	0.009		0	NC	4	0.012	0.005	
Cholesterol.....mg	1		1	A	1	1	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

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

Common Measures:

Measure 1 = 123g: 1 package

Measure 2 = 51g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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Pasta with Sliced Franks in Tomato Sauce, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.791		0	NC	4		1.993		
4:0.....g	0.003		0	FLM	4		0.008		
6:0.....g	0.002		0	FLM	4		0.004		
8:0.....g	0.001		0	FLM	4		0.002		
10:0.....g	0.007		0	FLM	4		0.018		
12:0.....g	0.006		0	FLM	4		0.015		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.045		0	FLM	4		0.115		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.471		0	FLM	4		1.186		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.256		0	FLM	4		0.645		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.024		0	NC	4		2.581		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.093		0	FLM	4		0.234		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	0.898		0	FLM	4		2.263		
20:1.....g	0.006		0	FLM	4		0.016		
22:1 undifferentiated.....g	0.027		0	FLM	4		0.068		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.328		0	NC	4		0.825		
18:2 undifferentiated.....g	0.277		0	FLM	4		0.698		
18:3 undifferentiated.....g	0.051		0	FLM	4		0.127		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		23		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

Common Measures:

Measure 1 = 252g: 1 serving (1 cup)

Footnotes:

- 1 Mean of fortified and unfortified products. Values range from 0.1 mcg (unfortified) to 0.4 mcg (fortified).
- 2 Mean of fortified and unfortified products. Values range from 5 IU (unfortified) to 16 IU (fortified).

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

NDB No. 22522

Pasta with Sliced Franks in Tomato Sauce, canned entree

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22914

Pasta with tomato sauce, no meat, 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	82.15	0.198	11	A	1		207.01	195.51	
Energy.....kcal	70		0	NC	4		176	166	
Energy.....kJ	291		0	NC	4		733	693	
Protein.....g	2.22	0.096	11	A	1		5.59	5.27	
Total lipid (fat).....g	0.44	0.047	11	A	1		1.10	1.04	
Ash.....g	0.98	0.029	11	A	1		2.48	2.34	
Carbohydrate, by difference.....g	14.22		0	NC	4		35.83	33.84	
Fiber, total dietary.....g	0.9	0.024	5	A	1		2.2	2.0	
Sugars, total.....g	4.00	0.321	6	A	1		10.09	9.53	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.98	0.234	6	A	1		4.99	4.72	
Fructose.....g	2.02	0.092	6	A	1		5.10	4.82	
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	7.44	0.206	8	A	1		18.74	17.70	
Minerals:									
Calcium, Ca (1).....mg	13	0.469	11	A	1		32	30	
Iron, Fe.....mg	0.91	0.037	11	A	1		2.29	2.16	
Magnesium, Mg.....mg	14	0.515	11	A	1		35	33	
Phosphorus, P.....mg	39	1.057	11	A	1		97	92	
Potassium, K.....mg	192	8.290	11	A	1		485	458	
Sodium, Na.....mg	272	17.203	11	A	1		686	648	
Zinc, Zn.....mg	0.38	0.025	11	A	1		0.97	0.92	
Copper, Cu.....mg	0.054	0.005	11	A	1		0.136	0.128	
Manganese, Mn.....mg	0.162	0.007	11	A	1		0.407	0.384	
Selenium, Se.....µg	9.0		2	A	1		22.7	21.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	6	A	1		0.0	0.0	
Thiamin.....mg	0.058	0.005	6	A	1		0.147	0.139	
Riboflavin.....mg	0.052	0.007	6	A	1		0.130	0.123	
Niacin.....mg	1.302	0.054	6	A	1		3.280	3.098	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.058	0.004	6	A	1		0.146	0.138	
Folate, total.....µg	31		0	FLA	4		77	73	
Folic acid.....µg	27		0	FLA	4		68	64	
Folate, food.....µg	4		0	FLA	4		9	9	
Folate, DFE.....µg	50		0	NC	4		125	118	
Choline, total.....mg	4.1		0	FLA	4		10.4	9.8	
Betaine.....mg									
Vitamin B-12.....µg	0.01		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	36		0	NC	4		91	86	
Retinol.....µg	2		0	FLA	4		4	4	
Carotene, beta.....µg	407	169.637	6	A	1		1026	969	
Carotene, alpha.....µg	14	8.953	6	A	1		34	33	
Cryptoxanthin, beta.....µg	0	0.000	6	A	1		0	0	
Vitamin A, IU.....IU	696		0	NC	4		1753	1656	
Lycopene.....µg	2678	141.903	6	A	1		6748	6373	
Lutein + zeaxanthin.....µg	92	5.070	6	A	1		233	220	
Vitamin E (alpha-tocopherol).....mg	0.62	0.029	6	A	1		1.57	1.49	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.005	6	A	1		0.10	0.10	
Tocopherol, gamma.....mg	0.08	0.018	6	A	1		0.20	0.19	
Tocopherol, delta.....mg	0.02	0.005	6	A	1		0.04	0.04	
Tocotrienol, alpha.....mg	0.03	0.004	6	A	1		0.09	0.08	
Tocotrienol, beta.....mg	0.28	0.010	6	A	1		0.70	0.66	

NDB No. 22914

Pasta with tomato sauce, no meat, 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
Tocotrienol, gamma.....mg	0.00	0.002	6	A	1		0.01	0.01	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3) (2).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D (3).....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	1.2		2	A	1		3.1	3.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.136		0	NC	4		0.342	0.323	
4:0.....g	0.002	0.000	11	A	1		0.004	0.004	
6:0.....g	0.000	0.000	11	A	1		0.000	0.000	
8:0.....g	0.001	0.000	11	A	1		0.002	0.002	
10:0.....g	0.003	0.002	11	A	1		0.008	0.007	
12:0.....g	0.002	0.000	11	A	1		0.006	0.006	
13:0.....g									
14:0.....g	0.009	0.001	11	A	1		0.023	0.021	
15:0.....g	0.001	0.000	11	A	1		0.004	0.004	
16:0.....g	0.092	0.006	11	A	1		0.232	0.219	
17:0.....g	0.001	0.000	11	A	1		0.002	0.002	
18:0.....g	0.020	0.001	11	A	1		0.051	0.048	
20:0.....g	0.001	0.000	11	A	1		0.003	0.002	
22:0.....g	0.002	0.000	11	A	1		0.004	0.004	
24:0.....g	0.001	0.000	11	A	1		0.003	0.003	
Fatty acids, total monounsaturated.....g	0.088		0	NC	4		0.223	0.211	
14:1.....g	0.000	0.000	11	A	1		0.001	0.001	
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.002	0.000	11	AS	1		0.004	0.004	
16:1 c.....g	0.002	0.000	11	A	1		0.004	0.004	
16:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
17:1.....g	0.000	0.000	11	A	1		0.001	0.001	
18:1 undifferentiated.....g	0.081	0.008	11	AS	1		0.204	0.193	
18:1 c.....g	0.077	0.008	11	A	1		0.194	0.183	
18:1 t.....g	0.004	0.000	11	A	1		0.010	0.009	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.002	0.000	11	A	1		0.005	0.005	
22:1 undifferentiated.....g	0.001	0.000	11	AS	1		0.002	0.002	
22:1 c.....g	0.001	0.000	11	A	1		0.002	0.002	
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g	0.002	0.001	11	A	1		0.006	0.006	
Fatty acids, total polyunsaturated.....g	0.171		0	NC	4		0.431	0.407	
18:2 undifferentiated.....g	0.155	0.014	11	AS	1		0.390	0.368	
18:2 n-6 c,c.....g	0.152	0.015	11	A	1		0.384	0.363	
18:2 CLAs.....g	0.000	0.000	11	A	1		0.001	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	11	A	1		0.005	0.004	
18:3 undifferentiated.....g	0.012	0.001	11	AS	1		0.031	0.029	
18:3 n-3 c,c,c (ALA).....g	0.012	0.001	11	A	1		0.031	0.029	
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.001	0.000	11	AS	1		0.003	0.002	
20:3 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	11	A	1		0.003	0.002	
20:4 undifferentiated.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	11	A	1		0.003	0.003	
21:5.....g									
22:4.....g	0.001	0.000	11	A	1		0.004	0.004	
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000	0.000	

NDB No. 22914

Pasta with tomato sauce, no meat, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.006		0	NC	4	0.015	0.014	
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4	0.010	0.010	
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.005	0.004	
Cholesterol.....mg	1		0	FLA	4	2	2	
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 = 252g: 1 serving (1 NLEA serving)

Measure 2 = 238g: 1 cup

Footnotes:

- 1 Mean of fortified and unfortified products. Values range from 12.8 mg (unfortified) to 119 mg (fortified at 30% DV per serving)
- 2 Mean of fortified and unfortified products. Values range from 0.0 mcg (unfortified) to 1 mcg (fortified)
- 3 Mean of fortified and unfortified products. Values range from 0 IU (unfortified) to 40 IU (fortified at 25% DV per serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32012
Pizza rolls, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.494		0	LC	8		1.995		
4:0.....g	0.050		0	FLC	4		0.040		
6:0.....g	0.010		0	FLC	4		0.008		
8:0.....g	0.012		0	FLC	4		0.010		
10:0.....g	0.025		0	FLC	4		0.020		
12:0.....g	0.020		0	FLC	4		0.016		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.168		0	FLC	4		0.134		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.475		0	FLC	4		1.180		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.678		0	FLC	4		0.542		
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	3.849		0	FLC	4		3.079		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.066		0	FLC	4		0.053		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	3.758		0	FLC	4		3.007		
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	2.853		0	FLC	4		2.282		
18:2 undifferentiated.....g	2.646		0	FLC	4		2.117		
18:3 undifferentiated.....g	0.200		0	FLC	4		0.160		
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	1.200		0	NR	4		0.960		
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 = 80g: 1 serving 6 rolls

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22971
 Potato salad with egg

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.99	0.651	10	A	1		88.74		
Energy.....kcal	157		0	NC	4		196		
Energy.....kJ	658		0	NC	4		823		
Protein.....g	1.96	0.179	11	A	1		2.45		
Total lipid (fat).....g	9.40	0.875	10	A	1		11.75		
Ash.....g	1.47	0.069	10	A	1		1.84		
Carbohydrate, by difference.....g	16.18		0	NC	4		20.22		
Fiber, total dietary.....g	1.3	0.072	6	A	1		1.7		
Sugars, total.....g	4.95	0.647	6	A	1		6.19		
Sucrose.....g	1.70	0.673	6	A	1		2.13		
Glucose (dextrose).....g	1.54	0.335	6	A	1		1.93		
Fructose.....g	1.31	0.281	6	A	1		1.64		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.39	0.280	6	A	1		0.49		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	8.48	0.105	6	A	1		10.59		
Minerals:									
Calcium, Ca.....mg	15	1.166	10	A	1		18		
Iron, Fe.....mg	0.50	0.038	10	A	1		0.62		
Magnesium, Mg.....mg	15	0.520	10	A	1		19		
Phosphorus, P.....mg	53	3.173	10	A	1		67		
Potassium, K.....mg	242	4.780	10	A	1		303		
Sodium, Na.....mg	329	24.196	10	A	1		411		
Zinc, Zn.....mg	0.33	0.023	10	A	1		0.41		
Copper, Cu.....mg	0.041	0.006	10	A	1		0.051		
Manganese, Mn.....mg	0.112	0.004	10	A	1		0.140		
Selenium, Se.....µg	2.4	0.198	6	A	1		3.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.202	6	A	1		1.1		
Thiamin.....mg	0.032	0.004	10	A	1		0.041		
Riboflavin.....mg	0.017	0.003	10	A	1		0.022		
Niacin.....mg	0.800	0.057	10	A	1		1.000		
Pantothenic acid.....mg	0.443	0.024	3	A	1		0.554		
Vitamin B-6.....mg	0.115	0.010	6	A	1		0.144		
Folate, total.....µg	13		0	FLA	4		17		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	13		0	FLA	4		17		
Folate, DFE.....µg	13		0	NC	4		17		
Choline, total.....mg	18.2		0	FLA	4		22.8		
Betaine.....mg									
Vitamin B-12.....µg	0.07	0.016	6	A	1		0.09		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	19		0	NC	4		24		
Retinol.....µg	13		0	FLA	4		17		
Carotene, beta.....µg	67	41.609	3	A	1		84		
Carotene, alpha.....µg	5	3.580	3	A	1		6		
Cryptoxanthin, beta.....µg	3	0.753	3	A	1		3		
Vitamin A, IU.....IU	163		0	NC	4		203		
Lycopene.....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin.....µg	43	5.482	3	A	1		54		
Vitamin E (alpha-tocopherol).....mg	0.68	0.149	3	A	1		0.85		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.17	0.026	3	A	1		0.22		
Tocopherol, gamma.....mg	5.74	0.945	3	A	1		7.17		
Tocopherol, delta.....mg	2.23	0.370	3	A	1		2.79		
Tocotrienol, alpha.....mg	0.00	0.002	3	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.007	3	A	1		0.01		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	FLA	4		5		
Vitamin K (phylloquinone).....µg	14.3	1.112	6	A	1		17.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.437		0	NC	4		1.796		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.002	0.000	10	A	1		0.002		
10:0.....g	0.002	0.001	10	A	1		0.003		
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.008	0.001	10	A	1		0.010		
15:0.....g	0.003	0.000	10	A	1		0.003		
16:0.....g	0.965	0.097	10	A	1		1.206		
17:0.....g	0.009	0.001	10	A	1		0.012		
18:0.....g	0.387	0.033	10	A	1		0.484		
20:0.....g	0.027	0.003	10	A	1		0.033		
22:0.....g	0.026	0.003	10	A	1		0.033		
24:0.....g	0.009	0.001	10	A	1		0.011		
Fatty acids, total monounsaturated.....g	2.000		0	NC	4		2.499		
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	0.020	0.004	10	AS	1		0.025		
16:1 c.....g	0.020	0.003	10	A	1		0.025		
16:1 t.....g	0.000	0.000	10	A	1		0.000		
17:1.....g	0.006	0.000	10	A	1		0.007		
18:1 undifferentiated.....g	1.931	0.200	10	AS	1		2.413		
18:1 c.....g	1.926	0.199	10	A	1		2.408		
18:1 t.....g	0.004	0.000	10	A	1		0.005		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.002	10	A	1		0.034		
22:1 undifferentiated.....g	0.016	0.003	10	AS	1		0.020		
22:1 c.....g	0.014	0.003	10	A	1		0.017		
22:1 t.....g	0.002	0.000	10	A	1		0.003		
24:1 c.....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.983		0	NC	4		6.228		
18:2 undifferentiated.....g	4.330	0.462	10	AS	1		5.413		
18:2 n-6 c,c.....g	4.307	0.459	10	A	1		5.384		
18:2 CLAs.....g	0.004	0.001	10	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.004	10	A	1		0.023		
18:3 undifferentiated.....g	0.631	0.059	10	AS	1		0.789		
18:3 n-3 c,c,c (ALA).....g	0.630	0.059	10	A	1		0.788		
18:3 n-6 c,c,c.....g	0.001	0.000	10	A	1		0.001		
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	10	A	1		0.005		
20:3 undifferentiated.....g	0.001	0.000	10	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	10	A	1		0.000		
20:3 n-6.....g	0.001	0.000	10	A	1		0.001		
20:4 undifferentiated.....g	0.013	0.003	10	A	1		0.016		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000		
21:5.....g									
22:4.....g	0.001	0.000	10	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1		0.000		

NDB No. 22971

Potato salad with egg

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.003	0.001	10	A	1	0.004		
Fatty acids, total trans.....g	0.025		0	NC	4	0.031		
Fatty acids, total trans-monoenoic.....g	0.007		0	NC	4	0.008		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4	0.023		
Cholesterol.....mg	17	4.087	10	A	1	21		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	0		

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

Common Measures:

Measure 1 = 125g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32013

Potsticker or wonton, pork and vegetable, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.724		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	0.009		0	FLC	4		0.012		
12:0.....g	0.002		0	FLC	4		0.004		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.071		0	FLC	4		0.103		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.043		0	FLC	4		1.512		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.553		0	FLC	4		0.802		
20:0.....g	0.001		0	FLC	4		0.002		
22:0.....g	0.001		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.519		0	FLC	4		3.653		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.166		0	FLC	4		0.241		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.276		0	FLC	4		3.301		
20:1.....g	0.040		0	FLC	4		0.058		
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	0.782		0	FLC	4		1.134		
18:2 undifferentiated.....g	0.684		0	FLC	4		0.992		
18:3 undifferentiated.....g	0.057		0	FLC	4		0.082		
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	0.021		0	FLC	4		0.030		
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		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 = 145g: 5 pieces 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22972

Pulled pork in barbecue sauce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.99	0.353	11	A	1		151.88		
Energy.....kcal	168		0	NC	4		417		
Energy.....kJ	701		0	NC	4		1745		
Protein.....g	13.19	0.152	11	A	1		32.84		
Total lipid (fat).....g	4.42	0.620	11	A	1		11.01		
Ash.....g	2.65	0.050	11	A	1		6.59		
Carbohydrate, by difference.....g	18.74		0	NC	4		46.67		
Fiber, total dietary.....g	1.2	0.082	5	A	1		3.0		
Sugars, total.....g	15.20	0.334	11	A	1		37.85		
Sucrose.....g	3.38	0.649	11	A	1		8.43		
Glucose (dextrose).....g	6.36	0.487	11	A	1		15.84		
Fructose.....g	5.46	0.419	11	A	1		13.59		
Lactose.....g	0.00	0.000	11	A	1		0.00		
Maltose.....g	0.00	0.000	11	A	1		0.00		
Galactose.....g	0.00	0.000	11	A	1		0.00		
Starch.....g	0.00	0.000	11	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	44	2.245	11	A	1		111		
Iron, Fe.....mg	1.24	0.042	11	A	1		3.08		
Magnesium, Mg.....mg	22	0.432	11	A	1		55		
Phosphorus, P.....mg	161	7.721	11	A	1		402		
Potassium, K.....mg	305	3.966	11	A	1		760		
Sodium, Na.....mg	666	18.702	11	A	1		1657		
Zinc, Zn.....mg	1.85	0.026	11	A	1		4.60		
Copper, Cu.....mg	0.097	0.004	11	A	1		0.241		
Manganese, Mn.....mg	0.090	0.006	11	A	1		0.223		
Selenium, Se.....µg	27.6	0.804	11	A	1		68.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.016	11	A	1		0.4		
Thiamin.....mg	0.166	0.013	11	A	1		0.415		
Riboflavin.....mg	0.128	0.002	11	A	1		0.320		
Niacin.....mg	3.032	0.056	11	A	1		7.551		
Pantothenic acid.....mg	0.814	0.019	5	A	1		2.027		
Vitamin B-6.....mg	0.248	0.006	11	A	1		0.618		
Folate, total.....µg	2	0	0	FLA	4		4		
Folic acid.....µg	0	0	0	FLA	4		0		
Folate, food.....µg	2	0	0	FLA	4		4		
Folate, DFE.....µg	2	0	0	NC	4		4		
Choline, total.....mg	44.5		0	FLA	4		110.9		
Betaine.....mg									
Vitamin B-12.....µg	0.41	0.012	11	A	1		1.02		
Vitamin B-12, added.....µg	0.00	0	0	FLA	4		0.00		
Vitamin A, RAE.....µg	13	0	0	AS	1		33		
Retinol.....µg	0	0.000	5	A	1		0		
Carotene, beta.....µg	126	9.030	5	A	1		314		
Carotene, alpha.....µg	46	5.260	5	A	1		113		
Cryptoxanthin, beta.....µg	19	3.183	5	A	1		46		
Vitamin A, IU.....IU	264	0	0	AS	1		657		
Lycopene.....µg	3435	61.727	5	A	1		8554		
Lutein + zeaxanthin.....µg	90	6.194	5	A	1		225		
Vitamin E (alpha-tocopherol).....mg	0.89	0.075	5	A	1		2.21		
Vitamin E, added.....mg	0.00	0	0	FLA	4		0.00		
Tocopherol, beta.....mg	0.01	0.003	5	A	1		0.03		
Tocopherol, gamma.....mg	0.30	0.015	5	A	1		0.75		
Tocopherol, delta.....mg	0.01	0.003	5	A	1		0.01		
Tocotrienol, alpha.....mg	0.02	0.004	5	A	1		0.06		
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00		

Pulled pork in barbecue sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.005	5	A	1		0.02		
Tocotrienol, delta.....mg	0.01	0.000	5	A	1		0.02		
Vitamin D (D2 + D3).....µg	0.2		0	FLA	4		0.5		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	8		0	FLA	4		19		
Vitamin K (phylloquinone).....µg	1.4	0.142	9	A	1		3.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	1.5	0.125	9	A	1		3.7		
Lipids:									
Fatty acids, total saturated.....g	1.416		0	NC	4		3.526		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000	0.000	11	A	1		0.000		
8:0.....g	0.002	0.000	11	A	1		0.005		
10:0.....g	0.004	0.001	11	A	1		0.011		
12:0.....g	0.004	0.000	11	A	1		0.010		
13:0.....g									
14:0.....g	0.051	0.007	11	A	1		0.126		
15:0.....g	0.003	0.000	11	A	1		0.008		
16:0.....g	0.886	0.125	11	A	1		2.207		
17:0.....g	0.013	0.002	11	A	1		0.032		
18:0.....g	0.442	0.068	11	A	1		1.100		
20:0.....g	0.007	0.001	11	A	1		0.018		
22:0.....g	0.003	0.000	11	A	1		0.008		
24:0.....g	0.001	0.000	11	A	1		0.001		
Fatty acids, total monounsaturated.....g	1.813		0	NC	4		4.515		
14:1.....g	0.001	0.000	11	A	1		0.003		
15:1.....g	0.000	0.000	11	A	1		0.000		
16:1 undifferentiated.....g	0.099	0.011	11	AS	1		0.246		
16:1 c.....g	0.098	0.011	11	A	1		0.244		
16:1 t.....g	0.001	0.000	11	A	1		0.002		
17:1.....g	0.011	0.002	11	A	1		0.027		
18:1 undifferentiated.....g	1.667	0.220	11	AS	1		4.151		
18:1 c.....g	1.652	0.218	11	A	1		4.113		
18:1 t.....g	0.015	0.002	11	A	1		0.037		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.005	11	A	1		0.080		
22:1 undifferentiated.....g	0.003	0.001	11	AS	1		0.008		
22:1 c.....g	0.003	0.001	11	A	1		0.008		
22:1 t.....g	0.000	0.000	11	A	1		0.000		
24:1 c.....g	0.000	0.000	11	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.757		0	NC	4		1.884		
18:2 undifferentiated.....g	0.623	0.080	11	AS	1		1.551		
18:2 n-6 c,c.....g	0.615	0.079	11	A	1		1.531		
18:2 CLAs.....g	0.005	0.001	11	A	1		0.013		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.001	11	A	1		0.008		
18:3 undifferentiated.....g	0.031	0.004	11	AS	1		0.076		
18:3 n-3 c,c,c (ALA).....g	0.028	0.004	11	A	1		0.069		
18:3 n-6 c,c,c.....g	0.003	0.000	11	A	1		0.007		
18:3i.....g									
18:4.....g	0.000	0.000	11	A	1		0.000		
20:2 n-6 c,c.....g	0.023	0.003	11	A	1		0.057		
20:3 undifferentiated.....g	0.012	0.001	11	AS	1		0.029		
20:3 n-3.....g	0.003	0.000	11	A	1		0.008		
20:3 n-6.....g	0.008	0.001	11	A	1		0.021		
20:4 undifferentiated.....g	0.049	0.002	11	A	1		0.123		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	11	A	1		0.004		
21:5.....g									
22:4.....g	0.010	0.001	11	A	1		0.025		
22:5 n-3 (DPA).....g	0.005	0.000	11	A	1		0.013		

NDB No. 22972

Pulled pork in barbecue sauce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.002	0.000	11	A	1	0.005		
Fatty acids, total trans.....g	0.019		0	NC	4	0.047		
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4	0.040		
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4	0.008		
Cholesterol.....mg	35	0.697	11	A	1	88		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	0		

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

Common Measures:

Measure 1 = 249g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22976

Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.33	0.392	15	A	1		118.18		
Energy.....kcal	111		0	NC	4		176		
Energy.....kJ	464		0	NC	4		738		
Protein.....g	4.52	0.097	15	A	1		7.19		
Total lipid (fat).....g	2.61	0.153	15	A	1		4.14		
Ash.....g	1.23	0.035	15	A	1		1.96		
Carbohydrate, by difference.....g	17.31		0	NC	4		27.52		
Fiber, total dietary.....g	1.4	0.054	6	A	1		2.3		
Sugars, total.....g	4.09	0.225	9	A	1		6.50		
Sucrose.....g	0.51	0.048	9	A	1		0.81		
Glucose (dextrose).....g	1.10	0.064	9	A	1		1.74		
Fructose.....g	1.08	0.079	9	A	1		1.72		
Lactose.....g	1.10	0.060	9	A	1		1.75		
Maltose.....g	0.29	0.051	9	A	1		0.47		
Galactose.....g	0.00	0.000	9	A	1		0.00		
Starch.....g	10.10	0.227	11	A	1		16.06		
Minerals:									
Calcium, Ca.....mg	79	5.911	15	A	1		125		
Iron, Fe.....mg	0.93	0.047	15	A	1		1.48		
Magnesium, Mg.....mg	20	0.760	15	A	1		31		
Phosphorus, P.....mg	78	3.007	15	A	1		123		
Potassium, K.....mg	233	8.985	15	A	1		371		
Sodium, Na.....mg	280	12.512	15	A	1		445		
Zinc, Zn.....mg	0.43	0.014	15	A	1		0.69		
Copper, Cu.....mg	0.079	0.003	15	A	1		0.126		
Manganese, Mn.....mg	0.184	0.008	15	A	1		0.292		
Selenium, Se.....µg	12.1		0	FLA	4		19.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.8	0.460	9	A	1		4.4		
Thiamin.....mg	0.118	0.007	9	A	1		0.187		
Riboflavin.....mg	0.116	0.006	9	A	1		0.184		
Niacin.....mg	1.267	0.069	9	A	1		2.014		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.108	0.006	9	A	1		0.172		
Folate, total.....µg	47		0	FLA	4		75		
Folic acid.....µg	34		0	FLA	4		53		
Folate, food.....µg	13		0	FLA	4		21		
Folate, DFE.....µg	70		0	NC	4		112		
Choline, total.....mg	19.6		0	FLA	4		31.2		
Betaine.....mg									
Vitamin B-12.....µg	0.14	0.012	6	A	1		0.23		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	35		0	NC	4		56		
Retinol.....µg	14		0	FLA	4		22		
Carotene, beta.....µg	262	51.410	9	A	1		416		
Carotene, alpha.....µg	0	0.000	9	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	9	A	1		0		
Vitamin A, IU.....IU	482		0	NC	4		766		
Lycopene.....µg	2966	229.181	9	A	1		4716		
Lutein + zeaxanthin.....µg	293	72.893	9	A	1		466		
Vitamin E (alpha-tocopherol).....mg	0.98	0.103	9	A	1		1.56		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.04	0.003	9	A	1		0.06		
Tocopherol, gamma.....mg	0.32	0.110	9	A	1		0.50		
Tocopherol, delta.....mg	0.06	0.028	9	A	1		0.09		
Tocotrienol, alpha.....mg	0.02	0.003	9	A	1		0.04		
Tocotrienol, beta.....mg	0.20	0.013	9	A	1		0.32		

Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	9	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLA	4		4		
Vitamin K (phylloquinone).....µg	16.1	6.911	4	A	1		25.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.3		2	A	1		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.191		0	NC	4		1.893		
4:0.....g	0.025	0.003	15	A	1		0.039		
6:0.....g	0.020	0.002	15	A	1		0.032		
8:0.....g	0.019	0.001	15	A	1		0.030		
10:0.....g	0.046	0.004	15	A	1		0.072		
12:0.....g	0.049	0.004	15	A	1		0.078		
13:0.....g									
14:0.....g	0.169	0.015	15	A	1		0.268		
15:0.....g	0.019	0.002	15	A	1		0.029		
16:0.....g	0.610	0.038	15	A	1		0.970		
17:0.....g	0.012	0.001	15	A	1		0.020		
18:0.....g	0.208	0.015	15	A	1		0.330		
20:0.....g	0.005	0.000	15	A	1		0.008		
22:0.....g	0.005	0.000	15	A	1		0.008		
24:0.....g	0.004	0.000	15	A	1		0.006		
Fatty acids, total monounsaturated.....g	0.689		0	NC	4		1.095		
14:1.....g	0.012	0.001	15	A	1		0.019		
15:1.....g	0.000	0.000	15	A	1		0.000		
16:1 undifferentiated.....g	0.035	0.003	15	AS	1		0.056		
16:1 c.....g	0.029	0.003	15	A	1		0.045		
16:1 t.....g	0.006	0.001	15	A	1		0.010		
17:1.....g	0.004	0.000	15	A	1		0.007		
18:1 undifferentiated.....g	0.627	0.050	15	AS	1		0.997		
18:1 c.....g	0.578	0.046	15	A	1		0.919		
18:1 t.....g	0.049	0.004	15	A	1		0.079		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007	0.000	15	A	1		0.012		
22:1 undifferentiated.....g	0.001	0.000	15	AS	1		0.001		
22:1 c.....g	0.001	0.000	15	A	1		0.001		
22:1 t.....g	0.000	0.000	15	A	1		0.000		
24:1 c.....g	0.002	0.000	15	A	1		0.003		
Fatty acids, total polyunsaturated.....g	0.420		0	NC	4		0.668		
18:2 undifferentiated.....g	0.367	0.038	15	AS	1		0.583		
18:2 n-6 c,c.....g	0.338	0.038	15	A	1		0.538		
18:2 CLAs.....g	0.011	0.001	15	A	1		0.017		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.001	15	A	1		0.028		
18:3 undifferentiated.....g	0.033	0.003	15	AS	1		0.053		
18:3 n-3 c,c,c (ALA).....g	0.032	0.003	15	A	1		0.051		
18:3 n-6 c,c,c.....g	0.001	0.000	15	A	1		0.002		
18:3i.....g									
18:4.....g	0.001	0.000	15	A	1		0.001		
20:2 n-6 c,c.....g	0.001	0.000	15	A	1		0.002		
20:3 undifferentiated.....g	0.003	0.000	15	AS	1		0.006		
20:3 n-3.....g	0.000	0.000	15	A	1		0.000		
20:3 n-6.....g	0.003	0.000	15	A	1		0.006		
20:4 undifferentiated.....g	0.005	0.000	15	A	1		0.009		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	15	A	1		0.007		
21:5.....g									
22:4.....g	0.002	0.000	15	A	1		0.003		
22:5 n-3 (DPA).....g	0.002	0.000	15	A	1		0.003		

NDB No. 22976

Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.001	0.000	15	A	1		0.002			
Fatty acids, total trans.....g	0.074		0	NC	4		0.117			
Fatty acids, total trans-monoenoic.....g	0.056		0	NC	4		0.089			
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.028			
Cholesterol.....mg	11	1.382	6	A	1		18			
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.056		0	A	1		0.090			
Threonine.....g	0.154		0	A	1		0.245			
Isoleucine.....g	0.185		0	A	1		0.294			
Leucine.....g	0.349		0	A	1		0.555			
Lysine.....g	0.231		0	A	1		0.367			
Methionine.....g	0.077		0	A	1		0.122			
Cystine.....g	0.082		0	A	1		0.130			
Phenylalanine.....g	0.200		0	A	1		0.318			
Tyrosine.....g	0.123		0	A	1		0.196			
Valine.....g	0.226		0	A	1		0.359			
Arginine.....g	0.144		0	A	1		0.228			
Histidine.....g	0.108		0	A	1		0.171			
Alanine.....g	0.169		0	A	1		0.269			
Aspartic acid.....g	0.390		0	A	1		0.620			
Glutamic acid.....g	1.303		0	A	1		2.072			
Glycine.....g	0.118		0	A	1		0.188			
Proline.....g	0.364		0	A	1		0.579			
Serine.....g	0.216		0	A	1		0.343			
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0			
Caffeine.....mg	0		0	FLA	4		0			
Theobromine.....mg	0		0	FLA	4		0			

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

Common Measures:

Measure 1 = 159g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22899
Ravioli, cheese-filled, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.723		2	LC	8		1.750		
4:0.....g	0.034		0	FLC	4		0.082		
6:0.....g	0.017		0	FLC	4		0.041		
8:0.....g	0.009		0	FLC	4		0.022		
10:0.....g	0.019		0	FLC	4		0.047		
12:0.....g	0.017		0	FLC	4		0.042		
13:0.....g									
14:0.....g	0.107		0	FLC	4		0.260		
15:0.....g									
16:0.....g	0.351		0	FLC	4		0.851		
17:0.....g									
18:0.....g	0.136		0	FLC	4		0.330		
20:0.....g	0.000		0	FLC	4		0.001		
22:0.....g	0.000		0	FLC	4		0.001		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.418		0	FLC	4		1.012		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLC	4		0.095		
17:1.....g									
18:1 undifferentiated.....g	0.360		0	FLC	4		0.872		
20:1.....g	0.000		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.182		0	FLC	4		0.441		
18:2 undifferentiated.....g	0.156		0	FLC	4		0.378		
18:3 undifferentiated.....g	0.026		0	FLC	4		0.063		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		2	LC	8		7		
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 = 242g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22900

Ravioli, meat-filled, with tomato sauce or meat sauce, 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	79.12	0.157	17	A	1		207.29		
Energy.....kcal	97		0	NC	4		253		
Energy.....kJ	405		0	NC	4		1061		
Protein.....g	3.24	0.080	17	A	1		8.50		
Total lipid (fat).....g	3.41	0.102	17	A	1		8.93		
Ash.....g	0.97	0.013	17	A	1		2.54		
Carbohydrate, by difference.....g	13.26		0	NC	4		34.73		
Fiber, total dietary.....g	1.5	0.040	9	A	1		3.8		
Sugars, total.....g	1.97	0.072	8	A	1		5.15		
Sucrose.....g	0.00	0.000	8	A	1		0.00		
Glucose (dextrose).....g	1.00	0.057	8	A	1		2.62		
Fructose.....g	0.97	0.016	8	A	1		2.53		
Lactose.....g	0.00	0.000	8	A	1		0.00		
Maltose.....g	0.00	0.000	8	A	1		0.00		
Galactose.....g	0.00	0.000	8	A	1		0.00		
Starch.....g	8.79	0.046	11	A	1		23.04		
Minerals:									
Calcium, Ca.....mg	12	0.190	17	A	1		31		
Iron, Fe.....mg	1.09	0.012	17	A	1		2.85		
Magnesium, Mg.....mg	12	0.123	17	A	1		31		
Phosphorus, P.....mg	40	0.338	17	A	1		104		
Potassium, K.....mg	178	1.930	17	A	1		466		
Sodium, Na.....mg	283	3.763	17	A	1		741		
Zinc, Zn.....mg	0.39	0.010	17	A	1		1.01		
Copper, Cu.....mg	0.053	0.004	17	A	1		0.138		
Manganese, Mn.....mg	0.144	0.001	17	A	1		0.376		
Selenium, Se.....µg	9.6		0	BFSN	4		25.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	8	A	1		0.0		
Thiamin.....mg	0.057	0.003	8	A	1		0.149		
Riboflavin.....mg	0.057	0.003	8	A	1		0.150		
Niacin.....mg	1.245	0.032	8	A	1		3.262		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.055	0.002	8	A	1		0.145		
Folate, total.....µg	21		0	FLA	4		55		
Folic acid.....µg	10		0	FLA	4		25		
Folate, food.....µg	11		0	FLA	4		30		
Folate, DFE.....µg	28		0	NC	4		73		
Choline, total.....mg	12.5		0	FLA	4		32.7		
Betaine.....mg									
Vitamin B-12.....µg	0.15	0.014	8	A	1		0.39		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	14		0	NC	4		38		
Retinol.....µg	4		0	FLA	4		11		
Carotene, beta.....µg	121	15.643	8	A	1		318		
Carotene, alpha.....µg	1	0.852	8	A	1		2		
Cryptoxanthin, beta.....µg	0	0.000	8	A	1		0		
Vitamin A, IU.....IU	217		0	NC	4		569		
Lycopene.....µg	3335	226.032	8	A	1		8737		
Lutein + zeaxanthin.....µg	65	3.021	8	A	1		170		
Vitamin E (alpha-tocopherol).....mg	0.50	0.034	8	A	1		1.31		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.03	0.002	8	A	1		0.07		
Tocopherol, gamma.....mg	0.06	0.006	8	A	1		0.15		
Tocopherol, delta.....mg	0.00	0.000	8	A	1		0.00		
Tocotrienol, alpha.....mg	0.01	0.001	8	A	1		0.03		
Tocotrienol, beta.....mg	0.09	0.008	8	A	1		0.22		

NDB No. 22900

Ravioli, meat-filled, with tomato sauce or meat sauce, 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
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	8	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		1		
Vitamin K (phylloquinone).....µg	0.8	0.148	3	A	1		2.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.2	0.025	3	A	1		0.6		
Lipids:									
Fatty acids, total saturated.....g	1.460		0	NC	4		3.824		
4:0.....g	0.002	0.000	17	A	1		0.005		
6:0.....g	0.000	0.000	17	A	1		0.000		
8:0.....g	0.001	0.000	17	A	1		0.003		
10:0.....g	0.002	0.000	17	A	1		0.006		
12:0.....g	0.003	0.000	17	A	1		0.008		
13:0.....g									
14:0.....g	0.103	0.002	17	A	1		0.271		
15:0.....g	0.017	0.001	17	A	1		0.046		
16:0.....g	0.816	0.021	17	A	1		2.139		
17:0.....g	0.045	0.002	17	A	1		0.118		
18:0.....g	0.462	0.013	17	A	1		1.209		
20:0.....g	0.004	0.000	17	A	1		0.011		
22:0.....g	0.002	0.000	17	A	1		0.005		
24:0.....g	0.001	0.000	17	A	1		0.004		
Fatty acids, total monounsaturated.....g	1.617		0	NC	4		4.236		
14:1.....g	0.025	0.002	17	A	1		0.066		
15:1.....g	0.000	0.000	17	A	1		0.000		
16:1 undifferentiated.....g	0.116	0.006	17	AS	1		0.305		
16:1 c.....g	0.105	0.006	17	A	1		0.275		
16:1 t.....g	0.011	0.000	17	A	1		0.029		
17:1.....g	0.031	0.002	17	A	1		0.081		
18:1 undifferentiated.....g	1.429	0.045	17	AS	1		3.745		
18:1 c.....g	1.268	0.057	17	A	1		3.322		
18:1 t.....g	0.161	0.013	17	A	1		0.422		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.013	0.001	17	A	1		0.035		
22:1 undifferentiated.....g	0.001	0.000	17	AS	1		0.002		
22:1 c.....g	0.001	0.000	17	A	1		0.002		
22:1 t.....g	0.000	0.000	17	A	1		0.000		
24:1 c.....g	0.001	0.001	17	A	1		0.003		
Fatty acids, total polyunsaturated.....g	0.237		0	NC	4		0.621		
18:2 undifferentiated.....g	0.213	0.005	17	AS	1		0.557		
18:2 n-6 c,c.....g	0.173	0.004	17	A	1		0.454		
18:2 CLAs.....g	0.020	0.001	17	A	1		0.053		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.002	17	A	1		0.051		
18:3 undifferentiated.....g	0.013	0.001	17	AS	1		0.033		
18:3 n-3 c,c,c (ALA).....g	0.012	0.001	17	A	1		0.032		
18:3 n-6 c,c,c.....g	0.000	0.000	17	A	1		0.001		
18:3i.....g									
18:4.....g	0.000	0.000	17	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	17	A	1		0.004		
20:3 undifferentiated.....g	0.004	0.000	17	AS	1		0.009		
20:3 n-3.....g	0.000	0.000	17	A	1		0.000		
20:3 n-6.....g	0.003	0.000	17	A	1		0.009		
20:4 undifferentiated.....g	0.002	0.000	17	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.001	17	A	1		0.005		
21:5.....g									
22:4.....g	0.002	0.000	17	A	1		0.004		
22:5 n-3 (DPA).....g	0.001	0.000	17	A	1		0.002		

NDB No. 22900

Ravioli, meat-filled, with tomato sauce or meat sauce, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
22:6 n-3 (DHA).....g	0.000	0.000	17	A		1		0.000		
Fatty acids, total trans.....g	0.192		0	NC		4		0.503		
Fatty acids, total trans-monoenoic.....g	0.172		0	NC		4		0.452		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC		4		0.051		
Cholesterol.....mg	5	0.144	8	A		1		14		
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.032		0	A		1		0.083		
Threonine.....g	0.109		0	A		1		0.285		
Isoleucine.....g	0.131		0	A		1		0.344		
Leucine.....g	0.222		0	A		1		0.580		
Lysine.....g	0.149		0	A		1		0.390		
Methionine.....g	0.050		0	A		1		0.132		
Cystine.....g	0.050		0	A		1		0.132		
Phenylalanine.....g	0.155		0	A		1		0.406		
Tyrosine.....g	0.105		0	A		1		0.274		
Valine.....g	0.167		0	A		1		0.438		
Arginine.....g	0.166		0	A		1		0.435		
Histidine.....g	0.082		0	A		1		0.215		
Alanine.....g	0.162		0	A		1		0.425		
Aspartic acid.....g	0.277		0	A		1		0.725		
Glutamic acid.....g	0.935		0	A		1		2.450		
Glycine.....g	0.181		0	A		1		0.473		
Proline.....g	0.255		0	A		1		0.669		
Serine.....g	0.150		0	A		1		0.392		
Hydroxyproline.....g	0.015		0	FLA		4		0.040		
Others:										
Alcohol, ethyl.....g	0.0		0	FLA		4		0.0		
Caffeine.....mg	0		0	FLA		4		0		
Theobromine.....mg	0		0	FLA		4		0		

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

Common Measures:

Measure 1 = 262g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32001

Rice and vermicelli mix, beef flavor, prepared with 80% margarine

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.93	0.294	6	A	1		175.21		
Energy.....kcal	129		0	NC	4		318		
Energy.....kJ	539		0	NC	4		1331		
Protein.....g	2.82	0.067	6	A	1		6.97		
Total lipid (fat).....g	3.20	0.077	6	A	1		7.90		
Ash.....g	1.01	0.038	6	A	1		2.50		
Carbohydrate, by difference.....g	22.03		0	NC	4		54.42		
Fiber, total dietary.....g	0.6	0.044	3	A	1		1.4		
Sugars, total.....g									
Starch.....g	18.43	0.410	3	A	1		45.53		
Minerals:									
Calcium, Ca.....mg	10	0.225	6	A	1		24		
Iron, Fe.....mg	0.88	0.058	6	A	1		2.18		
Magnesium, Mg.....mg	10	0.122	6	A	1		24		
Phosphorus, P.....mg	33	0.518	6	A	1		82		
Potassium, K.....mg	48	2.752	6	A	1		120		
Sodium, Na.....mg	364	10.402	6	A	1		899		
Zinc, Zn.....mg	0.42	0.011	6	A	1		1.03		
Copper, Cu.....mg	0.054	0.001	6	A	1		0.134		
Manganese, Mn.....mg	0.261	0.003	6	A	1		0.644		
Selenium, Se.....µg	7.5	0.600	3	A	1		18.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.163	0.003	3	A	1		0.403		
Riboflavin.....mg	0.018	0.002	3	A	1		0.045		
Niacin.....mg	1.353	0.076	3	A	1		3.343		
Pantothenic acid.....mg	0.150		2	A	1		0.371		
Vitamin B-6.....mg	0.015	0.000	3	A	1		0.037		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.27	0.008	3	A	1		0.66		
Tocopherol, beta.....mg	0.06	0.002	3	A	1		0.14		
Tocopherol, gamma.....mg	2.39	0.105	3	A	1		5.91		
Tocopherol, delta.....mg	1.03	0.042	3	A	1		2.55		
Tocotrienol, alpha.....mg	0.02	0.002	3	A	1		0.05		
Tocotrienol, beta.....mg	0.05	0.005	3	A	1		0.12		
Tocotrienol, gamma.....mg	0.06	0.001	3	A	1		0.15		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.682		0	NC	4		1.685		
4:0.....g	0.149	0.190	3	A	1		0.368		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.005	0.000	3	A	1		0.013		
15:0.....g	0.001	0.000	3	A	1		0.002		
16:0.....g	0.322	0.011	3	A	1		0.794		
17:0.....g	0.003	0.000	3	A	1		0.008		
18:0.....g	0.181	0.006	3	A	1		0.448		
20:0.....g	0.009	0.000	3	A	1		0.021		
22:0.....g	0.009	0.000	3	A	1		0.021		
24:0.....g	0.004	0.000	3	A	1		0.009		
Fatty acids, total monounsaturated.....g	1.126		0	NC	4		2.780		
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	0.002		0	AS	1		0.005		
16:1 c.....g	0.002	0.000	3	A	1		0.005		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.001	0.000	3	A	1		0.002		
18:1 undifferentiated.....g	1.111		0	AS	1		2.743		
18:1 c.....g	0.745	0.027	3	A	1		1.840		
18:1 t.....g	0.366	0.012	3	A	1		0.903		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.010	0.001	3	A	1		0.026		
22:1 undifferentiated.....g	0.000		0	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	0.002	0.001	3	A	1		0.005		
Fatty acids, total polyunsaturated.....g	0.915		0	NC	4		2.260		
18:2 undifferentiated.....g	0.806		0	AS	1		1.991		
18:2 n-6 c,c.....g	0.786	0.024	3	A	1		1.940		
18:2 CLAs.....g	0.002	0.000	3	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.002	3	A	1		0.046		
18:3 undifferentiated.....g	0.105		0	AS	1		0.259		
18:3 n-3 c,c,c (ALA).....g	0.105	0.004	3	A	1		0.259		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	3	A	1		0.002		
20:3 undifferentiated.....g	0.001		0	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.001	0.000	3	A	1		0.001		
20:4 undifferentiated.....g	0.001	0.000	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	0.001	0.001	3	A	1		0.003		
22:5 n-3 (DPA).....g	0.001	0.001	3	A	1		0.001		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.384		0	NC	4		0.949		
Fatty acids, total trans-monoenoic.....g	0.366		0	NC	4		0.903		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4		0.046		
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 247g: 1 cup

NDB No. 32001

Rice and vermicelli mix, beef flavor, prepared with 80% margarine

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.14

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32000

Rice and vermicelli mix, beef flavor, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.27	0.127	6	A	1		5.04	0.74	
Energy.....kcal	359		0	NC	4		219	32	
Energy.....kJ	1501		0	NC	4		916	135	
Protein (N x 6.25).....g	10.84	0.086	6	A	1		6.61	0.98	
Total lipid (fat).....g	1.27	0.021	6	A	1		0.77	0.11	
Ash.....g	3.60	0.097	6	A	1		2.20	0.32	
Carbohydrate, by difference.....g	76.02		0	NC	4		46.37	6.84	
Fiber, total dietary.....g	1.6	0.334	3	A	1		1.0	0.1	
Sugars, total.....g	4.27		0	FLC	4		2.61	0.38	
Starch.....g	69.70	0.819	3	A	1		42.52	6.27	
Minerals:									
Calcium, Ca.....mg	32	0.953	6	A	1		19	3	
Iron, Fe.....mg	2.82	0.167	6	A	1		1.72	0.25	
Magnesium, Mg.....mg	34	0.714	6	A	1		21	3	
Phosphorus, P.....mg	125	2.167	6	A	1		76	11	
Potassium, K.....mg	169	7.097	6	A	1		103	15	
Sodium, Na.....mg	1337	72.786	6	A	1		815	120	
Zinc, Zn.....mg	1.34	0.011	6	A	1		0.82	0.12	
Copper, Cu.....mg	0.186	0.005	6	A	1		0.113	0.017	
Manganese, Mn.....mg	0.952	0.011	6	A	1		0.580	0.086	
Selenium, Se.....µg	26.4	0.612	3	A	1		16.1	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0	FLC	4		1.1	0.2	
Thiamin.....mg	0.687	0.024	3	A	1		0.419	0.062	
Riboflavin.....mg	0.113	0.003	3	A	1		0.069	0.010	
Niacin.....mg	5.287	0.334	3	A	1		3.225	0.476	
Pantothenic acid.....mg	0.530		2	A	1		0.323	0.048	
Vitamin B-6.....mg	0.160	0.010	3	A	1		0.098	0.014	
Folate, total.....µg	189		0	FLC	4		115	17	
Folic acid.....µg	147		0	FLC	4		90	13	
Folate, food.....µg	41		0	NC	4		25	4	
Folate, DFE.....µg	292		0	NC	4		178	26	
Choline, total.....mg	6.0		0	FLC	4		3.6	0.5	
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLC	4		0.03	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	70		0	FLC	4		43	6	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	696		0	FLC	4		424	63	
Carotene, alpha.....µg	292		0	FLC	4		178	26	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1403		0	NC	4		856	126	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	22		0	FLC	4		14	2	
Vitamin E (alpha-tocopherol).....mg	0.18	0.023	3	A	1		0.11	0.02	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.007	3	A	1		0.02	0.00	
Tocopherol, gamma.....mg	0.19	0.019	3	A	1		0.12	0.02	
Tocopherol, delta.....mg	0.05	0.006	3	A	1		0.03	0.00	
Tocotrienol, alpha.....mg	0.08	0.007	3	A	1		0.05	0.01	
Tocotrienol, beta.....mg	0.19	0.015	3	A	1		0.12	0.02	
Tocotrienol, gamma.....mg	0.25	0.008	3	A	1		0.15	0.02	
Tocotrienol, delta.....mg	0.01	0.007	3	A	1		0.01	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	2.4		0	FLC	4		1.4	0.2	

NDB No. 32000

Rice and vermicelli mix, beef flavor, unprepared

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

Measure 2 = 9.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Rice and vermicelli mix, chicken flavor, prepared with 80% 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	0.746		0	NC	4		1.738		
4:0.....g	0.060	0.060	3	A	1		0.139		
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	0.007	0.000	3	A	1		0.016		
15:0.....g	0.002	0.000	3	A	1		0.005		
16:0.....g	0.418	0.012	3	A	1		0.973		
17:0.....g	0.004	0.000	3	A	1		0.009		
18:0.....g	0.230	0.007	3	A	1		0.535		
20:0.....g	0.011	0.001	3	A	1		0.025		
22:0.....g	0.010	0.000	3	A	1		0.024		
24:0.....g	0.005	0.000	3	A	1		0.012		
Fatty acids, total monounsaturated.....g	1.421		0	NC	4		3.311		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.004	0.000	3	AS	1		0.010		
16:1 c.....g	0.004	0.000	3	A	1		0.010		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.002	0.000	3	A	1		0.004		
18:1 undifferentiated.....g	1.397	0.041	3	AS	1		3.255		
18:1 c.....g	0.933	0.028	3	A	1		2.175		
18:1 t.....g	0.464	0.014	3	A	1		1.080		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.032		
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	0.004	0.001	3	A	1		0.010		
Fatty acids, total polyunsaturated.....g	1.161		0	NC	4		2.706		
18:2 undifferentiated.....g	1.023	0.031	3	AS	1		2.384		
18:2 n-6 c,c.....g	1.000	0.030	3	A	1		2.330		
18:2 CLAs.....g	0.002	0.001	3	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.021	0.001	3	A	1		0.049		
18:3 undifferentiated.....g	0.134	0.004	3	AS	1		0.311		
18:3 n-3 c,c,c (ALA).....g	0.134	0.004	3	A	1		0.311		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	3	A	1		0.002		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.001		
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		0.001		
20:4 undifferentiated.....g	0.001	0.001	3	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.002	0.001	3	A	1		0.004		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.001		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.485		0	NC	4		1.129		
Fatty acids, total trans-monoenoic.....g	0.464		0	NC	4		1.080		
Fatty acids, total trans-polyenoic.....g	0.021		0	NC	4		0.049		
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 22999

Rice and vermicelli mix, chicken flavor, prepared with 80% margarine

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

food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22998

Rice and vermicelli mix, chicken flavor, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.19	0.152	6	A	1		4.59	0.84	
Energy.....kcal	358		0	NC	4		200	36	
Energy.....kJ	1496		0	NC	4		838	153	
Protein (N x 6.25).....g	10.64	0.137	6	A	1		5.96	1.08	
Total lipid (fat).....g	1.32	0.031	6	A	1		0.74	0.13	
Ash.....g	4.05	0.169	6	A	1		2.27	0.41	
Carbohydrate, by difference.....g	75.80		0	NC	4		42.45	7.73	
Fiber, total dietary.....g	1.2	0.264	3	A	1		0.7	0.1	
Sugars, total.....g	2.40	0.100	3	A	1		1.34	0.24	
Sucrose.....g	1.30	0.100	3	A	1		0.73	0.13	
Glucose (dextrose).....g	0.27	0.033	3	A	1		0.15	0.03	
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	0.83	0.033	3	A	1		0.47	0.08	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	71.60	0.755	3	A	1		40.10	7.30	
Minerals:									
Calcium, Ca.....mg	18	1.103	6	A	1		10	2	
Iron, Fe.....mg	2.77	0.140	6	A	1		1.55	0.28	
Magnesium, Mg.....mg	31	0.716	6	A	1		18	3	
Phosphorus, P.....mg	126	2.272	6	A	1		70	13	
Potassium, K.....mg	153	4.410	6	A	1		85	16	
Sodium, Na.....mg	1238	59.015	6	A	1		693	126	
Zinc, Zn.....mg	1.36	0.016	6	A	1		0.76	0.14	
Copper, Cu.....mg	0.176	0.003	6	A	1		0.099	0.018	
Manganese, Mn.....mg	1.007	0.014	6	A	1		0.564	0.103	
Selenium, Se.....µg	32.9	1.920	3	A	1		18.4	3.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.593	0.018	3	A	1		0.332	0.061	
Riboflavin.....mg	0.097	0.012	3	A	1		0.054	0.010	
Niacin.....mg	5.123	0.382	3	A	1		2.869	0.523	
Pantothenic acid.....mg	0.565		2	A	1		0.316	0.058	
Vitamin B-6.....mg	0.183	0.015	3	A	1		0.103	0.019	
Folate, total.....µg	26		0	FLA	4		14	3	
Folic acid.....µg	4		0	FLA	4		2	0	
Folate, food.....µg	22		0	FLA	4		12	2	
Folate, DFE.....µg	28		0	NC	4		16	3	
Choline, total.....mg	9.4		0	FLA	4		5.2	1.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	3		0	AS	1		2	0	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	29		1	A	1		16	3	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	1		1	A	1		0	0	
Vitamin A, IU.....IU	51		0	AS	1		28	5	
Lycopene.....µg	2		1	A	1		1	0	
Lutein + zeaxanthin.....µg	105		1	A	1		59	11	
Vitamin E (alpha-tocopherol).....mg	0.15	0.014	3	A	1		0.09	0.02	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.008	3	A	1		0.02	0.00	
Tocopherol, gamma.....mg	0.14	0.016	3	A	1		0.08	0.01	
Tocopherol, delta.....mg	0.04	0.010	3	A	1		0.02	0.00	
Tocotrienol, alpha.....mg	0.07	0.009	3	A	1		0.04	0.01	
Tocotrienol, beta.....mg	0.24	0.031	3	A	1		0.14	0.02	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.22	0.010	3	A	1		0.12	0.02	
Tocotrienol, delta.....mg	0.01	0.006	3	A	1		0.00	0.00	
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	0.6		0	FLA	4		0.3	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.389		0	NC	4		0.218	0.040	
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	0.013		1	A	1		0.007	0.001	
15:0.....g	0.002		1	A	1		0.001	0.000	
16:0.....g	0.327		1	A	1		0.183	0.033	
17:0.....g	0.001		1	A	1		0.001	0.000	
18:0.....g	0.034		1	A	1		0.019	0.003	
20:0.....g	0.003		1	A	1		0.002	0.000	
22:0.....g	0.003		1	A	1		0.002	0.000	
24:0.....g	0.006		1	A	1		0.003	0.001	
Fatty acids, total monounsaturated.....g	0.328		0	NC	4		0.184	0.033	
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	0.007		0	AS	1		0.004	0.001	
16:1 c.....g	0.007		1	A	1		0.004	0.001	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.296		0	AS	1		0.166	0.030	
18:1 c.....g	0.290		1	A	1		0.162	0.030	
18:1 t.....g	0.006		1	A	1		0.003	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005		1	A	1		0.003	0.000	
22:1 undifferentiated.....g	0.001		0	AS	1		0.001	0.000	
22:1 c.....g	0.001		1	A	1		0.001	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.019		1	A	1		0.011	0.002	
Fatty acids, total polyunsaturated.....g	0.463		0	NC	4		0.259	0.047	
18:2 undifferentiated.....g	0.429		0	AS	1		0.240	0.044	
18:2 n-6 c,c.....g	0.420		1	A	1		0.235	0.043	
18:2 CLAs.....g	0.002		1	A	1		0.001	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007		1	A	1		0.004	0.001	
18:3 undifferentiated.....g	0.017		0	AS	1		0.010	0.002	
18:3 n-3 c,c,c (ALA).....g	0.017		1	A	1		0.010	0.002	
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		0.001	0.000	
20:3 undifferentiated.....g	0.004		0	AS	1		0.002	0.000	
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	0.000	
20:4 undifferentiated.....g	0.001		1	A	1		0.001	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.009		1	A	1		0.005	0.001	
22:5 n-3 (DPA).....g	0.002		1	A	1		0.001	0.000	

NDB No. 22998

Rice and vermicelli mix, chicken flavor, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	0.007	0.001	
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4	0.003	0.001	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4	0.004	0.001	
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 = 56g: .333 cup

Measure 2 = 10.2g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.744		0	NC	4		1.770		
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	0.005	0.003	3	A	1		0.013		
15:0.....g	0.001	0.001	3	A	1		0.002		
16:0.....g	0.457	0.017	3	A	1		1.088		
17:0.....g	0.004	0.000	3	A	1		0.010		
18:0.....g	0.248	0.010	3	A	1		0.590		
20:0.....g	0.012	0.001	3	A	1		0.028		
22:0.....g	0.011	0.000	3	A	1		0.027		
24:0.....g	0.005	0.000	3	A	1		0.013		
Fatty acids, total monounsaturated.....g	1.539		0	NC	4		3.662		
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	0.006	0.000	3	AS	1		0.013		
16:1 c.....g	0.006	0.000	3	A	1		0.013		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.002	0.000	3	A	1		0.005		
18:1 undifferentiated.....g	1.517	0.062	3	AS	1		3.609		
18:1 c.....g	1.019	0.043	3	A	1		2.426		
18:1 t.....g	0.497	0.020	3	A	1		1.183		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.032		
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	0.001	0.001	3	A	1		0.002		
Fatty acids, total polyunsaturated.....g	1.268		0	NC	4		3.017		
18:2 undifferentiated.....g	1.119	0.044	3	AS	1		2.662		
18:2 n-6 c,c.....g	1.094	0.043	3	A	1		2.603		
18:2 CLAs.....g	0.002	0.000	3	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.023	0.003	3	A	1		0.055		
18:3 undifferentiated.....g	0.146	0.007	3	AS	1		0.348		
18:3 n-3 c,c,c (ALA).....g	0.144	0.006	3	A	1		0.343		
18:3 n-6 c,c,c.....g	0.002	0.002	3	A	1		0.006		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	3	A	1		0.002		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.001	0.001	3	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.001	0.001	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	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.521		0	NC	4		1.239		
Fatty acids, total trans-monoenoic.....g	0.497		0	NC	4		1.183		
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4		0.055		
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. 32003

Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine

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

food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32002

Rice and vermicelli mix, rice pilaf flavor, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.04	0.306	6	A	1		5.47	0.77	
Energy.....kcal	359		0	NC	4		244	34	
Energy.....kJ	1503		0	NC	4		1022	144	
Protein (N x 6.25).....g	10.42	0.080	6	A	1		7.08	1.00	
Total lipid (fat).....g	1.37	0.021	6	A	1		0.93	0.13	
Ash.....g	3.87	0.058	6	A	1		2.63	0.37	
Carbohydrate, by difference.....g	76.31		0	NC	4		51.89	7.33	
Fiber, total dietary.....g	1.2	0.315	3	A	1		0.8	0.1	
Sugars, total.....g	1.53	0.033	3	A	1		1.04	0.15	
Sucrose.....g	0.30	0.000	3	A	1		0.20	0.03	
Glucose (dextrose).....g	0.10	0.000	3	A	1		0.07	0.01	
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	1.13	0.033	3	A	1		0.77	0.11	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	71.23	0.318	3	A	1		48.44	6.84	
Minerals:									
Calcium, Ca.....mg	83	2.922	6	A	1		56	8	
Iron, Fe.....mg	2.44	0.088	6	A	1		1.66	0.23	
Magnesium, Mg.....mg	32	0.467	6	A	1		22	3	
Phosphorus, P.....mg	154	1.308	6	A	1		104	15	
Potassium, K.....mg	188	3.765	6	A	1		128	18	
Sodium, Na.....mg	1303	27.406	6	A	1		886	125	
Zinc, Zn.....mg	1.01	0.019	6	A	1		0.69	0.10	
Copper, Cu.....mg	0.166	0.004	6	A	1		0.113	0.016	
Manganese, Mn.....mg	0.882	0.016	6	A	1		0.600	0.085	
Selenium, Se.....µg	32.4	0.717	3	A	1		22.0	3.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.1		0	FLC	4		2.8	0.4	
Thiamin.....mg	0.603	0.015	3	A	1		0.410	0.058	
Riboflavin.....mg	0.087	0.007	3	A	1		0.059	0.008	
Niacin.....mg	6.127	0.105	3	A	1		4.166	0.588	
Pantothenic acid.....mg	0.715		2	A	1		0.486	0.069	
Vitamin B-6.....mg	0.400	0.010	3	A	1		0.272	0.038	
Folate, total.....µg	212		0	FLC	4		144	20	
Folic acid.....µg	192		0	FLC	4		131	18	
Folate, food.....µg	20		0	NC	4		14	2	
Folate, DFE.....µg	347		0	NC	4		236	33	
Choline, total.....mg	17.5		0	FLC	4		11.9	1.7	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLC	4		0.01	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	4		0	AS	1		3	0	
Retinol.....µg	4		1	A	1		3	0	
Carotene, beta.....µg	1		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	14		0	AS	1		9	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	28		0	FLC	4		19	3	
Vitamin E (alpha-tocopherol).....mg	0.04	0.006	3	A	1		0.03	0.00	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.004	3	A	1		0.02	0.00	
Tocopherol, gamma.....mg	0.05	0.021	3	A	1		0.03	0.00	
Tocopherol, delta.....mg	0.00	0.002	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.03	0.004	3	A	1		0.02	0.00	
Tocotrienol, beta.....mg	0.26	0.019	3	A	1		0.18	0.03	

NDB No. 32002

Rice and vermicelli mix, rice pilaf flavor, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.10	0.006	3	A	1		0.07	0.01	
Tocotrienol, delta.....mg	0.00	0.000	3	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	0.5		0	FLC	4		0.3	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.307		0	NC	4		0.209	0.029	
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	0.000		0	FLC	4		0.000	0.000	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.269		0	FLC	4		0.183	0.026	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.037		0	FLC	4		0.025	0.004	
20:0.....g	0.000		0	FLC	4		0.000	0.000	
22:0.....g	0.000		0	FLC	4		0.000	0.000	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.373		0	NC	4		0.253	0.036	
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	0.025		0	FLC	4		0.017	0.002	
17:1.....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	0.343		0	FLC	4		0.233	0.033	
20:1.....g	0.005		0	FLC	4		0.003	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.377		0	NC	4		0.257	0.036	
18:2 undifferentiated.....g	0.362		0	FLC	4		0.246	0.035	
18:3 undifferentiated.....g	0.015		0	FLC	4		0.010	0.001	
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	FLC	4		0.000	0.000	
Cholesterol.....mg	1		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0	FLC	4		0.059	0.008	
Threonine.....g	0.221		0	FLC	4		0.150	0.021	
Isoleucine.....g	0.279		0	FLC	4		0.189	0.027	
Leucine.....g	0.523		0	FLC	4		0.355	0.050	
Lysine.....g	0.189		0	FLC	4		0.129	0.018	
Methionine.....g	0.145		0	FLC	4		0.099	0.014	
Cystine.....g	0.127		0	FLC	4		0.086	0.012	
Phenylalanine.....g	0.320		0	FLC	4		0.217	0.031	
Tyrosine.....g	0.179		0	FLC	4		0.121	0.017	
Valine.....g	0.374		0	FLC	4		0.254	0.036	
Arginine.....g	0.568		0	FLC	4		0.386	0.054	
Histidine.....g	0.150		0	FLC	4		0.102	0.014	
Alanine.....g	0.348		0	FLC	4		0.236	0.033	

NDB No. 32002

Rice and vermicelli mix, rice pilaf flavor, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.639		0	FLC	4		0.435	0.061	
Glutamic acid.....g	1.154		0	FLC	4		0.785	0.111	
Glycine.....g	0.296		0	FLC	4		0.201	0.028	
Proline.....g	0.388		0	FLC	4		0.264	0.037	
Serine.....g	0.296		0	FLC	4		0.201	0.028	
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	
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 = 68g: .333 cup

Measure 2 = 9.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22958

Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	FLA	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	FLA	4		2		
Vitamin K (phylloquinone).....µg	3.8		2	A	1		13.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	2.1		2	A	1		7.3		
Lipids:									
Fatty acids, total saturated.....g	0.327		0	NC	4		1.111		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.001		
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	0.006		1	A	1		0.021		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.245		1	A	1		0.834		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.075		1	A	1		0.256		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.503		0	NC	4		1.710		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.038		1	A	1		0.128		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.465		1	A	1		1.582		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.415		0	NC	4		1.411		
18:2 undifferentiated.....g	0.384		1	A	1		1.304		
18:3 undifferentiated.....g	0.019		1	A	1		0.064		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.013		1	A	1		0.043		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g	0.000		1	A	1		0.000		
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									
Cholesterol.....mg	16		5.353	3	A		55		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0	A	1		0.225		
Threonine.....g	0.251		0	A	1		0.853		
Isoleucine.....g	0.267		0	A	1		0.906		
Leucine.....g	0.461		0	A	1		1.568		
Lysine.....g	0.424		0	A	1		1.442		
Methionine.....g	0.134		0	A	1		0.456		
Cystine.....g	0.082		0	A	1		0.277		
Phenylalanine.....g	0.255		0	A	1		0.867		
Tyrosine.....g	0.158		0	A	1		0.536		
Valine.....g	0.307		0	A	1		1.045		
Arginine.....g	0.387		0	A	1		1.316		
Histidine.....g	0.187		0	A	1		0.635		
Alanine.....g	0.342		0	A	1		1.164		

NDB No. 22958

Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.572		0	A	1		1.944		
Glutamic acid.....g	0.930		0	A	1		3.162		
Glycine.....g	0.257		0	A	1		0.873		
Proline.....g	0.241		0	A	1		0.821		
Serine.....g	0.245		0	A	1		0.834		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 340g: 1 bowl

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32024

Rice mix, cheese flavor, dry mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.754		0	NC	4		1.000		
4:0.....g	0.043		0	FLC	4		0.024		
6:0.....g	0.018		0	FLC	4		0.010		
8:0.....g	0.013		0	FLC	4		0.007		
10:0.....g	0.028		0	FLC	4		0.016		
12:0.....g	0.031		0	FLC	4		0.017		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.131		0	FLC	4		0.074		
15:0.....g	0.008		0	FLC	4		0.004		
16:0.....g	1.149		0	FLC	4		0.655		
17:0.....g	0.005		0	FLC	4		0.003		
18:0.....g	0.326		0	FLC	4		0.186		
20:0.....g	0.002		0	FLC	4		0.001		
22:0.....g	0.002		0	FLC	4		0.001		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.750		0	NC	4		0.427		
14:1.....g	0.002		0	FLC	4		0.001		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.015		0	FLC	4		0.008		
17:1.....g	0.001		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.732		0	FLC	4		0.417		
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	0.667		0	NC	4		0.380		
18:2 undifferentiated.....g	0.615		0	FLC	4		0.350		
18:3 undifferentiated.....g	0.051		0	FLC	4		0.029		
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	9		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 = 57g: .25 cup dry rice mix

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32029

Rice mix, white and wild, flavored, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	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	0.180		0	NC	4		0.103		
14:1.....g	0.001		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.003		0	FLC	4		0.002		
17:1.....g	0.001		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.176		0	FLC	4		0.100		
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	0.570		0	NC	4		0.325		
18:2 undifferentiated.....g	0.322		0	FLC	4		0.184		
18:3 undifferentiated.....g	0.248		0	FLC	4		0.141		
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 = 57g: 2 oz (1/4 c dry rice mix and 4 tsp seasoning mix)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22929

SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce

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

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

Common Measures:

Measure 1 = 259g: 1 cup

Measure 2 = 259g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22930

SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22932

SPAGHETTIOS, SpaghettiOs A to Z's

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22966

SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open

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

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

Common Measures:

Measure 1 = 206g: 1 can (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22942

SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22931
SPAGHETTIOS, SpaghettiOs Original

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22965

SPAGHETTIOS, SpaghettiOs Original, easy open

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

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

Common Measures:

Measure 1 = 213g: 1 can (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22939

SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22937

SPAGHETTIOS, SpaghettiOs in Meat Sauce

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22938

SPAGHETTIOS, SpaghettiOs plus Calcium

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22940

SPAGHETTIOS, SpaghettiOs with Meatballs

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22941

SPAGHETTIOS, SpaghettiOs with Sliced Franks

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

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

Common Measures:

Measure 1 = 252g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22943

SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)

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	51.30		1	MC	9		43.60		
Energy.....kcal	198		1	NC	4		168		
Energy.....kJ	827		0	NC	4		703		
Protein.....g	7.06		1	LC	8		6.00		
Total lipid (fat).....g	4.71		1	LC	8		4.00		
Ash.....g	5.17		0	NR	4		4.39		
Carbohydrate, by difference.....g	31.76		1	LC	8		27.00		
Fiber, total dietary.....g	1.2		1	LC	8		1.0		
Sugars, total.....g	4.71		1	LC	8		4.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	988		1	LC	8		840		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.176		1	LC	8		1.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.588		1	LC	8		0.500		
Cholesterol.....mg	6		1	LC	8		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 85g: .167 box (NLEA serving size)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22944

SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta

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	51.50		1	MC	9		64.38		
Energy.....kcal	147		1	NC	4		184		
Energy.....kJ	616		0	NC	4		770		
Protein.....g	4.80		1	LC	8		6.00		
Total lipid (fat).....g	3.20		1	LC	8		4.00		
Ash.....g	15.70		0	NR	4		19.63		
Carbohydrate, by difference.....g	24.80		1	LC	8		31.00		
Fiber, total dietary.....g	0.8		1	LC	8		1.0		
Sugars, total.....g	2.40		1	LC	8		3.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	520		1	LC	8		650		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.200		1	LC	8		1.500		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	8		1	LC	8		10		
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 = 125g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22945

SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)

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	42.00		1	MC	9		43.26		
Energy.....kcal	220		1	NC	4		226		
Energy.....kJ	918		0	NC	4		946		
Protein.....g	9.76		1	LC	8		10.05		
Total lipid (fat).....g	0.98		1	LC	8		1.00		
Ash.....g	4.34		0	NR	4		4.47		
Carbohydrate, by difference.....g	42.93		1	LC	8		44.21		
Fiber, total dietary.....g	2.0		1	LC	8		2.0		
Sugars, total.....g	6.83		1	LC	8		7.03		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	741		1	LC	8		764		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.488		1	LC	8		0.502		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	5		1	LC	8		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 103g: .167 box (NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22946

SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)

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

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

Common Measures:

Measure 1 = 94g: .167 box (NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22947

SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)

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	46.00		1	MC	9		43.24		
Energy.....kcal	210		1	NC	4		197		
Energy.....kJ	877		0	NC	4		824		
Protein.....g	4.26		1	LC	8		4.00		
Total lipid (fat).....g	1.06		1	LC	8		1.00		
Ash.....g	2.94		0	NR	4		2.76		
Carbohydrate, by difference.....g	45.74		1	LC	8		43.00		
Fiber, total dietary.....g	2.1		1	LC	8		2.0		
Sugars, total.....g	3.19		1	LC	8		3.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	830		1	LC	8		780		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.532		1	LC	8		0.500		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	5		1	LC	8		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 94g: 1 serving (NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22948

SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)

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	52.30		1	MC	9		44.45	44.45	
Energy.....kcal	181		1	NC	4		154	154	
Energy.....kJ	757		0	NC	4		643	643	
Protein.....g	5.91		1	LC	8		5.02	5.02	
Total lipid (fat).....g	1.18		1	LC	8		1.00	1.00	
Ash.....g	3.96		0	NR	4		3.37	3.37	
Carbohydrate, by difference.....g	36.64		1	LC	8		31.15	31.15	
Fiber, total dietary.....g	2.4		1	LC	8		2.0	2.0	
Sugars, total.....g	4.73		1	LC	8		4.02	4.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	922		1	LC	8		784	784	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.591		1	LC	8		0.502	0.502	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000	0.000	
Cholesterol.....mg	6		1	LC	8		5	5	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 85g: .167 box

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22949

SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)

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	53.20		1	MC	9		43.09	43.09	
Energy.....kcal	189		1	NC	4		153	153	
Energy.....kJ	790		0	NC	4		640	640	
Protein.....g	4.94		1	LC	8		4.00	4.00	
Total lipid (fat).....g	1.23		1	LC	8		1.00	1.00	
Ash.....g	1.12		0	NR	4		0.91	0.91	
Carbohydrate, by difference.....g	39.51		1	LC	8		32.00	32.00	
Fiber, total dietary.....g	2.5		1	LC	8		2.0	2.0	
Sugars, total.....g	4.94		1	LC	8		4.00	4.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	741		1	LC	8		600	600	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.617		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000	0.000	
Cholesterol.....mg	6		1	LC	8		5	5	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 81g: .167 box (NLEA serving)

Measure 2 = 81g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22950

SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)

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	53.50		1	MC	9		44.94	270.18	
Energy.....kcal	190		1	LC	8		160	960	
Energy.....kJ	795		1	LC	8		668	4015	
Protein.....g	5.94		1	LC	8		4.99	29.99	
Total lipid (fat).....g	3.56		1	LC	8		2.99	17.99	
Ash.....g	2.56		0	O	4		2.15	12.93	
Carbohydrate, by difference.....g	34.44		1	LC	8		28.93	173.93	
Fiber, total dietary.....g	2.4		1	LC	8		2.0	12.0	
Sugars, total.....g	3.56		1	LC	8		2.99	17.99	
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	879		1	LC	8		738	4438	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.188		1	LC	8		0.998	5.998	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000	0.000	
Cholesterol.....mg	6		1	LC	8		5	30	
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 = 84g: 1 serving 1/6 box

Measure 2 = 505g: 1 box

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22951
SWANSON, Chicken A La King

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

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

Common Measures:

Measure 1 = 298g: 1 can (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22952

SWANSON, Chicken and Dumplings

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

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

Common Measures:

Measure 1 = 247g: 1 cup (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 32031
Salisbury steak with gravy, 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	74.19	0.311	9	A	1		46.74		
Energy.....kcal	149		0	NC	4		94		
Energy.....kJ	625		0	NC	4		394		
Protein (N x 6.25).....g	6.98	0.270	9	A	1		4.40		
Total lipid (fat).....g	10.47	0.245	9	A	1		6.60		
Ash.....g	1.58	0.061	9	A	1		0.99		
Carbohydrate, by difference.....g	6.78		0	NC	4		4.27		
Fiber, total dietary.....g	1.0		3	A	1		0.6		
Sugars, total.....g	0.26		3	A	1		0.16		
Sucrose.....g	0.00		3	A	1		0.00		
Glucose (dextrose).....g	0.26		3	A	1		0.16		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	0.00		3	A	1		0.00		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g	2.53		3	A	1		1.59		
Minerals:									
Calcium, Ca.....mg	47	1.714	9	A	1		29		
Iron, Fe.....mg	0.95	0.035	9	A	1		0.60		
Magnesium, Mg.....mg	17	0.383	9	A	1		11		
Phosphorus, P.....mg	127	2.316	9	A	1		80		
Potassium, K.....mg	144	3.770	9	A	1		90		
Sodium, Na.....mg	509	2.314	9	A	1		321		
Zinc, Zn.....mg	0.75	0.016	9	A	1		0.47		
Copper, Cu.....mg	0.083	0.004	9	A	1		0.052		
Manganese, Mn.....mg	0.174	0.004	9	A	1		0.109		
Selenium, Se.....µg	7.5		3	A	1		4.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFNN	4		0.0		
Thiamin.....mg	0.059	0.000	6	A	1		0.037		
Riboflavin.....mg	0.118	0.000	6	A	1		0.074		
Niacin.....mg	1.320	0.016	6	A	1		0.831		
Pantothenic acid.....mg	0.203		2	A	1		0.128		
Vitamin B-6.....mg	0.131		3	A	1		0.082		
Folate, total.....µg	13		1	A	1		8		
Folic acid.....µg	0		0	BFNN	4		0		
Folate, food.....µg	13		1	A	1		8		
Folate, DFE.....µg	13		0	NC	4		8		
Choline, total.....mg	46.8		0	BFNN	4		29.5		
Betaine.....mg									
Vitamin B-12.....µg	0.41		3	A	1		0.26		
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE.....µg	2		0	BFFN	4		1		
Retinol.....µg	2		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	5		0	NC	4		3		
Lycopene.....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.23		3	A	1		0.14		
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00		
Tocopherol, beta.....mg	0.00		3	A	1		0.00		
Tocopherol, gamma.....mg	0.00		3	A	1		0.00		
Tocopherol, delta.....mg	0.00		3	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		3	A	1		0.00		
Tocotrienol, beta.....mg	0.00		3	A	1		0.00		

NDB No. 32031
Salisbury steak with gravy, 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		3	A	1		0.00		
Tocotrienol, delta.....mg	0.00		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	1		0	BFFN	4		1		
Vitamin K (phylloquinone).....µg	1.7		0	BFFN	4		1.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.982		0	NC	4		2.509		
4:0.....g	0.004	0.004	7	A	1		0.002		
6:0.....g	0.000	0.000	7	A	1		0.000		
8:0.....g	0.000	0.000	7	A	1		0.000		
10:0.....g	0.010	0.005	7	A	1		0.006		
12:0.....g	0.008	0.001	7	A	1		0.005		
13:0.....g									
14:0.....g	0.192	0.014	7	A	1		0.121		
15:0.....g	0.024	0.001	7	A	1		0.015		
16:0.....g	2.492	0.174	7	A	1		1.570		
17:0.....g	0.062	0.006	7	A	1		0.039		
18:0.....g	1.172	0.103	7	A	1		0.738		
20:0.....g	0.013	0.002	7	A	1		0.008		
22:0.....g	0.005	0.000	7	A	1		0.003		
24:0.....g	0.001	0.000	7	A	1		0.001		
Fatty acids, total monounsaturated.....g	4.798		0	NC	4		3.023		
14:1.....g	0.054	0.016	7	A	1		0.034		
15:1.....g	0.000	0.000	7	A	1		0.000		
16:1 undifferentiated.....g	0.389	0.022	7	AS	1		0.245		
16:1 c.....g	0.375	0.021	7	A	1		0.236		
16:1 t.....g	0.014	0.001	7	A	1		0.009		
17:1.....g	0.043	0.004	7	A	1		0.027		
18:1 undifferentiated.....g	4.217	0.172	7	AS	1		2.656		
18:1 c.....g	3.992	0.164	7	A	1		2.515		
18:1 t.....g	0.225	0.010	7	A	1		0.142		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.094	0.033	7	A	1		0.059		
22:1 undifferentiated.....g	0.001	0.000	7	AS	1		0.001		
22:1 c.....g	0.001	0.000	7	A	1		0.001		
22:1 t.....g	0.000	0.000	7	A	1		0.000		
24:1 c.....g	0.000	0.000	7	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.483		0	NC	4		0.934		
18:2 undifferentiated.....g	1.327	0.075	7	AS	1		0.836		
18:2 n-6 c,c.....g	1.252	0.061	7	A	1		0.789		
18:2 CLAs.....g	0.030	0.004	7	A	1		0.019		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.011	7	A	1		0.028		
18:3 undifferentiated.....g	0.059	0.005	7	AS	1		0.037		
18:3 n-3 c,c,c (ALA).....g	0.057	0.004	7	A	1		0.036		
18:3 n-6 c,c,c.....g	0.002	0.001	7	A	1		0.001		
18:3i.....g	0.000	0.000	7	A	1		0.000		
18:4.....g	0.001	0.000	7	A	1		0.001		
20:2 n-6 c,c.....g	0.030	0.002	7	A	1		0.019		
20:3 undifferentiated.....g	0.016	0.001	7	AS	1		0.010		
20:3 n-3.....g	0.004	0.000	7	A	1		0.003		
20:3 n-6.....g	0.012	0.001	7	A	1		0.008		
20:4 undifferentiated.....g	0.030	0.001	7	A	1		0.019		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	7	A	1		0.002		
21:5.....g									
22:4.....g	0.009	0.000	7	A	1		0.006		
22:5 n-3 (DPA).....g	0.004	0.000	7	A	1		0.003		

NDB No. 32031
Salisbury steak with gravy, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.002	0.000	7	A	1	0.001		
Fatty acids, total trans.....g	0.284		0	NC	4	0.179		
Fatty acids, total trans-monoenoic.....g	0.239		0	NC	4	0.150		
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4	0.028		
Cholesterol.....mg	33	1.016	9	A	1	21		
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 = 63g: 1 patty

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Sausage, egg and cheese breakfast biscuit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.7		0	BFFN	4		0.9	3.6	
Vitamin D.....IU	27		0	BFFN	4		34	142	
Vitamin K (phylloquinone).....µg	1.8		0	BFFN	4		2.3	9.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.595		0	NC	4		10.830	45.209	
4:0.....g	0.052	0.003	3	A	1		0.065	0.271	
6:0.....g	0.038	0.003	3	A	1		0.047	0.198	
8:0.....g	0.023	0.003	3	A	1		0.029	0.123	
10:0.....g	0.061	0.004	3	A	1		0.077	0.322	
12:0.....g	0.105	0.002	3	A	1		0.132	0.551	
13:0.....g									
14:0.....g	0.452	0.016	3	A	1		0.569	2.377	
15:0.....g	0.034	0.002	3	A	1		0.043	0.178	
16:0.....g	5.842	0.120	3	A	1		7.360	30.727	
17:0.....g	0.054	0.001	3	A	1		0.068	0.282	
18:0.....g	1.866	0.043	3	A	1		2.352	9.817	
20:0.....g	0.048	0.000	3	A	1		0.060	0.252	
22:0.....g	0.014	0.001	3	A	1		0.017	0.072	
24:0.....g	0.007	0.001	3	A	1		0.009	0.039	
Fatty acids, total monounsaturated.....g	8.539		0	NC	4		10.759	44.915	
14:1.....g	0.027	0.001	3	A	1		0.034	0.144	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.319	0.009	3	AS	1		0.401	1.675	
16:1 c.....g	0.308	0.009	3	A	1		0.388	1.618	
16:1 t.....g	0.011	0.000	3	A	1		0.014	0.057	
17:1.....g	0.032	0.003	3	A	1		0.040	0.166	
18:1 undifferentiated.....g	8.041	0.180	3	AS	1		10.131	42.293	
18:1 c.....g	7.923	0.181	3	A	1		9.983	41.676	
18:1 t.....g	0.117	0.002	3	A	1		0.148	0.617	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.117	0.005	3	A	1		0.148	0.617	
22:1 undifferentiated.....g	0.004	0.000	3	AS	1		0.005	0.019	
22:1 c.....g	0.004	0.000	3	A	1		0.005	0.019	
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	3.881		0	NC	4		4.891	20.416	
18:2 undifferentiated.....g	3.473	0.068	3	AS	1		4.376	18.267	
18:2 n-6 c,c.....g	3.394	0.065	3	A	1		4.277	17.854	
18:2 CLAs.....g	0.030	0.003	3	A	1		0.037	0.156	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.049	0.002	3	A	1		0.062	0.257	
18:3 undifferentiated.....g	0.194	0.002	3	AS	1		0.245	1.022	
18:3 n-3 c,c,c (ALA).....g	0.183	0.002	3	A	1		0.231	0.964	
18:3 n-6 c,c,c.....g	0.011	0.001	3	A	1		0.014	0.058	
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	0.079	0.004	3	A	1		0.099	0.414	
20:3 undifferentiated.....g	0.029	0.001	3	AS	1		0.037	0.153	
20:3 n-3.....g	0.009	0.001	3	A	1		0.012	0.049	
20:3 n-6.....g	0.020	0.001	3	A	1		0.025	0.105	
20:4 undifferentiated.....g	0.066	0.001	3	A	1		0.083	0.345	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.004	0.016	
21:5.....g									
22:4.....g	0.014	0.002	3	A	1		0.018	0.075	
22:5 n-3 (DPA).....g	0.008	0.001	3	A	1		0.010	0.044	
22:6 n-3 (DHA).....g	0.012	0.000	3	A	1		0.016	0.065	
Fatty acids, total trans.....g	0.177		0	NC	4		0.223	0.932	
Fatty acids, total trans-monoenoic.....g	0.128		0	NC	4		0.161	0.674	

NDB No. 32032

Sausage, egg and cheese breakfast biscuit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.062	0.257	
Cholesterol.....mg	78	6.683	5	A	1	99	413		
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 = 126g: 1 biscuit

Measure 2 = 526g: 1 box

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22401

Spaghetti with meat sauce, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.350		3	MA	12		0.991	0.099	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.001		0	FLM	4		0.003	0.000	
12:0.....g	0.001		0	FLM	4		0.003	0.000	
13:0.....g	0.000		0	FLA	4		0.000	0.000	
14:0.....g	0.020		0	FLM	4		0.057	0.006	
15:0.....g	0.001		0	FLA	4		0.002	0.000	
16:0.....g	0.224		0	FLM	4		0.634	0.064	
17:0.....g	0.002		0	FLA	4		0.006	0.001	
18:0.....g	0.092		0	FLM	4		0.260	0.026	
20:0.....g	0.001		0	FLA	4		0.003	0.000	
22:0.....g	0.001		0	FLA	4		0.003	0.000	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.330		3	MA	12		0.934	0.094	
14:1.....g	0.001		0	FLA	4		0.002	0.000	
15:1.....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated.....g	0.024		0	FLM	4		0.068	0.007	
17:1.....g	0.000		0	FLA	4		0.001	0.000	
18:1 undifferentiated.....g	0.297		0	FLM	4		0.841	0.084	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.320		3	MA	12		0.906	0.091	
18:2 undifferentiated.....g	0.287		0	FLM	4		0.812	0.081	
18:3 undifferentiated.....g	0.028		0	FLM	4		0.079	0.008	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.003		0	FLM	4		0.008	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		3	MA	12		17	2	
Phytosterols.....mg	0		0	FLA	4		1	0	
Amino Acids:									
Tryptophan.....g	0.079		0	FLA	4		0.224	0.022	
Threonine.....g	0.210		0	FLA	4		0.593	0.059	
Isoleucine.....g	0.240		0	FLA	4		0.678	0.068	
Leucine.....g	0.440		0	FLA	4		1.245	0.125	
Lysine.....g	0.204		0	FLA	4		0.577	0.058	
Methionine.....g	0.073		0	FLA	4		0.207	0.021	
Cystine.....g	0.101		0	FLA	4		0.284	0.028	
Phenylalanine.....g	0.292		0	FLA	4		0.828	0.083	
Tyrosine.....g	0.133		0	FLA	4		0.376	0.038	
Valine.....g	0.265		0	FLA	4		0.750	0.075	
Arginine.....g	0.267		0	FLA	4		0.756	0.076	
Histidine.....g	0.141		0	FLA	4		0.400	0.040	
Alanine.....g	0.218		0	FLA	4		0.618	0.062	
Aspartic acid.....g	0.390		0	FLA	4		1.104	0.111	
Glutamic acid.....g	1.848		0	FLA	4		5.230	0.524	
Glycine.....g	0.215		0	FLA	4		0.607	0.061	
Proline.....g	0.593		0	FLA	4		1.679	0.168	
Serine.....g	0.277		0	FLA	4		0.785	0.079	
Hydroxyproline.....g	0.004		0	FLA	4		0.011	0.001	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	

NDB No. 22401

Spaghetti with meat sauce, frozen entree

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 = 283g: 1 serving

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 22 Meals, Entrees, and Side Dishes
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22912

Spaghetti, with meatballs in tomato sauce, 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	78.80	0.123	18	A	1		193.84	323.86	
Energy.....kcal	100		0	NC	4		247	412	
Energy.....kJ	420		0	NC	4		1033	1726	
Protein (N x 6.25).....g	4.37	0.041	18	A	1		10.76	17.98	
Total lipid (fat).....g	4.11	0.047	18	A	1		10.12	16.91	
Ash.....g	1.26	0.013	18	A	1		3.11	5.19	
Carbohydrate, by difference.....g	11.45		0	NC	4		28.17	47.06	
Fiber, total dietary.....g	2.7		0	BFZN	4		6.6	11.1	
Sugars, total.....g	2.91	0.026	9	A	1		7.16	11.97	
Sucrose.....g	0.34	0.018	9	A	1		0.84	1.40	
Glucose (dextrose).....g	1.25	0.009	9	A	1		3.08	5.14	
Fructose.....g	1.32	0.010	9	A	1		3.25	5.43	
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Starch.....g	7.37	0.235	9	A	1		18.13	30.29	
Minerals:									
Calcium, Ca.....mg	29	1.849	18	A	1		71	118	
Iron, Fe.....mg	1.03	0.035	18	A	1		2.53	4.22	
Magnesium, Mg.....mg	13	0.192	18	A	1		32	54	
Phosphorus, P.....mg	57	0.832	18	A	1		141	235	
Potassium, K.....mg	217	3.118	18	A	1		533	891	
Sodium, Na.....mg	280	2.937	18	A	1		688	1150	
Zinc, Zn.....mg	0.51	0.008	18	A	1		1.26	2.11	
Copper, Cu.....mg	0.053	0.001	18	A	1		0.131	0.218	
Manganese, Mn.....mg	0.144	0.002	18	A	1		0.355	0.593	
Selenium, Se.....µg	9.0	0.265	9	A	1		22.1	36.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9	0.167	9	A	1		4.6	7.6	
Thiamin.....mg	0.081	0.005	9	A	1		0.199	0.333	
Riboflavin.....mg	0.066	0.004	9	A	1		0.163	0.272	
Niacin.....mg	2.017	0.063	9	A	1		4.961	8.289	
Pantothenic acid.....mg	0.293	0.006	6	A	1		0.721	1.204	
Vitamin B-6.....mg	0.069	0.002	9	A	1		0.170	0.284	
Folate, total.....µg	20	1.073	6	A	1		50	84	
Folic acid.....µg	13		0	BFZN	4		32	53	
Folate, food.....µg	8		0	NC	4		19	32	
Folate, DFE.....µg	29		0	NC	4		72	121	
Choline, total.....mg	10.5		0	AS	1		25.7	42.9	
Betaine.....mg	6.3		1	A	1		15.4	25.8	
Vitamin B-12.....µg	0.19	0.009	9	A	1		0.48	0.80	
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	17		0	AS	1		42	71	
Retinol.....µg	5		3	A	1		12	20	
Carotene, beta.....µg	141	3.714	9	A	1		347	579	
Carotene, alpha.....µg	15	2.703	9	A	1		37	62	
Cryptoxanthin, beta.....µg	0	0.000	9	A	1		0	0	
Vitamin A, IU.....IU	264		0	AS	1		649	1084	
Lycopene.....µg	3453	47.039	9	A	1		8494	14191	
Lutein + zeaxanthin.....µg	78	1.471	9	A	1		193	322	
Vitamin E (alpha-tocopherol).....mg	0.50	0.017	6	A	1		1.24	2.07	
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg	0.03	0.001	6	A	1		0.08	0.14	
Tocopherol, gamma.....mg	0.10	0.004	6	A	1		0.26	0.43	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.02	0.001	6	A	1		0.06	0.10	
Tocotrienol, beta.....mg	0.17	0.007	6	A	1		0.42	0.71	

Spaghetti, with meatballs in tomato sauce, 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
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.2		0	BFZN	4		0.5	0.8	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	8		0	BFZN	4		19	32	
Vitamin K (phylloquinone).....µg	1.8		3	A	1		4.4	7.4	
Dihydrophyloquinone.....µg	0.8		1	A	1		2.0	3.3	
Menaquinone-4.....µg	0.9		2	A	1		2.3	3.8	
Lipids:									
Fatty acids, total saturated.....g	1.459		0	NC	4		3.590	5.997	
4:0.....g	0.003	0.001	9	A	1		0.006	0.010	
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	
8:0.....g	0.000	0.000	9	A	1		0.000	0.000	
10:0.....g	0.009	0.001	9	A	1		0.022	0.037	
12:0.....g	0.006	0.000	9	A	1		0.015	0.024	
13:0.....g									
14:0.....g	0.077	0.002	9	A	1		0.189	0.316	
15:0.....g	0.010	0.001	9	A	1		0.024	0.040	
16:0.....g	0.841	0.013	9	A	1		2.069	3.457	
17:0.....g	0.021	0.002	9	A	1		0.052	0.088	
18:0.....g	0.483	0.009	9	A	1		1.189	1.987	
20:0.....g	0.007	0.000	9	A	1		0.016	0.027	
22:0.....g	0.002	0.000	9	A	1		0.006	0.010	
24:0.....g	0.000	0.000	9	A	1		0.000	0.001	
Fatty acids, total monounsaturated.....g	1.633		0	NC	4		4.017	6.711	
14:1.....g	0.011	0.001	9	A	1		0.027	0.046	
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.105	0.002	9	AS	1		0.259	0.432	
16:1 c.....g	0.098	0.002	9	A	1		0.242	0.404	
16:1 t.....g	0.007	0.000	9	A	1		0.017	0.028	
17:1.....g	0.015	0.002	9	A	1		0.038	0.064	
18:1 undifferentiated.....g	1.485	0.028	9	AS	1		3.653	6.102	
18:1 c.....g	1.391	0.022	9	A	1		3.423	5.719	
18:1 t.....g	0.093	0.009	9	A	1		0.230	0.384	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.000	9	A	1		0.040	0.066	
22:1 undifferentiated.....g	0.000	0.000	9	AS	1		0.000	0.001	
22:1 c.....g	0.000	0.000	9	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.563		0	NC	4		1.385	2.313	
18:2 undifferentiated.....g	0.509	0.008	9	AS	1		1.251	2.090	
18:2 n-6 c,c.....g	0.483	0.010	9	A	1		1.188	1.985	
18:2 CLAs.....g	0.013	0.002	9	A	1		0.031	0.051	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.002	9	A	1		0.032	0.053	
18:3 undifferentiated.....g	0.021	0.000	9	AS	1		0.051	0.085	
18:3 n-3 c,c,c (ALA).....g	0.020	0.000	9	A	1		0.049	0.082	
18:3 n-6 c,c,c.....g	0.001	0.000	9	A	1		0.002	0.003	
18:3i.....g									
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.010	0.000	9	A	1		0.024	0.040	
20:3 undifferentiated.....g	0.007	0.000	9	AS	1		0.017	0.029	
20:3 n-3.....g	0.002	0.000	9	A	1		0.006	0.010	
20:3 n-6.....g	0.005	0.000	9	A	1		0.012	0.019	
20:4 undifferentiated.....g	0.009	0.000	9	A	1		0.023	0.039	
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	0.004	0.000	9	A	1		0.009	0.016	
22:5 n-3 (DPA).....g	0.003	0.000	9	A	1		0.008	0.013	

NDB No. 22912

Spaghetti, with meatballs in tomato sauce, 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
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.001	0.002	
Fatty acids, total trans.....g	0.113		0	NC	4		0.279	0.465	
Fatty acids, total trans-monoenoic.....g	0.100		0	NC	4		0.247	0.412	
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.032	0.053	
Cholesterol.....mg	7	0.195	9	A	1		17	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0	A	1		0.078	0.130	
Threonine.....g	0.118		0	A	1		0.291	0.486	
Isoleucine.....g	0.121		0	A	1		0.299	0.499	
Leucine.....g	0.268		0	A	1		0.659	1.102	
Lysine.....g	0.131		0	A	1		0.322	0.538	
Methionine.....g	0.065		0	A	1		0.161	0.269	
Cystine.....g	0.053		0	A	1		0.130	0.217	
Phenylalanine.....g	0.160		0	A	1		0.395	0.659	
Tyrosine.....g	0.112		0	A	1		0.275	0.460	
Valine.....g	0.146		0	A	1		0.358	0.599	
Arginine.....g	0.194		0	A	1		0.478	0.798	
Histidine.....g	0.083		0	A	1		0.205	0.343	
Alanine.....g	0.185		0	A	1		0.455	0.760	
Aspartic acid.....g	0.321		0	A	1		0.789	1.319	
Glutamic acid.....g	1.048		0	A	1		2.578	4.308	
Glycine.....g	0.189		0	A	1		0.464	0.776	
Proline.....g	0.359		0	A	1		0.883	1.475	
Serine.....g	0.174		0	A	1		0.428	0.716	
Hydroxyproline.....g	0.059		3	A	1		0.144	0.241	
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 = 246g: 1 cup

Measure 2 = 411g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32021

Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.26	0.505	12	A	1		139.12		
Energy.....kcal	125		0	NC	4		248		
Energy.....kJ	525		0	NC	4		1040		
Protein (N x 6.25).....g	3.27	0.080	12	A	1		6.47		
Total lipid (fat).....g	2.38	0.093	12	A	1		4.71		
Ash.....g	1.35	0.038	12	A	1		2.66		
Carbohydrate, by difference.....g	22.74		0	NC	4		45.03		
Fiber, total dietary.....g	1.5	0.119	6	A	1		3.0		
Sugars, total.....g	1.79	0.062	6	A	1		3.55		
Sucrose.....g	0.26	0.014	6	A	1		0.51		
Glucose (dextrose).....g	0.61	0.019	6	A	1		1.20		
Fructose.....g	0.64	0.027	6	A	1		1.27		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.29	0.018	6	A	1		0.57		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	19.32	0.353	6	A	1		38.25		
Minerals:									
Calcium, Ca.....mg	18	0.769	12	A	1		35		
Iron, Fe.....mg	1.02	0.065	12	A	1		2.02		
Magnesium, Mg.....mg	13	0.294	12	A	1		26		
Phosphorus, P.....mg	45	0.606	12	A	1		90		
Potassium, K.....mg	185	3.886	12	A	1		366		
Sodium, Na.....mg	349	5.478	12	A	1		691		
Zinc, Zn.....mg	0.30	0.013	12	A	1		0.59		
Copper, Cu.....mg	0.061	0.003	12	A	1		0.122		
Manganese, Mn.....mg	0.221	0.006	12	A	1		0.438		
Selenium, Se.....µg	9.6	0.395	6	A	1		18.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.287	0.006	6	A	1		0.567		
Riboflavin.....mg	0.135	0.002	6	A	1		0.266		
Niacin.....mg	2.447	0.071	6	A	1		4.844		
Pantothenic acid.....mg	0.213	0.012	4	A	1		0.421		
Vitamin B-6.....mg	0.096	0.005	6	A	1		0.189		
Folate, total.....µg	68	2.258	6	A	1		134		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	10		0	AS	1		21		
Vitamin A, IU.....IU	208		0	AS	1		412		
Lycopene.....µg	1580		2	A	1		3128		
Lutein + zeaxanthin.....µg	102		2	A	1		201		
Vitamin E (alpha-tocopherol).....mg	0.67	0.073	6	A	1		1.34		
Tocopherol, beta.....mg	0.01	0.009	6	A	1		0.02		
Tocopherol, gamma.....mg	0.88	0.087	6	A	1		1.75		
Tocopherol, delta.....mg	0.22	0.035	6	A	1		0.43		
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, beta.....mg	0.08	0.015	6	A	1		0.16		
Tocotrienol, gamma.....mg	0.04	0.011	6	A	1		0.09		
Tocotrienol, delta.....mg	0.06	0.056	6	A	1		0.11		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	2.9		2	A	1		5.8		
Dihydrophyloquinone.....µg	0.7		2	A	1		1.3		
Menaquinone-4.....µg	0.0		2	A	1		0.0		

Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.387		0	NC	4		0.766		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.000	0.000	6	A	1		0.000		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.005	0.000	6	A	1		0.009		
15:0.....g	0.001	0.000	6	A	1		0.003		
16:0.....g	0.247	0.008	6	A	1		0.489		
17:0.....g	0.002	0.000	6	A	1		0.004		
18:0.....g	0.109	0.004	6	A	1		0.217		
20:0.....g	0.010	0.000	6	A	1		0.019		
22:0.....g	0.008	0.000	6	A	1		0.015		
24:0.....g	0.005	0.000	6	A	1		0.009		
Fatty acids, total monounsaturated.....g	0.834		0	NC	4		1.652		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.005		
16:1 c.....g	0.003	0.000	6	A	1		0.005		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.001	0.000	6	A	1		0.002		
18:1 undifferentiated.....g	0.817	0.035	5	AS	1		1.617		
18:1 c.....g	0.721	0.032	5	A	1		1.428		
18:1 t.....g	0.096	0.003	5	A	1		0.191		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.013	0.001	6	A	1		0.027		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.867		0	NC	4		1.717		
18:2 undifferentiated.....g	0.740	0.026	6	AS	1		1.466		
18:2 n-6 c,c.....g	0.731	0.027	6	A	1		1.448		
18:2 CLAs.....g	0.001	0.000	6	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008	0.001	6	A	1		0.016		
18:3 undifferentiated.....g	0.125	0.006	6	AS	1		0.247		
18:3 n-3 c,c,c (ALA).....g	0.120	0.005	6	A	1		0.238		
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1		0.008		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	6	A	1		0.002		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.001	0.000	6	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.104		0	NC	4		0.207		
Fatty acids, total trans-monoenoic.....g	0.096		0	NC	4		0.191		
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.016		
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. 32021

Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)

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

food, or similar food.

Common Measures:

Measure 1 = 198g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32018
Spanish rice mix, dry mix, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.27	0.133	12	A	1		5.09	4.07	0.64
Energy.....kcal	363		0	NC	4		254	203	32
Energy.....kJ	1518		0	NC	4		1063	850	134
Protein (N x 6.25).....g	10.62	0.070	12	A	1		7.44	5.95	0.93
Total lipid (fat).....g	1.62	0.040	12	A	1		1.14	0.91	0.14
Ash.....g	4.04	0.089	12	A	1		2.82	2.26	0.36
Carbohydrate, by difference.....g	76.45		0	NC	4		53.51	42.81	6.73
Fiber, total dietary.....g	3.1	0.292	6	A	1		2.1	1.7	0.3
Sugars, total.....g	3.83	0.185	3	A	1		2.68	2.14	0.34
Sucrose.....g	0.62	0.057	6	A	1		0.44	0.35	0.05
Glucose (dextrose).....g	1.36	0.037	6	A	1		0.95	0.76	0.12
Fructose.....g	0.91	0.021	6	A	1		0.64	0.51	0.08
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.93	0.098	3	A	1		0.65	0.52	0.08
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	66.05	0.631	6	A	1		46.23	36.99	5.81
Minerals:									
Calcium, Ca.....mg	29	0.384	12	A	1		20	16	3
Iron, Fe.....mg	3.32	0.174	12	A	1		2.32	1.86	0.29
Magnesium, Mg.....mg	37	0.516	12	A	1		26	21	3
Phosphorus, P.....mg	146	1.087	12	A	1		102	82	13
Potassium, K.....mg	445	17.930	12	A	1		312	249	39
Sodium, Na.....mg	1085	41.452	12	A	1		760	608	96
Zinc, Zn.....mg	1.03	0.019	12	A	1		0.72	0.57	0.09
Copper, Cu.....mg	0.190	0.004	12	A	1		0.133	0.106	0.017
Manganese, Mn.....mg	0.790	0.014	12	A	1		0.553	0.442	0.070
Selenium, Se.....µg	33.1	0.936	6	A	1		23.1	18.5	2.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.822	0.054	6	A	1		0.576	0.460	0.072
Riboflavin.....mg	0.288	0.009	6	A	1		0.202	0.161	0.025
Niacin.....mg	7.179	0.195	6	A	1		5.025	4.020	0.632
Pantothenic acid.....mg	0.626	0.007	4	A	1		0.438	0.350	0.055
Vitamin B-6.....mg	0.248	0.005	6	A	1		0.174	0.139	0.022
Folate, total.....µg	162	6.963	6	A	1		113	90	14
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	23		0	AS	1		16	13	2
Vitamin A, IU.....IU	469		0	AS	1		329	263	41
Lycopene.....µg	3677		2	A	1		2574	2059	324
Lutein + zeaxanthin.....µg	245		2	A	1		172	137	22
Vitamin E (alpha-tocopherol).....mg	0.86	0.035	6	A	1		0.60	0.48	0.08
Tocopherol, beta.....mg	0.05	0.008	6	A	1		0.04	0.03	0.00
Tocopherol, gamma.....mg	0.14	0.006	6	A	1		0.10	0.08	0.01
Tocopherol, delta.....mg	0.02	0.011	6	A	1		0.02	0.01	0.00
Tocotrienol, alpha.....mg	0.06	0.015	6	A	1		0.04	0.04	0.01
Tocotrienol, beta.....mg	0.39	0.025	6	A	1		0.27	0.22	0.03
Tocotrienol, gamma.....mg	0.16	0.034	6	A	1		0.11	0.09	0.01
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	2.7		2	A	1		1.9	1.5	0.2
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0

NDB No. 32018
 Spanish rice mix, dry mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.395		0	NC	4		0.277	0.221	0.035
4:0.....g	0.001	0.001	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	0.012	0.001	6	A	1		0.008	0.007	0.001
15:0.....g	0.001	0.000	6	A	1		0.001	0.001	0.000
16:0.....g	0.329	0.002	6	A	1		0.230	0.184	0.029
17:0.....g	0.001	0.000	6	A	1		0.001	0.001	0.000
18:0.....g	0.037	0.003	6	A	1		0.026	0.021	0.003
20:0.....g	0.004	0.000	6	A	1		0.002	0.002	0.000
22:0.....g	0.005	0.000	6	A	1		0.003	0.003	0.000
24:0.....g	0.006	0.000	6	A	1		0.004	0.003	0.001
Fatty acids, total monounsaturated.....g	0.341		0	NC	4		0.239	0.191	0.030
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	0.002	0.000	6	AS	1		0.001	0.001	0.000
16:1 c.....g	0.002	0.000	6	A	1		0.001	0.001	0.000
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	0.336	0.009	6	AS	1		0.235	0.188	0.030
18:1 c.....g	0.319	0.008	6	A	1		0.223	0.179	0.028
18:1 t.....g	0.016	0.009	6	A	1		0.011	0.009	0.001
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004	0.001	6	A	1		0.003	0.002	0.000
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	0.604		0	NC	4		0.423	0.338	0.053
18:2 undifferentiated.....g	0.574	0.006	6	AS	1		0.402	0.321	0.050
18:2 n-6 c,c.....g	0.567	0.007	6	A	1		0.397	0.318	0.050
18:2 CLAs.....g	0.001	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	0.006	0.001	6	A	1		0.004	0.003	0.001
18:3 undifferentiated.....g	0.028	0.000	6	AS	1		0.020	0.016	0.002
18:3 n-3 c,c,c (ALA).....g	0.028	0.000	6	A	1		0.020	0.016	0.002
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	0.001	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	0.001	0.000	6	A	1		0.001	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.022		0	NC	4		0.015	0.012	0.002
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4		0.011	0.009	0.001
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4		0.004	0.003	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. 32018

Spanish rice mix, dry mix, unprepared

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

food, or similar food.

Common Measures:

Measure 1 = 70g: .5 cup

Measure 2 = 56g: .33 cup

Measure 3 = 8.8g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32007

Taquitos, frozen, beef and cheese, oven-heated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.45	0.153	11	A	1		17.83		
Energy.....kcal	287		0	NC	4		120		
Energy.....kJ	1199		0	NC	4		504		
Protein (N x 6.25).....g	9.40	0.162	11	A	1		3.95		
Total lipid (fat).....g	12.79	0.131	11	A	1		5.37		
Ash.....g	1.89	0.019	11	A	1		0.80		
Carbohydrate, by difference.....g	33.46		0	NC	4		14.05		
Fiber, total dietary.....g	2.8	0.076	6	A	1		1.2		
Sugars, total.....g	1.66	0.049	6	A	1		0.70		
Sucrose.....g	0.30	0.000	6	A	1		0.13		
Glucose (dextrose).....g	0.24	0.037	6	A	1		0.10		
Fructose.....g	0.30	0.000	6	A	1		0.13		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.83	0.019	6	A	1		0.35		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	29.50	0.353	6	A	1		12.39		
Minerals:									
Calcium, Ca.....mg	97	1.900	11	A	1		41		
Iron, Fe.....mg	2.67	0.037	11	A	1		1.12		
Magnesium, Mg.....mg	24	0.234	11	A	1		10		
Phosphorus, P.....mg	137	1.597	11	A	1		57		
Potassium, K.....mg	174	1.953	11	A	1		73		
Sodium, Na.....mg	456	4.315	11	A	1		191		
Zinc, Zn.....mg	1.05	0.011	11	A	1		0.44		
Copper, Cu.....mg	0.102	0.002	11	A	1		0.043		
Manganese, Mn.....mg	0.362	0.007	11	A	1		0.152		
Selenium, Se.....µg	15.4	0.309	6	A	1		6.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.331	0.005	6	A	1		0.139		
Riboflavin.....mg	0.309	0.009	6	A	1		0.130		
Niacin.....mg	3.537	0.098	6	A	1		1.485		
Pantothenic acid.....mg	0.342	0.009	4	A	1		0.144		
Vitamin B-6.....mg	0.179	0.031	6	A	1		0.075		
Folate, total.....µg	68	2.641	4	A	1		29		
Folic acid.....µg	63		0	FLC	4		27		
Folate, food.....µg	5		0	NC	4		2		
Folate, DFE.....µg	113		0	NC	4		47		
Choline, total.....mg	18.9		0	FLC	4		7.9		
Betaine.....mg									
Vitamin B-12.....µg	0.28	0.012	6	A	1		0.12		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	35		0	AS	1		15		
Retinol.....µg	25		2	A	1		10		
Carotene, beta.....µg	103		2	A	1		43		
Carotene, alpha.....µg	1		2	A	1		1		
Cryptoxanthin, beta.....µg	36		2	A	1		15		
Vitamin A, IU.....IU	284		0	AS	1		119		
Lycopene.....µg	413		2	A	1		174		
Lutein + zeaxanthin.....µg	119		2	A	1		50		
Vitamin E (alpha-tocopherol).....mg	1.25	0.042	6	A	1		0.52		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.13	0.002	6	A	1		0.05		
Tocopherol, gamma.....mg	3.44	0.109	6	A	1		1.45		
Tocopherol, delta.....mg	0.85	0.016	6	A	1		0.36		
Tocotrienol, alpha.....mg	0.22	0.017	6	A	1		0.09		
Tocotrienol, beta.....mg	0.50	0.007	6	A	1		0.21		

Taquitos, frozen, beef and cheese, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	22.0		1	A	1		9.3		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	1.4		1	A	1		0.6		
Lipids:									
Fatty acids, total saturated.....g	2.621		0	NC	4		1.101		
4:0.....g	0.031	0.002	6	A	1		0.013		
6:0.....g	0.019	0.001	6	A	1		0.008		
8:0.....g	0.010	0.001	6	A	1		0.004		
10:0.....g	0.028	0.003	6	A	1		0.012		
12:0.....g	0.036	0.002	6	A	1		0.015		
13:0.....g									
14:0.....g	0.182	0.005	6	A	1		0.076		
15:0.....g	0.019	0.001	6	A	1		0.008		
16:0.....g	1.538	0.013	6	A	1		0.646		
17:0.....g	0.028	0.002	6	A	1		0.012		
18:0.....g	0.638	0.008	6	A	1		0.268		
20:0.....g	0.045	0.001	6	A	1		0.019		
22:0.....g	0.031	0.001	6	A	1		0.013		
24:0.....g	0.015	0.001	6	A	1		0.006		
Fatty acids, total monounsaturated.....g	5.127		0	NC	4		2.153		
14:1.....g	0.024	0.002	6	A	1		0.010		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.100	0.004	6	AS	1		0.042		
16:1 c.....g	0.093	0.003	6	A	1		0.039		
16:1 t.....g	0.008	0.001	6	A	1		0.003		
17:1.....g	0.018	0.002	6	A	1		0.007		
18:1 undifferentiated.....g	4.828	0.098	6	AS	1		2.028		
18:1 c.....g	4.728	0.097	6	A	1		1.986		
18:1 t.....g	0.100	0.008	6	A	1		0.042		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.156	0.004	6	A	1		0.065		
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.001		
22:1 c.....g	0.001	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.187		0	NC	4		1.759		
18:2 undifferentiated.....g	3.551	0.052	6	AS	1		1.491		
18:2 n-6 c,c.....g	3.500	0.053	6	A	1		1.470		
18:2 CLAs.....g	0.012	0.000	6	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.040	0.005	6	A	1		0.017		
18:3 undifferentiated.....g	0.615	0.020	6	AS	1		0.258		
18:3 n-3 c,c,c (ALA).....g	0.615	0.020	6	A	1		0.258		
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.002		
20:3 undifferentiated.....g	0.003	0.000	6	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.003	0.000	6	A	1		0.001		
20:4 undifferentiated.....g	0.007	0.001	6	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001		
21:5.....g									
22:4.....g	0.002	0.000	6	A	1		0.001		
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1		0.001		

NDB No. 32007

Taquitos, frozen, beef and cheese, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.147		0	NC	4	0.062		
Fatty acids, total trans-monoenoic.....g	0.108		0	NC	4	0.045		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4	0.017		
Cholesterol.....mg	11	0.366	6	A	1	5		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.100		0	A	1	0.042		
Threonine.....g	0.260		0	A	1	0.109		
Isoleucine.....g	0.350		0	A	1	0.147		
Leucine.....g	0.681		0	A	1	0.286		
Lysine.....g	0.410		0	A	1	0.172		
Methionine.....g	0.170		0	A	1	0.071		
Cystine.....g	0.190		0	A	1	0.080		
Phenylalanine.....g	0.420		0	A	1	0.176		
Tyrosine.....g	0.230		0	A	1	0.097		
Valine.....g	0.400		0	A	1	0.168		
Arginine.....g	0.440		0	A	1	0.185		
Histidine.....g	0.240		0	A	1	0.101		
Alanine.....g	0.360		0	A	1	0.151		
Aspartic acid.....g	0.560		0	A	1	0.235		
Glutamic acid.....g	2.432		0	A	1	1.021		
Glycine.....g	0.390		0	A	1	0.164		
Proline.....g	0.901		0	A	1	0.378		
Serine.....g	0.410		0	A	1	0.172		
Hydroxyproline.....g	0.000		1	A	1	0.000		
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0		
Caffeine.....mg	0		0	FLC	4	0		
Theobromine.....mg	0		0	FLC	4	0		

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

Common Measures:

Measure 1 = 42g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32006

Taquitos, frozen, chicken and cheese, oven-heated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.74	0.269	12	A	1		17.95		
Energy.....kcal	284		0	NC	4		119		
Energy.....kJ	1189		0	NC	4		499		
Protein (N x 6.25).....g	9.21	0.165	12	A	1		3.87		
Total lipid (fat).....g	12.54	0.249	12	A	1		5.27		
Ash.....g	1.88	0.024	12	A	1		0.79		
Carbohydrate, by difference.....g	33.63		0	NC	4		14.13		
Fiber, total dietary.....g	2.9	0.120	6	A	1		1.2		
Sugars, total.....g	1.30	0.021	6	A	1		0.54		
Sucrose.....g	0.30	0.000	6	A	1		0.13		
Glucose (dextrose).....g	0.09	0.004	6	A	1		0.04		
Fructose.....g	0.12	0.018	6	A	1		0.05		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.78	0.015	6	A	1		0.33		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	29.62	0.601	6	A	1		12.44		
Minerals:									
Calcium, Ca.....mg	104	2.909	12	A	1		44		
Iron, Fe.....mg	2.47	0.040	12	A	1		1.04		
Magnesium, Mg.....mg	24	0.344	12	A	1		10		
Phosphorus, P.....mg	132	2.377	12	A	1		55		
Potassium, K.....mg	155	2.705	12	A	1		65		
Sodium, Na.....mg	453	6.195	12	A	1		190		
Zinc, Zn.....mg	0.71	0.018	12	A	1		0.30		
Copper, Cu.....mg	0.100	0.003	12	A	1		0.042		
Manganese, Mn.....mg	0.387	0.018	12	A	1		0.163		
Selenium, Se.....µg	16.7	0.969	6	A	1		7.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.331	0.010	6	A	1		0.139		
Riboflavin.....mg	0.277	0.008	6	A	1		0.117		
Niacin.....mg	3.850	0.079	6	A	1		1.617		
Pantothenic acid.....mg	0.481	0.017	4	A	1		0.202		
Vitamin B-6.....mg	0.140	0.003	6	A	1		0.059		
Folate, total.....µg	68	1.084	4	A	1		28		
Folic acid.....µg	44		0	FLC	4		19		
Folate, food.....µg	23		0	NC	4		10		
Folate, DFE.....µg	99		0	NC	4		42		
Choline, total.....mg	15.9		0	FLC	4		6.7		
Betaine.....mg									
Vitamin B-12.....µg	0.18	0.017	6	A	1		0.08		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	30		0	AS	1		12		
Retinol.....µg	23		2	A	1		10		
Carotene, beta.....µg	63		2	A	1		27		
Carotene, alpha.....µg	1		2	A	1		1		
Cryptoxanthin, beta.....µg	26		2	A	1		11		
Vitamin A, IU.....IU	206		0	AS	1		86		
Lycopene.....µg	133		2	A	1		56		
Lutein + zeaxanthin.....µg	111		2	A	1		46		
Vitamin E (alpha-tocopherol).....mg	1.13	0.091	6	A	1		0.47		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.11	0.004	6	A	1		0.05		
Tocopherol, gamma.....mg	3.04	0.153	6	A	1		1.28		
Tocopherol, delta.....mg	0.76	0.016	6	A	1		0.32		
Tocotrienol, alpha.....mg	0.05	0.011	6	A	1		0.02		
Tocotrienol, beta.....mg	0.49	0.017	6	A	1		0.20		

Taquitos, frozen, chicken and cheese, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, delta.....mg	0.02	0.018	6	A	1		0.01		
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	16.9		0	FLC	4		7.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.310		0	NC	4		0.970		
4:0.....g	0.028	0.001	6	A	1		0.012		
6:0.....g	0.017	0.001	6	A	1		0.007		
8:0.....g	0.008	0.001	6	A	1		0.003		
10:0.....g	0.026	0.002	6	A	1		0.011		
12:0.....g	0.031	0.004	6	A	1		0.013		
13:0.....g									
14:0.....g	0.131	0.008	6	A	1		0.055		
15:0.....g	0.015	0.001	6	A	1		0.006		
16:0.....g	1.416	0.023	6	A	1		0.595		
17:0.....g	0.015	0.001	6	A	1		0.006		
18:0.....g	0.537	0.012	6	A	1		0.225		
20:0.....g	0.043	0.002	6	A	1		0.018		
22:0.....g	0.030	0.001	6	A	1		0.012		
24:0.....g	0.014	0.001	6	A	1		0.006		
Fatty acids, total monounsaturated.....g	4.835		0	NC	4		2.031		
14:1.....g	0.007	0.001	6	A	1		0.003		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.095	0.009	6	AS	1		0.040		
16:1 c.....g	0.092	0.009	6	A	1		0.039		
16:1 t.....g	0.003	0.000	6	A	1		0.001		
17:1.....g	0.006	0.000	6	A	1		0.003		
18:1 undifferentiated.....g	4.573	0.172	6	AS	1		1.921		
18:1 c.....g	4.529	0.172	6	A	1		1.902		
18:1 t.....g	0.044	0.001	6	A	1		0.019		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.153	0.003	6	A	1		0.064		
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.000		
22:1 c.....g	0.001	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.235		0	NC	4		1.779		
18:2 undifferentiated.....g	3.619	0.065	6	AS	1		1.520		
18:2 n-6 c,c.....g	3.591	0.065	6	A	1		1.508		
18:2 CLAs.....g	0.005	0.000	6	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.000	6	A	1		0.010		
18:3 undifferentiated.....g	0.593	0.018	6	AS	1		0.249		
18:3 n-3 c,c,c (ALA).....g	0.593	0.018	6	A	1		0.249		
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.001	6	A	1		0.002		
20:3 undifferentiated.....g	0.003	0.000	6	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.003	0.000	6	A	1		0.001		
20:4 undifferentiated.....g	0.011	0.001	6	A	1		0.005		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.003	0.000	6	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		

NDB No. 32006

Taquitos, frozen, chicken and cheese, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000			
Fatty acids, total trans.....g	0.071		0	NC	4		0.030			
Fatty acids, total trans-monoenoic.....g	0.047		0	NC	4		0.020			
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.010			
Cholesterol.....mg	13	0.721	6	A	1		6			
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.100		0	A	1		0.042			
Threonine.....g	0.269		0	A	1		0.113			
Isoleucine.....g	0.358		0	A	1		0.151			
Leucine.....g	0.717		0	A	1		0.301			
Lysine.....g	0.468		0	A	1		0.197			
Methionine.....g	0.189		0	A	1		0.079			
Cystine.....g	0.199		0	A	1		0.084			
Phenylalanine.....g	0.418		0	A	1		0.176			
Tyrosine.....g	0.249		0	A	1		0.105			
Valine.....g	0.428		0	A	1		0.180			
Arginine.....g	0.478		0	A	1		0.201			
Histidine.....g	0.249		0	A	1		0.105			
Alanine.....g	0.368		0	A	1		0.155			
Aspartic acid.....g	0.627		0	A	1		0.263			
Glutamic acid.....g	2.549		0	A	1		1.071			
Glycine.....g	0.408		0	A	1		0.171			
Proline.....g	1.145		0	A	1		0.481			
Serine.....g	0.468		0	A	1		0.197			
Hydroxyproline.....g	0.000		1	A	1		0.000			
Others:										
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0			
Caffeine.....mg	0		0	FLC	4		0			
Theobromine.....mg	0		0	FLC	4		0			

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

Common Measures:

Measure 1 = 42g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22901

Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.600		0	LC	8		2.916		
4:0.....g	0.262		0	FLC	4		0.212		
6:0.....g	0.089		0	FLC	4		0.072		
8:0.....g	0.052		0	FLC	4		0.042		
10:0.....g	0.126		0	FLC	4		0.102		
12:0.....g	0.159		0	FLC	4		0.129		
13:0.....g									
14:0.....g	0.597		0	FLC	4		0.484		
15:0.....g									
16:0.....g	1.632		0	FLC	4		1.322		
17:0.....g									
18:0.....g	0.534		0	FLC	4		0.433		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.066		0	FLC	4		1.673		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0	FLC	4		0.108		
17:1.....g									
18:1 undifferentiated.....g	1.822		0	FLC	4		1.476		
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									
Fatty acids, total polyunsaturated.....g	0.461		0	FLC	4		0.373		
18:2 undifferentiated.....g	0.372		0	FLC	4		0.301		
18:3 undifferentiated.....g	0.084		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	0.004		0	FLC	4		0.003		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.001		0	FLC	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	LC	8		34		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 81g: .75 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 22528
 Turkey Pot Pie, frozen entree

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Proximates:								
Water.....g	65.70		1	A	1	260.83	260.83	
Energy.....kcal	176		0	NC	4	699	699	
Energy.....kJ	736				4	2923	2923	
Protein.....g	6.50		1	A	1	25.81	25.81	
Total lipid (fat).....g	8.80		1	A	1	34.94	34.94	
Ash.....g	1.30		1	A	1	5.16	5.16	
Carbohydrate, by difference.....g	17.70		0	NC	4	70.27	70.27	
Fiber, total dietary.....g	1.1		1	A	1	4.4	4.4	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.00		1	A	1	3.97	3.97	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	350		1	A	1	1390	1390	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....µg								
Lipids:								
Fatty acids, total saturated.....g	2.880		1	A	1	11.434	11.434	
Fatty acids, total monounsaturated.....g	3.460		1	A	1	13.736	13.736	
Fatty acids, total polyunsaturated.....g	1.380		1	A	1	5.479	5.479	
Fatty acids, total trans.....g								
Cholesterol.....mg	16		1	A	1	64	64	
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 = 397g: 1 package yields

Measure 2 = 397g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 22957

Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved (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	71.16	0.716	4	A	1		273.97	300.29	20.17
Energy.....kcal	128		0	NC	4		493	541	36
Energy.....kJ	536		0	NC	4		2064	2262	152
Protein.....g	6.97	1.108	4	A	1		26.83	29.41	1.98
Total lipid (fat).....g	3.89	0.220	4	A	1		14.98	16.42	1.10
Ash.....g	1.66	0.053	4	A	1		6.38	6.99	0.47
Carbohydrate, by difference.....g	16.32		0	NC	4		62.85	68.89	4.63
Fiber, total dietary.....g	1.3		2	JO	11		4.9	5.4	0.4
Sugars, total.....g	4.82		0	O	4		18.56	20.34	1.37
Sucrose.....g	2.11		1	A	1		8.12	8.90	0.60
Glucose (dextrose).....g	1.69		1	A	1		6.51	7.13	0.48
Fructose.....g	1.02		1	A	1		3.93	4.30	0.29
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27	3.363	4	A	1		105	115	8
Iron, Fe.....mg	0.79	0.053	4	A	1		3.04	3.33	0.22
Magnesium, Mg.....mg	18	1.027	4	A	1		70	77	5
Phosphorus, P.....mg	106	0.500	4	A	1		406	445	30
Potassium, K.....mg	230	20.678	4	A	1		885	970	65
Sodium, Na.....mg	326		0	BFSN	4		1255	1375	92
Zinc, Zn.....mg	0.48	0.040	4	A	1		1.87	2.05	0.14
Copper, Cu.....mg	0.056	0.004	4	A	1		0.216	0.236	0.016
Manganese, Mn.....mg	0.157	0.012	4	A	1		0.604	0.662	0.045
Selenium, Se.....µg	7.9	1.022	4	A	1		30.6	33.5	2.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		2	A	1		3.1	3.4	0.2
Thiamin.....mg	0.138	0.016	4	A	1		0.533	0.584	0.039
Riboflavin.....mg	0.252	0.108	4	A	1		0.970	1.063	0.071
Niacin.....mg	3.057	0.183	4	A	1		11.771	12.902	0.867
Pantothenic acid.....mg	0.233	0.013	4	A	1		0.898	0.984	0.066
Vitamin B-6.....mg	0.177	0.007	4	A	1		0.682	0.748	0.050
Folate, total.....µg	24	2.333	3	A	1		91	100	7
Folic acid.....µg	7	3.333	3	A	1		28	31	2
Folate, food.....µg	16	5.364	3	AS	1		63	69	5
Folate, DFE.....µg	29		0	NC	4		111	122	8
Choline, total.....mg	17.1		0	AS	1		65.7	72.0	4.8
Betaine.....mg	6.4		1	A	1		24.5	26.8	1.8
Vitamin B-12.....µg	0.33	0.000	4	A	1		1.26	1.38	0.09
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	44		0	NC	4		171	187	13
Retinol.....µg	34		0	NR	4		131	143	10
Carotene, beta.....µg	124		0	FLA	4		477	523	35
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	319		0	FLA	4		1227	1345	90
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	327		0	FLA	4		1258	1379	93
Vitamin E (alpha-tocopherol).....mg	0.24	0.027	3	A	1		0.91	1.00	0.07
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02	0.002	3	A	1		0.06	0.07	0.00
Tocopherol, gamma.....mg	1.02	0.075	3	A	1		3.91	4.29	0.29
Tocopherol, delta.....mg	0.38	0.055	3	A	1		1.45	1.59	0.11
Tocotrienol, alpha.....mg	0.01	0.005	3	A	1		0.04	0.04	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							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	FLA	4		0.2	0.3	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLA	4		9	10	1
Vitamin K (phylloquinone).....µg	11.5	2.837	3	A	1		44.2	48.4	3.3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.877		0	NC	4		3.377	3.702	0.249
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.007	0.005	4	A	1		0.029	0.031	0.002
12:0.....g	0.010	0.006	4	A	1		0.038	0.042	0.003
13:0.....g									
14:0.....g	0.050	0.018	4	A	1		0.192	0.211	0.014
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0.....g	0.572	0.056	4	A	1		2.204	2.416	0.162
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.237	0.021	4	A	1		0.914	1.002	0.067
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.235		0	NC	4		4.754	5.211	0.350
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	0.055	0.006	4	A	1		0.212	0.232	0.016
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	1.180	0.024	4	A	1		4.543	4.979	0.335
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.087		0	NC	4		4.186	4.588	0.308
18:2 undifferentiated.....g	0.965	0.038	4	A	1		3.715	4.072	0.274
18:3 undifferentiated.....g	0.102	0.014	4	A	1		0.394	0.432	0.029
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	0.020	0.004	4	A	1		0.077	0.084	0.006
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									
Cholesterol.....mg	14	3.052	4	A	1		53	58	4
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.104		0	A	1		0.399	0.437	0.029
Threonine.....g	0.271		0	A	1		1.045	1.145	0.077
Isoleucine.....g	0.295		0	A	1		1.134	1.243	0.084
Leucine.....g	0.509		0	A	1		1.958	2.147	0.144
Lysine.....g	0.496		0	A	1		1.911	2.095	0.141
Methionine.....g	0.156		0	A	1		0.601	0.659	0.044
Cystine.....g	0.093		0	A	1		0.357	0.391	0.026
Phenylalanine.....g	0.278		0	A	1		1.069	1.171	0.079
Tyrosine.....g	0.179		0	A	1		0.690	0.757	0.051
Valine.....g	0.323		0	A	1		1.244	1.364	0.092
Arginine.....g	0.387		0	A	1		1.489	1.632	0.110
Histidine.....g	0.196		0	A	1		0.756	0.829	0.056
Alanine.....g	0.346		0	A	1		1.334	1.462	0.098

NDB No. 22957

Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved (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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Aspartic acid.....g	0.664		0	A	1		2.557	2.803	0.188
Glutamic acid.....g	1.303		0	A	1		5.017	5.499	0.369
Glycine.....g	0.266		0	A	1		1.023	1.122	0.075
Proline.....g	0.336		0	A	1		1.294	1.418	0.095
Serine.....g	0.278		0	A	1		1.071	1.174	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 = 385g: 1 serving
- Measure 2 = 422g: 1 package
- Measure 3 = 28.35g: 1 oz

Footnotes:

- 1 includes dinners w/cranberry sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.724		0	LC	8		6.000		
4:0.....g	0.194		0	FLC	4		0.246		
6:0.....g	0.049		0	FLC	4		0.063		
8:0.....g	0.052		0	FLC	4		0.065		
10:0.....g	0.104		0	FLC	4		0.132		
12:0.....g	0.175		0	FLC	4		0.222		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.628		0	FLC	4		0.797		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.500		0	FLC	4		3.175		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.822		0	FLC	4		1.044		
20:0.....g	0.001		0	FLC	4		0.001		
22:0.....g	0.001		0	FLC	4		0.002		
24:0.....g	0.001		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	3.014		0	FLC	4		3.828		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.188		0	FLC	4		0.239		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.741		0	FLC	4		3.482		
20:1.....g	0.002		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	1.140		0	FLC	4		1.447		
18:2 undifferentiated.....g	0.997		0	FLC	4		1.266		
18:3 undifferentiated.....g	0.138		0	FLC	4		0.176		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.001		0	FLC	4		0.001		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.002		0	FLC	4		0.003		
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	0.001		0	FLC	4		0.001		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	20		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 = 127g: 1 serving 4.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	2.756		0	LC	8		3.500		
4:0.....g	0.086		0	FLC	4		0.110		
6:0.....g	0.071		0	FLC	4		0.090		
8:0.....g	0.046		0	FLC	4		0.058		
10:0.....g	0.110		0	FLC	4		0.140		
12:0.....g	0.131		0	FLC	4		0.167		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.399		0	FLC	4		0.507		
15:0.....g	0.041		0	FLC	4		0.051		
16:0.....g	1.315		0	FLC	4		1.669		
17:0.....g	0.025		0	FLC	4		0.032		
18:0.....g	0.517		0	FLC	4		0.656		
20:0.....g	0.007		0	FLC	4		0.009		
22:0.....g	0.003		0	FLC	4		0.003		
24:0.....g	0.001		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	1.407		0	NC	4		1.787		
14:1.....g	0.036		0	FLC	4		0.046		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.087		0	FLC	4		0.111		
17:1.....g	0.007		0	FLC	4		0.009		
18:1 undifferentiated.....g	1.265		0	FLC	4		1.607		
20:1.....g	0.011		0	FLC	4		0.014		
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	0.590		0	NC	4		0.750		
18:2 undifferentiated.....g	0.512		0	FLC	4		0.651		
18:3 undifferentiated.....g	0.044		0	FLC	4		0.056		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.002		0	FLC	4		0.003		
20:3 undifferentiated.....g	0.007		0	FLC	4		0.008		
20:4 undifferentiated.....g	0.016		0	FLC	4		0.020		
20:5 n-3 (EPA).....g	0.002		0	FLC	4		0.002		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.003		0	FLC	4		0.004		
22:5 n-3 (DPA).....g	0.003		0	FLC	4		0.004		
22:6 n-3 (DHA).....g	0.001		0	FLC	4		0.001		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	16		0	LC	8		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0	FLC	4		0.206		
Threonine.....g	0.409		0	FLC	4		0.519		
Isoleucine.....g	0.465		0	FLC	4		0.590		
Leucine.....g	0.803		0	FLC	4		1.019		
Lysine.....g	0.615		0	FLC	4		0.781		
Methionine.....g	0.229		0	FLC	4		0.290		
Cystine.....g	0.125		0	FLC	4		0.158		
Phenylalanine.....g	0.470		0	FLC	4		0.597		
Tyrosine.....g	0.369		0	FLC	4		0.469		
Valine.....g	0.531		0	FLC	4		0.674		
Arginine.....g	0.505		0	FLC	4		0.641		
Histidine.....g	0.299		0	FLC	4		0.380		
Alanine.....g	0.448		0	FLC	4		0.569		
Aspartic acid.....g	0.803		0	FLC	4		1.019		
Glutamic acid.....g	2.248		0	FLC	4		2.855		
Glycine.....g	0.379		0	FLC	4		0.481		
Proline.....g	0.869		0	FLC	4		1.104		
Serine.....g	0.422		0	FLC	4		0.535		
Hydroxyproline.....g	0.000		0	FLC	4		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 32026

Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	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 = 127g: 1 piece turnover 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32028

Turnover, filled with egg, meat and cheese, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	5.512		0	LC	8		7.000		
4:0.....g	0.017		0	FLC	4		0.022		
6:0.....g	0.012		0	FLC	4		0.015		
8:0.....g	0.099		0	FLC	4		0.125		
10:0.....g	0.121		0	FLC	4		0.154		
12:0.....g	1.340		0	FLC	4		1.702		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.600		0	FLC	4		0.762		
15:0.....g	0.005		0	FLC	4		0.007		
16:0.....g	2.158		0	FLC	4		2.741		
17:0.....g	0.019		0	FLC	4		0.024		
18:0.....g	1.090		0	FLC	4		1.385		
20:0.....g	0.017		0	FLC	4		0.021		
22:0.....g	0.003		0	FLC	4		0.004		
24:0.....g	0.001		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	4.298		0	NC	4		5.458		
14:1.....g	0.003		0	FLC	4		0.003		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.134		0	FLC	4		0.170		
17:1.....g	0.012		0	FLC	4		0.016		
18:1 undifferentiated.....g	4.074		0	FLC	4		5.174		
20:1.....g	0.073		0	FLC	4		0.093		
22:1 undifferentiated.....g	0.001		0	FLC	4		0.002		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	2.019		0	NC	4		2.564		
18:2 undifferentiated.....g	1.800		0	FLC	4		2.287		
18:3 undifferentiated.....g	0.103		0	FLC	4		0.131		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.051		0	FLC	4		0.065		
20:3 undifferentiated.....g	0.015		0	FLC	4		0.019		
20:4 undifferentiated.....g	0.029		0	FLC	4		0.037		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.001		
21:5.....g									
22:4.....g	0.011		0	FLC	4		0.014		
22:5 n-3 (DPA).....g	0.006		0	FLC	4		0.007		
22:6 n-3 (DHA).....g	0.002		0	FLC	4		0.002		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	31		0	LC	8		40		
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 = 127g: 1 piece turnover 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

NDB No. 32027

Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, 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
Lipids:									
Fatty acids, total saturated.....g	2.756		0	LC	8		3.500		
4:0.....g	0.090		0	FLC	4		0.114		
6:0.....g	0.018		0	FLC	4		0.023		
8:0.....g	0.020		0	FLC	4		0.026		
10:0.....g	0.045		0	FLC	4		0.057		
12:0.....g	0.043		0	FLC	4		0.055		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.340		0	FLC	4		0.432		
15:0.....g	0.008		0	FLC	4		0.010		
16:0.....g	1.430		0	FLC	4		1.816		
17:0.....g	0.019		0	FLC	4		0.025		
18:0.....g	0.639		0	FLC	4		0.812		
20:0.....g	0.003		0	FLC	4		0.004		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.681		0	NC	4		2.134		
14:1.....g	0.010		0	FLC	4		0.013		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.126		0	FLC	4		0.159		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.528		0	FLC	4		1.941		
20:1.....g	0.011		0	FLC	4		0.014		
22:1 undifferentiated.....g	0.005		0	FLC	4		0.007		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.362		0	NC	4		0.460		
18:2 undifferentiated.....g	0.314		0	FLC	4		0.399		
18:3 undifferentiated.....g	0.039		0	FLC	4		0.049		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.006		0	FLC	4		0.007		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.004		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	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	20		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		

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Common Measures:

Measure 1 = 127g: 1 piece turnover 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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

Yellow rice with seasoning, dry packet mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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	0.430		0	NC	4		0.245		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.002		0	FLC	4		0.001		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.426		0	FLC	4		0.243		
20:1.....g	0.002		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.833		0	NC	4		0.475		
18:2 undifferentiated.....g	0.400		0	FLC	4		0.228		
18:3 undifferentiated.....g	0.427		0	FLC	4		0.243		
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	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.004		0	FLC	4		0.002		
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	0.002		0	FLC	4		0.001		
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 serving (2 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Side Dishes

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