

NDB No. 43595

Breakfast bar, corn flake crust with fruit

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	1.500		0	MC	9	0.425	0.555	
4:0.....g	0.000		0		4	0.000	0.000	
6:0.....g	0.000		0		4	0.000	0.000	
8:0.....g	0.000		0		4	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	
12:0.....g	0.002		0		4	0.001	0.001	
13:0.....g								
14:0.....g	0.001		0		4	0.000	0.000	
15:0.....g								
16:0.....g	0.860		0		4	0.244	0.318	
17:0.....g								
18:0.....g	0.153		0		4	0.043	0.057	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.000		0	MC	9	1.418	1.850	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.054		0		4	0.015	0.020	
17:1.....g								
18:1 undifferentiated.....g	4.977		0		4	1.411	1.841	
20:1.....g	0.023		0		4	0.007	0.009	
22:1 undifferentiated.....g	0.003		0		4	0.001	0.001	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9	0.255	0.333	
18:2 undifferentiated.....g	0.850		0		4	0.241	0.315	
18:3 undifferentiated.....g	0.056		0		4	0.016	0.021	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		7	0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 43100

Breakfast bars, oats, sugar, raisins, coconut (include granola bar)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	12.690		0		4		5.457		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.081		0		4		0.035		
8:0.....g	1.005		0		4		0.432		
10:0.....g	0.802		0		4		0.345		
12:0.....g	6.135		0		4		2.638		
13:0.....g									
14:0.....g	2.357		0		4		1.014		
15:0.....g									
16:0.....g	1.701		0		4		0.731		
17:0.....g									
18:0.....g	0.562		0		4		0.242		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.933		0		4		0.831		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.926		0		4		0.828		
20:1.....g	0.001		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.634		0		4		0.703		
18:2 undifferentiated.....g	1.574		0		4		0.677		
18:3 undifferentiated.....g	0.011		0		4		0.005		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
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 = 43g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19434

Cheese puffs and twists, corn based, baked, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	2.100		0		4	0.595	
4:0.....g	0.000		0		4	0.000	
6:0.....g	0.000		0		4	0.000	
8:0.....g	0.000		0		4	0.000	
10:0.....g	0.000		0		4	0.000	
12:0.....g	0.001		0		4	0.000	
13:0.....g							
14:0.....g	0.033		0		4	0.009	
15:0.....g							
16:0.....g	1.652		0		4	0.468	
17:0.....g							
18:0.....g	0.414		0		4	0.117	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.500		0		4	0.992	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.026		0		4	0.007	
17:1.....g							
18:1 undifferentiated.....g	3.475		0		4	0.985	
20:1.....g	0.000		0		4	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.740		0		4	1.627	
18:2 undifferentiated.....g	5.429		0		4	1.539	
18:3 undifferentiated.....g	0.314		0		4	0.089	
18:4.....g	0.000		0		4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	1		0		4	0	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	FLA	4	0	
Theobromine.....mg	0		0	FLA	4	0	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25067

Formulated Bar, SOUTH BEACH protein bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.16		0	FLC	4				
Energy.....kcal	412		0	NC	4				
Energy.....kJ	1722		0	NC	4				
Protein.....g	30.34		0	LC	8				
Total lipid (fat).....g	15.17		0	LC	8				
Ash.....g	3.93		0	FLC	4				
Carbohydrate, by difference.....g	38.40		0	NC	4				
Fiber, total dietary.....g	7.3		0	FLC	4				
Sugars, total.....g	15.17		0	LC	8				
Starch.....g	0.00		0	FLC	4				
Minerals:									
Calcium, Ca.....mg	322		0	LC	8				
Iron, Fe.....mg	5.40		0	FLC	4				
Magnesium, Mg.....mg	71		0	FLC	4				
Phosphorus, P.....mg	445		0	FLC	4				
Potassium, K.....mg	793		0	FLC	4				
Sodium, Na.....mg	436		0	LC	8				
Zinc, Zn.....mg	2.39		0	FLC	4				
Copper, Cu.....mg	0.846		0	FLC	4				
Manganese, Mn.....mg	1.024		0	FLC	4				
Selenium, Se.....µg	9.0		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	27.9		0	FLC	4				
Thiamin.....mg	0.176		0	FLC	4				
Riboflavin.....mg	0.437		0	FLC	4				
Niacin.....mg	1.268		0	FLC	4				
Pantothenic acid.....mg	1.987		0	FLC	4				
Vitamin B-6.....mg	0.226		0	FLC	4				
Folate, total.....µg	184		0	FLC	4				
Folic acid.....µg	0		0	FLC	4				
Folate, food.....µg	184		0	FLC	4				
Folate, DFE.....µg	184		0	NC	4				
Choline, total.....mg	108.2		0	FLC	4				
Betaine.....mg	1.1		0	FLC	4				
Vitamin B-12.....µg	0.61		0	FLC	4				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	391		0	NC	4				
Retinol.....µg	66		0	FLC	4				
Carotene, beta.....µg	3901		0	FLC	4				
Carotene, alpha.....µg	0		0	FLC	4				
Cryptoxanthin, beta.....µg	0		0	FLC	4				
Vitamin A, IU.....IU	6720		0	NC	4				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	11713		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	4.61		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg	0.03		0	FLC	4				
Tocopherol, gamma.....mg	1.90		0	FLC	4				
Tocopherol, delta.....mg	0.07		0	FLC	4				
Tocotrienol, alpha.....mg	0.03		0	FLC	4				
Tocotrienol, beta.....mg	0.00		0	FLC	4				
Tocotrienol, gamma.....mg	0.01		0	FLC	4				
Tocotrienol, delta.....mg	0.00		0	FLC	4				
Vitamin D (D2 + D3).....µg	0.0		0	NR	4				
Vitamin D2 (ergocalciferol).....µg	0.0		0	FLC	4				
Vitamin D3 (cholecalciferol).....µg	0.0		0	NR	4				
Vitamin D.....IU	0		0	FLC	4				
Vitamin K (phylloquinone).....µg	350.6		0	FLC	4				

NDB No. 25067

Formulated Bar, SOUTH BEACH protein bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Dihydrophyloquinone.....µg	0.0		0	FLC					4
Menaquinone-4.....µg	0.0		0	FLC					4
Lipids:									
Fatty acids, total saturated.....g	3.384		0	FLC					4
4:0.....g	0.003		0	FLC					4
6:0.....g	0.013		0	FLC					4
8:0.....g	0.139		0	FLC					4
10:0.....g	0.112		0	FLC					4
12:0.....g	0.800		0	FLC					4
13:0.....g	0.000		0	FLC					4
14:0.....g	0.323		0	FLC					4
15:0.....g	0.001		0	FLC					4
16:0.....g	1.416		0	FLC					4
17:0.....g	0.002		0	FLC					4
18:0.....g	0.508		0	FLC					4
20:0.....g	0.038		0	FLC					4
22:0.....g	0.026		0	FLC					4
24:0.....g	0.003		0	FLC					4
Fatty acids, total monounsaturated.....g	4.290		0	FLC					4
14:1.....g	0.000		0	FLC					4
15:1.....g	0.000		0	FLC					4
16:1 undifferentiated.....g	0.038		0	FLC					4
17:1.....g	0.000		0	FLC					4
18:1 undifferentiated.....g	4.184		0	FLC					4
20:1.....g	0.067		0	FLC					4
22:1 undifferentiated.....g	0.000		0	FLC					4
24:1 c.....g	0.000		0	FLC					4
Fatty acids, total polyunsaturated.....g	5.326		0	FLC					4
18:2 undifferentiated.....g	4.667		0	FLC					4
18:3 undifferentiated.....g	0.659		0	FLC					4
18:4.....g	0.000		0	FLC					4
20:2 n-6 c,c.....g	0.000		0	FLC					4
20:3 undifferentiated.....g	0.000		0	FLC					4
20:4 undifferentiated.....g	0.000		0	FLC					4
20:5 n-3 (EPA).....g	0.000		0	FLC					4
21:5.....g									
22:4.....g	0.000		0	FLC					4
22:5 n-3 (DPA).....g	0.000		0	FLC					4
22:6 n-3 (DHA).....g	0.000		0	FLC					4
Fatty acids, total trans.....g	0.091		0	FLC					4
Cholesterol.....mg	3		0	FLC					4
Phytosterols.....mg									
Stigmasterol.....mg	1		0	FLC					4
Campesterol.....mg	12		0	FLC					4
Beta-sitosterol.....mg	22		0	FLC					4
Others:									
Alcohol, ethyl.....g	0.0		0	FLC					4
Caffeine.....mg	2		0	FLC					4
Theobromine.....mg	29		0	FLC					4

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25021

Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE

LUNA BAR

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.38		1	A	1		4.50		
Energy.....kcal	403		0	NC	4		193		
Energy.....kJ	1685		0	NC	4		809		
Protein (N x 6.25).....g	20.75		1	A	1		9.96		
Total lipid (fat).....g	12.19		1	A	1		5.85		
Ash.....g	5.19		1	A	1		2.49		
Carbohydrate, by difference.....g	52.49		0	NC	4		25.20		
Fiber, total dietary.....g	4.3		1	A	1		2.1		
Sugars, total.....g	16.90		1	A	1		8.11		
Sucrose.....g	9.26		1	A	1		4.44		
Glucose (dextrose).....g	1.05		1	A	1		0.50		
Fructose.....g	0.37		1	A	1		0.18		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	6.22		1	A	1		2.99		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	10.50		1	A	1		5.04		
Minerals:									
Calcium, Ca.....mg	886		1	A	1		425		
Iron, Fe.....mg	14.20		1	A	1		6.82		
Magnesium, Mg.....mg	329		1	A	1		158		
Phosphorus, P.....mg	785		1	A	1		377		
Potassium, K.....mg	412		1	A	1		198		
Sodium, Na.....mg	386		1	A	1		185		
Zinc, Zn.....mg	9.72		1	A	1		4.67		
Copper, Cu.....mg	1.410		1	A	1		0.677		
Manganese, Mn.....mg	2.590		1	A	1		1.243		
Selenium, Se.....µg	62.5		1	A	1		30.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	68.0		1	A	1		32.6		
Thiamin.....mg	0.120		1	A	1		0.058		
Riboflavin.....mg	3.000		1	A	1		1.440		
Niacin.....mg	37.100		1	A	1		17.808		
Pantothenic acid.....mg	15.900		1	A	1		7.632		
Vitamin B-6.....mg	2.400		1	A	1		1.152		
Folate, total.....µg	1057		1	A	1		507		
Folic acid.....µg	1023		1	A	1		491		
Folate, food.....µg	34		0	AS	1		16		
Folate, DFE.....µg	1773		0	NC	4		851		
Choline, total.....mg	41.5		0	AS	1		19.9		
Betaine.....mg	1.7		1	A	1		0.8		
Vitamin B-12.....µg	6.40		1	A	1		3.07		
Vitamin B-12, added.....µg	6.40		0	NR	4		3.07		
Vitamin A, RAE.....µg	374		0	NC	4		180		
Retinol.....µg	374		0	O	4		180		
Carotene, beta.....µg	2		0	FLC	4		1		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	1251		0	NC	4		600		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	28		0	FLC	4		14		
Vitamin E (alpha-tocopherol).....mg	8.40		0	LC	8		4.03		
Vitamin E, added.....mg	8.40		0	NR	4		4.03		
Tocopherol, beta.....mg	0.02		1	A	1		0.01		
Tocopherol, gamma.....mg	1.20		1	A	1		0.58		
Tocopherol, delta.....mg	0.42		1	A	1		0.20		
Tocotrienol, alpha.....mg	0.66		1	A	1		0.32		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 25021

Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE

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		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	3.1		0	LC	8		1.5		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	125		0	LC	8		60		
Vitamin K (phylloquinone).....µg	40.8		1	A	1		19.6		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	5.523		0	NC	4		2.651		
4:0.....g	0.009		1	A	1		0.004		
6:0.....g	0.005		1	A	1		0.002		
8:0.....g	0.084		1	A	1		0.040		
10:0.....g	0.148		1	A	1		0.071		
12:0.....g	2.272		1	A	1		1.091		
13:0.....g									
14:0.....g	0.900		1	A	1		0.432		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.267		1	A	1		0.608		
17:0.....g	0.009		1	A	1		0.004		
18:0.....g	0.512		1	A	1		0.246		
20:0.....g	0.081		1	A	1		0.039		
22:0.....g	0.155		1	A	1		0.074		
24:0.....g	0.082		1	A	1		0.039		
Fatty acids, total monounsaturated.....g	2.933		0	NC	4		1.408		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.012		0	AS	1		0.006		
16:1 c.....g	0.012		1	A	1		0.006		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.003		1	A	1		0.001		
18:1 undifferentiated.....g	2.840		0	AS	1		1.363		
18:1 c.....g	2.835		1	A	1		1.361		
18:1 t.....g	0.005		1	A	1		0.002		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.071		1	A	1		0.034		
22:1 undifferentiated.....g	0.007		0	AS	1		0.003		
22:1 c.....g	0.007		1	A	1		0.003		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.714		0	NC	4		1.303		
18:2 undifferentiated.....g	2.582		0	AS	1		1.239		
18:2 n-6 c,c.....g	2.575		1	A	1		1.236		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007		1	A	1		0.003		
18:3 undifferentiated.....g	0.124		0	AS	1		0.059		
18:3 n-3 c,c,c (ALA).....g	0.124		1	A	1		0.059		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.002		1	A	1		0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006		1	A	1		0.003		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		

NDB No. 25021

Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.012		0	NC	4		0.006		
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.003		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.330		0	A	1		0.158		
Threonine.....g	0.790		0	A	1		0.379		
Isoleucine.....g	0.950		0	A	1		0.456		
Leucine.....g	1.650		0	A	1		0.792		
Lysine.....g	1.020		0	A	1		0.490		
Methionine.....g	0.260		0	A	1		0.125		
Cystine.....g	0.250		0	A	1		0.120		
Phenylalanine.....g	1.110		0	A	1		0.533		
Tyrosine.....g	0.670		0	A	1		0.322		
Valine.....g	0.930		0	A	1		0.446		
Arginine.....g	1.700		0	A	1		0.816		
Histidine.....g	0.500		0	A	1		0.240		
Alanine.....g	0.990		0	A	1		0.475		
Aspartic acid.....g	2.530		0	A	1		1.214		
Glutamic acid.....g	4.180		0	A	1		2.006		
Glycine.....g	0.990		0	A	1		0.475		
Proline.....g	1.630		0	A	1		0.782		
Serine.....g	1.190		0	A	1		0.571		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	7		0	FLC	4		4		
Theobromine.....mg	67		0	FLC	4		32		

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

Common Measures:

Measure 1 = 48g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25010

Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar

Refuse: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	22.90		0	FLM	4		5.04		
Energy.....kcal	347		0	T	4		76		
Energy.....kJ	1452		0	T	4		319		
Protein.....g	7.72		1	MA	12		1.70		
Total lipid (fat).....g	14.19		1	MA	12		3.12		
Ash.....g	3.00		0	MA	12		0.66		
Carbohydrate, by difference.....g	51.68		1	MA	12		11.37		
Fiber, total dietary.....g	5.2		1	MA	12		1.1		
Sugars, total.....g	27.03		1	MA	12		5.95		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1209		1	MA	12		266		
Iron, Fe.....mg	2.21		1	MA	12		0.49		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	260		1	MA	12		57		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	42.5		1	MA	12		9.3		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.909		1	LC	8		0.200		
Folate, total.....µg	182		1	LC	8		40		
Folic acid.....µg	182		0	LC	8		40		
Folate, food.....µg	0		0	LC	8		0		
Folate, DFE.....µg	309		0	NC	4		68		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.73		1	LC	8		0.60		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		1	MA	12		7		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.326		1	MA	12		0.952		

NDB No. 25010

Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.037		1	MA	12	0.008			
Cholesterol.....mg	2		0	T	4	0			
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 22g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25018

Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.10		0	FLM	4		4.42		
Energy.....kcal	325		0	MA	12		72		
Energy.....kJ	1360		0	MA	12		299		
Protein.....g	6.21		1	MA	12		1.37		
Total lipid (fat).....g	9.27		1	MA	12		2.04		
Ash.....g	5.00		0	FLM	4		1.10		
Carbohydrate, by difference.....g	57.87		0	MA	12		12.73		
Fiber, total dietary.....g	4.6		1	MA	12		1.0		
Sugars, total.....g	33.40		1	MA	12		7.35		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1207		1	MA	12		266		
Iron, Fe.....mg	1.88		1	MA	12		0.41		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	260		1	MA	12		57		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	42.4		1	MA	12		9.3		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.364		1	LC	8		0.300		
Folate, total.....µg	273		1	LC	8		60		
Folic acid.....µg	273		0	LC	8		60		
Folate, food.....µg	0		0	LC	8		0		
Folate, DFE.....µg	464		0	NC	4		102		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.09		1	LC	8		0.90		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		1	MA	12		7		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.870		1	MA	12		0.851		

NDB No. 25018

Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.037		1	MA	12		0.008		
Cholesterol.....mg	2		1	MA	12		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 22g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25004

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.90		0	FLM	4		7.10		
Energy.....kcal	396		0	MA	12		218		
Energy.....kJ	1657		0	MA	12		911		
Protein.....g	24.29		1	MA	12		13.36		
Total lipid (fat).....g	13.12		1	MA	12		7.21		
Ash.....g	3.00		0	FLM	4		1.65		
Carbohydrate, by difference.....g	47.24		1	MA	12		25.98		
Fiber, total dietary.....g	2.5		1	MA	12		1.4		
Sugars, total.....g	32.86		1	MA	12		18.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	965		1	MA	12		531		
Iron, Fe.....mg									
Magnesium, Mg.....mg	255		1	LC	8		140		
Phosphorus, P.....mg	455		1	LC	8		250		
Potassium, K.....mg									
Sodium, Na.....mg	462		1	MA	12		254		
Zinc, Zn.....mg	9.55		1	LC	8		5.25		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	144.4		1	MA	12		79.4		
Thiamin.....mg	2.727		1	LC	8		1.500		
Riboflavin.....mg	3.091		1	LC	8		1.700		
Niacin.....mg	36.364		1	LC	8		20.000		
Pantothenic acid.....mg	18.182		1	LC	8		10.000		
Vitamin B-6.....mg	3.636		1	LC	8		2.000		
Folate, total.....µg	727		1	LC	8		400		
Folic acid.....µg	727		0	LC	8		400		
Folate, food.....µg	0		0	LC	8		0		
Folate, DFE.....µg	1236		0	NC	4		680		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	10.91		1	LC	8		6.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3637		1	MA	12		2000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	24.55		0	NR	4		13.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 25004

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	4.728		1	MA	12			2.600	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.204		1	MA	12			0.112	
Cholesterol.....mg	4		1	MA	12			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 = 55g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25006

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.00		1	FLM	4		7.70		
Energy.....kcal	343		0	MA	12		189		
Energy.....kJ	1435		0	MA	12		789		
Protein.....g	22.35		1	MA	12		12.29		
Total lipid (fat).....g	8.99		1	MA	12		4.94		
Ash.....g	3.00		1	FLM	4		1.65		
Carbohydrate, by difference.....g	52.47		0	MA	12		28.86		
Fiber, total dietary.....g	10.5		1	MA	12		5.8		
Sugars, total.....g	22.67		1	MA	12		12.47		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1495		0	MA	12		822		
Iron, Fe.....mg	17.95		1	MA	12		9.87		
Magnesium, Mg.....mg	317		1	MA	12		174		
Phosphorus, P.....mg	566		1	MA	12		311		
Potassium, K.....mg									
Sodium, Na.....mg	333		1	MA	12		183		
Zinc, Zn.....mg	13.57		1	MA	12		7.47		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	176.2		0	MA	12		96.9		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	45.249		1	MA	12		24.887		
Pantothenic acid.....mg	22.624		1	FLM	4		12.443		
Vitamin B-6.....mg	4.525		1	FLM	4		2.489		
Folate, total.....µg	905		1	FLM	4		498		
Folic acid.....µg	905		0	LC	8		498		
Folate, food.....µg	0		0	NR	4		0		
Folate, DFE.....µg	1538		0	NC	4		846		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	13.57		1	FLM	4		7.47		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4445		1	FLM	4		2445		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	30.50		0	T	4		16.78		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 25006

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	4.847		1	FLM	4		2.666		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.103		1	FLM	4		0.057		
Cholesterol.....mg	4		1	FLM	4		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 = 55g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	4.5		1	LC	8		2.5	2.0	
Vitamin D.....IU	181		1	LC	8	100	80		
Vitamin K (phylloquinone).....µg	1.8		0	FLA	4	1.0	0.8		
Dihydrophylloquinone.....µg	0.0		0	FLA	4	0.0	0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.753		0	NC	4		2.614	2.091	
4:0.....g	0.145		0	FLA	4	0.080	0.064		
6:0.....g	0.052		0	FLA	4	0.028	0.023		
8:0.....g	0.030		0	FLA	4	0.017	0.013		
10:0.....g	0.058		0	FLA	4	0.032	0.025		
12:0.....g	0.062		0	FLA	4	0.034	0.027		
13:0.....g	0.000		0	FLA	4	0.000	0.000		
14:0.....g	0.208		0	FLA	4	0.115	0.092		
15:0.....g	0.019		0	FLA	4	0.010	0.008		
16:0.....g	2.287		0	FLA	4	1.258	1.006		
17:0.....g	0.018		0	FLA	4	0.010	0.008		
18:0.....g	1.822		0	FLA	4	1.002	0.802		
20:0.....g	0.048		0	FLA	4	0.026	0.021		
22:0.....g	0.005		0	FLA	4	0.003	0.002		
24:0.....g	0.000		0	FLA	4	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.920		0	NC	4	2.156	1.725		
14:1.....g	0.018		0	FLA	4	0.010	0.008		
15:1.....g	0.000		0	FLA	4	0.000	0.000		
16:1 undifferentiated.....g	0.046		0	FLA	4	0.025	0.020		
17:1.....g	0.005		0	FLA	4	0.003	0.002		
18:1 undifferentiated.....g	3.802		0	FLA	4	2.091	1.673		
20:1.....g	0.049		0	FLA	4	0.027	0.022		
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000		
24:1 c.....g	0.000		0	FLA	4	0.000	0.000		
Fatty acids, total polyunsaturated.....g	1.917		0	NC	4	1.054	0.843		
18:2 undifferentiated.....g	1.882		0	FLA	4	1.035	0.828		
18:3 undifferentiated.....g	0.034		0	FLA	4	0.019	0.015		
18:4.....g	0.000		0	FLA	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	0.001		0	FLA	4	0.000	0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000		
21:5.....g	0.000		0	FLA	4	0.000	0.000		
22:4.....g	0.000		0	FLA	4	0.000	0.000		
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000		
Fatty acids, total trans.....g	0.151	0.050	3	MA	12	0.083	0.066		
Cholesterol.....mg	4		1	MA	12	2	2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0	FLA	4	0.122	0.097		
Threonine.....g	0.682		0	FLA	4	0.375	0.300		
Isoleucine.....g	0.833		0	FLA	4	0.458	0.366		
Leucine.....g	1.405		0	FLA	4	0.773	0.618		
Lysine.....g	0.972		0	FLA	4	0.535	0.428		
Methionine.....g	0.266		0	FLA	4	0.146	0.117		
Cystine.....g	0.236		0	FLA	4	0.130	0.104		
Phenylalanine.....g	0.976		0	FLA	4	0.537	0.429		
Tyrosine.....g	0.736		0	FLA	4	0.405	0.324		
Valine.....g	0.898		0	FLA	4	0.494	0.395		
Arginine.....g	1.669		0	FLA	4	0.918	0.735		
Histidine.....g	0.485		0	FLA	4	0.267	0.213		
Alanine.....g	0.764		0	FLA	4	0.420	0.336		
Aspartic acid.....g	2.175		0	FLA	4	1.196	0.957		
Glutamic acid.....g	3.827		0	FLA	4	2.105	1.684		

NDB No. 25016

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.881		0	FLA	4		0.484	0.388	
Proline.....g	1.061		0	FLA	4		0.584	0.467	
Serine.....g	0.967		0	FLA	4		0.532	0.426	
Hydroxyproline.....g	0.000		0	FLA	4		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		3	2	
Theobromine.....mg	57		0	FLA	4		31	25	

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

Common Measures:

Measure 1 = 55g: 1 bar

Measure 2 = 44g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25008

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.50		0	FLM	4		5.23		
Energy.....kcal	378		0	NC	4		208		
Energy.....kJ	1582		0	NC	4		870		
Protein.....g	22.50		1	MA	12		12.38		
Total lipid (fat).....g	7.87		0	MA	12		4.33		
Ash.....g	5.00		0	FLM	4		2.75		
Carbohydrate, by difference.....g	54.30		0	MA	12		29.86		
Fiber, total dietary.....g	11.0		1	MA	12		6.0		
Sugars, total.....g	26.26		1	MA	12		14.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	18.15		0	MA	12		9.98		
Magnesium, Mg.....mg	317		1	LC	8		174		
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	318		1	MA	12		175		
Zinc, Zn.....mg	11.88		1	LC	8		6.53		
Copper, Cu.....mg	0.452		1	LC	8		0.249		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	176.4		1	MA	12		97.0		
Thiamin.....mg	3.394		1	LC	8		1.867		
Riboflavin.....mg	3.846		1	LC	8		2.115		
Niacin.....mg	45.249		1	LC	8		24.887		
Pantothenic acid.....mg	22.624		1	LC	8		12.443		
Vitamin B-6.....mg	4.525		1	LC	8		2.489		
Folate, total.....µg	905		1	LC	8		498		
Folic acid.....µg	904		0	NR	4		497		
Folate, food.....µg	0		0	NR	4		0		
Folate, DFE.....µg	1537		0	NC	4		845		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	13.57		1	LC	8		7.47		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4451		1	MA	12		2448		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	30.50		0	NR	4		16.78		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	4.5		1	LC	8		2.5		
Vitamin D.....IU	181		1	LC	8		100		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 25008

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	4.481		1	MA	12	2.465		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.052		1	MA	12	0.029		
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 = 55g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25005

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.99		0	FLM	4		4.39		
Energy.....kcal	422		0	NC	4		232		
Energy.....kJ	1764		0	NC	4		970		
Protein.....g	18.49		1	MA	12		10.17		
Total lipid (fat).....g	13.18		1	MA	12		7.25		
Ash.....g	3.07		0	FLM	4		1.69		
Carbohydrate, by difference.....g	57.27		0	NC	4		31.50		
Fiber, total dietary.....g	2.8		1	MA	12		1.5		
Sugars, total.....g	33.04		1	MA	12		18.17		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	953		1	MA	12		524		
Iron, Fe.....mg	14.67		1	MA	12		8.07		
Magnesium, Mg.....mg	255		1	LC	8		140		
Phosphorus, P.....mg	455		1	LC	8		250		
Potassium, K.....mg									
Sodium, Na.....mg	418		1	MA	12		230		
Zinc, Zn.....mg	9.55		1	LC	8		5.25		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	144.3		1	MA	12		79.4		
Thiamin.....mg	2.727		1	LC	8		1.500		
Riboflavin.....mg	3.091		1	LC	8		1.700		
Niacin.....mg	36.364		1	LC	8		20.000		
Pantothenic acid.....mg	18.182		1	LC	8		10.000		
Vitamin B-6.....mg	3.636		1	LC	8		2.000		
Folate, total.....µg	727		1	LC	8		400		
Folic acid.....µg	727		1	LC	8		400		
Folate, food.....µg	0		0	NC	4		0		
Folate, DFE.....µg	1236		0	NC	4		680		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	10.91		1	LC	8		6.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3182		0	MA	12		1750		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	24.57		0	NR	4		13.51		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 25005

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	4.794		1	MA	12		2.637		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.197		1	MA	12		0.108		
Cholesterol.....mg	3		1	MA	12		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 = 55g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25015

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.00		0	O	4		7.20		
Energy.....kcal	415		0	NC	4		332		
Energy.....kJ	1734		0	NC	4		1387		
Protein (N x 6.25).....g	25.00		1	LC	8		20.00		
Total lipid (fat).....g	12.50		1	LC	8		10.00		
Ash.....g	3.00		0	O	4		2.40		
Carbohydrate, by difference.....g	50.50		0	NC	4		40.40		
Fiber, total dietary.....g	12.5		1	LC	8		10.0		
Sugars, total.....g	28.75		1	LC	8		23.00		
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	625		1	LC	8		500		
Iron, Fe.....mg	10.13		1	LC	8		8.10		
Magnesium, Mg.....mg	175		1	LC	8		140		
Phosphorus, P.....mg	375		1	LC	8		300		
Potassium, K.....mg	188		1	LC	8		150		
Sodium, Na.....mg	238		1	LC	8		190		
Zinc, Zn.....mg	6.56		1	LC	8		5.25		
Copper, Cu.....mg	0.977		0	FLC	4		0.782		
Manganese, Mn.....mg	1.322		0	FLC	4		1.058		
Selenium, Se.....µg	3.9		0	FLC	4		3.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	75.0		1	LC	8		60.0		
Thiamin.....mg	1.875		1	LC	8		1.500		
Riboflavin.....mg	2.125		1	LC	8		1.700		
Niacin.....mg	25.000		1	LC	8		20.000		
Pantothenic acid.....mg	12.500		1	LC	8		10.000		
Vitamin B-6.....mg	2.500		1	LC	8		2.000		
Folate, total.....µg	500		1	LC	8		400		
Folic acid.....µg	500		0	O	4		400		
Folate, food.....µg	0		0	Z	7		0		
Folate, DFE.....µg	850		0	NC	4		680		
Choline, total.....mg	1.7		0	FLC	4		1.4		
Betaine.....mg	0.0		0	FLC	4		0.0		
Vitamin B-12.....µg	7.50		1	LC	8		6.00		
Vitamin B-12, added.....µg	7.40		0	O	4		5.92		
Vitamin A, RAE.....µg	652		0	NC	4		521		
Retinol.....µg	651		0	O	4		521		
Carotene, beta.....µg	10		0	FLC	4		8		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	2188		1	LC	8		1750		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	16.88		1	LC	8		13.50		
Vitamin E, added.....mg	16.00		0	O	4		12.80		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocopherol, delta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	3.8		0	NR	4		3.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	150		1	LC	8		120		
Vitamin K (phylloquinone).....µg	10.4		0	FLC	4		8.3		
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.250		1	LC	8		5.000		
4:0.....g	0.074		0	FLC	4		0.059		
6:0.....g	0.026		0	FLC	4		0.021		
8:0.....g	0.016		0	FLC	4		0.013		
10:0.....g	0.030		0	FLC	4		0.024		
12:0.....g	0.031		0	FLC	4		0.025		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.124		0	FLC	4		0.099		
15:0.....g	0.009		0	FLC	4		0.007		
16:0.....g	1.564		0	FLC	4		1.251		
17:0.....g	0.009		0	FLC	4		0.007		
18:0.....g	1.008		0	FLC	4		0.807		
20:0.....g	0.023		0	FLC	4		0.018		
22:0.....g	0.002		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.645		0	FLC	4		2.116		
14:1.....g	0.009		0	FLC	4		0.007		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.038		0	FLC	4		0.031		
17:1.....g	0.002		0	FLC	4		0.002		
18:1 undifferentiated.....g	2.572		0	FLC	4		2.058		
20:1.....g	0.023		0	FLC	4		0.018		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	2.892		0	FLC	4		2.314		
18:2 undifferentiated.....g	2.671		0	FLC	4		2.137		
18:3 undifferentiated.....g	0.220		0	FLC	4		0.176		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLC	4		0.001		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	6		1	FLC	4		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0	FLC	4		0.251		
Threonine.....g	0.956		0	FLC	4		0.765		
Isoleucine.....g	1.156		0	FLC	4		0.925		
Leucine.....g	1.937		0	FLC	4		1.550		
Lysine.....g	1.414		0	FLC	4		1.131		
Methionine.....g	0.345		0	FLC	4		0.276		
Cystine.....g	0.332		0	FLC	4		0.266		
Phenylalanine.....g	1.337		0	FLC	4		1.070		
Tyrosine.....g	0.997		0	FLC	4		0.797		
Valine.....g	1.208		0	FLC	4		0.967		
Arginine.....g	2.257		0	FLC	4		1.805		
Histidine.....g	0.671		0	FLC	4		0.537		
Alanine.....g	1.067		0	FLC	4		0.853		

NDB No. 25015

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

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			
Alanine.....g	1.067			FLC	4		
Aspartic acid.....g	3.032		0	FLC	4	2.425	
Glutamic acid.....g	5.185		0	FLC	4	4.148	
Glycine.....g	1.209		0	FLC	4	0.967	
Proline.....g	1.424		0	FLC	4	1.139	
Serine.....g	1.352		0	FLC	4	1.081	
Hydroxyproline.....g	0.000		0	FLC	4	0.000	
Others:							
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	
Caffeine.....mg	3		0	FLC	4	2	
Theobromine.....mg	28		0	FLC	4	22	

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

Common Measures:

Measure 1 = 80g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25017

Formulated bar, POWER BAR, chocolate

Refuse: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	9.83		1	A	1		6.68		
Energy.....kcal	363		0	NC	4		247		
Energy.....kJ	1519		0	NC	4		1033		
Protein (N x 6.1).....g	14.15		1	A	1		9.62		
Total lipid (fat).....g	3.11		1	A	1		2.11		
Ash.....g	3.28		1	A	1		2.23		
Carbohydrate, by difference.....g	69.63		0	NC	4		47.35		
Fiber, total dietary.....g	5.7		1	A	1		3.9		
Sugars, total.....g	30.07		1	A	1		20.45		
Sucrose.....g	0.52		1	A	1		0.35		
Glucose (dextrose).....g	11.94		1	A	1		8.12		
Fructose.....g	15.96		1	A	1		10.85		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	1.65		1	A	1		1.12		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	18.70		1	A	1		12.72		
Minerals:									
Calcium, Ca.....mg	504		1	A	1		343		
Iron, Fe.....mg	11.70		1	A	1		7.96		
Magnesium, Mg.....mg	248		1	A	1		169		
Phosphorus, P.....mg	614		1	A	1		418		
Potassium, K.....mg	362		1	A	1		246		
Sodium, Na.....mg	308		0	LC	8		209		
Zinc, Zn.....mg	9.96		1	A	1		6.77		
Copper, Cu.....mg	1.430		1	A	1		0.972		
Manganese, Mn.....mg	1.610		1	A	1		1.095		
Selenium, Se.....µg	7.8		1	A	1		5.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	92.3		0		8		62.8		
Thiamin.....mg	8.060		1	A	1		5.481		
Riboflavin.....mg	1.920		1	A	1		1.306		
Niacin.....mg	32.600		1	A	1		22.168		
Pantothenic acid.....mg	15.900		1	A	1		10.812		
Vitamin B-6.....mg	2.200		1	A	1		1.496		
Folate, total.....µg	615		0	NR	4		418		
Folic acid.....µg	615		0	NR	4		418		
Folate, food.....µg	0		0	Z	7		0		
Folate, DFE.....µg	1046		0	NC	4		711		
Choline, total.....mg	18.4		0	AS	1		12.5		
Betaine.....mg	4.3		1	A	1		2.9		
Vitamin B-12.....µg	5.60		1	A	1		3.81		
Vitamin B-12, added.....µg	5.60		0	O	4		3.81		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	8.28		1	A	1		5.63		
Vitamin E, added.....mg	8.28		0	O	4		5.63		
Tocopherol, beta.....mg	0.01		1	A	1		0.01		
Tocopherol, gamma.....mg	0.33		1	A	1		0.22		
Tocopherol, delta.....mg	0.05		1	A	1		0.03		
Tocotrienol, alpha.....mg	1.04		1	A	1		0.71		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 25017

Formulated bar, POWER BAR, chocolate

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	0.08		1	A	1		0.05		
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	1.1		1	A	1		0.7		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.320		0	NC	4		0.897		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.003		1	A	1		0.002		
13:0.....g									
14:0.....g	0.013		1	A	1		0.009		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.644		1	A	1		0.438		
17:0.....g	0.005		1	A	1		0.003		
18:0.....g	0.632		1	A	1		0.430		
20:0.....g	0.019		1	A	1		0.013		
22:0.....g	0.004		1	A	1		0.003		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	1.050		0	NC	4		0.714		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.010		0	AS	1		0.006		
16:1 c.....g	0.010		1	A	1		0.006		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.030		0	AS	1		0.701		
18:1 c.....g	1.025		1	A	1		0.697		
18:1 t.....g	0.006		1	A	1		0.004		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.010		1	A	1		0.007		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.589		0	NC	4		0.401		
18:2 undifferentiated.....g	0.565		0	AS	1		0.384		
18:2 n-6 c,c.....g	0.561		1	A	1		0.381		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004		1	A	1		0.003		
18:3 undifferentiated.....g	0.025		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA).....g	0.025		1	A	1		0.017		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		

NDB No. 25017

Formulated bar, POWER BAR, chocolate

Nutrients and Units	<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		1	A	1	0.000		
Fatty acids, total trans.....g	0.010		0	NC	4	0.006		
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4	0.004		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4	0.003		
Cholesterol.....mg	0		1	A	1	0		
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.190		0	A	1	0.129		
Threonine.....g	0.540		0	A	1	0.367		
Isoleucine.....g	0.660		0	A	1	0.449		
Leucine.....g	1.330		0	A	1	0.904		
Lysine.....g	0.980		0	A	1	0.666		
Methionine.....g	0.290		0	A	1	0.197		
Cystine.....g	0.220		0	A	1	0.150		
Phenylalanine.....g	0.740		0	A	1	0.503		
Tyrosine.....g	0.270		0	A	1	0.184		
Valine.....g	0.830		0	A	1	0.564		
Arginine.....g	0.610		0	A	1	0.415		
Histidine.....g	0.360		0	A	1	0.245		
Alanine.....g	0.510		0	A	1	0.347		
Aspartic acid.....g	1.250		0	A	1	0.850		
Glutamic acid.....g	3.100		0	A	1	2.108		
Glycine.....g	0.420		0	A	1	0.286		
Proline.....g	1.230		0	A	1	0.836		
Serine.....g	0.860		0	A	1	0.585		
Hydroxyproline.....g	0.090		1	A	1	0.061		
<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 = 68g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25020

Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut

Slim-Fast Foods Company

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.87		1	A	1		5.98		
Energy.....kcal	386		0	NC	4		212		
Energy.....kJ	1615		0	NC	4		888		
Protein (N x 6.25).....g	16.19		1	A	1		8.90		
Total lipid (fat).....g	8.92		0	T	4		4.91		
Ash.....g	3.81		1	A	1		2.10		
Carbohydrate, by difference.....g	60.21		0	NC	4		33.12		
Fiber, total dietary.....g	5.1		1	A	1		2.8		
Sugars, total.....g	25.00		0	LC	8		13.75		
Sucrose.....g	7.58		1	A	1		4.17		
Glucose (dextrose).....g	1.24		1	A	1		0.68		
Fructose.....g	0.52		1	A	1		0.29		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	10.04		1	A	1		5.52		
Galactose.....g	5.62		1	A	1		3.09		
Starch.....g	9.60		1	A	1		5.28		
Minerals:									
Calcium, Ca.....mg	668		1	A	1		367		
Iron, Fe.....mg	4.98		1	A	1		2.74		
Magnesium, Mg.....mg	250		0	LC	8		138		
Phosphorus, P.....mg	673		1	A	1		370		
Potassium, K.....mg	289		1	A	1		159		
Sodium, Na.....mg	253		1	A	1		139		
Zinc, Zn.....mg	5.73		1	A	1		3.15		
Copper, Cu.....mg	0.284		1	A	1		0.156		
Manganese, Mn.....mg	0.743		1	A	1		0.409		
Selenium, Se.....µg	46.7		1	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	96.6		1	A	1		53.1		
Thiamin.....mg	1.700		1	A	1		0.935		
Riboflavin.....mg	1.900		1	A	1		1.045		
Niacin.....mg	21.200		1	A	1		11.660		
Pantothenic acid.....mg	10.100		1	A	1		5.555		
Vitamin B-6.....mg	2.100		1	A	1		1.155		
Folate, total.....µg	430		1	A	1		237		
Folic acid.....µg	422		1	A	1		232		
Folate, food.....µg	8		0	AS	1		4		
Folate, DFE.....µg	725		0	NC	4		399		
Choline, total.....mg	40.6		0	AS	1		22.3		
Betaine.....mg	2.2		1	A	1		1.2		
Vitamin B-12.....µg	7.90		1	A	1		4.35		
Vitamin B-12, added.....µg	7.90		0	NR	4		4.35		
Vitamin A, RAE.....µg	940		0	NC	4		517		
Retinol.....µg	940		0	NR	4		517		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	3133		0	NC	4		1723		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	6.00		0	LC	8		3.30		
Vitamin E, added.....mg	6.00		0	LC	8		3.30		
Tocopherol, beta.....mg	0.05		1	A	1		0.03		
Tocopherol, gamma.....mg	1.75		1	A	1		0.96		
Tocopherol, delta.....mg	0.67		1	A	1		0.37		
Tocotrienol, alpha.....mg	0.34		1	A	1		0.19		
Tocotrienol, beta.....mg	0.00		1	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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.05		1	A	1		0.03		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	5.4		0	NR	4		2.9		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	214		1	LC	8		118		
Vitamin K (phylloquinone).....µg	129.3		1	A	1		71.1		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	5.360		0	T	4		2.948		
4:0.....g	0.008		1	A	1		0.005		
6:0.....g	0.013		1	A	1		0.007		
8:0.....g	0.168		1	A	1		0.093		
10:0.....g	0.169		1	A	1		0.093		
12:0.....g	2.074		1	A	1		1.141		
13:0.....g									
14:0.....g	0.713		1	A	1		0.392		
15:0.....g	0.003		1	A	1		0.002		
16:0.....g	0.931		1	A	1		0.512		
17:0.....g	0.008		1	A	1		0.005		
18:0.....g	1.105		1	A	1		0.608		
20:0.....g	0.048		1	A	1		0.026		
22:0.....g	0.075		1	A	1		0.041		
24:0.....g	0.044		1	A	1		0.024		
Fatty acids, total monounsaturated.....g	2.428		0	T	4		1.335		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.006		0	AS	1		0.003		
16:1 c.....g	0.006		1	A	1		0.003		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.003		1	A	1		0.002		
18:1 undifferentiated.....g	2.193		0	AS	1		1.206		
18:1 c.....g	2.017		1	A	1		1.109		
18:1 t.....g	0.176		1	A	1		0.097		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.039		1	A	1		0.021		
22:1 undifferentiated.....g	0.002		0	AS	1		0.001		
22:1 c.....g	0.002		1	A	1		0.001		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.132		0	T	4		0.623		
18:2 undifferentiated.....g	0.998		0	AS	1		0.549		
18:2 n-6 c,c.....g	0.966		1	A	1		0.531		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032		1	A	1		0.018		
18:3 undifferentiated.....g	0.035		0	AS	1		0.019		
18:3 n-3 c,c,c (ALA).....g	0.035		1	A	1		0.019		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		1	A	1		0.001		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		

NDB No. 25020

Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.208		0	NC	4		0.114		
Fatty acids, total trans-monoenoic.....g	0.176		0	NC	4		0.097		
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.018		
Cholesterol.....mg	7		0	O	4		4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0	A	1		0.121		
Threonine.....g	0.570		0	A	1		0.313		
Isoleucine.....g	0.560		0	A	1		0.308		
Leucine.....g	1.250		0	A	1		0.688		
Lysine.....g	0.580		0	A	1		0.319		
Methionine.....g	0.220		0	A	1		0.121		
Cystine.....g	0.150		0	A	1		0.083		
Phenylalanine.....g	0.870		0	A	1		0.479		
Tyrosine.....g	0.580		0	A	1		0.319		
Valine.....g	0.740		0	A	1		0.407		
Arginine.....g	1.370		0	A	1		0.754		
Histidine.....g	0.400		0	A	1		0.220		
Alanine.....g	0.660		0	A	1		0.363		
Aspartic acid.....g	1.880		0	A	1		1.034		
Glutamic acid.....g	3.370		0	A	1		1.853		
Glycine.....g	0.780		0	A	1		0.429		
Proline.....g	1.150		0	A	1		0.632		
Serine.....g	0.960		0	A	1		0.528		
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 = 55g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25031

Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.499		0	NC	4		2.249		
4:0.....g	0.001		0	FLC	4		0.001		
6:0.....g	0.009		0	FLC	4		0.004		
8:0.....g	0.138		0	FLC	4		0.069		
10:0.....g	0.156		0	FLC	4		0.078		
12:0.....g	1.969		0	FLC	4		0.984		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.693		0	FLC	4		0.347		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.989		0	FLC	4		0.494		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.544		0	FLC	4		0.272		
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	3.828		0	NC	4		1.914		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.017		0	FLC	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	3.811		0	FLC	4		1.906		
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	4.804		0	NC	4		2.402		
18:2 undifferentiated.....g	4.731		0	FLC	4		2.366		
18:3 undifferentiated.....g	0.072		0	FLC	4		0.036		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	FLC	4		0.000		
Cholesterol.....mg	8		1	FLC	4		4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	11		0	FLC	4		6		
Theobromine.....mg	99		0	FLC	4		50		

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

Common Measures:

Measure 1 = 50g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25045

Formulated bar, high fiber, chewy, oats and chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.04		0	FLC	4		4.82		
Energy.....kcal	350		0	LC	8		140		
Energy.....kJ	1464		0	LC	8		586		
Protein.....g	5.00		0	FLC	4		2.00		
Total lipid (fat).....g	10.00		0	LC	8		4.00		
Ash.....g	3.14		0	FLC	4		1.25		
Carbohydrate, by difference.....g	69.78		0	FLC	4		27.91		
Fiber, total dietary.....g	22.5		0	LC	8		9.0		
Sugars, total.....g	25.00		0	LC	8		10.00		
Sucrose.....g	12.20		0	FLC	4		4.88		
Glucose (dextrose).....g	6.86		0	FLC	4		2.74		
Fructose.....g	1.57		0	FLC	4		0.63		
Lactose.....g	0.00		0	FLC	4		0.00		
Maltose.....g	4.31		0	FLC	4		1.73		
Galactose.....g	0.06		0	FLC	4		0.02		
Starch.....g	6.08		0	FLC	4		2.43		
Minerals:									
Calcium, Ca.....mg	250		0	LC	8		100		
Iron, Fe.....mg	0.90		0	LC	8		0.36		
Magnesium, Mg.....mg	190		0	FLC	4		76		
Phosphorus, P.....mg	419		0	FLC	4		168		
Potassium, K.....mg	447		0	FLC	4		179		
Sodium, Na.....mg	350		0	LC	8		140		
Zinc, Zn.....mg	1.96		0	FLC	4		0.78		
Copper, Cu.....mg	0.262		0	FLC	4		0.105		
Manganese, Mn.....mg	3.407		0	FLC	4		1.363		
Selenium, Se.....µg	8.9		0	FLC	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		0	FLC	4		0.5		
Thiamin.....mg	0.688		0	FLC	4		0.275		
Riboflavin.....mg	0.091		0	FLC	4		0.037		
Niacin.....mg	7.903		0	FLC	4		3.161		
Pantothenic acid.....mg	1.755		0	FLC	4		0.702		
Vitamin B-6.....mg	0.963		0	FLC	4		0.385		
Folate, total.....µg	35		0	FLC	4		14		
Folic acid.....µg	12		0	FLC	4		5		
Folate, food.....µg	22		0	FLC	4		9		
Folate, DFE.....µg	43		0	NC	4		17		
Choline, total.....mg	12.4		0	FLC	4		5.0		
Betaine.....mg	3.3		0	FLC	4		1.3		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	65		0	FLC	4		26		
Vitamin E (alpha-tocopherol).....mg	1.47		0	FLC	4		0.59		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	0.50		0	FLC	4		0.20		
Tocopherol, delta.....mg	0.02		0	FLC	4		0.01		
Tocotrienol, alpha.....mg	0.06		0	FLC	4		0.02		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	2.6		0	FLC	4		1.0		
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menaquinone-4.....µg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	3.397		0	FLC	4		1.359		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.004		0	FLC	4		0.001		
8:0.....g	0.059		0	FLC	4		0.023		
10:0.....g	0.066		0	FLC	4		0.026		
12:0.....g	0.838		0	FLC	4		0.335		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.310		0	FLC	4		0.124		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.417		0	FLC	4		0.567		
17:0.....g	0.002		0	FLC	4		0.001		
18:0.....g	0.670		0	FLC	4		0.268		
20:0.....g	0.025		0	FLC	4		0.010		
22:0.....g	0.007		0	FLC	4		0.003		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	3.522		0	FLC	4		1.409		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.023		0	FLC	4		0.009		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	3.476		0	FLC	4		1.390		
20:1.....g	0.023		0	FLC	4		0.009		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	2.334		0	FLC	4		0.934		
18:2 undifferentiated.....g	2.089		0	FLC	4		0.836		
18:3 undifferentiated.....g	0.245		0	FLC	4		0.098		
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	0.007		0	FLC	4		0.003		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0	FLC	4		0.020		
Threonine.....g	0.179		0	FLC	4		0.071		
Isoleucine.....g	0.192		0	FLC	4		0.077		
Leucine.....g	0.352		0	FLC	4		0.141		
Lysine.....g	0.212		0	FLC	4		0.085		
Methionine.....g	0.098		0	FLC	4		0.039		
Cystine.....g	0.113		0	FLC	4		0.045		
Phenylalanine.....g	0.230		0	FLC	4		0.092		
Tyrosine.....g	0.143		0	FLC	4		0.057		
Valine.....g	0.286		0	FLC	4		0.114		
Arginine.....g	0.343		0	FLC	4		0.137		
Histidine.....g	0.115		0	FLC	4		0.046		

NDB No. 25045

Formulated bar, high fiber, chewy, oats and chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.288		0	FLC	4		0.115		
Aspartic acid.....g	0.437		0	FLC	4		0.175		
Glutamic acid.....g	0.788		0	FLC	4		0.315		
Glycine.....g	0.267		0	FLC	4		0.107		
Proline.....g	0.264		0	FLC	4		0.106		
Serine.....g	0.228		0	FLC	4		0.091		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	3		0	FLC	4		1		
Theobromine.....mg	24		0	FLC	4		10		

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

Common Measures:

Measure 1 = 40g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 42139

Granola bar, soft, milk chocolate coated, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	17.065		0		4	4.838	
4:0.....g	0.070		0		4	0.020	
6:0.....g	0.040		0		4	0.011	
8:0.....g	0.421		0		4	0.119	
10:0.....g	0.492		0		4	0.139	
12:0.....g	5.518		0		4	1.564	
13:0.....g							
14:0.....g	2.157		0		4	0.612	
15:0.....g							
16:0.....g	4.434		0		4	1.257	
17:0.....g							
18:0.....g	3.933		0		4	1.115	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.561		0		4	1.860	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.120		0		4	0.034	
17:1.....g							
18:1 undifferentiated.....g	6.411		0		4	1.818	
20:1.....g	0.030		0		4	0.009	
22:1 undifferentiated.....g	0.000		0		7	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.906		0		4	0.540	
18:2 undifferentiated.....g	1.836		0		4	0.521	
18:3 undifferentiated.....g	0.070		0		4	0.020	
18:4.....g	0.000		0		7	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.010		0		4	0.003	
20:5 n-3 (EPA).....g	0.000		0		7	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		7	0.000	
22:6 n-3 (DHA).....g	0.000		0		7	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	12		0		4	3	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	3		0	BFZN	4	1	
Theobromine.....mg	41		0	BFZN	4	12	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 08510
Milk and cereal bar

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	9.114		0	FLC	4		2.279		
4:0.....g	0.045		0	FLC	4		0.011		
6:0.....g	0.050		0	FLC	4		0.012		
8:0.....g	0.325		0	FLC	4		0.081		
10:0.....g	0.244		0	FLC	4		0.061		
12:0.....g	2.720		0	FLC	4		0.680		
13:0.....g									
14:0.....g	0.977		0	FLC	4		0.244		
15:0.....g									
16:0.....g	3.839		0	FLC	4		0.960		
17:0.....g									
18:0.....g	0.881		0	FLC	4		0.220		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.186		0	FLC	4		0.297		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.177		0	FLC	4		0.294		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0	FLC	4		0.060		
18:2 undifferentiated.....g	0.230		0	FLC	4		0.057		
18:3 undifferentiated.....g	0.009		0	FLC	4		0.002		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLC	4		0.000		
Cholesterol.....mg	6		0	FLC	4		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 25g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 43572

Popcorn, microwave, low fat and sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.415		0		4		0.401		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.010		0		4		0.003		
15:0.....g									
16:0.....g	0.931		0		4		0.264		
17:0.....g									
18:0.....g	0.475		0		4		0.135		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.085		0		4		1.158		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.011		
17:1.....g									
18:1 undifferentiated.....g	4.037		0		4		1.144		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.572		0		4		1.013		
18:2 undifferentiated.....g	3.315		0		4		0.940		
18:3 undifferentiated.....g	0.247		0		4		0.070		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25026

Popcorn, microwave, regular (butter) flavor, made with palm oil

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.90	0.076	8	A	1		0.07	0.78	
Energy.....kcal	535		0	NC	4		42	465	
Energy.....kJ	2237		0	NC	4		177	1946	
Protein.....g	8.38	0.082	8	A	1		0.66	7.29	
Total lipid (fat).....g	30.22	1.261	8	A	1		2.39	26.30	
Ash.....g	3.23	0.236	8	A	1		0.26	2.81	
Carbohydrate, by difference.....g	57.26		0	NC	4		4.52	49.82	
Fiber, total dietary.....g	10.0	0.074	8	A	1		0.8	8.7	
Sugars, total.....g	0.30		1	A	1		0.02	0.26	
Sucrose.....g	0.30		1	A	1		0.02	0.26	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	45.46	0.247	8	A	1		3.59	39.55	
Minerals:									
Calcium, Ca.....mg	23	0.913	8	A	1		2	20	
Iron, Fe.....mg	2.06	0.138	8	A	1		0.16	1.79	
Magnesium, Mg.....mg	110	8.231	8	A	1		9	95	
Phosphorus, P.....mg	275	26.016	8	A	1		22	239	
Potassium, K.....mg	393	29.522	8	A	1		31	342	
Sodium, Na.....mg	763	68.212	8	A	1		60	664	
Zinc, Zn.....mg	2.32	0.183	8	A	1		0.18	2.02	
Copper, Cu.....mg	0.204	0.026	8	A	1		0.016	0.177	
Manganese, Mn.....mg	0.772	0.044	8	A	1		0.061	0.672	
Selenium, Se.....µg	5.9	0.412	5	A	1		0.5	5.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.047	0.001	5	A	1		0.004	0.041	
Riboflavin.....mg	0.060	0.000	5	A	1		0.005	0.052	
Niacin.....mg	1.615	0.021	5	A	1		0.128	1.405	
Pantothenic acid.....mg	0.201	0.003	5	A	1		0.016	0.174	
Vitamin B-6.....mg	0.310	0.000	5	A	1		0.025	0.270	
Folate, total.....µg	15	2.198	4	A	1		1	13	
Folic acid.....µg	0	0.000	4	A	1		0	0	
Folate, food.....µg	15	2.198	4	AS	1		1	13	
Folate, DFE.....µg	15		0	NC	4		1	13	
Choline, total.....mg	15.4		0	FLC	4		1.2	13.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	9		0	AS	1		1	8	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	50	1.699	5	A	1		4	44	
Carotene, alpha.....µg	6	1.421	5	A	1		0	5	
Cryptoxanthin, beta.....µg	111	2.556	5	A	1		9	97	
Vitamin A, IU.....IU	182		0	AS	1		14	158	
Lycopene.....µg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin.....µg	1115	4.924	5	A	1		88	970	
Vitamin E (alpha-tocopherol).....mg	2.91	0.077	5	A	1		0.23	2.53	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.14	0.004	5	A	1		0.01	0.12	
Tocopherol, gamma.....mg	6.58	0.087	5	A	1		0.52	5.72	
Tocopherol, delta.....mg	0.24	0.010	5	A	1		0.02	0.21	
Tocotrienol, alpha.....mg	2.54	0.039	5	A	1		0.20	2.21	
Tocotrienol, beta.....mg	0.34	0.006	5	A	1		0.03	0.30	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.15	0.049	5	A	1		0.33	3.61	
Tocotrienol, delta.....mg	1.46	0.038	5	A	1		0.12	1.27	
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	NR	4		0	0	
Vitamin K (phylloquinone).....µg	4.3	0.055	4	A	1		0.3	3.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	14.598		0	NC	4		1.153	12.700	
4:0.....g	0.003	0.000	6	A	1		0.000	0.003	
6:0.....g	0.001	0.000	6	A	1		0.000	0.001	
8:0.....g	0.013	0.002	6	A	1		0.001	0.012	
10:0.....g	0.030	0.007	6	A	1		0.002	0.026	
12:0.....g	0.063	0.012	6	A	1		0.005	0.054	
13:0.....g									
14:0.....g	0.298	0.007	6	A	1		0.024	0.259	
15:0.....g	0.015	0.001	6	A	1		0.001	0.013	
16:0.....g	12.646	0.375	6	A	1		0.999	11.002	
17:0.....g	0.030	0.001	6	A	1		0.002	0.026	
18:0.....g	1.346	0.102	6	A	1		0.106	1.171	
20:0.....g	0.106	0.003	6	A	1		0.008	0.092	
22:0.....g	0.022	0.002	6	A	1		0.002	0.019	
24:0.....g	0.024	0.001	6	A	1		0.002	0.021	
Fatty acids, total monounsaturated.....g	0.374		0	NC	4		0.030	0.326	
14:1.....g	0.001	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.042		0	AS	1		0.003	0.036	
16:1 c.....g	0.042	0.001	6	A	1		0.003	0.036	
16:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	
17:1.....g	0.007	0.000	6	A	1		0.001	0.006	
18:1 undifferentiated.....g	0.273		0	AS	1		0.022	0.237	
18:1 c.....g									
18:1 t.....g	0.273	0.179	6	A	1		0.022	0.237	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.052	0.000	6	A	1		0.004	0.045	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.124		0	NC	4		0.326	3.588	
18:2 undifferentiated.....g	4.104		0	AS	1		0.324	3.570	
18:2 n-6 c,c.....g	3.512	0.039	6	A	1		0.277	3.056	
18:2 CLAs.....g	0.012	0.001	6	A	1		0.001	0.010	
18:2 t,t.....g									
18:2 i.....g	0.453		2	A	1		0.036	0.394	
18:2 t not further defined.....g	0.127	0.018	6	A	1		0.010	0.111	
18:3 undifferentiated.....g	0.012		0	AS	1		0.001	0.010	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.012	0.000	6	A	1		0.001	0.010	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.000	6	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.003		0	AS	1		0.000	0.003	
20:3 n-3.....g	0.003	0.000	6	A	1		0.000	0.003	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.005	0.000	6	A	1		0.000	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 25026

Popcorn, microwave, regular (butter) flavor, made with palm oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.853		0	NC	4		0.067	0.742	
Fatty acids, total trans-monoenoic.....g	0.273		0	NC	4		0.022	0.237	
Fatty acids, total trans-polyenoic.....g	0.580		0	NC	4		0.046	0.504	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg	0		0	FLC	4		0	0	
Stigmasterol.....mg	0		0	FLC	4		0	0	
Campesterol.....mg	0		0	FLC	4		0	0	
Beta-sitosterol.....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan.....g	0.061		0	FLC	4		0.005	0.053	
Threonine.....g	0.327		0	FLC	4		0.026	0.284	
Isoleucine.....g	0.312		0	FLC	4		0.025	0.271	
Leucine.....g	1.065		0	FLC	4		0.084	0.926	
Lysine.....g	0.244		0	FLC	4		0.019	0.213	
Methionine.....g	0.182		0	FLC	4		0.014	0.158	
Cystine.....g	0.157		0	FLC	4		0.012	0.136	
Phenylalanine.....g	0.426		0	FLC	4		0.034	0.371	
Tyrosine.....g	0.353		0	FLC	4		0.028	0.307	
Valine.....g	0.439		0	FLC	4		0.035	0.382	
Arginine.....g	0.432		0	FLC	4		0.034	0.376	
Histidine.....g	0.265		0	FLC	4		0.021	0.231	
Alanine.....g	0.651		0	FLC	4		0.051	0.566	
Aspartic acid.....g	0.604		0	FLC	4		0.048	0.526	
Glutamic acid.....g	1.630		0	FLC	4		0.129	1.418	
Glycine.....g	0.356		0	FLC	4		0.028	0.309	
Proline.....g	0.758		0	FLC	4		0.060	0.659	
Serine.....g	0.413		0	FLC	4		0.033	0.359	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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Common Measures:

Measure 1 = 7.9g: 1 cup

Measure 2 = 87g: 1 bag

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19436
 Popcorn, sugar syrup/caramel, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.200		0	FLC	4		0.057		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.001		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.167		0	FLC	4		0.047		
17:0.....g									
18:0.....g	0.032		0	FLC	4		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.260		0	FLC	4		0.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.257		0	FLC	4		0.073		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.634		0	FLC	4		0.180		
18:2 undifferentiated.....g	0.588		0	FLC	4		0.167		
18:3 undifferentiated.....g	0.046		0	FLC	4		0.013		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19823

Potato chips, without salt, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	4.160		0		4	1.179		
4:0.....g	0.000		0		4	0.000		
6:0.....g	0.000		0		4	0.000		
8:0.....g	0.000		0		4	0.000		
10:0.....g	0.000		0		4	0.000		
12:0.....g	0.000		0		4	0.000		
13:0.....g								
14:0.....g	0.120		0		4	0.034		
15:0.....g								
16:0.....g	3.520		0		4	0.998		
17:0.....g								
18:0.....g	0.510		0		4	0.145		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.800		0		4	1.361		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.500		0		4	0.142		
17:1.....g								
18:1 undifferentiated.....g	4.300		0		4	1.219		
20:1.....g	0.000		0		4	0.000		
22:1 undifferentiated.....g	0.000		0		4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	10.940		0		4	3.101		
18:2 undifferentiated.....g	10.750		0		4	3.048		
18:3 undifferentiated.....g	0.190		0		4	0.054		
18:4.....g	0.000		0		4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000		
20:5 n-3 (EPA).....g	0.000		0		4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000		
22:6 n-3 (DHA).....g	0.000		0		4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		4	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 43109
Pretzels, soft

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
Fatty acids, total saturated.....g	0.695		0		4	0.994	0.799	0.431
4:0.....g	0.000		0		4	0.000	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.009		0		4	0.013	0.010	0.006
15:0.....g								
16:0.....g	0.446		0		4	0.638	0.513	0.277
17:0.....g								
18:0.....g	0.243		0		4	0.347	0.279	0.151
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.071		0		4	1.532	1.232	0.664
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	1.070		0		4	1.530	1.231	0.663
20:1.....g	0.000		0		4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.948		0		4	1.356	1.090	0.588
18:2 undifferentiated.....g	0.892		0		4	1.276	1.026	0.553
18:3 undifferentiated.....g	0.055		0		4	0.079	0.063	0.034
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	NR	4	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

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

Common Measures:

- Measure 1 = 143g: 1 large
- Measure 2 = 115g: 1 medium
- Measure 3 = 62g: 1 small

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 25024
 Pretzels, soft, unsalted

Nutrients and 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	0.695		0		4		0.994	0.799	0.431
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009		0		4		0.013	0.010	0.006
15:0.....g									
16:0.....g	0.446		0		4		0.638	0.513	0.277
17:0.....g									
18:0.....g	0.243		0		4		0.347	0.279	0.151
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.071		0		4		1.532	1.232	0.664
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.070		0		4		1.530	1.231	0.663
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.948		0		4		1.356	1.090	0.588
18:2 undifferentiated.....g	0.892		0		4		1.276	1.026	0.553
18:3 undifferentiated.....g	0.055		0		4		0.079	0.063	0.034
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	NR	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

- Measure 1 = 143g: 1 large
- Measure 2 = 115g: 1 medium
- Measure 3 = 62g: 1 small

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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	0.000		0	FLC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.567		0	FLC	4		1.445		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	6.477		0	FLC	4		1.425		
20:1.....g	0.072		0	FLC	4		0.016		
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	2.049		0	FLC	4		0.451		
18:2 undifferentiated.....g	1.967		0	FLC	4		0.433		
18:3 undifferentiated.....g	0.082		0	FLC	4		0.018		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
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 = 22g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 42204

Rice cake, cracker (include hain mini rice cakes)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.875		0		4		0.037		
4:0.....g	0.000		0		7		0.000		
6:0.....g	0.000		0		7		0.000		
8:0.....g	0.000		0		7		0.000		
10:0.....g	0.000		0		7		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.015		0		4		0.001		
15:0.....g									
16:0.....g	0.737		0		4		0.031		
17:0.....g									
18:0.....g	0.077		0		4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.582		0		4		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.566		0		4		0.066		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.520		0		4		0.064		
18:2 undifferentiated.....g	1.490		0		4		0.063		
18:3 undifferentiated.....g	0.015		0		4		0.001		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3 (EPA).....g	0.000		0		7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000		
22:6 n-3 (DHA).....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	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 = 4.2g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

Rice crackers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC					
4:0.....g	0.000		0	FLC					
6:0.....g	0.000		0	FLC					
8:0.....g	0.000		0	FLC					
10:0.....g	0.000		0	FLC					
12:0.....g	0.000		0	FLC					
13:0.....g									
14:0.....g	0.000		0	FLC					
15:0.....g									
16:0.....g	0.000		0	FLC					
17:0.....g									
18:0.....g	0.000		0	FLC					
20:0.....g	0.000		0	FLC					
22:0.....g	0.000		0	FLC					
24:0.....g									
Fatty acids, total monounsaturated.....g	3.021		0	NC					
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLC					
17:1.....g									
18:1 undifferentiated.....g	3.000		0	FLC					
20:1.....g	0.006		0	FLC					
22:1 undifferentiated.....g	0.000		0	FLC					
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.641		0	NC					
18:2 undifferentiated.....g	1.582		0	FLC					
18:3 undifferentiated.....g	0.059		0	FLC					
18:4.....g	0.000		0	FLC					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC					
20:5 n-3 (EPA).....g	0.000		0	FLC					
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC					
22:6 n-3 (DHA).....g	0.000		0	FLC					
Fatty acids, total trans.....g	0.002		0	FLC					
Cholesterol.....mg	0		0	FLC					
Phytosterols.....mg	8		0	FLC					
Others:									
Alcohol, ethyl.....g	0.0		0	FLC					
Caffeine.....mg	0		0	FLC					
Theobromine.....mg	0		0	FLC					

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 25068
 Snack, BALANCE, original bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.76		0	FLC		4			
Energy.....kcal	415		0	NC		4			
Energy.....kJ	1736		0	NC		4			
Protein.....g	28.00		0	LC		8			
Total lipid (fat).....g	12.00		0	LC		8			
Ash.....g	3.51		0	FLC		4			
Carbohydrate, by difference.....g	48.73		0	NC		4			
Fiber, total dietary.....g	3.1		0	FLC		4			
Sugars, total.....g	34.89		0	LC		8			
Starch.....g	0.85		0	FLC		4			
Minerals:									
Calcium, Ca.....mg	543		0	LC		8			
Iron, Fe.....mg	10.90		0	FLC		4			
Magnesium, Mg.....mg	119		0	FLC		4			
Phosphorus, P.....mg	465		0	FLC		4			
Potassium, K.....mg	678		0	FLC		4			
Sodium, Na.....mg	253		0	LC		8			
Zinc, Zn.....mg	3.52		0	FLC		4			
Copper, Cu.....mg	0.771		0	FLC		4			
Manganese, Mn.....mg	0.712		0	FLC		4			
Selenium, Se.....µg	23.3		0	FLC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.2		0	FLC		4			
Thiamin.....mg	1.628		0	FLC		4			
Riboflavin.....mg	1.708		0	FLC		4			
Niacin.....mg	8.991		0	FLC		4			
Pantothenic acid.....mg	0.702		0	FLC		4			
Vitamin B-6.....mg	0.890		0	FLC		4			
Folate, total.....µg	126		0	FLC		4			
Folic acid.....µg	0		0	NR		4			
Folate, food.....µg	126		0	FLC		4			
Folate, DFE.....µg	126		0	NC		4			
Choline, total.....mg	91.2		0	FLC		4			
Betaine.....mg	0.5		0	FLC		4			
Vitamin B-12.....µg	1.24		0	FLC		4			
Vitamin B-12, added.....µg	0.90		0	FLC		4			
Vitamin A, RAE.....µg	1496		0	NC		4			
Retinol.....µg	1495		0	FLC		4			
Carotene, beta.....µg	10		0	FLC		4			
Carotene, alpha.....µg	0		0	FLC		4			
Cryptoxanthin, beta.....µg	0		0	FLC		4			
Vitamin A, IU.....IU	5000		0	NC		4			
Lycopene.....µg	0		0	FLC		4			
Lutein + zeaxanthin.....µg	0		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	5.84		0	FLC		4			
Vitamin E, added.....mg	2.42		0	FLC		4			
Tocopherol, beta.....mg	0.01		0	FLC		4			
Tocopherol, gamma.....mg	0.98		0	FLC		4			
Tocopherol, delta.....mg	0.43		0	FLC		4			
Tocotrienol, alpha.....mg	0.00		0	FLC		4			
Tocotrienol, beta.....mg	0.00		0	FLC		4			
Tocotrienol, gamma.....mg	0.00		0	FLC		4			
Tocotrienol, delta.....mg	0.00		0	FLC		4			
Vitamin D (D2 + D3).....µg	1.6		0	AS		1			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.6		0	FLC		4			
Vitamin D.....IU	65		0	FLC		4			
Vitamin K (phylloquinone).....µg	1.3		0	FLC		4			

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Dihydrophyloquinone.....µg	0.0		0	FLC		4			
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.149		0	FLC		4			
4:0.....g	0.004		0	FLC		4			
6:0.....g	0.001		0	FLC		4			
8:0.....g	0.001		0	FLC		4			
10:0.....g	0.002		0	FLC		4			
12:0.....g	0.001		0	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	0.008		0	FLC		4			
15:0.....g	0.034		0	FLC		4			
16:0.....g	0.631		0	FLC		4			
17:0.....g	0.000		0	FLC		4			
18:0.....g	0.417		0	FLC		4			
20:0.....g	0.004		0	FLC		4			
22:0.....g	0.046		0	FLC		4			
24:0.....g	0.001		0	FLC		4			
Fatty acids, total monounsaturated.....g	8.115		0	FLC		4			
14:1.....g	0.000		0	FLC		4			
15:1.....g	0.000		0	FLC		4			
16:1 undifferentiated.....g	0.003		0	FLC		4			
17:1.....g	0.000		0	FLC		4			
18:1 undifferentiated.....g	8.035		0	FLC		4			
20:1.....g	0.066		0	FLC		4			
22:1 undifferentiated.....g	0.012		0	FLC		4			
24:1 c.....g	0.000		0	FLC		4			
Fatty acids, total polyunsaturated.....g	1.969		0	FLC		4			
18:2 undifferentiated.....g	1.827		0	FLC		4			
18:3 undifferentiated.....g	0.141		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g	0.000		0	FLC		4			
20:3 undifferentiated.....g	0.000		0	FLC		4			
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3 (EPA).....g	0.000		0	FLC		4			
21:5.....g	0.000		0	FLC		4			
22:4.....g	0.000		0	FLC		4			
22:5 n-3 (DPA).....g	0.000		0	FLC		4			
22:6 n-3 (DHA).....g	0.000		0	FLC		4			
Fatty acids, total trans.....g	0.001		0	FLC		4			
Cholesterol.....mg	1		0	FLC		4			
Phytosterols.....mg	19		0	FLC		4			
Stigmasterol.....mg									
Campesterol.....mg	0		0	FLC		4			
Beta-sitosterol.....mg	0		0	FLC		4			
Others:									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	4		0	FLC		4			
Theobromine.....mg	47		0	NR		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 25062
 Snack, Mixed Berry Bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.52		0	FLC	4		5.90		
Energy.....kcal	383		0	NC	4		145		
Energy.....kJ	1601		0	NC	4		608		
Protein.....g	13.16		0	NC	4		5.00		
Total lipid (fat).....g	10.53		0	MC	9		4.00		
Ash.....g	1.97		0	FLC	4		0.75		
Carbohydrate, by difference.....g	58.84		0	NC	4		22.36		
Fiber, total dietary.....g	7.9		0	MC	9		3.0		
Sugars, total.....g	26.32		0	MC	9		10.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		0	MC	9		40		
Iron, Fe.....mg	1.89		0	MC	9		0.72		
Magnesium, Mg.....mg	91		0	FLC	4		35		
Phosphorus, P.....mg	343		0	FLC	4		130		
Potassium, K.....mg	446		0	FLC	4		169		
Sodium, Na.....mg	447		0	MC	9		170		
Zinc, Zn.....mg	2.64		0	FLC	4		1.00		
Copper, Cu.....mg	0.244		0	FLC	4		0.093		
Manganese, Mn.....mg	1.963		0	FLC	4		0.746		
Selenium, Se.....µg	19.8		0	FLC	4		7.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLC	4		0.2		
Thiamin.....mg	0.283		0	FLC	4		0.107		
Riboflavin.....mg	0.285		0	FLC	4		0.108		
Niacin.....mg	0.858		0	FLC	4		0.326		
Pantothenic acid.....mg	1.104		0	FLC	4		0.419		
Vitamin B-6.....mg	0.116		0	FLC	4		0.044		
Folate, total.....µg	28		0	FLC	4		11		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	28		0	FLC	4		11		
Folate, DFE.....µg	28		0	NC	4		11		
Choline, total.....mg	39.8		0	FLC	4		15.1		
Betaine.....mg	0.2		0	FLC	4		0.1		
Vitamin B-12.....µg	0.51		0	FLC	4		0.19		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	27		0	NC	4		10		
Retinol.....µg	26		0	FLC	4		10		
Carotene, beta.....µg	6		0	FLC	4		2		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	97		0	NC	4		37		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	104		0	FLC	4		40		
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLC	4		0.11		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.02		0	FLC	4		0.01		
Tocopherol, gamma.....mg	0.07		0	FLC	4		0.03		
Tocopherol, delta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.62		0	FLC	4		0.24		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D3 (cholecalciferol).....µg	0.1		0	FLC	4		0.0		
Vitamin D.....IU	2		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	1.6		0	FLC	4		0.6		

NDB No. 25062
Snack, Mixed Berry Bar

Nutrients and 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					
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menquinone-4.....µg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	3.846		0	FLC	4		1.461		
4:0.....g	0.145		0	FLC	4		0.055		
6:0.....g	0.100		0	FLC	4		0.038		
8:0.....g	0.065		0	FLC	4		0.025		
10:0.....g	0.144		0	FLC	4		0.055		
12:0.....g	0.186		0	FLC	4		0.071		
13:0.....g									
14:0.....g	0.531		0	FLC	4		0.202		
15:0.....g	0.001		0	FLC	4		0.000		
16:0.....g	2.136		0	FLC	4		0.812		
17:0.....g	0.001		0	FLC	4		0.000		
18:0.....g	0.536		0	FLC	4		0.204		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.897		0	FLC	4		1.101		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.116		0	FLC	4		0.044		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.780		0	FLC	4		1.056		
20:1.....g	0.001		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	2.058		0	FLC	4		0.782		
18:2 undifferentiated.....g	1.933		0	FLC	4		0.735		
18:3 undifferentiated.....g	0.125		0	FLC	4		0.047		
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	0.001		0	FLC	4		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 38g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25060

Snack, Pretzel, hard chocolate coated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.06		0	FLC	4		0.86		
Energy.....kcal	467		0	NC	4		131		
Energy.....kJ	1955		0	NC	4		547		
Protein (N x 6.25).....g	7.05		0	MC	9		1.98		
Total lipid (fat).....g	17.64		0	MC	9		4.94		
Ash.....g	2.17		0	FLC	4		0.61		
Carbohydrate, by difference.....g	70.07		0	NC	4		19.62		
Fiber, total dietary.....g	3.5		0	MC	9		1.0		
Sugars, total.....g	38.80		0	MC	9		10.86		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	141		0	MC	9		40		
Iron, Fe.....mg	2.54		0	MC	9		0.71		
Magnesium, Mg.....mg	35		0	FLC	4		10		
Phosphorus, P.....mg	128		0	FLC	4		36		
Potassium, K.....mg	199		0	FLC	4		56		
Sodium, Na.....mg	494		0	MC	9		138		
Zinc, Zn.....mg	1.33		0	FLC	4		0.37		
Copper, Cu.....mg	0.262		0	FLC	4		0.073		
Manganese, Mn.....mg	0.452		0	FLC	4		0.126		
Selenium, Se.....µg	14.5		0	FLC	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.360		0	FLC	4		0.101		
Riboflavin.....mg	0.317		0	FLC	4		0.089		
Niacin.....mg	2.398		0	FLC	4		0.671		
Pantothenic acid.....mg	0.364		0	FLC	4		0.102		
Vitamin B-6.....mg	0.031		0	FLC	4		0.009		
Folate, total.....µg	74		0	FLC	4		21		
Folic acid.....µg	58		0	FLC	4		16		
Folate, food.....µg	16		0	FLC	4		4		
Folate, DFE.....µg	114		0	NC	4		32		
Choline, total.....mg	39.7		0	FLC	4		11.1		
Betaine.....mg									
Vitamin B-12.....µg	0.32		0	FLC	4		0.09		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	25		0	FLC	4		7		
Retinol.....µg	25		0	FLC	4		7		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	83		0	FLC	4		23		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	9		0	FLC	4		3		
Vitamin E (alpha-tocopherol).....mg	0.62		0	FLC	4		0.17		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.02		0	FLC	4		0.01		
Tocopherol, gamma.....mg	0.53		0	FLC	4		0.15		
Tocopherol, delta.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.03		0	FLC	4		0.01		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	11.1		0	FLC	4		3.1		

NDB No. 25060

Snack, Pretzel, hard chocolate coated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	8		0	FLC	4		2		
Theobromine.....mg	87		0	FLC	4		24		

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19410

Snack, potato chips, made from dried potatoes, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.37	0.057	6	A	1		0.66	0.62	0.67
Energy.....kcal	545		0	NC	4		153	142	154
Energy.....kJ	2280		0	NC	4		638	593	646
Protein (N x 6.25).....g	4.62	0.098	6	A	1		1.29	1.20	1.31
Total lipid (fat).....g	35.28	0.439	6	A	1		9.88	9.17	10.00
Ash.....g	2.34	0.089	6	A	1		0.66	0.61	0.66
Carbohydrate, by difference.....g	55.38		0	NC	4		15.51	14.40	15.70
Fiber, total dietary.....g	2.9	0.127	3	A	1		0.8	0.7	0.8
Sugars, total.....g	0.76		2	A	1		0.21	0.20	0.22
Sucrose.....g	0.43	0.033	3	A	1		0.12	0.11	0.12
Glucose (dextrose).....g	0.07		2	A	1		0.02	0.02	0.02
Fructose.....g	0.17	0.033	3	A	1		0.05	0.04	0.05
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.09	0.009	3	A	1		0.03	0.02	0.03
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	51.40		2	A	1		14.39	13.36	14.57
Minerals:									
Calcium, Ca.....mg	17	0.791	6	A	1		5	5	5
Iron, Fe.....mg	0.80	0.027	6	A	1		0.22	0.21	0.23
Magnesium, Mg.....mg	40	1.264	6	A	1		11	10	11
Phosphorus, P.....mg	110	4.849	6	A	1		31	29	31
Potassium, K.....mg	637	25.743	6	A	1		178	166	180
Sodium, Na.....mg	400	24.171	6	A	1		112	104	113
Zinc, Zn.....mg	0.58	0.031	6	A	1		0.16	0.15	0.16
Copper, Cu.....mg	0.136	0.011	6	A	1		0.038	0.035	0.038
Manganese, Mn.....mg	0.260	0.018	6	A	1		0.073	0.068	0.074
Selenium, Se.....µg	0.4	0.000	3	A	1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.255	3	A	1		0.3	0.3	0.3
Thiamin.....mg	0.210	0.040	3	A	1		0.059	0.055	0.060
Riboflavin.....mg	0.070	0.000	3	A	1		0.020	0.018	0.020
Niacin.....mg	2.653	0.007	3	A	1		0.743	0.690	0.752
Pantothenic acid.....mg	0.595		2	A	1		0.167	0.155	0.169
Vitamin B-6.....mg	0.493	0.012	3	A	1		0.138	0.128	0.140
Folate, total.....µg	19	3.362	3	A	1		5	5	5
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	19	3.362	3	A	1		5	5	5
Folate, DFE.....µg	19		0	NC	4		5	5	5
Choline, total.....mg	32.8		0	NR	4		9.2	8.5	9.3
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		1		4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	13.72	0.562	3	A	1		3.84	3.57	3.89
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.15	0.018	3	A	1		0.04	0.04	0.04
Tocopherol, gamma.....mg	9.52	0.644	3	A	1		2.66	2.47	2.70
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.35	0.032	3	A	1		0.10	0.09	0.10
Tocotrienol, beta.....mg	0.09	0.016	3	A	1		0.03	0.02	0.03

Snack, potato chips, made from dried potatoes, plain

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	0.59	0.073	3	A	1	0.16	0.15	0.17	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	7.2		0	BFSN	4	2.0	1.9	2.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.643		0	NC	4	2.420	2.247	2.450	
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.007	0.004	3	A	1	0.002	0.002	0.002	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.281	0.008	3	A	1	0.079	0.073	0.080	
15:0.....g	0.009	0.000	3	A	1	0.002	0.002	0.003	
16:0.....g	7.334	0.223	3	A	1	2.053	1.907	2.079	
17:0.....g	0.026	0.001	3	A	1	0.007	0.007	0.007	
18:0.....g	0.823	0.026	3	A	1	0.231	0.214	0.233	
20:0.....g	0.090	0.003	3	A	1	0.025	0.023	0.025	
22:0.....g	0.041	0.001	3	A	1	0.011	0.011	0.012	
24:0.....g	0.033	0.001	3	A	1	0.009	0.009	0.009	
Fatty acids, total monounsaturated.....g	6.140		0	NC	4	1.719	1.596	1.741	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.181	0.006	3	AS	1	0.051	0.047	0.051	
16:1 c.....g	0.177	0.007	8	A	1	0.049	0.046	0.050	
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
17:1.....g	0.015	0.001	3	A	1	0.004	0.004	0.004	
18:1 undifferentiated.....g	5.912	0.232	3	AS	1	1.655	1.537	1.676	
18:1 c.....g	5.872	0.230	3	A	1	1.644	1.527	1.665	
18:1 t.....g	0.040	0.002	3	A	1	0.011	0.010	0.011	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.001	3	A	1	0.009	0.008	0.009	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	8	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	15.502		0	NC	4	4.341	4.031	4.395	
18:2 undifferentiated.....g	15.438	0.592	3	AS	1	4.323	4.014	4.377	
18:2 n-6 c,c.....g	15.206	0.598	3	A	1	4.258	3.954	4.311	
18:2 CLAs.....g	0.047	0.002	8	A	1	0.013	0.012	0.013	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.187	0.009	3	A	1	0.052	0.049	0.053	
18:3 undifferentiated.....g	0.053	0.003	3	AS	1	0.015	0.014	0.015	
18:3 n-3 c,c,c (ALA).....g	0.049	0.002	3	A	1	0.014	0.013	0.014	
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1	0.001	0.001	0.001	
18:3i.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	8	A	1	0.001	0.001	0.001	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.007	0.000	3	A	1	0.002	0.002	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.001	3	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	

NDB No. 19410

Snack, potato chips, made from dried potatoes, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.227		0	NC	4		0.063	0.059	0.064
Fatty acids, total trans-monoenoic.....g	0.040		0	NC	4		0.011	0.010	0.011
Fatty acids, total trans-polyenoic.....g	0.187		0	NC	4		0.052	0.049	0.053
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg	34		0	FLA	4		9	9	10
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.012	0.013
Threonine.....g	0.258		0		1		0.072	0.067	0.073
Isoleucine.....g	0.261		0		1		0.073	0.068	0.074
Leucine.....g	0.389		0		1		0.109	0.101	0.110
Lysine.....g	0.372		0		1		0.104	0.097	0.105
Methionine.....g	0.069		0		1		0.019	0.018	0.020
Cystine.....g	0.076		0		1		0.021	0.020	0.022
Phenylalanine.....g	0.272		0		1		0.076	0.071	0.077
Tyrosine.....g	0.233		0		1		0.065	0.061	0.066
Valine.....g	0.346		0		1		0.097	0.090	0.098
Arginine.....g	0.287		0		1		0.080	0.075	0.081
Histidine.....g	0.132		0		1		0.037	0.034	0.037
Alanine.....g	0.213		0		1		0.060	0.055	0.060
Aspartic acid.....g	1.195		0		1		0.335	0.311	0.339
Glutamic acid.....g	0.989		0		1		0.277	0.257	0.280
Glycine.....g	0.204		0		1		0.057	0.053	0.058
Proline.....g	0.215		0		1		0.060	0.056	0.061
Serine.....g	0.243		0		1		0.068	0.063	0.069
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

- Measure 1 = 28g: 1 oz
- Measure 2 = 26g: 16 chips
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 25051
Snacks, CLIF BAR, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	1.471		2	LC	8		1.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.005		0	FLC	4		0.003		
13:0.....g									
14:0.....g	0.012		0	FLC	4		0.008		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.533		0	FLC	4		0.362		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.117		0	FLC	4		0.080		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.093		0	FLC	4		0.743		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLC	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.082		0	FLC	4		0.736		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.182		0	FLC	4		1.484		
18:2 undifferentiated.....g	1.963		0	FLC	4		1.335		
18:3 undifferentiated.....g	0.219		0	FLC	4		0.149		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		2	LC	8		0.000		
Cholesterol.....mg	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 68g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19272
 Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.70		1	A	1		3.82		
Energy.....kcal	341		0	NC	4		89		
Energy.....kJ	1428				4		371		
Protein.....g	4.40		1	A	1		1.14		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.00		1	A	1		0.00		
Carbohydrate, by difference.....g	80.90		0	NC	4		21.03		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	36		1	A	1		9		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	90.3		1	A	1		23.5		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	5436		1	MA	12		1413		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

Measure 1 = 26g: 1 pouch

NDB No. 19272

Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 25023

Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor

Nutrients and Units	<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			
Lipids:								
Fatty acids, total saturated.....g	2.892		0	O	4	0.820		
Fatty acids, total monounsaturated.....g	12.557		0	O	4	3.560		
Fatty acids, total polyunsaturated.....g	6.631		0	O	4	1.880		
Fatty acids, total trans.....g	0.176		0	O	4	0.050		
Cholesterol.....mg	0		0	NR	4	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25013

Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.04	0.046	4	A	1		0.58		
Energy.....kcal	491		0	NC	4		139		
Energy.....kJ	2054		0	NC	4		582		
Protein.....g	7.95	0.064	4	A	1		2.25		
Total lipid (fat).....g	21.11	0.191	4	A	1		5.98		
Ash.....g	1.63	0.101	4	A	1		0.46		
Carbohydrate, by difference.....g	67.26		0	NC	4		19.07		
Fiber, total dietary.....g	8.8		0	T	4		2.5		
Sugars, total.....g	7.20	0.118	4	A	1		2.04		
Sucrose.....g	6.90	0.074	4	A	1		1.96		
Glucose (dextrose).....g	0.16	0.031	4	A	1		0.05		
Fructose.....g	0.13	0.038	4	A	1		0.04		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	1.059	4	A	1		6		
Iron, Fe.....mg	1.74	0.005	4	A	1		0.49		
Magnesium, Mg.....mg	76	0.482	4	A	1		22		
Phosphorus, P.....mg	222	0.250	4	A	1		63		
Potassium, K.....mg	232	2.496	4	A	1		66		
Sodium, Na.....mg	423		0	T	4		120		
Zinc, Zn.....mg	1.65	0.012	4	A	1		0.47		
Copper, Cu.....mg	0.227	0.004	4	A	1		0.064		
Manganese, Mn.....mg	1.310	0.018	4	A	1		0.371		
Selenium, Se.....µg	12.2		0	A	1		3.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.140		1	A	1		0.040		
Riboflavin.....mg	0.020		1	A	1		0.006		
Niacin.....mg	2.100		1	A	1		0.595		
Pantothenic acid.....mg	0.900		1	A	1		0.255		
Vitamin B-6.....mg	0.200		1	A	1		0.057		
Folate, total.....µg	25		1	A	1		7		
Folic acid.....µg	8		1	A	1		2		
Folate, food.....µg	17		0	AS	1		5		
Folate, DFE.....µg	31		0	NC	4		9		
Choline, total.....mg	14.8		0	AS	1		4.2		
Betaine.....mg	39.1		1	A	1		11.1		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0	NC	4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	29		0	FLC	4		8		
Carotene, alpha.....µg	19		0	FLC	4		5		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	65		0	NC	4		18		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	441		0	FLC	4		125		
Vitamin E (alpha-tocopherol).....mg	7.04	0.086	4	A	1		2.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.24	0.003	4	A	1		0.07		
Tocopherol, gamma.....mg	1.43	0.040	4	A	1		0.41		
Tocopherol, delta.....mg	0.11	0.006	4	A	1		0.03		
Tocotrienol, alpha.....mg	0.35	0.008	4	A	1		0.10		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

NDB No. 25013

Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.32	0.011	4	A	1		0.09		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0		
Vitamin K (phylloquinone).....µg	2.4	0.150	4	A	1		0.7		
Dihydrophyloquinone.....µg	0.1	0.025	4	A	1		0.0		
Menaquinone-4.....µg	0.0	0.000	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.166		0	NC	4		0.614		
4:0.....g	0.000		0	NR	4		0.000		
6:0.....g	0.000		0	NR	4		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	1.265	0.017	4	A	1		0.359		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	0.687	0.010	4	A	1		0.195		
20:0.....g	0.062	0.001	4	A	1		0.017		
22:0.....g	0.152	0.002	4	A	1		0.043		
24:0.....g									
Fatty acids, total monounsaturated.....g	11.501		0	NC	4		3.261		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	11.447		0	AS	1		3.245		
18:1 c.....g	11.423	0.178	4	A	1		3.238		
18:1 t.....g	0.025	0.001	4	A	1		0.007		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.054	0.001	4	A	1		0.015		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.513		0	NC	4		1.846		
18:2 undifferentiated.....g	6.420		0	AS	1		1.820		
18:2 n-6 c,c.....g	6.357	0.052	4	A	1		1.802		
18:2 CLAs.....g									
18:2 t,t.....g	0.063	0.004	4	A	1		0.018		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.093		0	AS	1		0.026		
18:3 n-3 c,c,c (ALA).....g	0.093	0.001	4	A	1		0.026		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	NR	4		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	NR	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	NR	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	NR	4		0.000		
Fatty acids, total trans.....g	0.088		0	NC	4		0.025		
Fatty acids, total trans-monoenoic.....g	0.025		0	NC	4		0.007		
Fatty acids, total trans-polyenoic.....g	0.063		0	NC	4		0.018		

NDB No. 25013

Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Cholesterol.....mg	0		0	NR	4	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.070		0	A	1	0.020		
Threonine.....g	0.230		0	A	1	0.065		
Isoleucine.....g	0.180		0	A	1	0.051		
Leucine.....g	0.880		0	A	1	0.249		
Lysine.....g	0.200		0	A	1	0.057		
Methionine.....g	0.150		0	A	1	0.043		
Cystine.....g	0.120		0	A	1	0.034		
Phenylalanine.....g	0.340		0	A	1	0.096		
Tyrosine.....g	0.170		0	A	1	0.048		
Valine.....g	0.280		0	A	1	0.079		
Arginine.....g	0.340		0	A	1	0.096		
Histidine.....g	0.160		0	A	1	0.045		
Alanine.....g	0.430		0	A	1	0.122		
Aspartic acid.....g	0.610		0	A	1	0.173		
Glutamic acid.....g	1.970		0	A	1	0.559		
Glycine.....g	0.350		0	A	1	0.099		
Proline.....g	0.700		0	A	1	0.198		
Serine.....g	0.500		0	A	1	0.142		
Hydroxyproline.....g	0.000		1	A	1	0.000		
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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25022

Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor

Nutrients and Units	<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
Lipids:									
Fatty acids, total saturated.....g	2.469		0	O	4		0.700		
Fatty acids, total monounsaturated.....g	12.698		0	O	4		3.600		
Fatty acids, total polyunsaturated.....g	6.513		0	NC	4		1.846		
Fatty acids, total trans.....g	0.095		0	T	4		0.027		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
14:0.....g	0.023		1	A	1	0.006		
15:0.....g	0.002		1	A	1	0.001		
16:0.....g	0.614		1	A	1	0.172		
17:0.....g	0.004		1	A	1	0.001		
18:0.....g	0.330		1	A	1	0.092		
20:0.....g	0.010		1	A	1	0.003		
22:0.....g	0.006		1	A	1	0.002		
24:0.....g								
Fatty acids, total monounsaturated.....g	1.724		0		4	0.483		
14:1.....g	0.002		1	A	1	0.001		
15:1.....g								
16:1 undifferentiated.....g	0.014		1	A	1	0.004		
17:1.....g	0.004		1	A	1	0.001		
18:1 undifferentiated.....g	1.703		1	A	1	0.477		
20:1.....g	0.006		1	A	1	0.002		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.093		0		4	0.026		
18:2 undifferentiated.....g	0.080		1	A	1	0.022		
18:3 undifferentiated.....g	0.011		1	A	1	0.003		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g	0.002		1	A	1	0.001		
20:4 undifferentiated.....g	0.002		1	A	1	0.001		
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 28g: 2 rolls

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 25 Snacks

NDB No. 19033

Snacks, GENERAL MILLS, CHEX MIX, traditional flavor

General Mills Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.98	0.091	11	A	1		0.84	1.40	1.46
Energy.....kcal	428		0	NC	4		121	201	210
Energy.....kJ	1791		0	NC	4		508	842	878
Protein (N x 5.9).....g	8.83	0.103	4	A	1		2.50	4.15	4.33
Total lipid (fat).....g	10.00	0.504	4	A	1		2.84	4.70	4.90
Ash.....g	2.51	0.030	11	A	1		0.71	1.18	1.23
Carbohydrate, by difference.....g	75.69		0	NC	4		21.46	35.57	37.09
Fiber, total dietary.....g	5.8	0.086	4	A	1		1.7	2.7	2.9
Sugars, total.....g	7.35	0.157	6	A	1		2.08	3.46	3.60
Sucrose.....g	5.62	0.060	6	A	1		1.59	2.64	2.75
Glucose (dextrose).....g	0.49	0.117	6	A	1		0.14	0.23	0.24
Fructose.....g	0.79	0.031	6	A	1		0.22	0.37	0.39
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.45	0.043	6	A	1		0.13	0.21	0.22
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	60.32	0.168	6	A	1		17.10	28.35	29.55
Minerals:									
Calcium, Ca.....mg	50	0.693	12	A	1		14	23	24
Iron, Fe.....mg	4.40	0.116	12	A	1		1.25	2.07	2.15
Magnesium, Mg.....mg	51	0.555	12	A	1		14	24	25
Phosphorus, P.....mg	170	1.853	12	A	1		48	80	83
Potassium, K.....mg	209	1.687	12	A	1		59	98	103
Sodium, Na.....mg	696	7.084	12	A	1		197	327	341
Zinc, Zn.....mg	1.67	0.041	12	A	1		0.47	0.79	0.82
Copper, Cu.....mg	0.167	0.004	12	A	1		0.047	0.078	0.082
Manganese, Mn.....mg	1.163	0.018	12	A	1		0.330	0.546	0.570
Selenium, Se.....µg	7.0	0.241	6	A	1		2.0	3.3	3.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.356	0.013	6	A	1		0.101	0.167	0.174
Riboflavin.....mg	0.316	0.006	6	A	1		0.089	0.148	0.155
Niacin.....mg	5.037	0.059	6	A	1		1.428	2.368	2.468
Pantothenic acid.....mg	0.421	0.026	4	A	1		0.119	0.198	0.206
Vitamin B-6.....mg	0.192	0.020	5	A	1		0.054	0.090	0.094
Folate, total.....µg	119	4.395	6	A	1		34	56	58
Folic acid.....µg	23		0	NR	4		7	11	11
Folate, food.....µg	96	4.395	6	A	1		27	45	47
Folate, DFE.....µg	135		0	NC	4		38	64	66
Choline, total.....mg	6.5		0	FLC	4		1.8	3.1	3.2
Betaine.....mg									
Vitamin B-12.....µg	0.13		0	FLC	4		0.04	0.06	0.06
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	2		0	FLC	4		1	1	1
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	3		0	NC	4		1	2	2
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	90		0	FLC	4		26	42	44
Vitamin E (alpha-tocopherol).....mg	0.98		2	A	1		0.28	0.46	0.48
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.28		2	A	1		0.08	0.13	0.14
Tocopherol, gamma.....mg	4.62		2	A	1		1.31	2.17	2.27
Tocopherol, delta.....mg	1.72		2	A	1		0.49	0.81	0.84
Tocotrienol, alpha.....mg	0.24		2	A	1		0.07	0.11	0.12
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.27		2	A	1		0.08	0.13	0.13
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0	0	0
Vitamin K (phylloquinone).....µg	14.7		2	A	1		4.2	6.9	7.2
Dihydrophyloquinone.....µg	9.5		2	A	1		2.7	4.5	4.7
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	1.601		0	NC	4		0.454	0.752	0.784
4:0.....g	0.008	0.000	6	A	1		0.002	0.004	0.004
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.014	0.001	6	A	1		0.004	0.007	0.007
10:0.....g	0.015	0.002	6	A	1		0.004	0.007	0.007
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009	0.000	6	A	1		0.003	0.004	0.005
15:0.....g	0.004	0.000	6	A	1		0.001	0.002	0.002
16:0.....g	0.998	0.003	6	A	1		0.283	0.469	0.489
17:0.....g	0.009	0.001	6	A	1		0.003	0.004	0.004
18:0.....g	0.458	0.005	6	A	1		0.130	0.215	0.225
20:0.....g	0.039	0.000	6	A	1		0.011	0.018	0.019
22:0.....g	0.031	0.001	6	A	1		0.009	0.014	0.015
24:0.....g	0.015	0.000	6	A	1		0.004	0.007	0.008
Fatty acids, total monounsaturated.....g	4.459		0	NC	4		1.264	2.096	2.185
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	0.012		0	AS	1		0.003	0.006	0.006
16:1 c.....g	0.012	0.001	6	A	1		0.003	0.006	0.006
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.005	0.000	6	A	1		0.001	0.002	0.003
18:1 undifferentiated.....g	4.363		0	AS	1		1.237	2.051	2.138
18:1 c.....g	3.720	0.032	6	A	1		1.054	1.748	1.823
18:1 t.....g	0.644	0.020	6	A	1		0.183	0.303	0.316
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.067	0.001	6	A	1		0.019	0.032	0.033
22:1 undifferentiated.....g	0.008		0	AS	1		0.002	0.004	0.004
22:1 c.....g	0.008	0.001	6	A	1		0.002	0.004	0.004
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.004	0.000	6	A	1		0.001	0.002	0.002
Fatty acids, total polyunsaturated.....g	3.751		0	NC	4		1.064	1.763	1.838
18:2 undifferentiated.....g	3.246		0	AS	1		0.920	1.525	1.590
18:2 n-6 c,c.....g	3.131	0.036	6	A	1		0.888	1.472	1.534
18:2 CLAs.....g	0.009	0.001	4	A	1		0.003	0.004	0.005
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.105	0.002	6	A	1		0.030	0.049	0.052
18:3 undifferentiated.....g	0.494		0	AS	1		0.140	0.232	0.242
18:3 n-3 c,c,c (ALA).....g	0.469	0.005	6	A	1		0.133	0.221	0.230
18:3 n-6 c,c,c.....g	0.023	0.001	6	A	1		0.007	0.011	0.011
18:3i.....g	0.001	0.001	6	A	1		0.000	0.000	0.001
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.005	0.000	6	A	1		0.001	0.002	0.002
20:3 undifferentiated.....g	0.000		0	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	0.005	0.000	6	A	1		0.001	0.002	0.002
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1		0.001	0.001	0.001
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000

NDB No. 19033
Snacks, GENERAL MILLS, CHEX MIX, traditional flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.750		0	NC	4		0.213	0.353	0.368
Cholesterol.....mg	4		0	FLC	4		1	2	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

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

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 47g: 1 cup
- Measure 3 = 49g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19441

Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.70	0.068	6	A	1				
Energy.....kcal	365		0	NC	4				
Energy.....kJ	1528		0	NC	4				
Protein.....g	4.22	0.051	6	A	1				
Total lipid (fat).....g	8.67	0.095	6	A	1				
Ash.....g	2.80	0.020	6	A	1				
Carbohydrate, by difference.....g	67.61		0	NC	4				
Fiber, total dietary.....g	3.0	0.339	3	A	1				
Sugars, total.....g	28.98	0.272	3	A	1				
Sucrose.....g	4.10	0.081	3	A	1				
Glucose (dextrose).....g	12.43	0.163	3	A	1				
Fructose.....g	9.19	0.151	3	A	1				
Lactose.....g	1.08	0.015	3	A	1				
Maltose.....g	2.18	0.150	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g	24.40	0.200	3	A	1				
Minerals:									
Calcium, Ca.....mg	576	6.835	6	A	1				
Iron, Fe.....mg	6.14	0.163	6	A	1				
Magnesium, Mg.....mg	37	0.341	6	A	1				
Phosphorus, P.....mg	134	0.882	6	A	1				
Potassium, K.....mg	247	3.077	6	A	1				
Sodium, Na.....mg	354	4.318	6	A	1				
Zinc, Zn.....mg	5.24	0.078	6	A	1				
Copper, Cu.....mg	0.142	0.005	6	A	1				
Manganese, Mn.....mg	0.996	0.011	6	A	1				
Selenium, Se.....µg	5.6	0.208	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.8		0	FLC	4				
Thiamin.....mg	1.153	0.028	3	A	1				
Riboflavin.....mg	2.067	0.033	3	A	1				
Niacin.....mg	19.267	0.649	3	A	1				
Pantothenic acid.....mg	0.405		2	A	1				
Vitamin B-6.....mg	1.833	0.120	3	A	1				
Folate, total.....µg	14	2.058	3	A	1				
Folic acid.....µg	0		0	NR	4				
Folate, food.....µg	14		0	NR	4				
Folate, DFE.....µg	14		0	NC	4				
Choline, total.....mg	44.6		0	FLC	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	604		0	NC	4				
Retinol.....µg	603		0	FLC	4				
Carotene, beta.....µg	8		0	FLC	4				
Carotene, alpha.....µg	4		0	FLC	4				
Cryptoxanthin, beta.....µg	2		0	FLC	4				
Vitamin A, IU.....IU	2027		0	MC	9				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	37		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.93	0.027	3	A	1				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg	0.18	0.013	3	A	1				
Tocopherol, gamma.....mg	5.63	0.201	3	A	1				
Tocopherol, delta.....mg	2.10	0.073	3	A	1				
Tocotrienol, alpha.....mg	0.22	0.074	3	A	1				
Tocotrienol, beta.....mg	0.53	0.093	3	A	1				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	NR					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	MC					
Vitamin K (phylloquinone).....µg	15.3		0	FLC					
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.442		0	NC					
4:0.....g	0.002	0.002	3	A					
6:0.....g	0.000	0.000	3	A					
8:0.....g	0.001	0.001	3	A					
10:0.....g	0.000	0.000	3	A					
12:0.....g	0.001	0.001	3	A					
13:0.....g									
14:0.....g	0.010	0.000	3	A					
15:0.....g	0.003	0.000	3	A					
16:0.....g	0.979	0.014	3	A					
17:0.....g	0.008	0.000	3	A					
18:0.....g	0.380	0.007	3	A					
20:0.....g	0.026	0.000	3	A					
22:0.....g	0.023	0.001	3	A					
24:0.....g	0.009	0.000	3	A					
Fatty acids, total monounsaturated.....g	1.989		0	NC					
14:1.....g	0.000	0.000	3	A					
15:1.....g	0.000	0.000	3	A					
16:1 undifferentiated.....g	0.008		0	NR					
16:1 c.....g	0.008	0.000	3	A					
16:1 t.....g	0.000	0.000	3	A					
17:1.....g	0.004	0.000	3	A					
18:1 undifferentiated.....g	1.950		0	AS					
18:1 c.....g	1.943	0.031	3	A					
18:1 t.....g	0.007	0.002	3	A					
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.026	0.001	3	A					
22:1 undifferentiated.....g	0.001		0	AS					
22:1 c.....g	0.000	0.000	3	A					
22:1 t.....g	0.001	0.001	3	A					
24:1 c.....g	0.000	0.000	3	A					
Fatty acids, total polyunsaturated.....g	4.544		0	NC					
18:2 undifferentiated.....g	4.022		0	AS					
18:2 n-6 c,c.....g	4.002	0.054	3	A					
18:2 CLAs.....g	0.006	0.000	3	A					
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014	0.000	3	A					
18:3 undifferentiated.....g	0.520		0	AS					
18:3 n-3 c,c,c (ALA).....g	0.496	0.014	3	A					
18:3 n-6 c,c,c.....g	0.023	0.001	3	A					
18:3i.....g	0.000	0.000	3	A					
18:4.....g	0.000	0.000	3	A					
20:2 n-6 c,c.....g	0.003	0.000	3	A					
20:3 undifferentiated.....g	0.000		0	AS					
20:3 n-3.....g	0.000	0.000	3	A					
20:3 n-6.....g	0.000	0.000	3	A					
20:4 undifferentiated.....g	0.000		0	FLC					
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A					
21:5.....g									
22:4.....g	0.000	0.000	3	A					
22:5 n-3 (DPA).....g	0.000	0.000	3	A					

NDB No. 19441

Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit

Nutrients and Units	<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	3	A	1			
Fatty acids, total trans.....g	0.022		0	NC	4			
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4			
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4			
Cholesterol.....mg	0		0	MC	9			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4			
Caffeine.....mg	0		0	FLC	4			
Theobromine.....mg	0		0	FLC	4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19439

Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		0	MC	9		1.85		
Energy.....kcal	390		0	MC	9		144		
Energy.....kJ	1632		0	MC	9		604		
Protein.....g	8.00		0	MC	9		2.96		
Total lipid (fat).....g	7.40		0	MC	9		2.74		
Ash.....g	1.60		0	MC	9		0.59		
Carbohydrate, by difference.....g	78.00		0	MC	9		28.86		
Fiber, total dietary.....g	6.2		0	MC	9		2.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		13		
Iron, Fe.....mg	8.60		0	MC	9		3.18		
Magnesium, Mg.....mg	87		0	MC	9		32		
Phosphorus, P.....mg	248		0	MC	9		92		
Potassium, K.....mg	249		0	MC	9		92		
Sodium, Na.....mg	291		0	MC	9		108		
Zinc, Zn.....mg	2.20		0	MC	9		0.81		
Copper, Cu.....mg	0.700		0	MC	9		0.259		
Manganese, Mn.....mg	1.797		0	FLC	4		0.665		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.700		0	MC	9		0.259		
Riboflavin.....mg	0.800		0	MC	9		0.296		
Niacin.....mg	9.500		0	MC	9		3.515		
Pantothenic acid.....mg	0.671		0	FLC	4		0.248		
Vitamin B-6.....mg	1.000		0	MC	9		0.370		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	713		0	NC	4		264		
Retinol.....µg	713		0	NC	4		264		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2381		0	MC	9		881		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19439

Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	1.100		0	MC	9	0.407		
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	0.009		0	FLC	4	0.003		
13:0.....g								
14:0.....g	0.004		0	FLC	4	0.001		
15:0.....g								
16:0.....g	0.684		0	FLC	4	0.253		
17:0.....g								
18:0.....g	0.237		0	FLC	4	0.088		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.800		0	MC	9	0.666		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		0	FLC	4	0.001		
17:1.....g								
18:1 undifferentiated.....g	1.769		0	FLC	4	0.655		
20:1.....g	0.000		0	FLC	4	0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	4.500		0	MC	9	1.665		
18:2 undifferentiated.....g	4.038		0	FLC	4	1.494		
18:3 undifferentiated.....g	0.043		0	FLC	4	0.016		
18:4.....g	0.000		0	FLC	4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLC	4	0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	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 = 37g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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	1.400		0	MC	9		0.308		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.009		0	FLC	4		0.002		
15:0.....g									
16:0.....g	0.878		0	FLC	4		0.193		
17:0.....g									
18:0.....g	0.324		0	FLC	4		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.500		0	FLC	4		0.550		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.943		0	FLC	4		0.427		
20:1.....g	0.018		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.100		0	FLC	4		1.122		
18:2 undifferentiated.....g	4.346		0	FLC	4		0.956		
18:3 undifferentiated.....g	0.579		0	FLC	4		0.127		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 22g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 19009
Snacks, KRAFT, CORNNUTS, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.430		0	MC	9		0.689	1.385	2.066
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.030		0	FLM	4		0.009	0.017	0.026
15:0.....g									
16:0.....g	1.025		0	FLM	4		0.291	0.584	0.871
17:0.....g									
18:0.....g	1.064		0	FLM	4		0.302	0.606	0.904
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.460		0	MC	9		2.682	5.392	8.041
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.490		0	FLM	4		2.123	4.269	6.367
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.050		0	MC	9		0.865	1.739	2.593
18:2 undifferentiated.....g	3.009		0	FLM	4		0.853	1.715	2.557
18:3 undifferentiated.....g	0.058		0	FLM	4		0.016	0.033	0.049
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Measure 3 = 85g: 1 cup

Calories Factors: Protein 2.7

Fat 8.7

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19049
Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	9.656		0	FLC	4		2.738	2.897	
4:0.....g	0.225		0	FLC	4		0.064	0.068	
6:0.....g	0.129		0	FLC	4		0.037	0.039	
8:0.....g	0.251		0	FLC	4		0.071	0.075	
10:0.....g	0.271		0	FLC	4		0.077	0.081	
12:0.....g	1.774		0	FLC	4		0.503	0.532	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	1.239		0	FLC	4		0.351	0.372	
15:0.....g	0.001		0	FLC	4		0.000	0.000	
16:0.....g	4.411		0	FLC	4		1.250	1.323	
17:0.....g	0.001		0	FLC	4		0.000	0.000	
18:0.....g	1.321		0	FLC	4		0.374	0.396	
20:0.....g	0.028		0	FLC	4		0.008	0.008	
22:0.....g	0.002		0	FLC	4		0.001	0.001	
24:0.....g	0.003		0	FLC	4		0.001	0.001	
Fatty acids, total monounsaturated.....g	3.806		0	FLC	4		1.079	1.142	
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	0.216		0	FLC	4		0.061	0.065	
17:1.....g	0.001		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	3.580		0	FLC	4		1.015	1.074	
20:1.....g	0.009		0	FLC	4		0.003	0.003	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.354		0	FLC	4		0.384	0.406	
18:2 undifferentiated.....g	1.241		0	FLC	4		0.352	0.372	
18:3 undifferentiated.....g	0.113		0	FLC	4		0.032	0.034	
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	0.043		0	T	4		0.012	0.013	
Cholesterol.....mg	5		0	MC	9		1	2	
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	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 10 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25009

Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate

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 = 24g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19440

Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.701		0	FLM	4		1.316		
4:0.....g	0.027		0	FLM	4		0.007		
6:0.....g	0.010		0	FLM	4		0.003		
8:0.....g	0.010		0	FLM	4		0.003		
10:0.....g	0.055		0	FLM	4		0.015		
12:0.....g	0.165		0	FLM	4		0.046		
13:0.....g									
14:0.....g	0.155		0	FLM	4		0.043		
15:0.....g									
16:0.....g	2.335		0	FLM	4		0.654		
17:0.....g									
18:0.....g	1.945		0	FLM	4		0.545		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.710		0	FLM	4		1.319		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0	FLM	4		0.016		
17:1.....g									
18:1 undifferentiated.....g	4.654		0	FLM	4		1.303		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.749		0	FLM	4		0.770		
18:2 undifferentiated.....g	2.566		0	FLM	4		0.718		
18:3 undifferentiated.....g	0.183		0	FLM	4		0.051		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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	FLC	4		0.000		
Fatty acids, total trans.....g	0.051		0	T	4		0.014		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 28g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25007

Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter

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

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

Common Measures:

Measure 1 = 28g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25048

Snacks, NUTRI-GRAIN FRUIT AND NUT BAR

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.26		0	FLC	4		3.60		
Energy.....kcal	403		0	NC	4		129		
Energy.....kJ	1685		0	NC	4		539		
Protein.....g	9.38		0	FLC	4		3.00		
Total lipid (fat).....g	10.93		0	FLC	4		3.50		
Ash.....g	1.72		0	FLC	4		0.55		
Carbohydrate, by difference.....g	66.72		0	NC	4		21.35		
Fiber, total dietary.....g	7.5		0	FLC	4		2.4		
Sugars, total.....g	32.45		0	FLC	4		10.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		0	FLC	4		21		
Iron, Fe.....mg	5.65		0	FLC	4		1.81		
Magnesium, Mg.....mg	105		0	FLC	4		34		
Phosphorus, P.....mg	290		0	FLC	4		93		
Potassium, K.....mg	328		0	FLC	4		105		
Sodium, Na.....mg	195		0	FLC	4		62		
Zinc, Zn.....mg	3.28		0	FLC	4		1.05		
Copper, Cu.....mg	0.436		0	FLC	4		0.139		
Manganese, Mn.....mg	1.441		0	FLC	4		0.461		
Selenium, Se.....µg	11.3		0	FLC	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4		0.1		
Thiamin.....mg	0.465		0	FLC	4		0.149		
Riboflavin.....mg	0.616		0	FLC	4		0.197		
Niacin.....mg	6.442		0	FLC	4		2.061		
Pantothenic acid.....mg	0.261		0	FLC	4		0.083		
Vitamin B-6.....mg	0.612		0	FLC	4		0.196		
Folate, total.....µg	127		0	FLC	4		41		
Folic acid.....µg	109		0	FLC	4		35		
Folate, food.....µg	18		0	FLC	4		6		
Folate, DFE.....µg	203		0	NC	4		65		
Choline, total.....mg	24.0		0	FLC	4		7.7		
Betaine.....mg									
Vitamin B-12.....µg	1.16		0	FLC	4		0.37		
Vitamin B-12, added.....µg	1.14		0	FLC	4		0.37		
Vitamin A, RAE.....µg	267		0	NC	4		85		
Retinol.....µg	266		0	FLC	4		85		
Carotene, beta.....µg	5		0	FLC	4		1		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	896		0	NC	4		287		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	40		0	FLC	4		13		
Vitamin E (alpha-tocopherol).....mg	3.72		0	FLC	4		1.19		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.05		0	FLC	4		0.02		
Tocopherol, gamma.....mg	0.10		0	FLC	4		0.03		
Tocopherol, delta.....mg	0.02		0	FLC	4		0.01		
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.8		0	NR	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	31		0	FLC	4		10		
Vitamin K (phylloquinone).....µg	1.2		0	FLC	4		0.4		

NDB No. 25048
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.930		0	FLC	4		0.618		
4:0.....g	0.001		0	FLC	4		0.000		
6:0.....g	0.004		0	FLC	4		0.001		
8:0.....g	0.050		0	FLC	4		0.016		
10:0.....g	0.041		0	FLC	4		0.013		
12:0.....g	0.561		0	FLC	4		0.179		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.175		0	FLC	4		0.056		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.766		0	FLC	4		0.245		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.328		0	FLC	4		0.105		
20:0.....g	0.005		0	FLC	4		0.001		
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	5.705		0	FLC	4		1.826		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.034		0	FLC	4		0.011		
17:1.....g									
18:1 undifferentiated.....g	5.664		0	FLC	4		1.813		
20:1.....g	0.007		0	FLC	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	2.581		0	FLC	4		0.826		
18:2 undifferentiated.....g	2.520		0	FLC	4		0.806		
18:3 undifferentiated.....g	0.061		0	FLC	4		0.019		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 32g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25065

Snacks, Pretzels, gluten- free made with cornstarch and potato flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.91		0	FLC	4				
Energy.....kcal	389		0	NC	4				
Energy.....kJ	1626		0	NC	4				
Protein.....g	3.52		0	LC	8				
Total lipid (fat).....g	6.67		0	FLC	4				
Ash.....g	4.28		0	FLC	4				
Carbohydrate, by difference.....g	78.62		0	NC	4				
Fiber, total dietary.....g	3.3		0	FLC	4				
Sugars, total.....g	4.22		0	FLC	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	LC	8				
Iron, Fe.....mg	0.46		0	FLC	4				
Magnesium, Mg.....mg	7		0	FLC	4				
Phosphorus, P.....mg	21		0	FLC	4				
Potassium, K.....mg	69		0	FLC	4				
Sodium, Na.....mg	1567		0	FLC	4				
Zinc, Zn.....mg	0.09		0	FLC	4				
Copper, Cu.....mg	0.052		0	FLC	4				
Manganese, Mn.....mg	0.065		0	FLC	4				
Selenium, Se.....µg	2.2		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4				
Thiamin.....mg	0.015		0	FLC	4				
Riboflavin.....mg	0.003		0	FLC	4				
Niacin.....mg	0.232		0	FLC	4				
Pantothenic acid.....mg	0.031		0	FLC	4				
Vitamin B-6.....mg	0.051		0	FLC	4				
Folate, total.....µg	2		0	FLC	4				
Folic acid.....µg	0		0	FLC	4				
Folate, food.....µg	2		0	FLC	4				
Folate, DFE.....µg	2		0	NC	4				
Choline, total.....mg	2.9		0	FLC	4				
Betaine.....mg	0.0		0	FLC	4				
Vitamin B-12.....µg	0.00		0	FLC	4				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	0		0	NC	4				
Retinol.....µg	0		0	FLC	4				
Carotene, beta.....µg	0		0	FLC	4				
Carotene, alpha.....µg	0		0	FLC	4				
Cryptoxanthin, beta.....µg	0		0	FLC	4				
Vitamin A, IU.....IU	0		0	FLC	4				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	0		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	1.07		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg	0.00		0	FLC	4				
Tocopherol, gamma.....mg	0.00		0	FLC	4				
Tocopherol, delta.....mg	0.00		0	FLC	4				
Tocotrienol, alpha.....mg	1.47		0	FLC	4				
Tocotrienol, beta.....mg	0.00		0	FLC	4				
Tocotrienol, gamma.....mg	1.01		0	FLC	4				
Tocotrienol, delta.....mg	0.08		0	FLC	4				
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4				
Vitamin K (phylloquinone).....µg	0.5		0	FLC	4				

NDB No. 25065

Snacks, Pretzels, gluten- free made with cornstarch and potato flour

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19273

Snacks, SUNKIST, SUNKIST Fruit Roll, straw berry, with vitamins A, C, and E

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.60		1	A	1		3.07		
Energy.....kcal	342		0	NC	4		72		
Energy.....kJ	1432		0		4		301		
Protein.....g	0.60		1	A	1		0.13		
Total lipid (fat).....g	1.00		1	A	1		0.21		
Ash.....g	1.10		1	A	1		0.23		
Carbohydrate, by difference.....g	82.70		0	NC	4		17.37		
Fiber, total dietary.....g	7.7		1	A	1		1.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	111		1	A	1		23		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	81.6		1	A	1		17.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	835		1	A	1		175		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

Measure 1 = 21g: 1 roll

NDB No. 19273

Snacks, SUNKIST, SUNKIST Fruit Roll, straw berry, with vitamins A, C, and E

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 25046
Snacks, bagel chips, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.05	0.188	6	A	1		1.43	8.84	1.41
Energy.....kcal	451		0	NC	4		128	789	126
Energy.....kJ	1887		0	NC	4		535	3303	528
Protein.....g	12.34	0.126	6	A	1		3.50	21.60	3.46
Total lipid (fat).....g	15.14	0.489	6	A	1		4.29	26.49	4.24
Ash.....g	1.10	0.011	6	A	1		0.31	1.93	0.31
Carbohydrate, by difference.....g	66.36		0	NC	4		18.81	116.14	18.58
Fiber, total dietary.....g	4.1	0.138	6	A	1		1.2	7.1	1.1
Sugars, total.....g	6.02	0.150	3	A	1		1.71	10.53	1.69
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.47	0.003	3	A	1		0.13	0.83	0.13
Fructose.....g	0.73	0.017	3	A	1		0.21	1.28	0.21
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	4.81	0.154	3	A	1		1.36	8.42	1.35
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	49.03	0.779	6	A	1		13.90	85.81	13.73
Minerals:									
Calcium, Ca.....mg	24	0.774	6	A	1		7	42	7
Iron, Fe.....mg	5.05	0.110	6	A	1		1.43	8.84	1.41
Magnesium, Mg.....mg	39	0.778	6	A	1		11	68	11
Phosphorus, P.....mg	131	1.218	6	A	1		37	230	37
Potassium, K.....mg	140	2.154	6	A	1		40	246	39
Sodium, Na.....mg	233	3.269	6	A	1		66	408	65
Zinc, Zn.....mg	1.00	0.013	6	A	1		0.28	1.76	0.28
Copper, Cu.....mg	0.167	0.008	6	A	1		0.047	0.293	0.047
Manganese, Mn.....mg	0.672	0.017	6	A	1		0.190	1.175	0.188
Selenium, Se.....µg	36.2	2.219	3	A	1		10.3	63.3	10.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.523	0.013	3	A	1		0.148	0.916	0.147
Riboflavin.....mg	0.337	0.023	3	A	1		0.095	0.589	0.094
Niacin.....mg	7.660	0.310	3	A	1		2.172	13.405	2.145
Pantothenic acid.....mg	0.467	0.022	3	A	1		0.132	0.816	0.131
Vitamin B-6.....mg	0.117	0.002	3	A	1		0.033	0.205	0.033
Folate, total.....µg	142		0	FLC	4		40	248	40
Folic acid.....µg	112		0	FLC	4		32	196	31
Folate, food.....µg	30		0	FLC	4		8	52	8
Folate, DFE.....µg	220		0	NC	4		62	385	62
Choline, total.....mg	17.8		0	FLC	4		5.0	31.1	5.0
Betaine.....mg	53.0		0	FLC	4		15.0	92.7	14.8
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	14		0	FLC	4		4	24	4
Vitamin E (alpha-tocopherol).....mg	0.81		0	FLC	4		0.23	1.43	0.23
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.05		0	FLC	4		0.01	0.09	0.01
Tocopherol, gamma.....mg	0.29		0	FLC	4		0.08	0.50	0.08
Tocopherol, delta.....mg	0.01		0	FLC	4		0.00	0.02	0.00
Tocotrienol, alpha.....mg	0.02		0	FLC	4		0.00	0.03	0.00
Tocotrienol, beta.....mg	0.06		0	FLC	4		0.02	0.11	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	0.00		0	FLC	4		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	0
Vitamin K (phylloquinone).....µg	5.2		0	FLC	4		1.5	9.2	1.5
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		0	FLC	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	6.835		0	NC	4		1.938	11.961	1.914
4:0.....g	0.003	0.002	3	A	1		0.001	0.005	0.001
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.006	0.001	3	A	1		0.002	0.011	0.002
10:0.....g	0.007	0.000	3	A	1		0.002	0.012	0.002
12:0.....g	0.062	0.006	3	A	1		0.018	0.108	0.017
13:0.....g									
14:0.....g	0.161	0.004	3	A	1		0.046	0.282	0.045
15:0.....g	0.009	0.001	3	A	1		0.003	0.016	0.003
16:0.....g	5.883	0.088	3	A	1		1.668	10.296	1.647
17:0.....g	0.014	0.000	3	A	1		0.004	0.025	0.004
18:0.....g	0.613	0.011	3	A	1		0.174	1.073	0.172
20:0.....g	0.052	0.001	3	A	1		0.015	0.090	0.014
22:0.....g	0.011	0.000	3	A	1		0.003	0.019	0.003
24:0.....g	0.014	0.000	3	A	1		0.004	0.024	0.004
Fatty acids, total monounsaturated.....g	6.050		0	NC	4		1.715	10.588	1.694
14:1.....g	0.001	0.001	3	A	1		0.000	0.002	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.031	0.000	3	AS	1		0.009	0.053	0.009
16:1 c.....g	0.031	0.000	3	A	1		0.009	0.053	0.009
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.975	0.061	3	AS	1		1.694	10.456	1.673
18:1 c.....g	5.958	0.061	3	A	1		1.689	10.426	1.668
18:1 t.....g	0.017	0.001	3	A	1		0.005	0.030	0.005
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034	0.000	3	A	1		0.010	0.060	0.010
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.000	0.003	0.000
22:1 c.....g	0.002	0.000	3	A	1		0.000	0.003	0.000
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.008	0.000	3	A	1		0.002	0.013	0.002
Fatty acids, total polyunsaturated.....g	2.085		0	NC	4		0.591	3.648	0.584
18:2 undifferentiated.....g	2.015	0.032	3	AS	1		0.571	3.526	0.564
18:2 n-6 c,c.....g	1.971	0.033	3	A	1		0.559	3.449	0.552
18:2 CLAs.....g	0.004	0.001	3	A	1		0.001	0.006	0.001
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.040	0.001	3	A	1		0.011	0.070	0.011
18:3 undifferentiated.....g	0.059	0.001	3	AS	1		0.017	0.103	0.016
18:3 n-3 c,c,c (ALA).....g	0.059	0.001	3	A	1		0.017	0.103	0.016
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002	0.000	3	A	1		0.001	0.004	0.001
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.004	0.000	3	A	1		0.001	0.008	0.001
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.001	0.005	0.001
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.001	0.004	0.001
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 25046
Snacks, bagel chips, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.057		0	NC	4		0.016	0.100	0.016
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4		0.005	0.030	0.005
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.011	0.070	0.011
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg	18		0	FLC	4		5	32	5
<u>Amino Acids:</u>									
Tryptophan.....g	0.143		0	A	1		0.041	0.250	0.040
Threonine.....g	0.357		0	A	1		0.101	0.625	0.100
Isoleucine.....g	0.511		0	A	1		0.145	0.894	0.143
Leucine.....g	0.919		0	A	1		0.261	1.608	0.257
Lysine.....g	0.194		0	A	1		0.055	0.339	0.054
Methionine.....g	0.184		0	A	1		0.052	0.322	0.051
Cystine.....g	0.286		0	A	1		0.081	0.500	0.080
Phenylalanine.....g	0.684		0	A	1		0.194	1.197	0.192
Tyrosine.....g	0.306		0	A	1		0.087	0.536	0.086
Valine.....g	0.572		0	A	1		0.162	1.001	0.160
Arginine.....g	0.449		0	A	1		0.127	0.786	0.126
Histidine.....g	0.265		0	A	1		0.075	0.464	0.074
Alanine.....g	0.409		0	A	1		0.116	0.715	0.114
Aspartic acid.....g	0.531		0	A	1		0.151	0.929	0.149
Glutamic acid.....g	4.820		0	A	1		1.367	8.435	1.350
Glycine.....g	0.490		0	A	1		0.139	0.858	0.137
Proline.....g	1.624		0	A	1		0.460	2.842	0.455
Serine.....g	0.613		0	A	1		0.174	1.072	0.172
Hydroxyproline.....g									
<u>Others:</u>									
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 = 28.35g: 1 oz
- Measure 2 = 175g: 1 bag
- Measure 3 = 28g: 6 piece chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19400
Snacks, banana chips

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated.....g	28.970		0	1		8.213	24.625	12.167
4:0.....g	0.000		0	1		0.000	0.000	0.000
6:0.....g	0.200		1	1		0.057	0.170	0.084
8:0.....g	2.510		1	1		0.712	2.134	1.054
10:0.....g	2.010		1	1		0.570	1.709	0.844
12:0.....g	14.910		1	1		4.227	12.674	6.262
13:0.....g								
14:0.....g	5.620		1	1		1.593	4.777	2.360
15:0.....g								
16:0.....g	2.790		1	1		0.791	2.372	1.172
17:0.....g								
18:0.....g	0.940		1	1		0.266	0.799	0.395
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.950		0	1		0.553	1.658	0.819
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		1	1		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	1.950		1	1		0.553	1.658	0.819
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.630		0	1		0.179	0.536	0.265
18:2 undifferentiated.....g	0.620		1	1		0.176	0.527	0.260
18:3 undifferentiated.....g	0.010		1	1		0.003	0.009	0.004
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	1		0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	4		0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.027		0	1		0.008	0.023	0.011
Threonine.....g	0.076		0	1		0.022	0.065	0.032
Isoleucine.....g	0.074		0	1		0.021	0.063	0.031
Leucine.....g	0.158		0	1		0.045	0.134	0.066
Lysine.....g	0.107		0	1		0.030	0.091	0.045
Methionine.....g	0.024		0	1		0.007	0.020	0.010
Cystine.....g	0.039		0	1		0.011	0.033	0.016
Phenylalanine.....g	0.086		0	1		0.024	0.073	0.036
Tyrosine.....g	0.053		0	1		0.015	0.045	0.022
Valine.....g	0.104		0	1		0.029	0.088	0.044
Arginine.....g	0.104		0	1		0.029	0.088	0.044
Histidine.....g	0.180		0	1		0.051	0.153	0.076
Alanine.....g	0.087		0	1		0.025	0.074	0.037
Aspartic acid.....g	0.253		0	1		0.072	0.215	0.106
Glutamic acid.....g	0.248		0	1		0.070	0.211	0.104
Glycine.....g	0.082		0	1		0.023	0.070	0.034
Proline.....g	0.089		0	1		0.025	0.076	0.037
Serine.....g	0.104		0	1		0.029	0.088	0.044
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA 4		0	0	0

NDB No. 19400
Snacks, banana chips

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.4

Fat 8.6

Carbohydrate 3.8

Food Group: 25 Snacks

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

NDB No. 19002
Snacks, beef jerky, chopped and formed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.850		1	MA	12		3.076	2.170	3.076
4:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0.....g	0.015		0	FLC	4		0.004	0.003	0.004
12:0.....g	0.162		0	FLC	4		0.046	0.032	0.046
13:0.....g									
14:0.....g	0.819		0	FLC	4		0.232	0.164	0.232
15:0.....g									
16:0.....g	5.720		0	FLC	4		1.622	1.144	1.622
17:0.....g									
18:0.....g	3.897		0	FLC	4		1.105	0.779	1.105
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.305		1	MA	12		3.205	2.261	3.205
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.135		0	FLC	4		0.322	0.227	0.322
17:1.....g									
18:1 undifferentiated.....g	10.099		0	FLC	4		2.863	2.020	2.863
20:1.....g	0.071		0	FLC	4		0.020	0.014	0.020
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.011		1	MA	12		0.287	0.202	0.287
18:2 undifferentiated.....g	0.810		0	FLC	4		0.230	0.162	0.230
18:3 undifferentiated.....g	0.185		0	FLC	4		0.052	0.037	0.052
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	FLC	4		0.005	0.003	0.005
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0	NR	4		14	10	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	MA	12		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 20g: 1 piece, large
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19407
Snacks, beef sticks, smoked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.10	0.190	5		1		5.41	3.82	
Energy.....kcal	550		0	NC	4		156	110	
Energy.....kJ	2301		0		4		652	460	
Protein (N x 6.2).....g	21.50	0.512	5		1		6.10	4.30	
Total lipid (fat).....g	49.60	0.695	5		1		14.06	9.92	
Ash.....g	4.40	0.151	5		1		1.25	0.88	
Carbohydrate, by difference.....g	5.40		0	NC	4		1.53	1.08	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	68		1		1		19	14	
Iron, Fe.....mg	3.40		1		1		0.96	0.68	
Magnesium, Mg.....mg	21		1		4		6	4	
Phosphorus, P.....mg	180		1		1		51	36	
Potassium, K.....mg	257		1		4		73	51	
Sodium, Na.....mg	1531		0	LC	8		434	306	
Zinc, Zn.....mg	2.42		1		4		0.69	0.48	
Copper, Cu.....mg	0.130		1		4		0.037	0.026	
Manganese, Mn.....mg	0.086		1		4		0.024	0.017	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.8		1		4		1.9	1.4	
Thiamin.....mg	0.141		1		1		0.040	0.028	
Riboflavin.....mg	0.436		1		1		0.124	0.087	
Niacin.....mg	4.540		1		1		1.287	0.908	
Pantothenic acid.....mg	0.328		1		4		0.093	0.066	
Vitamin B-6.....mg	0.205		1		4		0.058	0.041	
Folate, total.....µg	0		1		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		1		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.00		1		4		0.28	0.20	
Vitamin A, RAE.....µg	13		0	NC	4		4	3	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg	150		0	NR	4		43	30	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	250		0	NC	4		71	50	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19407
Snacks, beef sticks, smoked

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	20.800		0		1	5.897	4.160
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.010		1		1	0.003	0.002
12:0.....g	0.330		1		1	0.094	0.066
13:0.....g							
14:0.....g	1.430		1		1	0.405	0.286
15:0.....g							
16:0.....g	11.770		1		1	3.337	2.354
17:0.....g							
18:0.....g	7.260		1		1	2.058	1.452
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	20.470		0		1	5.803	4.094
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	2.300		1		1	0.652	0.460
17:1.....g							
18:1 undifferentiated.....g	17.910		1		1	5.077	3.582
20:1.....g	0.250		1		1	0.071	0.050
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.420		0		1	1.253	0.884
18:2 undifferentiated.....g	4.030		1		1	1.143	0.806
18:3 undifferentiated.....g	0.380		1		1	0.108	0.076
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.010		1		1	0.003	0.002
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	133	0.926	4		1	38	27
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.184		0		1	0.052	0.037
Threonine.....g	0.832		0		1	0.236	0.166
Isoleucine.....g	0.818		0		1	0.232	0.164
Leucine.....g	1.473		0		1	0.418	0.295
Lysine.....g	1.518		0		1	0.430	0.304
Methionine.....g	0.454		0		1	0.129	0.091
Cystine.....g	0.291		0		1	0.082	0.058
Phenylalanine.....g	0.801		0		1	0.227	0.160
Tyrosine.....g	0.596		0		1	0.169	0.119
Valine.....g	0.950		0		1	0.269	0.190
Arginine.....g	1.522		0		1	0.431	0.304
Histidine.....g	0.530		0		1	0.150	0.106
Alanine.....g	1.470		0		1	0.417	0.294
Aspartic acid.....g	1.979		0		1	0.561	0.396
Glutamic acid.....g	3.037		0		1	0.861	0.607
Glycine.....g	2.160		0		1	0.612	0.432
Proline.....g	1.463		0		1	0.415	0.293
Serine.....g	0.894		0		1	0.253	0.179
Hydroxyproline.....g							

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

NDB No. 19407

Snacks, beef sticks, smoked

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 stick

Calories Factors: Protein 4.1

Fat 9

Carbohydrate 2.9

Food Group: 25 Snacks

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

NDB No. 25059
Snacks, brown rice chips

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.80	0.420	10		1		0.52	1.04	
Energy.....kcal	384		0	NC	4		35	69	
Energy.....kJ	1607		0	NC	4		145	289	
Protein (N x 6.25).....g	8.20	0.431	10		1		0.74	1.48	
Total lipid (fat).....g	2.80	0.340	10		1		0.25	0.50	
Ash.....g	1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference.....g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary.....g	4.2		0		1		0.4	0.8	
Sugars, total.....g	0.60		0	O	4		0.05	0.11	
Sucrose.....g	0.58		0	FLC	4		0.05	0.10	
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	1.255	9		1		1	2	
Iron, Fe.....mg	1.49	0.124	9		1		0.13	0.27	
Magnesium, Mg.....mg	131		2		1		12	24	
Phosphorus, P.....mg	360		2		1		32	65	
Potassium, K.....mg	290	21.258	6		1		26	52	
Sodium, Na.....mg	326	37.510	6		1		29	59	
Zinc, Zn.....mg	3.00		2		1		0.27	0.54	
Copper, Cu.....mg	0.445		2		1		0.040	0.080	
Manganese, Mn.....mg	3.730		1		4		0.336	0.671	
Selenium, Se.....µg	24.6		0	BFZN	4		2.2	4.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin.....mg	0.061	0.012	9		1		0.005	0.011	
Riboflavin.....mg	0.165	0.036	8		1		0.015	0.030	
Niacin.....mg	7.806	0.419	7		1		0.703	1.405	
Pantothenic acid.....mg	1.000		2		1		0.090	0.180	
Vitamin B-6.....mg	0.150		2		1		0.014	0.027	
Folate, total.....µg	21		2		1		2	4	
Folic acid.....µg	0		0	FLC	4		0	0	
Folate, food.....µg	21		0	FLC	4		2	4	
Folate, DFE.....µg	21		0	NC	4		2	4	
Choline, total.....mg	24.3		0	FLC	4		2.2	4.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		2		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	22		0	FLC	4		2	4	
Vitamin E (alpha-tocopherol).....mg	6.54		0	FLC	4		0.59	1.18	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma.....mg	1.68		0	FLC	4		0.15	0.30	
Tocopherol, delta.....mg	0.06		0	FLC	4		0.01	0.01	
Tocotrienol, alpha.....mg	0.56		0	FLC	4		0.05	0.10	
Tocotrienol, beta.....mg	0.14		0	FLC	4		0.01	0.02	

NDB No. 25059
Snacks, brown rice chips

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	0.65		0	FLC	4		0.06	0.12	
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone).....µg	6.5		0	FLC	4		0.6	1.2	
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.642		0	NC	4		0.058	0.116	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.480		1		1		0.043	0.086	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.050		1		1		0.005	0.009	
20:0.....g	0.064		0	FLC	4		0.006	0.011	
22:0.....g	0.038		0	FLC	4		0.003	0.007	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.030		0	NC	4		0.093	0.185	
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	0.010		1		1		0.001	0.002	
17:1.....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	1.020		1		1		0.092	0.184	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.980		0	NC	4		0.088	0.176	
18:2 undifferentiated.....g	0.970		1		1		0.087	0.175	
18:3 undifferentiated.....g	0.010		1		1		0.001	0.002	
18:4.....g	0.000		0		1		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		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	FLC	4		0.000	0.000	
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg	40		0	FLC	4		4	7	
Stigmasterol.....mg	0		0	FLC	4		0	0	
Campesterol.....mg	15		0	FLC	4		1	3	
Beta-sitosterol.....mg	25		0	FLC	4		2	5	
<u>Amino Acids:</u>									
Tryptophan.....g	0.104		0		1		0.009	0.019	
Threonine.....g	0.299		0		1		0.027	0.054	
Isoleucine.....g	0.346		0		1		0.031	0.062	
Leucine.....g	0.675		0		1		0.061	0.122	
Lysine.....g	0.311		0		1		0.028	0.056	
Methionine.....g	0.184		0		1		0.017	0.033	
Cystine.....g	0.099		0		1		0.009	0.018	
Phenylalanine.....g	0.421		0		1		0.038	0.076	
Tyrosine.....g	0.306		0		1		0.028	0.055	
Valine.....g	0.479		0		1		0.043	0.086	

NDB No. 25059
Snacks, brown rice chips

Nutrients and Units	<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
Arginine.....g	0.618		0		1		0.056	0.111	
Histidine.....g	0.207		0		1		0.019	0.037	
Alanine.....g	0.476		0		1		0.043	0.086	
Aspartic acid.....g	0.764		0		1		0.069	0.138	
Glutamic acid.....g	1.662		0		1		0.150	0.299	
Glycine.....g	0.402		0		1		0.036	0.072	
Proline.....g	0.383		0		1		0.034	0.069	
Serine.....g	0.422		0		1		0.038	0.076	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 9.0g: 1 cake
 Measure 2 = 18g: 2 cakes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25043

Snacks, candy bits, yogurt covered with vitamin C

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.73		0	FLC	4		0.75		
Energy.....kcal	415		0	NC	4		83		
Energy.....kJ	1737		0	NC	4		347		
Protein.....g	0.00		0	LC	8		0.00		
Total lipid (fat).....g	7.50		0	LC	8		1.50		
Ash.....g	1.87		0	FLC	4		0.37		
Carbohydrate, by difference.....g	86.90		0	NC	4		17.38		
Fiber, total dietary.....g	0.2		0	FLC	4		0.0		
Sugars, total.....g	65.00		0	LC	8		13.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	500		0	FLC	4		100		
Iron, Fe.....mg	0.19		0	FLC	4		0.04		
Magnesium, Mg.....mg	23		0	FLC	4		5		
Phosphorus, P.....mg	190		0	FLC	4		38		
Potassium, K.....mg	338		0	FLC	4		68		
Sodium, Na.....mg	75		0	LC	8		15		
Zinc, Zn.....mg	0.86		0	FLC	4		0.17		
Copper, Cu.....mg	0.021		0	FLC	4		0.004		
Manganese, Mn.....mg	0.021		0	FLC	4		0.004		
Selenium, Se.....µg	6.0		0	FLC	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	180.0		0	LC	8		36.0		
Thiamin.....mg	0.079		0	FLC	4		0.016		
Riboflavin.....mg	0.343		0	FLC	4		0.069		
Niacin.....mg	0.173		0	FLC	4		0.035		
Pantothenic acid.....mg	0.620		0	FLC	4		0.124		
Vitamin B-6.....mg	0.069		0	FLC	4		0.014		
Folate, total.....µg	10		0	FLC	4		2		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	10		0	FLC	4		2		
Folate, DFE.....µg	10		0	NC	4		2		
Choline, total.....mg	57.8		0	FLC	4		11.6		
Betaine.....mg									
Vitamin B-12.....µg	0.76		0	FLC	4		0.15		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	1		0	NC	4		0		
Retinol.....µg	1		0	FLC	4		0		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	3		0	NC	4		1		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	2		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.60		0	FLC	4		0.12		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocopherol, delta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	13.5		0	FLC	4		2.7		

NDB No. 25043
Snacks, candy bits, yogurt covered with vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.389		0	FLC	4		0.278		
4:0.....g	0.006		0	FLC	4		0.001		
6:0.....g	0.001		0	FLC	4		0.000		
8:0.....g	0.002		0	FLC	4		0.000		
10:0.....g	0.004		0	FLC	4		0.001		
12:0.....g	0.003		0	FLC	4		0.001		
13:0.....g									
14:0.....g	0.026		0	FLC	4		0.005		
15:0.....g									
16:0.....g	1.076		0	FLC	4		0.215		
17:0.....g									
18:0.....g	0.268		0	FLC	4		0.054		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.983		0	FLC	4		0.197		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLC	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.941		0	FLC	4		0.188		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.886		0	FLC	4		0.777		
18:2 undifferentiated.....g	3.444		0	FLC	4		0.689		
18:3 undifferentiated.....g	0.442		0	FLC	4		0.088		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	FLC	4		1		
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 = 20g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 25003

Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.59		0	FLC	4		4.05		
Energy.....kcal	359		0	NC	4		83		
Energy.....kJ	1503		0	NC	4		346		
Protein.....g	0.46		0	FLC	4		0.11		
Total lipid (fat).....g	6.53		0	FLC	4		1.50		
Ash.....g	0.77		0	FLC	4		0.18		
Carbohydrate, by difference.....g	74.64		0	NC	4		17.17		
Fiber, total dietary.....g	3.3		0	FLC	4		0.8		
Sugars, total.....g	39.15		0	FLC	4		9.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	430		0	FLC	4		99		
Iron, Fe.....mg	0.56		0	FLC	4		0.13		
Magnesium, Mg.....mg	9		0	FLC	4		2		
Phosphorus, P.....mg	18		0	FLC	4		4		
Potassium, K.....mg	100		0	FLC	4		23		
Sodium, Na.....mg	8		0	FLC	4		2		
Zinc, Zn.....mg	0.19		0	FLC	4		0.04		
Copper, Cu.....mg	0.114		0	FLC	4		0.026		
Manganese, Mn.....mg	0.082		0	FLC	4		0.019		
Selenium, Se.....µg	1.2		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	260.8		0	FLC	4		60.0		
Thiamin.....mg	0.015		0	FLC	4		0.003		
Riboflavin.....mg	0.025		0	FLC	4		0.006		
Niacin.....mg	0.100		0	FLC	4		0.023		
Pantothenic acid.....mg	0.043		0	FLC	4		0.010		
Vitamin B-6.....mg	0.026		0	FLC	4		0.006		
Folate, total.....µg	2		0	FLC	4		1		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	2		0	FLC	4		1		
Folate, DFE.....µg	2		0	NC	4		1		
Choline, total.....mg	7.5		0	FLC	4		1.7		
Betaine.....mg	0.0		0	FLC	4		0.0		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	0		0	FLC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	FLC	4		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	62		0	FLC	4		14		
Vitamin E (alpha-tocopherol).....mg	0.41		0	FLC	4		0.09		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocopherol, delta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	2.6		0	FLC	4		0.6		

NDB No. 25003

Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.096		0	FLC	4		1.172		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.013		0	FLC	4		0.003		
8:0.....g	0.204		0	FLC	4		0.047		
10:0.....g	0.229		0	FLC	4		0.053		
12:0.....g	2.910		0	FLC	4		0.669		
13:0.....g									
14:0.....g	1.016		0	FLC	4		0.234		
15:0.....g									
16:0.....g	0.539		0	FLC	4		0.124		
17:0.....g									
18:0.....g	0.182		0	FLC	4		0.042		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.753		0	FLC	4		0.173		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.751		0	FLC	4		0.173		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.238		0	FLC	4		0.055		
18:2 undifferentiated.....g	0.225		0	FLC	4		0.052		
18:3 undifferentiated.....g	0.013		0	FLC	4		0.003		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg	6		0	FLC	4		1		
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 = 23g: 1 Roll

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 19419
Snacks, corn cakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Lipids:								
Fatty acids, total saturated.....g	0.420		0		1		0.038	0.076
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		1		1		0.000	0.000
13:0.....g								
14:0.....g	0.010		1		1		0.001	0.002
15:0.....g								
16:0.....g	0.360		1		1		0.032	0.065
17:0.....g								
18:0.....g	0.040		1		1		0.004	0.007
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.760		0		1		0.068	0.137
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002
17:1.....g								
18:1 undifferentiated.....g	0.760		1		1		0.068	0.137
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.930		0		1		0.084	0.167
18:2 undifferentiated.....g	0.890		1		1		0.080	0.160
18:3 undifferentiated.....g	0.030		1		1		0.003	0.005
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.081		0		1		0.007	0.015
Threonine.....g	0.301		0		1		0.027	0.054
Isoleucine.....g	0.316		0		1		0.028	0.057
Leucine.....g	0.837		0		1		0.075	0.151
Lysine.....g	0.267		0		1		0.024	0.048
Methionine.....g	0.177		0		1		0.016	0.032
Cystine.....g	0.124		0		1		0.011	0.022
Phenylalanine.....g	0.408		0		1		0.037	0.073
Tyrosine.....g	0.317		0		1		0.029	0.057
Valine.....g	0.442		0		1		0.040	0.080
Arginine.....g	0.506		0		1		0.046	0.091
Histidine.....g	0.227		0		1		0.020	0.041
Alanine.....g	0.540		0		1		0.049	0.097
Aspartic acid.....g	0.659		0		1		0.059	0.119
Glutamic acid.....g	1.584		0		1		0.143	0.285
Glycine.....g	0.365		0		1		0.033	0.066
Proline.....g	0.548		0		1		0.049	0.099
Serine.....g	0.402		0		1		0.036	0.072
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 19419
Snacks, corn cakes

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

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

Common Measures:

Measure 1 = 9.0g: 1 cake
 Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19800

Snacks, corn cakes, very low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.60		1		1		0.41	0.83	
Energy.....kcal	387		0	NC	4		35	70	
Energy.....kJ	1619				4		146	291	
Protein (N x 6.1).....g	8.10		1		1		0.73	1.46	
Total lipid (fat).....g	2.40		1		1		0.22	0.43	
Ash.....g	1.50		1		1		0.14	0.27	
Carbohydrate, by difference.....g	83.40		0	NC	4		7.51	15.01	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1		1		2	3	
Iron, Fe.....mg	1.40		1		1		0.13	0.25	
Magnesium, Mg.....mg	114		1		1		10	21	
Phosphorus, P.....mg	157		1		1		14	28	
Potassium, K.....mg	157		1		1		14	28	
Sodium, Na.....mg	28		1		1		3	5	
Zinc, Zn.....mg	2.00		1		1		0.18	0.36	
Copper, Cu.....mg	0.420		1		1		0.038	0.076	
Manganese, Mn.....mg	1.815		1		4		0.163	0.327	
Selenium, Se.....µg	9.9		0	BFZN	4		0.9	1.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.250		1		1		0.023	0.045	
Riboflavin.....mg	0.050		1		1		0.005	0.009	
Niacin.....mg	5.150		1		1		0.464	0.927	
Pantothenic acid.....mg	0.830		1		4		0.075	0.149	
Vitamin B-6.....mg	0.140		1		1		0.013	0.025	
Folate, total.....µg	19		1		1		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	19		1		1		2	3	
Folate, DFE.....µg	19		0	NC	4		2	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	12		0	NC	4		1	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	242		1		1		22	44	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.420		0		1		0.038	0.076	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g									
16:0.....g	0.360		1		1		0.032	0.065	
17:0.....g									
18:0.....g	0.040		1		1		0.004	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.760		0		1		0.068	0.137	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.760		1		1		0.068	0.137	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		0.084	0.167	
18:2 undifferentiated.....g	0.890		1		1		0.080	0.160	
18:3 undifferentiated.....g	0.030		1		1		0.003	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.007	0.015	
Threonine.....g	0.301		0		1		0.027	0.054	
Isoleucine.....g	0.316		0		1		0.028	0.057	
Leucine.....g	0.837		0		1		0.075	0.151	
Lysine.....g	0.267		0		1		0.024	0.048	
Methionine.....g	0.177		0		1		0.016	0.032	
Cystine.....g	0.124		0		1		0.011	0.022	
Phenylalanine.....g	0.408		0		1		0.037	0.073	
Tyrosine.....g	0.317		0		1		0.029	0.057	
Valine.....g	0.442		0		1		0.040	0.080	
Arginine.....g	0.506		0		1		0.046	0.091	
Histidine.....g	0.227		0		1		0.020	0.041	
Alanine.....g	0.540		0		1		0.049	0.097	
Aspartic acid.....g	0.659		0		1		0.059	0.119	
Glutamic acid.....g	1.584		0		1		0.143	0.285	
Glycine.....g	0.365		0		1		0.033	0.066	
Proline.....g	0.548		0		1		0.049	0.099	
Serine.....g	0.402		0		1		0.036	0.072	
Hydroxyproline.....g									

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

NDB No. 19800

Snacks, corn cakes, very low sodium

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19004

Snacks, corn-based, extruded, chips, barbecue-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.20	0.095	21		1		0.34	2.38	
Energy.....kcal	523		0		4		148	1036	
Energy.....kJ	2188				4		620	4333	
Protein (N x 6.1).....g	7.00	0.177	21		1		1.98	13.86	
Total lipid (fat).....g	32.70	0.435	22		1		9.27	64.75	
Ash.....g	2.80	0.162	20		1		0.79	5.54	
Carbohydrate, by difference.....g	56.20		0	NC	4		15.93	111.28	
Fiber, total dietary.....g	5.2		0		4		1.5	10.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	131	5.863	21		1		37	259	
Iron, Fe.....mg	1.54	0.087	21		1		0.44	3.05	
Magnesium, Mg.....mg	77	1.784	19		1		22	152	
Phosphorus, P.....mg	207	6.006	19		1		59	410	
Potassium, K.....mg	236	31.024	22		1		67	467	
Sodium, Na.....mg	763	35.568	7		1		216	1511	
Zinc, Zn.....mg	1.06	0.109	19		1		0.30	2.10	
Copper, Cu.....mg	0.166	0.039	18		1		0.047	0.329	
Manganese, Mn.....mg	0.774	0.222	14		1		0.219	1.533	
Selenium, Se.....µg	4.1		0	FLM	4		1.2	8.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7	0.853	6		1		0.5	3.4	
Thiamin.....mg	0.075	0.016	20		1		0.021	0.149	
Riboflavin.....mg	0.210	0.020	17		1		0.060	0.416	
Niacin.....mg	1.645	0.059	20		1		0.466	3.257	
Pantothenic acid.....mg	0.143	0.043	3		1		0.041	0.283	
Vitamin B-6.....mg	0.230	0.023	6		1		0.065	0.455	
Folate, total.....µg	39		1		4		11	77	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	39		1		4		11	77	
Folate, DFE.....µg	39		0	NC	4		11	77	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	31		0	NC	4		9	60	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	611	58.327	15		1		173	1210	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.460		0		1		1.264	8.831	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	3.510		2		1		0.995	6.950	
17:0.....g									
18:0.....g	0.960		2		1		0.272	1.901	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.480		0		1		2.688	18.770	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		2		1		0.026	0.178	
17:1.....g									
18:1 undifferentiated.....g	9.390		2		1		2.662	18.592	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.170		0		1		4.584	32.017	
18:2 undifferentiated.....g	14.940		2		1		4.235	29.581	
18:3 undifferentiated.....g	1.230		2		1		0.349	2.435	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.111	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.018	0.125	
Threonine.....g	0.279		0		1		0.079	0.552	
Isoleucine.....g	0.277		0		1		0.079	0.548	
Leucine.....g	0.747		0		1		0.212	1.479	
Lysine.....g	0.284		0		1		0.081	0.562	
Methionine.....g	0.134		0		1		0.038	0.265	
Cystine.....g	0.119		0		1		0.034	0.236	
Phenylalanine.....g	0.333		0		1		0.094	0.659	
Tyrosine.....g	0.273		0		1		0.077	0.541	
Valine.....g	0.357		0		1		0.101	0.707	
Arginine.....g	0.373		0		1		0.106	0.739	
Histidine.....g	0.200		0		1		0.057	0.396	
Alanine.....g	0.475		0		1		0.135	0.941	
Aspartic acid.....g	0.586		0		1		0.166	1.160	
Glutamic acid.....g	1.243		0		1		0.352	2.461	
Glycine.....g	0.293		0		1		0.083	0.580	
Proline.....g	0.521		0		1		0.148	1.032	
Serine.....g	0.337		0		1		0.096	0.667	
Hydroxyproline.....g									

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

NDB No. 19004

Snacks, corn-based, extruded, chips, barbecue-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19804

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.20		0	BFZN	4		0.34		
Energy.....kcal	523		0	BFZN	4		148		
Energy.....kJ	2188				4		620		
Protein.....g	7.00		0	BFZN	4		1.98		
Total lipid (fat).....g	32.70		0	BFZN	4		9.27		
Ash.....g	2.80		0	BFZN	4		0.79		
Carbohydrate, by difference.....g	56.20		0	BFZN	4		15.93		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	131		0	BFZN	4		37		
Iron, Fe.....mg	4.90		0	BFZN	4		1.39		
Magnesium, Mg.....mg	77		0	BFZN	4		22		
Phosphorus, P.....mg	207		0	BFZN	4		59		
Potassium, K.....mg	236		0	BFZN	4		67		
Sodium, Na.....mg	763		0	BFZN	4		216		
Zinc, Zn.....mg	1.06		0	BFZN	4		0.30		
Copper, Cu.....mg	0.166		0	BFZN	4		0.047		
Manganese, Mn.....mg	0.774		0	BFZN	4		0.219		
Selenium, Se.....µg	6.7		0	BFZN	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		0	BFZN	4		0.5		
Thiamin.....mg	0.420		1	MA	12		0.119		
Riboflavin.....mg	0.480		1	MA	12		0.136		
Niacin.....mg	6.300		1	MA	12		1.786		
Pantothenic acid.....mg	0.143		0	BFZN	4		0.041		
Vitamin B-6.....mg	0.230		0	BFZN	4		0.065		
Folate, total.....µg	200		1	MA	12		57		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	200		1	MA	12		57		
Folate, DFE.....µg	200		0	NC	4		57		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	31		0	NC	4		9		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	611		0	BFZN	4		173		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	4.460		0	BFZN	4		1.264		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	3.510		0	BFZN	4		0.995		
17:0.....g									
18:0.....g	0.960		0	BFZN	4		0.272		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.480		0	BFZN	4		2.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0	BFZN	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	9.390		0	BFZN	4		2.662		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.170		0	BFZN	4		4.584		
18:2 undifferentiated.....g	14.940		0	BFZN	4		4.235		
18:3 undifferentiated.....g	1.230		0	BFZN	4		0.349		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0	BFZN	4		0.018		
Threonine.....g	0.279		0	BFZN	4		0.079		
Isoleucine.....g	0.277		0	BFZN	4		0.079		
Leucine.....g	0.747		0	BFZN	4		0.212		
Lysine.....g	0.284		0	BFZN	4		0.081		
Methionine.....g	0.134		0	BFZN	4		0.038		
Cystine.....g	0.119		0	BFZN	4		0.034		
Phenylalanine.....g	0.333		0	BFZN	4		0.094		
Tyrosine.....g	0.273		0	BFZN	4		0.077		
Valine.....g	0.357		0	BFZN	4		0.101		
Arginine.....g	0.373		0	BFZN	4		0.106		
Histidine.....g	0.200		0	BFZN	4		0.057		
Alanine.....g	0.475		0	BFZN	4		0.135		
Aspartic acid.....g	0.586		0	BFZN	4		0.166		
Glutamic acid.....g	1.243		0	BFZN	4		0.352		
Glycine.....g	0.293		0	BFZN	4		0.083		
Proline.....g	0.521		0	BFZN	4		0.148		
Serine.....g	0.337		0	BFZN	4		0.096		
Hydroxyproline.....g									

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

NDB No. 19804

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19003

Snacks, corn-based, extruded, chips, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.07	0.119	12	A	1		0.30	0.30	2.13
Energy.....kcal	538		0	NC	4		151	152	1065
Energy.....kJ	2250		0	NC	4		630	638	4455
Protein (N x 6.25).....g	6.17	0.092	12	A	1		1.73	1.75	12.21
Total lipid (fat).....g	33.36	0.598	12	A	1		9.34	9.46	66.05
Ash.....g	2.13	0.076	12	A	1		0.60	0.60	4.22
Carbohydrate, by difference.....g	56.90		0	NC	4		15.93	16.13	112.66
Fiber, total dietary.....g	4.0	0.135	6	A	1		1.1	1.1	8.0
Sugars, total.....g	0.27	0.060	6	A	1		0.08	0.08	0.54
Sucrose.....g	0.27	0.060	6	A	1		0.08	0.08	0.54
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.00	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	51.36	2.269	5	A	1		14.38	14.56	101.69
Minerals:									
Calcium, Ca.....mg	138	4.351	12	A	1		39	39	273
Iron, Fe.....mg	1.20	0.022	12	A	1		0.34	0.34	2.37
Magnesium, Mg.....mg	72	1.843	12	A	1		20	20	142
Phosphorus, P.....mg	194	4.044	12	A	1		54	55	384
Potassium, K.....mg	144	4.572	12	A	1		40	41	285
Sodium, Na.....mg	514	28.740	12	A	1		144	146	1018
Zinc, Zn.....mg	1.29	0.031	12	A	1		0.36	0.36	2.55
Copper, Cu.....mg	0.101	0.003	12	A	1		0.028	0.029	0.200
Manganese, Mn.....mg	0.333	0.014	12	A	1		0.093	0.095	0.660
Selenium, Se.....µg	7.6	0.874	6	A	1		2.1	2.2	15.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.047	0.007	6	A	1		0.013	0.013	0.092
Riboflavin.....mg	0.078	0.003	6	A	1		0.022	0.022	0.154
Niacin.....mg	0.842	0.039	6	A	1		0.236	0.239	1.666
Pantothenic acid.....mg	0.190	0.012	4	A	1		0.053	0.054	0.376
Vitamin B-6.....mg	0.167	0.018	6	A	1		0.047	0.047	0.330
Folate, total.....µg	8	1.238	6	A	1		2	2	16
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	8		0	NR	4		2	2	15
Folate, DFE.....µg	8		0	NC	4		2	2	15
Choline, total.....mg	12.1		0	AS	1		3.4	3.4	23.9
Betaine.....mg	0.1		1	A	1		0.0	0.0	0.2
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	3		0	AS	1		1	1	7
Retinol.....µg	0		0	BNA	4		0	0	0
Carotene, beta.....µg	20	3.256	6	A	1		6	6	40
Carotene, alpha.....µg	2	0.935	6	A	1		1	1	4
Cryptoxanthin, beta.....µg	41	9.390	6	A	1		11	12	81
Vitamin A, IU.....IU	69		0	AS	1		19	20	137
Lycopene.....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....µg	527	94.640	6	A	1		147	149	1043
Vitamin E (alpha-tocopherol).....mg	7.23	0.401	6	A	1		2.02	2.05	14.31
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.35	0.010	6	A	1		0.10	0.10	0.69
Tocopherol, gamma.....mg	17.84	1.392	6	A	1		5.00	5.06	35.33
Tocopherol, delta.....mg	0.60	0.044	6	A	1		0.17	0.17	1.20
Tocotrienol, alpha.....mg	0.90	0.059	6	A	1		0.25	0.26	1.78
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

NDB No. 19003

Snacks, corn-based, extruded, chips, plain

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	6	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	6.3		2	A	1	1.8	1.8	12.4	
Dihydrophyloquinone.....µg	16.8		2	A	1	4.7	4.8	33.3	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.331		0	NC	4	1.213	1.228	8.576	
4:0.....g	0.001	0.001	6	A	1	0.000	0.000	0.002	
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
8:0.....g	0.010	0.003	6	A	1	0.003	0.003	0.019	
10:0.....g	0.004	0.004	6	A	1	0.001	0.001	0.008	
12:0.....g	0.001	0.001	6	A	1	0.000	0.000	0.002	
13:0.....g									
14:0.....g	0.012	0.000	6	A	1	0.003	0.003	0.024	
15:0.....g	0.004	0.000	6	A	1	0.001	0.001	0.009	
16:0.....g	3.511	0.123	6	A	1	0.983	0.995	6.952	
17:0.....g	0.020	0.001	6	A	1	0.006	0.006	0.040	
18:0.....g	0.552	0.015	6	A	1	0.155	0.157	1.093	
20:0.....g	0.119	0.004	6	A	1	0.033	0.034	0.236	
22:0.....g	0.041	0.002	6	A	1	0.011	0.012	0.081	
24:0.....g	0.055	0.001	6	A	1	0.015	0.016	0.109	
Fatty acids, total monounsaturated.....g	9.134		0	NC	4	2.558	2.590	18.086	
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	0.031	0.001	6	AS	1	0.009	0.009	0.062	
16:1 c.....g	0.031	0.001	6	A	1	0.009	0.009	0.062	
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
17:1.....g	0.011	0.000	6	A	1	0.003	0.003	0.022	
18:1 undifferentiated.....g	8.986	0.105	6	AS	1	2.516	2.548	17.793	
18:1 c.....g	8.968	0.106	6	A	1	2.511	2.542	17.757	
18:1 t.....g	0.018	0.001	6	A	1	0.005	0.005	0.036	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.103	0.003	6	A	1	0.029	0.029	0.205	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.001	0.005	
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.001	0.005	
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	16.438		0	NC	4	4.603	4.660	32.548	
18:2 undifferentiated.....g	16.135	0.654	6	AS	1	4.518	4.574	31.948	
18:2 n-6 c,c.....g	16.036	0.647	6	A	1	4.490	4.546	31.751	
18:2 CLAs.....g	0.029	0.002	6	A	1	0.008	0.008	0.058	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.070	0.008	6	A	1	0.020	0.020	0.139	
18:3 undifferentiated.....g	0.278	0.010	6	AS	1	0.078	0.079	0.550	
18:3 n-3 c,c,c (ALA).....g	0.264	0.009	6	A	1	0.074	0.075	0.524	
18:3 n-6 c,c,c.....g	0.013	0.002	6	A	1	0.004	0.004	0.027	
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	0.007	0.001	6	A	1	0.002	0.002	0.014	
20:3 undifferentiated.....g	0.006	0.000	6	AS	1	0.002	0.002	0.012	
20:3 n-3.....g	0.006	0.000	6	A	1	0.002	0.002	0.011	
20:3 n-6.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.006	0.000	6	A	1	0.002	0.002	0.011	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.002	6	A	1	0.002	0.002	0.012	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	

NDB No. 19003

Snacks, corn-based, extruded, chips, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.088		0	NC	4		0.025	0.025	0.175
Fatty acids, total trans-monoenoic.....g	0.018		0	NC	4		0.005	0.005	0.036
Fatty acids, total trans-polyenoic.....g	0.070		0	NC	4		0.020	0.020	0.139
Cholesterol.....mg	0	0.000	4	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	21	0.485	4	A	1		6	6	41
Campesterol.....mg	51	2.682	4	A	1		14	14	100
Beta-sitosterol.....mg	148	8.351	4	A	1		41	42	292
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.013	0.091
Threonine.....g	0.246		0		1		0.069	0.070	0.487
Isoleucine.....g	0.235		0		1		0.066	0.067	0.465
Leucine.....g	0.803		0		1		0.225	0.228	1.590
Lysine.....g	0.185		0		1		0.052	0.052	0.366
Methionine.....g	0.137		0		1		0.038	0.039	0.271
Cystine.....g	0.119		0		1		0.033	0.034	0.236
Phenylalanine.....g	0.322		0		1		0.090	0.091	0.638
Tyrosine.....g	0.266		0		1		0.074	0.075	0.527
Valine.....g	0.331		0		1		0.093	0.094	0.655
Arginine.....g	0.326		0		1		0.091	0.092	0.645
Histidine.....g	0.200		0		1		0.056	0.057	0.396
Alanine.....g	0.491		0		1		0.137	0.139	0.972
Aspartic acid.....g	0.456		0		1		0.128	0.129	0.903
Glutamic acid.....g	1.230		0		1		0.344	0.349	2.435
Glycine.....g	0.269		0		1		0.075	0.076	0.533
Proline.....g	0.572		0		1		0.160	0.162	1.133
Serine.....g	0.312		0		1		0.087	0.088	0.618
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

- Measure 1 = 28g: 1 oz
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

Snacks, corn-based, extruded, chips, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	4.344		0		4	3.823	1.216	0.782
4:0.....g	0.000		0		4	0.000	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.016		0		4	0.014	0.004	0.003
15:0.....g								
16:0.....g	2.938		0		4	2.585	0.823	0.529
17:0.....g								
18:0.....g	0.977		0		4	0.860	0.274	0.176
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.040		0		4	7.955	2.531	1.627
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.025		0		4	0.022	0.007	0.005
17:1.....g								
18:1 undifferentiated.....g	8.889		0		4	7.822	2.489	1.600
20:1.....g	0.118		0		4	0.104	0.033	0.021
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	17.093		0		4	15.042	4.786	3.077
18:2 undifferentiated.....g	16.488		0		4	14.509	4.617	2.968
18:3 undifferentiated.....g	0.597		0		4	0.525	0.167	0.107
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		7	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	NR	4	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 88g: 1 cup, crushed

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 19005

Snacks, corn-based, extruded, cones, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.00		1		1		0.57		
Energy.....kcal	510		0	NC	4		145		
Energy.....kJ	2134				4		605		
Protein (N x 6.2).....g	5.80		1		1		1.64		
Total lipid (fat).....g	26.90		1		1		7.63		
Ash.....g	2.30		1		1		0.65		
Carbohydrate, by difference.....g	62.90		0	NC	4		17.83		
Fiber, total dietary.....g	1.1		0		4		0.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1		4		1		
Iron, Fe.....mg	2.54		1		1		0.72		
Magnesium, Mg.....mg	11		1		1		3		
Phosphorus, P.....mg	44		1		1		12		
Potassium, K.....mg	81		1		1		23		
Sodium, Na.....mg	1022		1		1		290		
Zinc, Zn.....mg	0.21		1		1		0.06		
Copper, Cu.....mg	0.040		1		1		0.011		
Manganese, Mn.....mg	0.087		1		4		0.025		
Selenium, Se.....µg	3.8		0	FLM	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.320		1		1		0.091		
Riboflavin.....mg	0.240		1		1		0.068		
Niacin.....mg	1.410		1		1		0.400		
Pantothenic acid.....mg	0.225		1		4		0.064		
Vitamin B-6.....mg	0.040		1		1		0.011		
Folate, total.....µg	3		1		4		1		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	3		1		4		1		
Folate, DFE.....µg	3		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00		
Vitamin A, RAE.....µg	16		0	NC	4		5		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	318		1		4		90		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	22.750		0		1		6.450	
4:0.....g								
6:0.....g	0.160		1		1		0.045	
8:0.....g	1.960		1		1		0.556	
10:0.....g	1.570		1		1		0.445	
12:0.....g	11.680		1		1		3.311	
13:0.....g								
14:0.....g	4.400		1		1		1.247	
15:0.....g								
16:0.....g	2.230		1		1		0.632	
17:0.....g								
18:0.....g	0.740		1		1		0.210	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.700		0		1		0.482	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		1		1		0.000	
17:1.....g								
18:1 undifferentiated.....g	1.700		1		1		0.482	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.780		0		1		0.221	
18:2 undifferentiated.....g	0.780		1		1		0.221	
18:3 undifferentiated.....g	0.010		1		1		0.003	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4		0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.041		0		1		0.012	
Threonine.....g	0.219		0		1		0.062	
Isoleucine.....g	0.209		0		1		0.059	
Leucine.....g	0.715		0		1		0.203	
Lysine.....g	0.164		0		1		0.046	
Methionine.....g	0.122		0		1		0.035	
Cystine.....g	0.105		0		1		0.030	
Phenylalanine.....g	0.286		0		1		0.081	
Tyrosine.....g	0.237		0		1		0.067	
Valine.....g	0.295		0		1		0.084	
Arginine.....g	0.290		0		1		0.082	
Histidine.....g	0.178		0		1		0.050	
Alanine.....g	0.437		0		1		0.124	
Aspartic acid.....g	0.406		0		1		0.115	
Glutamic acid.....g	1.094		0		1		0.310	
Glycine.....g	0.239		0		1		0.068	
Proline.....g	0.508		0		1		0.144	
Serine.....g	0.277		0		1		0.079	
Hydroxyproline.....g								

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

NDB No. 19005

Snacks, corn-based, extruded, cones, plain

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 4.1

Food Group: 25 Snacks

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	4.340		0		1		1.230	2.474	
4:0.....g	0.020		3		1		0.006	0.011	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.040		3		1		0.011	0.023	
13:0.....g									
14:0.....g	0.160		3		1		0.045	0.091	
15:0.....g									
16:0.....g	2.800		3		1		0.794	1.596	
17:0.....g									
18:0.....g	1.310		3		1		0.371	0.747	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.360		0		1		3.788	7.615	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		3		1		0.023	0.046	
17:1.....g									
18:1 undifferentiated.....g	13.270		3		1		3.762	7.564	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.140		0		1		0.890	1.790	
18:2 undifferentiated.....g	3.010		3		1		0.853	1.716	
18:3 undifferentiated.....g	0.130		3		1		0.037	0.074	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.034	
Threonine.....g	0.288		0		1		0.082	0.164	
Isoleucine.....g	0.284		0		1		0.081	0.162	
Leucine.....g	0.906		0		1		0.257	0.516	
Lysine.....g	0.241		0		1		0.068	0.137	
Methionine.....g	0.154		0		1		0.044	0.088	
Cystine.....g	0.134		0		1		0.038	0.076	
Phenylalanine.....g	0.378		0		1		0.107	0.215	
Tyrosine.....g	0.310		0		1		0.088	0.177	
Valine.....g	0.386		0		1		0.109	0.220	
Arginine.....g	0.402		0		1		0.114	0.229	
Histidine.....g	0.232		0		1		0.066	0.132	
Alanine.....g	0.548		0		1		0.155	0.312	
Aspartic acid.....g	0.570		0		1		0.162	0.325	
Glutamic acid.....g	1.445		0		1		0.410	0.824	
Glycine.....g	0.314		0		1		0.089	0.179	
Proline.....g	0.646		0		1		0.183	0.368	
Serine.....g	0.369		0		1		0.105	0.210	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 19007

Snacks, corn-based, extruded, onion-flavor

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 4.2

Food Group: 25 Snacks

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

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor (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	1.57	0.050	12	A	1		0.44	0.55	
Energy.....kcal	560		0	NR	4		159	196	
Energy.....kJ	2343		0	NR	4		664	820	
Protein (N x 6.3).....g	5.85	0.058	12	A	1		1.66	2.05	
Total lipid (fat).....g	36.01	0.286	12	A	1		10.21	12.60	
Ash.....g	3.04	0.096	12	A	1		0.86	1.06	
Carbohydrate, by difference.....g	53.53		0	NC	4		15.18	18.74	
Fiber, total dietary.....g	1.4		2	A	1		0.4	0.5	
Sugars, total.....g	3.19	0.189	6	A	1		0.90	1.12	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	3.19	0.189	6	A	1		0.90	1.12	
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	46.80		2	A	1		13.27	16.38	
Minerals:									
Calcium, Ca.....mg	56	1.872	12	A	1		16	19	
Iron, Fe.....mg	2.53	0.256	12	A	1		0.72	0.89	
Magnesium, Mg.....mg	17	0.530	12	A	1		5	6	
Phosphorus, P.....mg	133	3.859	12	A	1		38	47	
Potassium, K.....mg	182	4.439	12	A	1		52	64	
Sodium, Na.....mg	942	36.124	12	A	1		267	330	
Zinc, Zn.....mg	0.40	0.008	12	A	1		0.11	0.14	
Copper, Cu.....mg	0.032	0.001	12	A	1		0.009	0.011	
Manganese, Mn.....mg	0.058	0.002	12	A	1		0.017	0.020	
Selenium, Se.....µg	8.1		2	A	1		2.3	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.160	0.012	5	A	1		0.045	0.056	
Riboflavin.....mg	0.159	0.012	5	A	1		0.045	0.056	
Niacin.....mg	4.706	1.509	5	A	1		1.334	1.647	
Pantothenic acid.....mg	0.980	0.045	5	A	1		0.278	0.343	
Vitamin B-6.....mg	0.079	0.006	5	A	1		0.022	0.028	
Folate, total.....µg	57		0	FLA	4		16	20	
Folic acid.....µg	46		0	FLA	4		13	16	
Folate, food.....µg	11		0	FLA	4		3	4	
Folate, DFE.....µg	89		0	NC	4		25	31	
Choline, total.....mg	11.6		0	AS	1		3.3	4.1	
Betaine.....mg	0.5		2	A	1		0.2	0.2	
Vitamin B-12.....µg	0.48	0.015	4	A	1		0.14	0.17	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg	0		1	A	1		0	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	2		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol).....mg	4.18		0	FLA	4		1.18	1.46	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	FLA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.18		0	FLA	4		0.05	0.06	
Tocopherol, delta.....mg	0.01		0	FLA	4		0.00	0.00	
Tocotrienol, alpha.....mg	0.14		0	FLA	4		0.04	0.05	
Tocotrienol, beta.....mg	0.00		0	FLA	4		0.00	0.00	

Snacks, corn-based, extruded, puffs or twists, cheese-flavor (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.18		0	FLA	4		0.05	0.06	
Tocotrienol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLA	4		1	1	
Vitamin K (phylloquinone).....µg	1.3		1	A	1		0.4	0.5	
Dihydrophyloquinone.....µg	5.3		1	A	1		1.5	1.9	
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	5.360		0	NC	4		1.520	1.876	
4:0.....g	0.025	0.002	6	A	1		0.007	0.009	
6:0.....g	0.017	0.002	6	A	1		0.005	0.006	
8:0.....g	0.022	0.002	6	A	1		0.006	0.008	
10:0.....g	0.053	0.003	6	A	1		0.015	0.019	
12:0.....g	0.040	0.004	6	A	1		0.011	0.014	
13:0.....g	0.000		0	FLA	4		0.000	0.000	
14:0.....g	0.140	0.011	6	A	1		0.040	0.049	
15:0.....g	0.012	0.002	6	A	1		0.003	0.004	
16:0.....g	4.030	0.061	6	A	1		1.143	1.411	
17:0.....g	0.027	0.002	6	A	1		0.008	0.009	
18:0.....g	0.815	0.031	6	A	1		0.231	0.285	
20:0.....g	0.130	0.003	6	A	1		0.037	0.046	
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	
24:0.....g	0.050	0.000	6	A	1		0.014	0.018	
Fatty acids, total monounsaturated.....g	10.052		0	NC	4		2.850	3.518	
14:1.....g	0.010	0.000	6	A	1		0.003	0.003	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.059		0	AS	1		0.017	0.021	
16:1 c.....g	0.053	0.002	6	A	1		0.015	0.019	
16:1 t.....g	0.005	0.001	6	A	1		0.002	0.002	
17:1.....g	0.010	0.000	6	A	1		0.003	0.004	
18:1 undifferentiated.....g	9.802		0	AS	1		2.779	3.431	
18:1 c.....g	9.527	0.125	6	A	1		2.701	3.334	
18:1 t.....g	0.275	0.046	6	A	1		0.078	0.096	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.112	0.002	6	A	1		0.032	0.039	
22:1 undifferentiated.....g	0.005		0	AS	1		0.001	0.002	
22:1 c.....g	0.005	0.000	6	A	1		0.001	0.002	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	17.821		0	NC	4		5.052	6.237	
18:2 undifferentiated.....g	17.449		0	AS	1		4.947	6.107	
18:2 n-6 c,c.....g	17.143	0.287	6	A	1		4.860	6.000	
18:2 CLAs.....g	0.012	0.002	6	A	1		0.003	0.004	
18:2 t,t.....g	0.192	0.008	13	A	1		0.054	0.067	
18:2 i.....g									
18:2 t not further defined.....g	0.102	0.005	6	A	1		0.029	0.036	
18:3 undifferentiated.....g	0.321		0	AS	1		0.091	0.112	
18:3 n-3 c,c,c (ALA).....g	0.312	0.009	6	A	1		0.088	0.109	
18:3 n-6 c,c,c.....g	0.010	0.000	6	A	1		0.003	0.003	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.000	6	A	1		0.002	0.003	
20:3 undifferentiated.....g	0.042		0	AS	1		0.012	0.015	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.001	6	A	1		0.001	0.001	
20:4 undifferentiated.....g	0.001	0.001	6	A	1		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	
21:5.....g	0.000		0	FLA	4		0.000	0.000	
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor (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
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000		
Fatty acids, total trans.....g	0.574		0	NC	4		0.163	0.201		
Fatty acids, total trans-monoenoic.....g	0.280		0	NC	4		0.079	0.098		
Fatty acids, total trans-polyenoic.....g	0.294		0	NC	4		0.083	0.103		
Cholesterol.....mg	7		0	NR	4		2	2		
Phytosterols.....mg	276		0	FLA	4		78	97		
Amino Acids:										
Tryptophan.....g	0.072		0	FLA	4		0.021	0.025		
Threonine.....g	0.223		0	FLA	4		0.063	0.078		
Isoleucine.....g	0.369		0	FLA	4		0.105	0.129		
Leucine.....g	0.777		0	FLA	4		0.220	0.272		
Lysine.....g	0.424		0	FLA	4		0.120	0.148		
Methionine.....g	0.176		0	FLA	4		0.050	0.061		
Cystine.....g	0.076		0	FLA	4		0.021	0.026		
Phenylalanine.....g	0.366		0	FLA	4		0.104	0.128		
Tyrosine.....g	0.288		0	FLA	4		0.082	0.101		
Valine.....g	0.423		0	FLA	4		0.120	0.148		
Arginine.....g	0.256		0	FLA	4		0.073	0.090		
Histidine.....g	0.221		0	FLA	4		0.063	0.077		
Alanine.....g	0.315		0	FLA	4		0.089	0.110		
Aspartic acid.....g	0.453		0	FLA	4		0.129	0.159		
Glutamic acid.....g	1.619		0	FLA	4		0.459	0.567		
Glycine.....g	0.152		0	FLA	4		0.043	0.053		
Proline.....g	0.770		0	FLA	4		0.218	0.269		
Serine.....g	0.385		0	FLA	4		0.109	0.135		
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000		
Others:										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0		
Caffeine.....mg	0		0	FLA	4		0	0		
Theobromine.....mg	0		0	FLA	4		0	0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 package 1.25 oz

Footnotes:

1 Product made with oil that is not partially hydrogenated.

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 25 Snacks

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

Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	36.1		2	A	1		10.2	81.8	
Dihydrophyloquinone.....µg	5.3		1	A	1		1.5	12.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.512		0	NC	4		1.563	12.511	
4:0.....g	0.030		3		1		0.009	0.068	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.038		2	A	1		0.011	0.086	
12:0.....g	0.045		2	A	1		0.013	0.102	
13:0.....g									
14:0.....g	0.158		2	A	1		0.045	0.358	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	4.134		2	A	1		1.172	9.384	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.947		2	A	1		0.268	2.150	
20:0.....g	0.141		2	A	1		0.040	0.321	
22:0.....g	0.049		2	A	1		0.014	0.111	
24:0.....g									
Fatty acids, total monounsaturated.....g	10.437		0	NC	4		2.959	23.692	
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	0.056		2	A	1		0.016	0.126	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	9.693		2	A	1		2.748	22.004	
18:1 c.....g									
18:1 t.....g	0.608		2	A	1		0.172	1.380	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.080		2	A	1		0.023	0.182	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.649		0	NC	4		5.287	42.334	
18:2 undifferentiated.....g	18.151		2	A	1		5.146	41.202	
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 t,t.....g	0.198		2	A	1		0.056	0.450	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.300		0	AS	1		0.085	0.682	
18:3 n-3 c,c,c (ALA).....g	0.300		2	A	1		0.085	0.682	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.806		0	NC	4		0.229	1.831	
Fatty acids, total trans-monoenoic.....g	0.608		0	NC	4		0.172	1.380	
Fatty acids, total trans-polyenoic.....g	0.198		0	NC	4		0.056	0.450	
Cholesterol.....mg	4	0.172	63		1		1	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.213	

NDB No. 19802

Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

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			
Threonine.....g	0.391		0		1	0.111	0.888
Isoleucine.....g	0.366		0		1	0.104	0.831
Leucine.....g	0.783		0		1	0.222	1.777
Lysine.....g	0.456		0		1	0.129	1.035
Methionine.....g	0.151		0		1	0.043	0.343
Cystine.....g	0.138		0		1	0.039	0.313
Phenylalanine.....g	0.299		0		1	0.085	0.679
Tyrosine.....g	0.258		0		1	0.073	0.586
Valine.....g	0.404		0		1	0.115	0.917
Arginine.....g	0.283		0		1	0.080	0.642
Histidine.....g	0.181		0		1	0.051	0.411
Alanine.....g	0.424		0		1	0.120	0.962
Aspartic acid.....g	0.645		0		1	0.183	1.464
Glutamic acid.....g	1.387		0		1	0.393	3.148
Glycine.....g	0.217		0		1	0.062	0.493
Proline.....g	0.558		0		1	0.158	1.267
Serine.....g	0.367		0		1	0.104	0.833
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19401
Snacks, cornnuts, barbecue-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.60	0.138	4		1		0.45	0.91	
Energy.....kcal	436		0	NC	4		124	249	
Energy.....kJ	1824		0		4		517	1040	
Protein (N x 6.2).....g	9.00	0.199	4		1		2.55	5.13	
Total lipid (fat).....g	14.30	1.038	4		1		4.05	8.15	
Ash.....g	3.40	0.204	4		1		0.96	1.94	
Carbohydrate, by difference.....g	71.70		0	NC	4		20.33	40.87	
Fiber, total dietary.....g	8.4		0		1		2.4	4.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17	1.796	4		1		5	10	
Iron, Fe.....mg	1.70	0.019	4		1		0.48	0.97	
Magnesium, Mg.....mg	109	4.796	4		1		31	62	
Phosphorus, P.....mg	283	10.570	4		1		80	161	
Potassium, K.....mg	286	14.320	4		1		81	163	
Sodium, Na.....mg	600		0	LC	8		170	342	
Zinc, Zn.....mg	1.88	0.211	4		1		0.53	1.07	
Copper, Cu.....mg	0.136	0.005	4		1		0.039	0.078	
Manganese, Mn.....mg	0.487	0.029	4		1		0.138	0.278	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1		4		0.1	0.2	
Thiamin.....mg	0.350		1		4		0.099	0.200	
Riboflavin.....mg	0.142		1		4		0.040	0.081	
Niacin.....mg	1.507	0.042	4		1		0.427	0.859	
Pantothenic acid.....mg	0.374		1		4		0.106	0.213	
Vitamin B-6.....mg	0.187	0.011	4		1		0.053	0.107	
Folate, total.....µg	0	0.001	3		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0	0.001	3		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....µg	17		0	NC	4		5	10	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	338		1		4		96	193	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19401
Snacks, cornnuts, barbecue-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	2.580		0		1	0.731	1.471	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.030		1		1	0.009	0.017	
15:0.....g								
16:0.....g	1.600		1		1	0.454	0.912	
17:0.....g								
18:0.....g	0.950		1		1	0.269	0.542	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.360		0		1	2.087	4.195	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		1		1	0.003	0.006	
17:1.....g								
18:1 undifferentiated.....g	7.340		1		1	2.081	4.184	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.220		0		1	0.913	1.835	
18:2 undifferentiated.....g	3.170		1		1	0.899	1.807	
18:3 undifferentiated.....g	0.050		1		1	0.014	0.029	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4	0	0	
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19403
Snacks, crisped rice bar, almond

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.70		1		1		1.88		
Energy.....kcal	458		0	NC	4		128		
Energy.....kJ	1916		0		4		537		
Protein (N x 5.6).....g	7.00		1		1		1.96		
Total lipid (fat).....g	20.40		1		1		5.71		
Ash.....g	1.40		1		1		0.39		
Carbohydrate, by difference.....g	64.60		0	NC	4		18.09		
Fiber, total dietary.....g	3.6		0		1		1.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74		1		1		21		
Iron, Fe.....mg	6.35		1		1		1.78		
Magnesium, Mg.....mg	71		1		1		20		
Phosphorus, P.....mg	167		1		1		47		
Potassium, K.....mg	229		1		1		64		
Sodium, Na.....mg	234		1		1		66		
Zinc, Zn.....mg	5.29		1		1		1.48		
Copper, Cu.....mg	0.247		1		1		0.069		
Manganese, Mn.....mg	1.601		1		4		0.448		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.5		1		4		3.2		
Thiamin.....mg	1.323		1		1		0.370		
Riboflavin.....mg	1.499		1		1		0.420		
Niacin.....mg	17.635		1		1		4.938		
Pantothenic acid.....mg	0.556		1		4		0.156		
Vitamin B-6.....mg	1.764		1		1		0.494		
Folate, total.....µg	0		1		1		0		
Folic acid.....µg									
Folate, food.....µg	0		1		1		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2645		1		1		741		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.770		0		1				

NDB No. 19403
Snacks, crisped rice bar, almond

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	3.770				1		1.056
4:0.....g							
6:0.....g	0.000		1		1		0.000
8:0.....g	0.030		1		1		0.008
10:0.....g	0.020		1		1		0.006
12:0.....g	0.200		1		1		0.056
13:0.....g							
14:0.....g	0.120		1		1		0.034
15:0.....g							
16:0.....g	2.600		1		1		0.728
17:0.....g							
18:0.....g	0.780		1		1		0.218
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.500		0		1		2.100
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.020		1		1		0.006
17:1.....g							
18:1 undifferentiated.....g	7.360		1		1		2.061
20:1.....g	0.110		1		1		0.031
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	7.730		0		1		2.164
18:2 undifferentiated.....g	7.380		1		1		2.066
18:3 undifferentiated.....g	0.310		1		1		0.087
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.030		1		1		0.008
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.100		0		1		0.028
Threonine.....g	0.231		0		1		0.065
Isoleucine.....g	0.274		0		1		0.077
Leucine.....g	0.508		0		1		0.142
Lysine.....g	0.246		0		1		0.069
Methionine.....g	0.111		0		1		0.031
Cystine.....g	0.136		0		1		0.038
Phenylalanine.....g	0.353		0		1		0.099
Tyrosine.....g	0.248		0		1		0.069
Valine.....g	0.358		0		1		0.100
Arginine.....g	0.622		0		1		0.174
Histidine.....g	0.166		0		1		0.046
Alanine.....g	0.333		0		1		0.093
Aspartic acid.....g	0.645		0		1		0.181
Glutamic acid.....g	1.574		0		1		0.441
Glycine.....g	0.345		0		1		0.097
Proline.....g	0.373		0		1		0.104
Serine.....g	0.302		0		1		0.085
Hydroxyproline.....g							

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

NDB No. 19403

Snacks, crisped rice bar, almond

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19010

Snacks, crisped rice bar, chocolate chip

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.00		1		1		1.96		
Energy.....kcal	404		0		4		113		
Energy.....kJ	1690				4		473		
Protein (N x 5.8).....g	5.10		2		1		1.43		
Total lipid (fat).....g	13.50		2		1		3.78		
Ash.....g	1.30		1		1		0.36		
Carbohydrate, by difference.....g	73.00		0	NC	4		20.44		
Fiber, total dietary.....g	2.2		0		1		0.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		2		1		6		
Iron, Fe.....mg	6.30		2		1		1.76		
Magnesium, Mg.....mg	48		2		1		13		
Phosphorus, P.....mg	134		2		1		38		
Potassium, K.....mg	168		2		1		47		
Sodium, Na.....mg	278		1		1		78		
Zinc, Zn.....mg	0.86		1		1		0.24		
Copper, Cu.....mg	0.310		2		1		0.087		
Manganese, Mn.....mg	0.999		1		4		0.280		
Selenium, Se.....µg	9.7		0	FLM	4		2.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.530		2		1		0.148		
Riboflavin.....mg	0.600		2		1		0.168		
Niacin.....mg	7.050		2		1		1.974		
Pantothenic acid.....mg	0.000		1		4		0.000		
Vitamin B-6.....mg	0.705		2		1		0.197		
Folate, total.....µg	140		1		1		39		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	140		1		1		39		
Folate, DFE.....µg	140		0	NC	4		39		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1764		2		1		494		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	5.240		0		1		1.467
4:0.....g							
6:0.....g	0.010		2		1		0.003
8:0.....g	0.080		2		1		0.022
10:0.....g	0.060		2		1		0.017
12:0.....g	0.460		2		1		0.129
13:0.....g							
14:0.....g	0.200		2		1		0.056
15:0.....g							
16:0.....g	2.460		2		1		0.689
17:0.....g							
18:0.....g	1.980		2		1		0.554
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.990		0		1		1.117
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.030		2		1		0.008
17:1.....g							
18:1 undifferentiated.....g	3.970		2		1		1.112
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.650		0		1		1.022
18:2 undifferentiated.....g	3.450		2		1		0.966
18:3 undifferentiated.....g	0.200		2		1		0.056
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.075		0		1		0.021
Threonine.....g	0.164		0		1		0.046
Isoleucine.....g	0.200		0		1		0.056
Leucine.....g	0.390		0		1		0.109
Lysine.....g	0.201		0		1		0.056
Methionine.....g	0.102		0		1		0.029
Cystine.....g	0.121		0		1		0.034
Phenylalanine.....g	0.260		0		1		0.073
Tyrosine.....g	0.198		0		1		0.055
Valine.....g	0.287		0		1		0.080
Arginine.....g	0.389		0		1		0.109
Histidine.....g	0.116		0		1		0.032
Alanine.....g	0.263		0		1		0.074
Aspartic acid.....g	0.459		0		1		0.129
Glutamic acid.....g	0.979		0		1		0.274
Glycine.....g	0.244		0		1		0.068
Proline.....g	0.253		0		1		0.071
Serine.....g	0.253		0		1		0.071
Hydroxyproline.....g							

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

NDB No. 19010

Snacks, crisped rice bar, chocolate chip

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.6

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19274

Snacks, fruit leather, pieces, with vitamin C

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.20		0	BFZN	4		2.14	1.45	
Energy.....kcal	373		0	BFZN	4		78	53	
Energy.....kJ	1561		0		4		328	222	
Protein.....g	0.10		0	BFZN	4		0.02	0.01	
Total lipid (fat).....g	3.50		0	BFZN	4		0.74	0.50	
Ash.....g	1.00		0	BFZN	4		0.21	0.14	
Carbohydrate, by difference.....g	85.20		0	BFZN	4		17.89	12.10	
Fiber, total dietary.....g	3.5		0	BFZN	4		0.7	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0	BFZN	4		4	3	
Iron, Fe.....mg	0.75		0	BFZN	4		0.16	0.11	
Magnesium, Mg.....mg	14		0	BFZN	4		3	2	
Phosphorus, P.....mg	24		0	BFZN	4		5	3	
Potassium, K.....mg	164		0	BFZN	4		34	23	
Sodium, Na.....mg	317		0	BFZN	4		67	45	
Zinc, Zn.....mg	0.19		0	BFZN	4		0.04	0.03	
Copper, Cu.....mg	0.171		0	BFZN	4		0.036	0.024	
Manganese, Mn.....mg									
Selenium, Se.....µg	3.2		0	BFZN	4		0.7	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	120.0		0	BFZN	4		25.2	17.0	
Thiamin.....mg	0.043		0	BFZN	4		0.009	0.006	
Riboflavin.....mg	0.100		0	BFZN	4		0.021	0.014	
Niacin.....mg	0.100		0	BFZN	4		0.021	0.014	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.300		0	BFZN	4		0.063	0.043	
Folate, total.....µg	14		0	BFZN	4		3	2	
Folic acid.....µg									
Folate, food.....µg	14		0	BFZN	4		3	2	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	116		0	BFZN	4		24	16	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.990		0	BFZN	4				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.990			BFZN	4		0.208	0.141	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.002		0	BFZN	4		0.000	0.000	
10:0.....g	0.002		0	BFZN	4		0.000	0.000	
12:0.....g	0.008		0	BFZN	4		0.002	0.001	
13:0.....g									
14:0.....g	0.023		0	BFZN	4		0.005	0.003	
15:0.....g									
16:0.....g	0.614		0	BFZN	4		0.129	0.087	
17:0.....g									
18:0.....g	0.330		0	BFZN	4		0.069	0.047	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.724		0	BFZN	4		0.362	0.245	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	BFZN	4		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.703		0	BFZN	4		0.358	0.242	
20:1.....g	0.006		0	BFZN	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0	BFZN	4		0.020	0.013	
18:2 undifferentiated.....g	0.080		0	BFZN	4		0.017	0.011	
18:3 undifferentiated.....g	0.011		0	BFZN	4		0.002	0.002	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 21g: 1 serving

Measure 2 = 14.2g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 25053

Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut

Refuse: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	3.70		0	FLC	4		1.30		
Energy.....kcal	487		1	NC	4		170		
Energy.....kJ	2037		0	NC	4		713		
Protein (N x 6.25).....g	9.14		1	NC	4		3.20		
Total lipid (fat).....g	22.86		1	NC	4		8.00		
Ash.....g	2.76		0	FLC	4		0.96		
Carbohydrate, by difference.....g	61.14		1	NC	4		21.40		
Fiber, total dietary.....g	2.9		1	NC	4		1.0		
Sugars, total.....g	33.14		1	NC	4		11.60		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		1	NC	4		20		
Iron, Fe.....mg	1.44		1	NC	4		0.50		
Magnesium, Mg.....mg	102		0	FLC	4		36		
Phosphorus, P.....mg	272		0	FLC	4		95		
Potassium, K.....mg	390		0	FLC	4		137		
Sodium, Na.....mg	414		1	FLC	4		145		
Zinc, Zn.....mg	1.77		0	FLC	4		0.62		
Copper, Cu.....mg	0.339		0	FLC	4		0.119		
Manganese, Mn.....mg	1.157		0	FLC	4		0.405		
Selenium, Se.....µg	10.0		0	FLC	4		3.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.1		
Thiamin.....mg	0.357		0	FLC	4		0.125		
Riboflavin.....mg	0.528		0	FLC	4		0.185		
Niacin.....mg	3.413		0	FLC	4		1.194		
Pantothenic acid.....mg	0.644		0	FLC	4		0.225		
Vitamin B-6.....mg	0.320		0	FLC	4		0.112		
Folate, total.....µg	55		0	FLC	4		19		
Folic acid.....µg	33		0	FLC	4		12		
Folate, food.....µg	21		0	FLC	4		7		
Folate, DFE.....µg	78		0	NC	4		27		
Choline, total.....mg	49.1		0	FLC	4		17.2		
Betaine.....mg	2.8		0	FLC	4		1.0		
Vitamin B-12.....µg	0.25		0	FLC	4		0.09		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	142		0	FLC	4		50		
Retinol.....µg	142		0	FLC	4		50		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	473		0	FLC	4		165		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	9		0	FLC	4		3		
Vitamin E (alpha-tocopherol).....mg	6.89		0	FLC	4		2.41		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.10		0	FLC	4		0.04		
Tocopherol, gamma.....mg	1.94		0	FLC	4		0.68		
Tocopherol, delta.....mg	0.09		0	FLC	4		0.03		
Tocotrienol, alpha.....mg	0.17		0	FLC	4		0.06		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	11.7		0	FLC	4		4.1		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg	0.0		0	FLC	4	0.0	
Menquinone-4.....µg	0.0		0	FLC	4	0.0	
Lipids:							
Fatty acids, total saturated.....g	6.857		1	NC	4	2.400	
4:0.....g	0.006		0	FLC	4	0.002	
6:0.....g	0.002		0	FLC	4	0.001	
8:0.....g	0.001		0	FLC	4	0.000	
10:0.....g	0.003		0	FLC	4	0.001	
12:0.....g	0.002		0	FLC	4	0.001	
13:0.....g	0.000		0	FLC	4	0.000	
14:0.....g	0.037		0	FLC	4	0.013	
15:0.....g	0.001		0	FLC	4	0.000	
16:0.....g	5.238		0	FLC	4	1.833	
17:0.....g	0.009		0	FLC	4	0.003	
18:0.....g	1.299		0	FLC	4	0.455	
20:0.....g	0.128		0	FLC	4	0.045	
22:0.....g	0.066		0	FLC	4	0.023	
24:0.....g	0.000		0	FLC	4	0.000	
Fatty acids, total monounsaturated.....g	9.083		0	FLC	4	3.179	
14:1.....g	0.000		0	FLC	4	0.000	
15:1.....g	0.000		0	FLC	4	0.000	
16:1 undifferentiated.....g	0.068		0	FLC	4	0.024	
17:1.....g	0.010		0	FLC	4	0.004	
18:1 undifferentiated.....g	8.939		0	FLC	4	3.129	
20:1.....g	0.066		0	FLC	4	0.023	
22:1 undifferentiated.....g	0.000		0	FLC	4	0.000	
24:1 c.....g	0.000		0	FLC	4	0.000	
Fatty acids, total polyunsaturated.....g	5.141		0	FLC	4	1.799	
18:2 undifferentiated.....g	4.552		0	FLC	4	1.593	
18:3 undifferentiated.....g	0.589		0	FLC	4	0.206	
18:4.....g	0.000		0	FLC	4	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4	0.000	
21:5.....g	0.000		0	FLC	4	0.000	
22:4.....g	0.000		0	FLC	4	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000	
Fatty acids, total trans.....g	0.000		1	FLC	4	0.000	
Cholesterol.....mg	0		1	FLC	4	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.106		0	FLC	4	0.037	
Threonine.....g	0.312		0	FLC	4	0.109	
Isoleucine.....g	0.358		0	FLC	4	0.125	
Leucine.....g	0.698		0	FLC	4	0.244	
Lysine.....g	0.397		0	FLC	4	0.139	
Methionine.....g	0.131		0	FLC	4	0.046	
Cystine.....g	0.158		0	FLC	4	0.055	
Phenylalanine.....g	0.471		0	FLC	4	0.165	
Tyrosine.....g	0.277		0	FLC	4	0.097	
Valine.....g	0.429		0	FLC	4	0.150	
Arginine.....g	0.784		0	FLC	4	0.274	
Histidine.....g	0.239		0	FLC	4	0.084	
Alanine.....g	0.404		0	FLC	4	0.141	
Aspartic acid.....g	0.977		0	FLC	4	0.342	
Glutamic acid.....g	2.122		0	FLC	4	0.743	
Glycine.....g	0.488		0	FLC	4	0.171	
Proline.....g	0.525		0	FLC	4	0.184	
Serine.....g	0.447		0	FLC	4	0.156	
Hydroxyproline.....g							

NDB No. 25053

Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut

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

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

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25055

Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.30		0	FLC	4		3.25		
Energy.....kcal	415		0	NC	4		145		
Energy.....kJ	1735		0	NC	4		607		
Protein (N x 6.25).....g	5.71		1	NC	4		2.00		
Total lipid (fat).....g	11.43		1	LC	8		4.00		
Ash.....g	1.29		0	FLC	4		0.45		
Carbohydrate, by difference.....g	72.27		0	NC	4		25.29		
Fiber, total dietary.....g	3.8		0	FLC	4		1.3		
Sugars, total.....g	42.86		1	LC	8		15.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	116		0	FLC	4		41		
Iron, Fe.....mg	8.71		0	FLC	4		3.05		
Magnesium, Mg.....mg	63		0	FLC	4		22		
Phosphorus, P.....mg	168		0	FLC	4		59		
Potassium, K.....mg	189		0	FLC	4		66		
Sodium, Na.....mg	185		0	LC	8		65		
Zinc, Zn.....mg	1.35		0	FLC	4		0.47		
Copper, Cu.....mg	0.226		0	FLC	4		0.079		
Manganese, Mn.....mg	1.057		0	FLC	4		0.370		
Selenium, Se.....µg	10.5		0	FLC	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLC	4		0.0		
Thiamin.....mg	0.640		0	FLC	4		0.224		
Riboflavin.....mg	0.391		0	FLC	4		0.137		
Niacin.....mg	5.443		0	FLC	4		1.905		
Pantothenic acid.....mg	0.422		0	FLC	4		0.148		
Vitamin B-6.....mg	0.520		0	FLC	4		0.182		
Folate, total.....µg	92		0	FLC	4		32		
Folic acid.....µg	72		0	FLC	4		25		
Folate, food.....µg	21		0	FLC	4		7		
Folate, DFE.....µg	142		0	NC	4		50		
Choline, total.....mg	28.6		0	FLC	4		10.0		
Betaine.....mg	1.0		0	FLC	4		0.4		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	302		0	NC	4		106		
Retinol.....µg	302		0	FLC	4		106		
Carotene, beta.....µg	1		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	1007		0	FLC	4		352		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	2.66		0	FLC	4		0.93		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.05		0	FLC	4		0.02		
Tocopherol, gamma.....mg	0.81		0	FLC	4		0.28		
Tocopherol, delta.....mg	0.04		0	FLC	4		0.01		
Tocotrienol, alpha.....mg	0.34		0	FLC	4		0.12		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	7.5		0	FLC	4		2.6		

NDB No. 25055

Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg	0.0		0	FLC	4	0.0	
Menquinone-4.....µg	0.0		0	FLC	4	0.0	
Lipids:							
Fatty acids, total saturated.....g	1.435		0	NC	4	0.502	
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	0.010		0	FLC	4	0.004	
15:0.....g	0.001		0	FLC	4	0.000	
16:0.....g	1.117		0	FLC	4	0.391	
17:0.....g	0.002		0	FLC	4	0.001	
18:0.....g	0.260		0	FLC	4	0.091	
20:0.....g	0.024		0	FLC	4	0.008	
22:0.....g	0.020		0	FLC	4	0.007	
24:0.....g	0.002		0	FLC	4	0.001	
Fatty acids, total monounsaturated.....g	4.585		0	NC	4	1.605	
14:1.....g	0.000		0	FLC	4	0.000	
15:1.....g	0.000		0	FLC	4	0.000	
16:1 undifferentiated.....g	0.028		0	FLC	4	0.010	
17:1.....g	0.002		0	FLC	4	0.001	
18:1 undifferentiated.....g	4.486		0	FLC	4	1.570	
20:1.....g	0.068		0	FLC	4	0.024	
22:1 undifferentiated.....g	0.001		0	FLC	4	0.000	
24:1 c.....g	0.000		0	FLC	4	0.000	
Fatty acids, total polyunsaturated.....g	4.028		0	NC	4	1.410	
18:2 undifferentiated.....g	3.619		0	FLC	4	1.267	
18:3 undifferentiated.....g	0.408		0	FLC	4	0.143	
18:4.....g	0.000		0	FLC	4	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4	0.000	
21:5.....g	0.000		0	FLC	4	0.000	
22:4.....g	0.000		0	FLC	4	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000	
Fatty acids, total trans.....g	0.000		1	LC	8	0.000	
Cholesterol.....mg	0		1	LC	8	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.074		0	FLC	4	0.026	
Threonine.....g	0.171		0	FLC	4	0.060	
Isoleucine.....g	0.218		0	FLC	4	0.076	
Leucine.....g	0.409		0	FLC	4	0.143	
Lysine.....g	0.259		0	FLC	4	0.091	
Methionine.....g	0.089		0	FLC	4	0.031	
Cystine.....g	0.151		0	FLC	4	0.053	
Phenylalanine.....g	0.289		0	FLC	4	0.101	
Tyrosine.....g	0.171		0	FLC	4	0.060	
Valine.....g	0.292		0	FLC	4	0.102	
Arginine.....g	0.456		0	FLC	4	0.160	
Histidine.....g	0.132		0	FLC	4	0.046	
Alanine.....g	0.248		0	FLC	4	0.087	
Aspartic acid.....g	0.565		0	FLC	4	0.198	
Glutamic acid.....g	1.263		0	FLC	4	0.442	
Glycine.....g	0.302		0	FLC	4	0.106	
Proline.....g	0.207		0	FLC	4	0.072	
Serine.....g	0.271		0	FLC	4	0.095	
Hydroxyproline.....g							

NDB No. 25055

Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX

Nutrients and Units	<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				
			Points	Code	Code				
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25054

Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.18		0	FLC	4		2.51		
Energy.....kcal	423		0	FLC	4		148		
Energy.....kJ	1768		0	FLC	4		619		
Protein.....g	5.71		0	LC	8		2.00		
Total lipid (fat).....g	11.43		0	LC	8		4.00		
Ash.....g	1.43		0	FLC	4		0.50		
Carbohydrate, by difference.....g	74.29		0	LC	8		26.00		
Fiber, total dietary.....g	4.4		0	FLC	4		1.5		
Sugars, total.....g	40.00		0	FLC	4		14.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	286		0	LC	8		100		
Iron, Fe.....mg	1.03		0	LC	8		0.36		
Magnesium, Mg.....mg	62		0	FLC	4		22		
Phosphorus, P.....mg	191		0	FLC	4		67		
Potassium, K.....mg	168		0	FLC	4		59		
Sodium, Na.....mg	271		0	LC	8		95		
Zinc, Zn.....mg	1.58		0	FLC	4		0.55		
Copper, Cu.....mg	0.173		0	FLC	4		0.061		
Manganese, Mn.....mg	1.297		0	FLC	4		0.454		
Selenium, Se.....µg	12.3		0	FLC	4		4.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.905		0	FLC	4		0.317		
Riboflavin.....mg	0.542		0	FLC	4		0.190		
Niacin.....mg	7.302		0	FLC	4		2.556		
Pantothenic acid.....mg	0.499		0	FLC	4		0.175		
Vitamin B-6.....mg	0.708		0	FLC	4		0.248		
Folate, total.....µg	126		0	FLC	4		44		
Folic acid.....µg	112		0	FLC	4		39		
Folate, food.....µg	14		0	FLC	4		5		
Folate, DFE.....µg	205		0	NC	4		72		
Choline, total.....mg	19.6		0	FLC	4		6.8		
Betaine.....mg	0.0		0	FLC	4		0.0		
Vitamin B-12.....µg	0.01		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	475		0	NC	4		166		
Retinol.....µg	475		0	FLC	4		166		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	1582		0	NC	4		554		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	1.70		0	FLC	4		0.60		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.02		0	FLC	4		0.01		
Tocopherol, gamma.....mg	2.41		0	FLC	4		0.84		
Tocopherol, delta.....mg	0.10		0	FLC	4		0.04		
Tocotrienol, alpha.....mg	0.54		0	FLC	4		0.19		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	6.9		0	FLC	4		2.4		

NDB No. 25054

Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menaquinone-4.....µg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.372		0	FLC	4		0.480		
4:0.....g	0.004		0	FLC	4		0.001		
6:0.....g	0.002		0	FLC	4		0.001		
8:0.....g	0.001		0	FLC	4		0.000		
10:0.....g	0.003		0	FLC	4		0.001		
12:0.....g	0.003		0	FLC	4		0.001		
13:0.....g									
14:0.....g	0.020		0	FLC	4		0.007		
15:0.....g	0.001		0	FLC	4		0.000		
16:0.....g	1.004		0	FLC	4		0.351		
17:0.....g	0.002		0	FLC	4		0.001		
18:0.....g	0.241		0	FLC	4		0.084		
20:0.....g	0.060		0	FLC	4		0.021		
22:0.....g	0.032		0	FLC	4		0.011		
24:0.....g									
Fatty acids, total monounsaturated.....g	6.372		0	FLC	4		2.230		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.027		0	FLC	4		0.009		
17:1.....g	0.001		0	FLC	4		0.000		
18:1 undifferentiated.....g	6.212		0	FLC	4		2.174		
20:1.....g	0.132		0	FLC	4		0.046		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.476		0	FLC	4		1.217		
18:2 undifferentiated.....g	2.661		0	FLC	4		0.931		
18:3 undifferentiated.....g	0.815		0	FLC	4		0.285		
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	0.037		0	FLC	4		0.013		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Stigmasterol.....mg	0		0	FLC	4		0		
Campesterol.....mg									
Beta-sitosterol.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.164		0	FLC	4		0.058		
Isoleucine.....g	0.223		0	FLC	4		0.078		
Leucine.....g	0.430		0	FLC	4		0.151		
Lysine.....g	0.303		0	FLC	4		0.106		
Methionine.....g	0.097		0	FLC	4		0.034		
Cystine.....g	0.192		0	FLC	4		0.067		
Phenylalanine.....g	0.294		0	FLC	4		0.103		
Tyrosine.....g	0.171		0	FLC	4		0.060		
Valine.....g	0.316		0	FLC	4		0.110		
Arginine.....g	0.373		0	FLC	4		0.130		
Histidine.....g	0.128		0	FLC	4		0.045		
Alanine.....g	0.247		0	FLC	4		0.086		
Aspartic acid.....g	0.520		0	FLC	4		0.182		
Glutamic acid.....g	1.218		0	FLC	4		0.426		
Glycine.....g	0.279		0	FLC	4		0.098		
Proline.....g	0.179		0	FLC	4		0.062		

NDB No. 25054

Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating

Nutrients and Units	<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					
Serine.....g	0.281		0	FLC	4		0.098		
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 = 35g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25032

Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.23		0	FLC	4		7.20		
Energy.....kcal	390		0	NC	4		304		
Energy.....kJ	1630		0	NC	4		1271		
Protein.....g	16.67		1	LC	8		13.00		
Total lipid (fat).....g	7.69		1	LC	8		6.00		
Ash.....g	2.99		0	FLC	4		2.33		
Carbohydrate, by difference.....g	63.42		0	NC	4		49.47		
Fiber, total dietary.....g	7.7		1	LC	8		6.0		
Sugars, total.....g	42.31		1	LC	8		33.00		
Starch.....g	0.01		0	FLC	4		0.01		
Minerals:									
Calcium, Ca.....mg	103		1	LC	8		80		
Iron, Fe.....mg	1.62		1	LC	8		1.26		
Magnesium, Mg.....mg	321		1	LC	8		250		
Phosphorus, P.....mg	255		0	FLC	4		199		
Potassium, K.....mg	429		0	FLC	4		335		
Sodium, Na.....mg	321		1	LC	8		250		
Zinc, Zn.....mg	1.40		0	FLC	4		1.09		
Copper, Cu.....mg	0.382		0	FLC	4		0.298		
Manganese, Mn.....mg	0.562		0	FLC	4		0.438		
Selenium, Se.....µg	11.3		0	FLC	4		8.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	LC	8		0.3		
Thiamin.....mg	0.135		0	FLC	4		0.105		
Riboflavin.....mg	0.151		0	FLC	4		0.118		
Niacin.....mg	0.680		0	FLC	4		0.531		
Pantothenic acid.....mg	0.503		0	FLC	4		0.392		
Vitamin B-6.....mg	0.095		0	FLC	4		0.074		
Folate, total.....µg	39		0	FLC	4		30		
Folic acid.....µg	1		0	FLC	4		0		
Folate, food.....µg	38		0	FLC	4		30		
Folate, DFE.....µg	39		0	NC	4		31		
Choline, total.....mg	48.4		0	FLC	4		37.8		
Betaine.....mg									
Vitamin B-12.....µg	0.16		0	FLC	4		0.13		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	17		0	NC	4		13		
Retinol.....µg	16		0	FLC	4		13		
Carotene, beta.....µg	5		0	FLC	4		4		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	1		0	FLC	4		1		
Vitamin A, IU.....IU	63		0	NC	4		49		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	43		0	FLC	4		33		
Vitamin E (alpha-tocopherol).....mg	0.81		0	FLC	4		0.63		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.2		0	AS	1		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.2		0	FLC	4		0.1		
Vitamin D.....IU	7		0	O	4		6		
Vitamin K (phylloquinone).....µg	3.6		0	FLC	4		2.8		

NDB No. 25032

Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.227		0	NC	4		2.517		
4:0.....g	0.072		0	FLC	4		0.056		
6:0.....g	0.044		0	FLC	4		0.034		
8:0.....g	0.094		0	FLC	4		0.073		
10:0.....g	0.133		0	FLC	4		0.104		
12:0.....g	1.005		0	FLC	4		0.784		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.512		0	FLC	4		0.399		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.960		0	FLC	4		0.749		
17:0.....g	0.010		0	FLC	4		0.008		
18:0.....g	0.395		0	FLC	4		0.308		
20:0.....g	0.002		0	FLC	4		0.002		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.558		0	NC	4		1.995		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLC	4		0.037		
17:1.....g									
18:1 undifferentiated.....g	2.471		0	FLC	4		1.928		
20:1.....g	0.030		0	FLC	4		0.024		
22:1 undifferentiated.....g	0.010		0	FLC	4		0.008		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.228		0	NC	4		0.958		
18:2 undifferentiated.....g	1.033		0	FLC	4		0.805		
18:3 undifferentiated.....g	0.195		0	FLC	4		0.152		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	6		0	FLC	4		4		
Phytosterols.....mg	5		0	FLC	4		4		
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	3		0	FLC	4		3		
Theobromine.....mg	31		0	FLC	4		24		

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

Common Measures:

Measure 1 = 78g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25034

Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.43		0	FLC	4		4.43		
Energy.....kcal	393		0	NC	4		185		
Energy.....kJ	1644		0	NC	4		773		
Protein.....g	17.88		1	LC	8		8.40		
Total lipid (fat).....g	9.23		1	LC	8		4.34		
Ash.....g	3.89		0	FLC	4		1.83		
Carbohydrate, by difference.....g	59.58		0	NC	4		28.00		
Fiber, total dietary.....g	5.9		1	LC	8		2.8		
Sugars, total.....g	27.30		0	FLC	4		12.83		
Starch.....g	6.64		0	FLC	4		3.12		
Minerals:									
Calcium, Ca.....mg	434		0	FLC	4		204		
Iron, Fe.....mg	5.20		0	FLC	4		2.45		
Magnesium, Mg.....mg	86		1	LC	8		40		
Phosphorus, P.....mg	263		0	FLC	4		124		
Potassium, K.....mg	300		0	FLC	4		141		
Sodium, Na.....mg	486		1	LC	8		229		
Zinc, Zn.....mg	4.83		1	LC	8		2.27		
Copper, Cu.....mg	0.790		0	FLC	4		0.371		
Manganese, Mn.....mg	1.108		0	FLC	4		0.521		
Selenium, Se.....µg	6.1		0	FLC	4		2.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	19.3		1	LC	8		9.1		
Thiamin.....mg	0.259		0	FLC	4		0.122		
Riboflavin.....mg	0.179		0	FLC	4		0.084		
Niacin.....mg	1.888		0	FLC	4		0.887		
Pantothenic acid.....mg	0.316		0	FLC	4		0.148		
Vitamin B-6.....mg	1.073		1	LC	8		0.504		
Folate, total.....µg	215		1	LC	8		101		
Folic acid.....µg	70		0	FLC	4		33		
Folate, food.....µg	144		0	FLC	4		68		
Folate, DFE.....µg	264		0	NC	4		124		
Choline, total.....mg	43.8		0	FLC	4		20.6		
Betaine.....mg									
Vitamin B-12.....µg	3.22		1	LC	8		1.51		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	50		0	NC	4		24		
Retinol.....µg	50		0	FLC	4		23		
Carotene, beta.....µg	7		0	FLC	4		3		
Carotene, alpha.....µg	3		0	FLC	4		1		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	179		0	FLC	4		84		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	64		0	FLC	4		30		
Vitamin E (alpha-tocopherol).....mg	10.27		1	LC	8		4.83		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	1.7		0	FLC	4		0.8		

NDB No. 25034

Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.687		0	FLC	4		2.203		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.010		0	FLC	4		0.005		
8:0.....g	0.164		0	FLC	4		0.077		
10:0.....g	0.180		0	FLC	4		0.085		
12:0.....g	2.242		0	FLC	4		1.054		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.788		0	FLC	4		0.370		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.895		0	FLC	4		0.421		
17:0.....g	0.001		0	FLC	4		0.000		
18:0.....g	0.406		0	FLC	4		0.191		
20:0.....g	0.001		0	FLC	4		0.001		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.498		0	FLC	4		1.174		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.014		0	FLC	4		0.007		
17:1.....g	0.001		0	FLC	4		0.001		
18:1 undifferentiated.....g	2.480		0	FLC	4		1.165		
20:1.....g	0.003		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.268		0	FLC	4		0.596		
18:2 undifferentiated.....g	1.222		0	FLC	4		0.574		
18:3 undifferentiated.....g	0.045		0	FLC	4		0.021		
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	0.001		0	FLC	4		0.001		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	11		0	FLC	4		5		
Theobromine.....mg	106		0	FLC	4		50		

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

Common Measures:

Measure 1 = 47g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25033

Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25041

Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.436		0	NC	4		0.574	0.287	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.010		0	FLC	4		0.004	0.002	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	1.021		0	FLC	4		0.408	0.204	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.294		0	FLC	4		0.118	0.059	
20:0.....g	0.074		0	FLC	4		0.030	0.015	
22:0.....g	0.037		0	FLC	4		0.015	0.007	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.932		0	NC	4		3.173	1.586	
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	0.037		0	FLC	4		0.015	0.007	
17:1.....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	7.745		0	FLC	4		3.098	1.549	
20:1.....g	0.150		0	FLC	4		0.060	0.030	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.006		0	NC	4		2.002	1.001	
18:2 undifferentiated.....g	3.764		0	FLC	4		1.506	0.753	
18:3 undifferentiated.....g	1.241		0	FLC	4		0.497	0.248	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	LC	8		0	0	
Phytosterols.....mg									
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 = 40g: 2 bar

Measure 2 = 20g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25056

Snacks, granola bar, QUAKER, DIPPS, all flavors

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.56		0	FLC	4		1.72		
Energy.....kcal	480		0	NC	4		149		
Energy.....kJ	2007		0	NC	4		622		
Protein.....g	7.52		0	LC	8		2.33		
Total lipid (fat).....g	20.42		0	LC	8		6.33		
Ash.....g	1.55		0	FLC	4		0.48		
Carbohydrate, by difference.....g	64.96		0	NC	4		20.14		
Fiber, total dietary.....g	3.2		0	LC	8		1.0		
Sugars, total.....g	37.61		0	LC	8		11.66		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		0	LC	8		20		
Iron, Fe.....mg	1.16		0	LC	8		0.36		
Magnesium, Mg.....mg	55		0	FLC	4		17		
Phosphorus, P.....mg	162		0	FLC	4		50		
Potassium, K.....mg	231		0	FLC	4		72		
Sodium, Na.....mg	269		0	LC	8		83		
Zinc, Zn.....mg	1.20		0	FLC	4		0.37		
Copper, Cu.....mg	0.217		0	FLC	4		0.067		
Manganese, Mn.....mg	1.138		0	FLC	4		0.353		
Selenium, Se.....µg	14.6		0	FLC	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.1		
Thiamin.....mg	0.132		0	FLC	4		0.041		
Riboflavin.....mg	0.097		0	FLC	4		0.030		
Niacin.....mg	1.007		0	FLC	4		0.312		
Pantothenic acid.....mg	0.393		0	FLC	4		0.122		
Vitamin B-6.....mg	0.115		0	FLC	4		0.036		
Folate, total.....µg	12		0	FLC	4		4		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	12		0	FLC	4		4		
Folate, DFE.....µg	12		0	NC	4		4		
Choline, total.....mg	20.2		0	FLC	4		6.2		
Betaine.....mg	8.4		0	FLC	4		2.6		
Vitamin B-12.....µg	0.06		0	FLC	4		0.02		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	4		0	NC	4		1		
Retinol.....µg	4		0	FLC	4		1		
Carotene, beta.....µg	1		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	15		0	NC	4		5		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	43		0	FLC	4		13		
Vitamin E (alpha-tocopherol).....mg	4.19		0	FLC	4		1.30		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.03		0	FLC	4		0.01		
Tocopherol, gamma.....mg	0.62		0	FLC	4		0.19		
Tocopherol, delta.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.16		0	FLC	4		0.05		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	FLC	4		0.0		
Vitamin D.....IU	3		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	2.0		0	FLC	4		0.6		

NDB No. 25056

Snacks, granola bar, QUAKER, DIPPS, all flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menquinone-4.....µg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	8.693		0	FLC	4		2.695		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.048		0	FLC	4		0.015		
8:0.....g	0.587		0	FLC	4		0.182		
10:0.....g	0.467		0	FLC	4		0.145		
12:0.....g	3.675		0	FLC	4		1.139		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	1.441		0	FLC	4		0.447		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.545		0	FLC	4		0.479		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.913		0	FLC	4		0.283		
20:0.....g	0.011		0	FLC	4		0.003		
22:0.....g	0.005		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	3.499		0	FLC	4		1.085		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.011		0	FLC	4		0.003		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	3.468		0	FLC	4		1.075		
20:1.....g	0.021		0	FLC	4		0.006		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	7.051		0	FLC	4		2.186		
18:2 undifferentiated.....g	6.893		0	FLC	4		2.137		
18:3 undifferentiated.....g	0.159		0	FLC	4		0.049		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g	0.000		0	FLC	4		0.000		
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg	10		0	FLC	4		3		
Stigmasterol.....mg	0		0	FLC	4		0		
Campesterol.....mg	4		0	FLC	4		1		
Beta-sitosterol.....mg	6		0	FLC	4		2		
Amino Acids:									
Tryptophan.....g	0.054		0	FLC	4		0.017		
Threonine.....g	0.126		0	FLC	4		0.039		
Isoleucine.....g	0.153		0	FLC	4		0.047		
Leucine.....g	0.294		0	FLC	4		0.091		
Lysine.....g	0.172		0	FLC	4		0.053		
Methionine.....g	0.069		0	FLC	4		0.021		
Cystine.....g	0.098		0	FLC	4		0.030		
Phenylalanine.....g	0.200		0	FLC	4		0.062		
Tyrosine.....g	0.110		0	FLC	4		0.034		
Valine.....g	0.203		0	FLC	4		0.063		
Arginine.....g	0.294		0	FLC	4		0.091		
Histidine.....g	0.094		0	FLC	4		0.029		
Alanine.....g	0.166		0	FLC	4		0.052		
Aspartic acid.....g	0.316		0	FLC	4		0.098		
Glutamic acid.....g	1.013		0	FLC	4		0.314		
Glycine.....g	0.173		0	FLC	4		0.054		

NDB No. 25056

Snacks, granola bar, QUAKER, DIPPS, all flavors

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.343		0	FLC	4		0.106		
Serine.....g	0.200		0	FLC	4		0.062		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	3		0	FLC	4		1		

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

Common Measures:

Measure 1 = 31g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25052
Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.083		1	FLM	4		0.500		
4:0.....g	0.004		0	FLC	4		0.001		
6:0.....g	0.005		0	FLC	4		0.001		
8:0.....g	0.024		0	FLC	4		0.006		
10:0.....g	0.024		0	FLC	4		0.006		
12:0.....g	0.137		0	FLC	4		0.033		
13:0.....g									
14:0.....g	0.070		0	FLC	4		0.017		
15:0.....g									
16:0.....g	0.884		0	FLC	4		0.212		
17:0.....g	0.006		0	FLC	4		0.001		
18:0.....g	0.887		0	FLC	4		0.213		
20:0.....g	0.030		0	FLC	4		0.007		
22:0.....g	0.007		0	FLC	4		0.002		
24:0.....g	0.004		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	2.945		0	FLC	4		0.707		
14:1.....g	0.002		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.025		0	FLC	4		0.006		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.893		0	FLC	4		0.694		
20:1.....g	0.020		0	FLC	4		0.005		
22:1 undifferentiated.....g	0.006		0	FLC	4		0.001		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.929		0	FLC	4		0.463		
18:2 undifferentiated.....g	1.798		0	FLC	4		0.432		
18:3 undifferentiated.....g	0.129		0	FLC	4		0.031		
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		1	FLM	4		0.000		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Stigmasterol.....mg	3		0	FLC	4		1		
Campesterol.....mg	1		0	FLC	4		0		
Beta-sitosterol.....mg	7		0	FLC	4		2		
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	5		0	FLC	4		1		
Theobromine.....mg	57		0	FLC	4		14		

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

Common Measures:
 Measure 1 = 24g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25035

Snacks, granola bar, chewy, reduced sugar, all flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	2.3		0	FLC	4		0.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.008		0	FLC	4		1.202		
4:0.....g	0.001		0	FLC	4		0.000		
6:0.....g	0.019		0	FLC	4		0.005		
8:0.....g	0.240		0	FLC	4		0.057		
10:0.....g	0.190		0	FLC	4		0.046		
12:0.....g	1.413		0	FLC	4		0.339		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.547		0	FLC	4		0.131		
15:0.....g	0.003		0	FLC	4		0.001		
16:0.....g	1.521		0	FLC	4		0.365		
17:0.....g	0.010		0	FLC	4		0.002		
18:0.....g	1.014		0	FLC	4		0.243		
20:0.....g	0.026		0	FLC	4		0.006		
22:0.....g	0.026		0	FLC	4		0.006		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	5.303		0	FLC	4		1.273		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.012		0	FLC	4		0.003		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	5.287		0	FLC	4		1.269		
20:1.....g	0.004		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.440		0	FLC	4		0.346		
18:2 undifferentiated.....g	1.415		0	FLC	4		0.340		
18:3 undifferentiated.....g	0.025		0	FLC	4		0.006		
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	FLC	4		0		
Phytosterols.....mg	11		0	FLC	4		3		
Amino Acids:									
Tryptophan.....g	0.018		0	FLC	4		0.004		
Threonine.....g	0.039		0	FLC	4		0.009		
Isoleucine.....g	0.050		0	FLC	4		0.012		
Leucine.....g	0.098		0	FLC	4		0.024		
Lysine.....g	0.032		0	FLC	4		0.008		
Methionine.....g	0.025		0	FLC	4		0.006		
Cystine.....g	0.030		0	FLC	4		0.007		
Phenylalanine.....g	0.072		0	FLC	4		0.017		
Tyrosine.....g	0.043		0	FLC	4		0.010		
Valine.....g	0.058		0	FLC	4		0.014		
Arginine.....g	0.058		0	FLC	4		0.014		
Histidine.....g	0.032		0	FLC	4		0.008		
Alanine.....g	0.046		0	FLC	4		0.011		
Aspartic acid.....g	0.061		0	FLC	4		0.015		
Glutamic acid.....g	0.481		0	FLC	4		0.115		

NDB No. 25035

Snacks, granola bar, chewy, reduced sugar, all flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.052		0	FLC	4		0.012		
Proline.....g	0.166		0	FLC	4		0.040		
Serine.....g	0.072		0	FLC	4		0.017		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	1		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 = 24g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19435

Snacks, granola bar, fruit-filled, nonfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.000		0	FLM		4			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	FLM		4			
Theobromine.....mg	0		0	FLM		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 42272

Snacks, granola bar, with coconut, chocolate coated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	22.720		0		9		6.441		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.160		0		4		0.045		
8:0.....g	1.970		0		4		0.558		
10:0.....g	1.580		0		4		0.448		
12:0.....g	11.720		0		4		3.323		
13:0.....g									
14:0.....g	4.410		0		4		1.250		
15:0.....g									
16:0.....g	2.150		0		4		0.610		
17:0.....g									
18:0.....g	0.740		0		4		0.210		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.970		0		9		1.409		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.970		0		4		1.409		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.100		0		9		0.879		
18:2 undifferentiated.....g	3.100		0		4		0.879		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	3		1	MA	12		1		
Theobromine.....mg	41		0	FLC	4		12		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25039

Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.299		0	NC	4		0.779		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.004		0	FLC	4		0.003		
13:0.....g									
14:0.....g	0.013		0	FLC	4		0.008		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.076		0	FLC	4		0.646		
17:0.....g	0.001		0	FLC	4		0.000		
18:0.....g	0.199		0	FLC	4		0.120		
20:0.....g	0.002		0	FLC	4		0.001		
22:0.....g	0.002		0	FLC	4		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.531		0	NC	4		0.919		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.040		0	FLC	4		0.024		
17:1.....g	0.001		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.478		0	FLC	4		0.887		
20:1.....g	0.012		0	FLC	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.559		0	NC	4		1.535		
18:2 undifferentiated.....g	2.329		0	FLC	4		1.398		
18:3 undifferentiated.....g	0.207		0	FLC	4		0.124		
18:4.....g	0.001		0	FLC	4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLC	4		0.007		
20:5 n-3 (EPA).....g	0.006		0	FLC	4		0.003		
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	0.004		0	FLC	4		0.002		
Fatty acids, total trans.....g	0.002		0	FLC	4		0.001		
Cholesterol.....mg	36		0	FLC	4	22			
Phytosterols.....mg	2		0	FLC	4	1			
Amino Acids:									
Tryptophan.....g	0.095		0	FLC	4		0.057		
Threonine.....g	0.198		0	FLC	4		0.119		
Isoleucine.....g	0.254		0	FLC	4		0.152		
Leucine.....g	0.484		0	FLC	4		0.291		
Lysine.....g	0.322		0	FLC	4		0.193		
Methionine.....g	0.124		0	FLC	4		0.074		
Cystine.....g	0.192		0	FLC	4		0.115		
Phenylalanine.....g	0.322		0	FLC	4		0.193		
Tyrosine.....g	0.216		0	FLC	4		0.130		
Valine.....g	0.347		0	FLC	4		0.208		
Arginine.....g	0.420		0	FLC	4		0.252		
Histidine.....g	0.148		0	FLC	4		0.089		
Alanine.....g	0.297		0	FLC	4		0.178		
Aspartic acid.....g	0.575		0	FLC	4		0.345		
Glutamic acid.....g	1.231		0	FLC	4		0.739		
Glycine.....g	0.298		0	FLC	4		0.179		
Proline.....g	0.257		0	FLC	4		0.154		
Serine.....g	0.333		0	FLC	4		0.200		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 25039

Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
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 = 60g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19016
 Snacks, granola bars, hard, almond

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		1		1		0.88	0.74	
Energy.....kcal	495		0	NC	4		140	119	
Energy.....kJ	2071				4		587	497	
Protein (N x 5.7).....g	7.70		1		1		2.18	1.85	
Total lipid (fat).....g	25.50		1		1		7.23	6.12	
Ash.....g	1.60		1		1		0.45	0.38	
Carbohydrate, by difference.....g	62.00		0	NC	4		17.58	14.88	
Fiber, total dietary.....g	4.8		0		4		1.4	1.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		1		1		9	8	
Iron, Fe.....mg	2.50		1		1		0.71	0.60	
Magnesium, Mg.....mg	81		1		1		23	19	
Phosphorus, P.....mg	228		1		1		65	55	
Potassium, K.....mg	273		1		1		77	66	
Sodium, Na.....mg	256		1		1		73	61	
Zinc, Zn.....mg	1.58		1		4		0.45	0.38	
Copper, Cu.....mg	0.127		1		4		0.036	0.030	
Manganese, Mn.....mg	1.365		1		4		0.387	0.328	
Selenium, Se.....µg	15.0		0	BFZN	4		4.3	3.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.280		1		1		0.079	0.067	
Riboflavin.....mg	0.070		1		1		0.020	0.017	
Niacin.....mg	0.610		1		1		0.173	0.146	
Pantothenic acid.....mg	0.466		1		4		0.132	0.112	
Vitamin B-6.....mg	0.047		1		4		0.013	0.011	
Folate, total.....µg	12		1		4		3	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	12		1		4		3	3	
Folate, DFE.....µg	12		0	NC	4		3	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		1	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	37		1		4		10	9	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	12.510		0		1		3.547	3.002	
4:0.....g									
6:0.....g	0.080		1		1		0.023	0.019	
8:0.....g	0.940		1		1		0.266	0.226	
10:0.....g	0.750		1		1		0.213	0.180	
12:0.....g	5.600		1		1		1.588	1.344	
13:0.....g									
14:0.....g	2.120		1		1		0.601	0.509	
15:0.....g									
16:0.....g	2.430		1		1		0.689	0.583	
17:0.....g									
18:0.....g	0.530		1		1		0.150	0.127	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.740		0		1		2.194	1.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014	0.012	
17:1.....g									
18:1 undifferentiated.....g	7.690		1		1		2.180	1.846	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.760		0		1		1.066	0.902	
18:2 undifferentiated.....g	3.660		1		1		1.038	0.878	
18:3 undifferentiated.....g	0.100		1		1		0.028	0.024	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.040	0.034	
Threonine.....g	0.221		0		1		0.063	0.053	
Isoleucine.....g	0.289		0		1		0.082	0.069	
Leucine.....g	0.585		0		1		0.166	0.140	
Lysine.....g	0.313		0		1		0.089	0.075	
Methionine.....g	0.135		0		1		0.038	0.032	
Cystine.....g	0.231		0		1		0.065	0.055	
Phenylalanine.....g	0.390		0		1		0.111	0.094	
Tyrosine.....g	0.282		0		1		0.080	0.068	
Valine.....g	0.406		0		1		0.115	0.097	
Arginine.....g	0.596		0		1		0.169	0.143	
Histidine.....g	0.178		0		1		0.050	0.043	
Alanine.....g	0.369		0		1		0.105	0.089	
Aspartic acid.....g	0.698		0		1		0.198	0.168	
Glutamic acid.....g	1.679		0		1		0.476	0.403	
Glycine.....g	0.411		0		1		0.117	0.099	
Proline.....g	0.425		0		1		0.120	0.102	
Serine.....g	0.374		0		1		0.106	0.090	
Hydroxyproline.....g									

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

NDB No. 19016

Snacks, granola bars, hard, almond

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19017

Snacks, granola bars, hard, chocolate chip

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.40		1		1		0.68	0.58	
Energy.....kcal	438		0	NC	4		124	105	
Energy.....kJ	1833				4		520	440	
Protein (N x 5.8).....g	7.30		1		1		2.07	1.75	
Total lipid (fat).....g	16.30		1		1		4.62	3.91	
Ash.....g	1.80		1		1		0.51	0.43	
Carbohydrate, by difference.....g	72.10		0	NC	4		20.44	17.30	
Fiber, total dietary.....g	4.4		0		1		1.2	1.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		1		1		22	18	
Iron, Fe.....mg	3.05		1		1		0.86	0.73	
Magnesium, Mg.....mg	72		1		4		20	17	
Phosphorus, P.....mg	204		1		4		58	49	
Potassium, K.....mg	251		1		1		71	60	
Sodium, Na.....mg	344		1		1		98	83	
Zinc, Zn.....mg	1.93		1		4		0.55	0.46	
Copper, Cu.....mg	0.261		1		4		0.074	0.063	
Manganese, Mn.....mg	1.507		1		4		0.427	0.362	
Selenium, Se.....µg	12.5		0	FLM	4		3.5	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.0	0.0	
Thiamin.....mg	0.180		1		1		0.051	0.043	
Riboflavin.....mg	0.100		1		1		0.028	0.024	
Niacin.....mg	0.555		1		4		0.157	0.133	
Pantothenic acid.....mg	0.506		1		4		0.143	0.121	
Vitamin B-6.....mg	0.058		1		4		0.016	0.014	
Folate, total.....µg	13		1		4		4	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	13		1		4		4	3	
Folate, DFE.....µg	13		0	NC	4		4	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		1		4		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	42		1		4		12	10	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	11.410		0		1		3.235	2.738	
4:0.....g									
6:0.....g	0.060		1		1		0.017	0.014	
8:0.....g	0.760		1		1		0.215	0.182	
10:0.....g	0.610		1		1		0.173	0.146	
12:0.....g	4.550		1		1		1.290	1.092	
13:0.....g									
14:0.....g	1.720		1		1		0.488	0.413	
15:0.....g									
16:0.....g	2.160		1		1		0.612	0.518	
17:0.....g									
18:0.....g	1.520		1		1		0.431	0.365	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.630		0		1		0.746	0.631	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	2.610		1		1		0.740	0.626	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		0.360	0.305	
18:2 undifferentiated.....g	1.220		1		1		0.346	0.293	
18:3 undifferentiated.....g	0.050		1		1		0.014	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038	0.032	
Threonine.....g	0.211		0		1		0.060	0.051	
Isoleucine.....g	0.274		0		1		0.078	0.066	
Leucine.....g	0.552		0		1		0.156	0.132	
Lysine.....g	0.311		0		1		0.088	0.075	
Methionine.....g	0.134		0		1		0.038	0.032	
Cystine.....g	0.222		0		1		0.063	0.053	
Phenylalanine.....g	0.368		0		1		0.104	0.088	
Tyrosine.....g	0.274		0		1		0.078	0.066	
Valine.....g	0.396		0		1		0.112	0.095	
Arginine.....g	0.517		0		1		0.147	0.124	
Histidine.....g	0.164		0		1		0.046	0.039	
Alanine.....g	0.356		0		1		0.101	0.085	
Aspartic acid.....g	0.648		0		1		0.184	0.156	
Glutamic acid.....g	1.494		0		1		0.424	0.359	
Glycine.....g	0.380		0		1		0.108	0.091	
Proline.....g	0.395		0		1		0.112	0.095	
Serine.....g	0.359		0		1		0.102	0.086	
Hydroxyproline.....g									

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

NDB No. 19017

Snacks, granola bars, hard, chocolate chip

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.8

Food Group: 25 Snacks

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

NDB No. 19420

Snacks, granola bars, hard, peanut butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.30		1		1		0.65	0.55	
Energy.....kcal	483		0	NC	4		137	116	
Energy.....kJ	2021				4		573	485	
Protein (N x 5.6).....g	9.80		1		1		2.78	2.35	
Total lipid (fat).....g	23.80		1		1		6.75	5.71	
Ash.....g	1.70		1		1		0.48	0.41	
Carbohydrate, by difference.....g	62.30		0	NC	4		17.66	14.95	
Fiber, total dietary.....g	2.9		0		4		0.8	0.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		1		1		12	10	
Iron, Fe.....mg	2.40		1		1		0.68	0.58	
Magnesium, Mg.....mg	55		1		4		16	13	
Phosphorus, P.....mg	139		1		4		39	33	
Potassium, K.....mg	291		1		1		82	70	
Sodium, Na.....mg	283		1		1		80	68	
Zinc, Zn.....mg	1.25		1		4		0.35	0.30	
Copper, Cu.....mg	0.218		1		4		0.062	0.052	
Manganese, Mn.....mg	0.922		1		4		0.261	0.221	
Selenium, Se.....µg	15.0		0	FLM	4		4.3	3.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1		4		0.1	0.0	
Thiamin.....mg	0.210		1		1		0.060	0.050	
Riboflavin.....mg	0.090		1		1		0.026	0.022	
Niacin.....mg	1.970		1		1		0.558	0.473	
Pantothenic acid.....mg	0.387		1		4		0.110	0.093	
Vitamin B-6.....mg	0.096		1		4		0.027	0.023	
Folate, total.....µg	18		1		4		5	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	18		1		4		5	4	
Folate, DFE.....µg	18		0	NC	4		5	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	16		1		4		5	4	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, granola bars, hard, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.200		0		1		0.907	0.768	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020		2		1		0.006	0.005	
13:0.....g									
14:0.....g	0.020		2		1		0.006	0.005	
15:0.....g									
16:0.....g	2.210		2		1		0.627	0.530	
17:0.....g									
18:0.....g	0.900		2		1		0.255	0.216	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.000		0		1		1.985	1.680	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		2		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	6.910		2		1		1.959	1.658	
20:1.....g	0.080		2		1		0.023	0.019	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.080		0		1		3.425	2.899	
18:2 undifferentiated.....g	11.950		2		1		3.388	2.868	
18:3 undifferentiated.....g	0.110		2		1		0.031	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		2		1		0.006	0.005	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.037	0.031	
Threonine.....g	0.310		0		1		0.088	0.074	
Isoleucine.....g	0.350		0		1		0.099	0.084	
Leucine.....g	0.679		0		1		0.192	0.163	
Lysine.....g	0.376		0		1		0.107	0.090	
Methionine.....g	0.144		0		1		0.041	0.035	
Cystine.....g	0.200		0		1		0.057	0.048	
Phenylalanine.....g	0.502		0		1		0.142	0.120	
Tyrosine.....g	0.383		0		1		0.109	0.092	
Valine.....g	0.455		0		1		0.129	0.109	
Arginine.....g	0.977		0		1		0.277	0.234	
Histidine.....g	0.236		0		1		0.067	0.057	
Alanine.....g	0.424		0		1		0.120	0.102	
Aspartic acid.....g	1.059		0		1		0.300	0.254	
Glutamic acid.....g	2.036		0		1		0.577	0.489	
Glycine.....g	0.558		0		1		0.158	0.134	
Proline.....g	0.495		0		1		0.140	0.119	
Serine.....g	0.483		0		1		0.137	0.116	
Hydroxyproline.....g									

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

NDB No. 19420

Snacks, granola bars, hard, peanut butter

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19015
Snacks, granola bars, hard, plain

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	2.370		0							
4:0.....g	0.000		0	FLA	4			0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4			0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4			0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4			0.000	0.000	0.000
12:0.....g	0.010		1		1			0.002	0.003	0.003
13:0.....g										
14:0.....g	0.010		1		1			0.002	0.003	0.003
15:0.....g										
16:0.....g	1.540		1		1			0.323	0.431	0.385
17:0.....g										
18:0.....g	0.760		1		1			0.160	0.213	0.190
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	4.380		0					0.920	1.226	1.095
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.010		1		1			0.002	0.003	0.003
17:1.....g										
18:1 undifferentiated.....g	4.370		1		1			0.918	1.224	1.093
20:1.....g	0.130		0	FLA	4			0.027	0.036	0.033
22:1 undifferentiated.....g	0.000		0	FLA	4			0.000	0.000	0.000
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	12.050		0					2.531	3.374	3.013
18:2 undifferentiated.....g	11.990		1		1			2.518	3.357	2.998
18:3 undifferentiated.....g	0.060		1		1			0.013	0.017	0.015
18:4.....g	0.000		0	FLA	4			0.000	0.000	0.000
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0	FLA	4			0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4			0.000	0.000	0.000
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0	FLA	4			0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4			0.000	0.000	0.000
Fatty acids, total trans.....g										
Cholesterol.....mg	0		1		4			0	0	0
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.177		0		1			0.037	0.050	0.044
Threonine.....g	0.264		0		1			0.055	0.074	0.066
Isoleucine.....g	0.352		0		1			0.074	0.099	0.088
Leucine.....g	0.724		0		1			0.152	0.203	0.181
Lysine.....g	0.400		0		1			0.084	0.112	0.100
Methionine.....g	0.177		0		1			0.037	0.050	0.044
Cystine.....g	0.304		0		1			0.064	0.085	0.076
Phenylalanine.....g	0.479		0		1			0.101	0.134	0.120
Tyrosine.....g	0.352		0		1			0.074	0.099	0.088
Valine.....g	0.508		0		1			0.107	0.142	0.127
Arginine.....g	0.674		0		1			0.142	0.189	0.169
Histidine.....g	0.216		0		1			0.045	0.060	0.054
Alanine.....g	0.460		0		1			0.097	0.129	0.115
Aspartic acid.....g	0.830		0		1			0.174	0.232	0.208
Glutamic acid.....g	1.975		0		1			0.415	0.553	0.494
Glycine.....g	0.499		0		1			0.105	0.140	0.125
Proline.....g	0.518		0		1			0.109	0.145	0.130
Serine.....g	0.470		0		1			0.099	0.132	0.118
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

NDB No. 19015
Snacks, granola bars, hard, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	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 = 21g: 1 bar
- Measure 2 = 28g: 1 bar (1 oz)
- Measure 3 = 25g: 1 bar

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 25038

Snacks, granola bars, soft, almond, confectioners coating

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.74		0	FLC	4		3.06		
Energy.....kcal	455		0	NC	4		159		
Energy.....kJ	1903		0	NC	4		666		
Protein.....g	8.60		0	FLC	4		3.01		
Total lipid (fat).....g	20.00		0	FLC	4		7.00		
Ash.....g	2.53		0	FLC	4		0.89		
Carbohydrate, by difference.....g	60.13		0	NC	4		21.04		
Fiber, total dietary.....g	4.3		0	FLC	4		1.5		
Sugars, total.....g	34.00		0	FLC	4		11.90		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	136		0	FLC	4		48		
Iron, Fe.....mg	1.49		0	FLC	4		0.52		
Magnesium, Mg.....mg	95		0	FLC	4		33		
Phosphorus, P.....mg	192		0	FLC	4		67		
Potassium, K.....mg	320		0	FLC	4		112		
Sodium, Na.....mg	486		0	FLC	4		170		
Zinc, Zn.....mg	1.41		0	FLC	4		0.49		
Copper, Cu.....mg	0.337		0	FLC	4		0.118		
Manganese, Mn.....mg	0.933		0	FLC	4		0.327		
Selenium, Se.....µg	6.5		0	FLC	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4		0.1		
Thiamin.....mg	0.102		0	FLC	4		0.036		
Riboflavin.....mg	0.360		0	FLC	4		0.126		
Niacin.....mg	1.318		0	FLC	4		0.461		
Pantothenic acid.....mg	0.379		0	FLC	4		0.132		
Vitamin B-6.....mg	0.072		0	FLC	4		0.025		
Folate, total.....µg	18		0	FLC	4		6		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	18		0	FLC	4		6		
Folate, DFE.....µg	18		0	NC	4		6		
Choline, total.....mg	27.1		0	FLC	4		9.5		
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	FLC	4		0.05		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	5		0	NC	4		2		
Retinol.....µg	5		0	FLC	4		2		
Carotene, beta.....µg	1		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	19		0	NC	4		7		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	15		0	FLC	4		5		
Vitamin E (alpha-tocopherol).....mg	7.60		0	FLC	4		2.66		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.08		0	FLC	4		0.03		
Tocopherol, gamma.....mg	0.19		0	FLC	4		0.07		
Tocopherol, delta.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, alpha.....mg	0.06		0	FLC	4		0.02		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.5		0	FLC	4		0.5		

Snacks, granola bars, soft, almond, confectioners coating

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.668		0	FLC	4		1.984		
4:0.....g	0.018		0	FLC	4		0.006		
6:0.....g	0.022		0	FLC	4		0.008		
8:0.....g	0.177		0	FLC	4		0.062		
10:0.....g	0.207		0	FLC	4		0.073		
12:0.....g	2.431		0	FLC	4		0.851		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.908		0	FLC	4		0.318		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.506		0	FLC	4		0.527		
17:0.....g	0.002		0	FLC	4		0.001		
18:0.....g	0.392		0	FLC	4		0.137		
20:0.....g	0.004		0	FLC	4		0.001		
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	9.491		0	FLC	4		3.322		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.082		0	FLC	4		0.029		
17:1.....g	0.007		0	FLC	4		0.002		
18:1 undifferentiated.....g	9.399		0	FLC	4		3.290		
20:1.....g	0.003		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.643		0	FLC	4		1.275		
18:2 undifferentiated.....g	3.628		0	FLC	4		1.270		
18:3 undifferentiated.....g	0.014		0	FLC	4		0.005		
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	0.000		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	0.005		0	FLC	4		0.002		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 35g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

NDB No. 19024

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.60		2		1		1.26	1.01	
Energy.....kcal	466		0		4		163	130	
Energy.....kJ	1950				4		682	546	
Protein (N x 6.1).....g	5.80		1		1		2.03	1.62	
Total lipid (fat).....g	24.90		2		1		8.72	6.97	
Ash.....g	1.50		1		1		0.53	0.42	
Carbohydrate, by difference.....g	63.80		0	NC	4		22.33	17.86	
Fiber, total dietary.....g	3.4		0		1		1.2	1.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	103		2		1		36	29	
Iron, Fe.....mg	2.33		2		1		0.82	0.65	
Magnesium, Mg.....mg	66		1		1		23	18	
Phosphorus, P.....mg	199		1		1		70	56	
Potassium, K.....mg	313		1		1		110	88	
Sodium, Na.....mg	200		2		1		70	56	
Zinc, Zn.....mg	1.30		1		1		0.46	0.36	
Copper, Cu.....mg	0.350		1		1		0.123	0.098	
Manganese, Mn.....mg	0.930		1		1		0.326	0.260	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.090		2		1		0.032	0.025	
Riboflavin.....mg	0.250		2		1		0.088	0.070	
Niacin.....mg	0.720		2		1		0.252	0.202	
Pantothenic acid.....mg	0.510		1		1		0.179	0.143	
Vitamin B-6.....mg	0.100		1		1		0.035	0.028	
Folate, total.....µg	26		1		1		9	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	26		1		1		9	7	
Folate, DFE.....µg	26		0	NC	4		9	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.57		1		1		0.20	0.16	
Vitamin A, RAE.....µg	7		0	NC	4		2	2	
Retinol.....µg	5		0	NC	4		2	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	39		1		4		14	11	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	14.220		0					
4:0.....g	0.100		1			4.977	3.982	
6:0.....g	0.040		1			0.035	0.028	
8:0.....g	0.130		1			0.014	0.011	
10:0.....g	0.150		1			0.046	0.036	
12:0.....g	0.630		1			0.053	0.042	
13:0.....g						0.221	0.176	
14:0.....g	0.570		1					
15:0.....g						0.200	0.160	
16:0.....g	6.040		1			2.114	1.691	
17:0.....g								
18:0.....g	6.570		1			2.300	1.840	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.770		0			2.720	2.176	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.190		1			0.067	0.053	
17:1.....g								
18:1 undifferentiated.....g	7.580		1			2.653	2.122	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.820		0			0.637	0.510	
18:2 undifferentiated.....g	1.710		1			0.599	0.479	
18:3 undifferentiated.....g	0.110		1			0.039	0.031	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	5		1			2	1	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.070		0			0.025	0.020	
Threonine.....g	0.226		0			0.079	0.063	
Isoleucine.....g	0.270		0			0.095	0.076	
Leucine.....g	0.474		0			0.166	0.133	
Lysine.....g	0.289		0			0.101	0.081	
Methionine.....g	0.114		0			0.040	0.032	
Cystine.....g	0.063		0			0.022	0.018	
Phenylalanine.....g	0.291		0			0.102	0.081	
Tyrosine.....g	0.244		0			0.085	0.068	
Valine.....g	0.345		0			0.121	0.097	
Arginine.....g	0.241		0			0.084	0.067	
Histidine.....g	0.105		0			0.037	0.029	
Alanine.....g	0.222		0			0.078	0.062	
Aspartic acid.....g	0.479		0			0.168	0.134	
Glutamic acid.....g	1.112		0			0.389	0.311	
Glycine.....g	0.177		0			0.062	0.050	
Proline.....g	0.393		0			0.138	0.110	
Serine.....g	0.254		0			0.089	0.071	
Hydroxyproline.....g								

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

NDB No. 19024

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Common Measures:

Measure 1 = 35g: 1 bar (1.25 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 3.6

Food Group: 25 Snacks

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

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.010		0		1		4.822	6.294	
4:0.....g	0.070		1		1		0.020	0.026	
6:0.....g	0.040		1		1		0.011	0.015	
8:0.....g	0.420		1		1		0.119	0.155	
10:0.....g	0.490		1		1		0.139	0.181	
12:0.....g	5.500		1		1		1.559	2.035	
13:0.....g									
14:0.....g	2.150		1		1		0.610	0.796	
15:0.....g									
16:0.....g	4.420		1		1		1.253	1.635	
17:0.....g									
18:0.....g	3.920		1		1		1.111	1.450	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.540		0		1		1.854	2.420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		1		1		0.034	0.044	
17:1.....g									
18:1 undifferentiated.....g	6.390		1		1		1.812	2.364	
20:1.....g	0.030		1		1		0.009	0.011	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.539	0.703	
18:2 undifferentiated.....g	1.830		1		1		0.519	0.677	
18:3 undifferentiated.....g	0.070		1		1		0.020	0.026	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		1		1		0.003	0.004	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		1		3	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		1		0.035	0.046	
Threonine.....g	0.387		0		1		0.110	0.143	
Isoleucine.....g	0.456		0		1		0.129	0.169	
Leucine.....g	0.804		0		1		0.228	0.297	
Lysine.....g	0.519		0		1		0.147	0.192	
Methionine.....g	0.173		0		1		0.049	0.064	
Cystine.....g	0.121		0		1		0.034	0.045	
Phenylalanine.....g	0.510		0		1		0.145	0.189	
Tyrosine.....g	0.431		0		1		0.122	0.159	
Valine.....g	0.555		0		1		0.157	0.205	
Arginine.....g	0.690		0		1		0.196	0.255	
Histidine.....g	0.228		0		1		0.065	0.084	
Alanine.....g	0.387		0		1		0.110	0.143	
Aspartic acid.....g	0.972		0		1		0.276	0.360	
Glutamic acid.....g	2.055		0		1		0.583	0.760	
Glycine.....g	0.405		0		1		0.115	0.150	
Proline.....g	0.680		0		1		0.193	0.252	
Serine.....g	0.491		0		1		0.139	0.182	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	6		1		1		2	2	

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	42		1	1	12	16	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 bar

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 3.8

Food Group: 25 Snacks

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

NDB No. 19404

Snacks, granola bars, soft, uncoated, chocolate chip

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.45	0.203	3	A	1		2.77	1.81	
Energy.....kcal	418		0	NC	4		180	117	
Energy.....kJ	1749		0	NC	4		752	490	
Protein (N x 5.8).....g	5.65	0.131	3	A	1		2.43	1.58	
Total lipid (fat).....g	16.57	1.867	3	A	1		7.13	4.64	
Ash.....g	1.14	0.047	3	A	1		0.49	0.32	
Carbohydrate, by difference.....g	70.20		0	NC	4		30.18	19.65	
Fiber, total dietary.....g	3.8	0.371	3	A	1		1.6	1.1	
Sugars, total.....g	28.92	0.938	3	A	1		12.43	8.10	
Sucrose.....g	16.51	2.869	3	A	1		7.10	4.62	
Glucose (dextrose).....g	5.16	1.686	3	A	1		2.22	1.45	
Fructose.....g	2.01	0.756	3	A	1		0.87	0.56	
Lactose.....g	0.50	0.251	3	A	1		0.22	0.14	
Maltose.....g	4.73	0.890	3	A	1		2.03	1.32	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	21.95	2.187	3	A	1		9.44	6.15	
Minerals:									
Calcium, Ca.....mg	41	7.419	3	A	1		17	11	
Iron, Fe.....mg	2.19	0.031	3	A	1		0.94	0.61	
Magnesium, Mg.....mg	64	1.778	3	A	1		27	18	
Phosphorus, P.....mg	176	3.606	3	A	1		76	49	
Potassium, K.....mg	237	20.108	3	A	1		102	66	
Sodium, Na.....mg	251		0	NR	4		108	70	
Zinc, Zn.....mg	1.30	0.049	3	A	1		0.56	0.36	
Copper, Cu.....mg	0.273	0.024	3	A	1		0.117	0.076	
Manganese, Mn.....mg	1.263	0.032	3	A	1		0.543	0.354	
Selenium, Se.....µg	11.1	0.833	3	A	1		4.8	3.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.169	0.021	3	A	1		0.072	0.047	
Riboflavin.....mg	0.082	0.007	3	A	1		0.035	0.023	
Niacin.....mg	0.765	0.120	3	A	1		0.329	0.214	
Pantothenic acid.....mg	0.341	0.022	3	A	1		0.146	0.095	
Vitamin B-6.....mg	0.066	0.006	3	A	1		0.029	0.019	
Folate, total.....µg	16	0.333	3	A	1		7	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16	0.333	3	A	1		7	5	
Folate, DFE.....µg	16		0	NC	4		7	5	
Choline, total.....mg	16.7		0	AS	1		7.2	4.7	
Betaine.....mg	21.6		1	A	1		9.3	6.0	
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	NR	4		0	0	
Carotene, alpha.....µg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....µg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.31	0.092	3	A	1		0.13	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.03	0.010	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	2.22	0.583	3	A	1		0.95	0.62	
Tocopherol, delta.....mg	0.89	0.246	3	A	1		0.38	0.25	
Tocotrienol, alpha.....mg	0.24	0.081	3	A	1		0.10	0.07	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

Snacks, granola bars, soft, uncoated, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.011	3	A	1		0.01	0.01	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	16.4	2.515	3	A	1		7.1	4.6	
Dihydrophyloquinone.....µg	14.5	2.551	3	A	1		6.2	4.1	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.061		0	NC	4		2.606	1.697	
4:0.....g	0.000		0	NR	4		0.000	0.000	
6:0.....g	0.000		0	NR	4		0.000	0.000	
8:0.....g	0.198	0.080	3	A	1		0.085	0.055	
10:0.....g	0.153	0.062	3	A	1		0.066	0.043	
12:0.....g	1.157	0.475	3	A	1		0.498	0.324	
13:0.....g									
14:0.....g	0.430	0.170	3	A	1		0.185	0.120	
15:0.....g									
16:0.....g	2.175	0.272	3	A	1		0.935	0.609	
17:0.....g									
18:0.....g	1.834	0.250	3	A	1		0.789	0.514	
20:0.....g	0.064	0.008	3	A	1		0.028	0.018	
22:0.....g	0.033	0.003	3	A	1		0.014	0.009	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.967		0	NC	4		2.996	1.951	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.019	0.002	3	A	1		0.008	0.005	
17:1.....g									
18:1 undifferentiated.....g	6.916	0.715	3	A	1		2.974	1.936	
20:1.....g	0.032	0.003	3	A	1		0.014	0.009	
22:1 undifferentiated.....g	0.000		0	NR	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.576		0	NC	4		0.677	0.441	
18:2 undifferentiated.....g	1.512	0.108	3	A	1		0.650	0.423	
18:3 undifferentiated.....g	0.064		0	AS	1		0.027	0.018	
18:3 n-3 c,c,c (ALA).....g	0.060	0.010	3	A	1		0.026	0.017	
18:3 n-6 c,c,c.....g	0.004	0.004	3	A	1		0.002	0.001	
18:3i.....g									
18:4.....g	0.000		0	NR	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	NR	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	NR	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0	A	1		0.025	0.016	
Threonine.....g	0.191		0	A	1		0.082	0.054	
Isoleucine.....g	0.221		0	A	1		0.095	0.062	
Leucine.....g	0.434		0	A	1		0.187	0.121	
Lysine.....g	0.214		0	A	1		0.092	0.060	
Methionine.....g	0.102		0	A	1		0.044	0.029	
Cystine.....g	0.143		0	A	1		0.061	0.040	

NDB No. 19404

Snacks, granola bars, soft, uncoated, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.293		0	A	1		0.126	0.082	
Tyrosine.....g	0.188		0	A	1		0.081	0.053	
Valine.....g	0.305		0	A	1		0.131	0.085	
Arginine.....g	0.387		0	A	1		0.167	0.108	
Histidine.....g	0.139		0	A	1		0.060	0.039	
Alanine.....g	0.262		0	A	1		0.113	0.073	
Aspartic acid.....g	0.460		0	A	1		0.198	0.129	
Glutamic acid.....g	1.243		0	A	1		0.535	0.348	
Glycine.....g	0.270		0	A	1		0.116	0.075	
Proline.....g	0.349		0	A	1		0.150	0.098	
Serine.....g	0.296		0	A	1		0.127	0.083	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19405

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.00		1		1		1.68		
Energy.....kcal	427		0	NC	4		120		
Energy.....kJ	1787		0		4		500		
Protein (N x 5.8).....g	6.10		1		1		1.71		
Total lipid (fat).....g	15.50		1		1		4.34		
Ash.....g	1.60		1		1		0.45		
Carbohydrate, by difference.....g	70.80		0	NC	4		19.82		
Fiber, total dietary.....g	4.0		0		1		1.1		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	89		1		1		25		
Iron, Fe.....mg	2.57		1		1		0.72		
Magnesium, Mg.....mg	71		1		1		20		
Phosphorus, P.....mg	202		1		1		57		
Potassium, K.....mg	275		1		1		77		
Sodium, Na.....mg	316		1		1		88		
Zinc, Zn.....mg	1.30		1		1		0.36		
Copper, Cu.....mg	0.280		1		1		0.078		
Manganese, Mn.....mg	1.280		1		1		0.358		
Selenium, Se.....µg	15.4		0	BFZN	4		4.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.140		1		1		0.039		
Riboflavin.....mg	0.150		1		1		0.042		
Niacin.....mg	1.000		1		1		0.280		
Pantothenic acid.....mg	0.380		1		1		0.106		
Vitamin B-6.....mg	0.050		1		1		0.014		
Folate, total.....µg	21		1		1		6		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	21		1		1		6		
Folate, DFE.....µg	21		0	NC	4		6		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00		
Vitamin A, RAE.....µg	2		0	NC	4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	47		1		4		13		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	9.180		0		1		2.570	
4:0.....g								
6:0.....g	0.060		1		1		0.017	
8:0.....g	0.620		1		1		0.174	
10:0.....g	0.490		1		1		0.137	
12:0.....g	3.630		1		1		1.016	
13:0.....g								
14:0.....g	1.380		1		1		0.386	
15:0.....g								
16:0.....g	2.000		1		1		0.560	
17:0.....g								
18:0.....g	1.000		1		1		0.280	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.920		0		1		0.818	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.050		1		1		0.014	
17:1.....g								
18:1 undifferentiated.....g	2.870		1		1		0.804	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.550		0		1		0.714	
18:2 undifferentiated.....g	2.410		1		1		0.675	
18:3 undifferentiated.....g	0.130		1		1		0.036	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	NR	4		0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.086		0		1		0.024	
Threonine.....g	0.208		0		1		0.058	
Isoleucine.....g	0.247		0		1		0.069	
Leucine.....g	0.457		0		1		0.128	
Lysine.....g	0.246		0		1		0.069	
Methionine.....g	0.117		0		1		0.033	
Cystine.....g	0.140		0		1		0.039	
Phenylalanine.....g	0.318		0		1		0.089	
Tyrosine.....g	0.212		0		1		0.059	
Valine.....g	0.337		0		1		0.094	
Arginine.....g	0.452		0		1		0.127	
Histidine.....g	0.147		0		1		0.041	
Alanine.....g	0.312		0		1		0.087	
Aspartic acid.....g	0.522		0		1		0.146	
Glutamic acid.....g	1.313		0		1		0.368	
Glycine.....g	0.303		0		1		0.085	
Proline.....g	0.335		0		1		0.094	
Serine.....g	0.274		0		1		0.077	
Hydroxyproline.....g								

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

NDB No. 19405

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19406

Snacks, granola bars, soft, uncoated, nut and raisin

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10		1		1		1.71		
Energy.....kcal	454		0	NC	4		127		
Energy.....kJ	1900		0		4		532		
Protein (N x 5.7).....g	8.00		1		1		2.24		
Total lipid (fat).....g	20.40		1		1		5.71		
Ash.....g	1.90		1		1		0.53		
Carbohydrate, by difference.....g	63.60		0	NC	4		17.81		
Fiber, total dietary.....g	5.6		0		1		1.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		1		1		24		
Iron, Fe.....mg	2.18		1		1		0.61		
Magnesium, Mg.....mg	91		1		1		25		
Phosphorus, P.....mg	241		1		1		67		
Potassium, K.....mg	392		1		1		110		
Sodium, Na.....mg	254		1		1		71		
Zinc, Zn.....mg	1.60		1		1		0.45		
Copper, Cu.....mg	0.380		1		1		0.106		
Manganese, Mn.....mg	1.200		1		1		0.336		
Selenium, Se.....µg	15.4		0	BFZN	4		4.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.190		1		1		0.053		
Riboflavin.....mg	0.190		1		1		0.053		
Niacin.....mg	2.610		1		1		0.731		
Pantothenic acid.....mg	0.430		1		1		0.120		
Vitamin B-6.....mg	0.120		1		1		0.034		
Folate, total.....µg	30		1		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	30		1		1		8		
Folate, DFE.....µg	30		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.24		1		1		0.07		
Vitamin A, RAE.....µg	2		0	NC	4		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		1		4		11		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	9.540		0		1		2.671	
4:0.....g								
6:0.....g	0.060		1		1		0.017	
8:0.....g	0.670		1		1		0.188	
10:0.....g	0.530		1		1		0.148	
12:0.....g	3.990		1		1		1.117	
13:0.....g								
14:0.....g	1.540		1		1		0.431	
15:0.....g								
16:0.....g	2.090		1		1		0.585	
17:0.....g								
18:0.....g	0.660		1		1		0.185	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.220		0		1		1.182	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.040		1		1		0.011	
17:1.....g								
18:1 undifferentiated.....g	4.140		1		1		1.159	
20:1.....g	0.030		1		1		0.008	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.520		0		1		1.546	
18:2 undifferentiated.....g	5.360		1		1		1.501	
18:3 undifferentiated.....g	0.170		1		1		0.048	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	NR	4		0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.099		0		1		0.028	
Threonine.....g	0.260		0		1		0.073	
Isoleucine.....g	0.301		0		1		0.084	
Leucine.....g	0.543		0		1		0.152	
Lysine.....g	0.300		0		1		0.084	
Methionine.....g	0.137		0		1		0.038	
Cystine.....g	0.161		0		1		0.045	
Phenylalanine.....g	0.387		0		1		0.108	
Tyrosine.....g	0.259		0		1		0.073	
Valine.....g	0.397		0		1		0.111	
Arginine.....g	0.635		0		1		0.178	
Histidine.....g	0.186		0		1		0.052	
Alanine.....g	0.372		0		1		0.104	
Aspartic acid.....g	0.712		0		1		0.199	
Glutamic acid.....g	1.645		0		1		0.461	
Glycine.....g	0.391		0		1		0.109	
Proline.....g	0.397		0		1		0.111	
Serine.....g	0.345		0		1		0.097	
Hydroxyproline.....g								

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

NDB No. 19406

Snacks, granola bars, soft, uncoated, nut and raisin

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19021

Snacks, granola bars, soft, uncoated, peanut butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.30		2		1		2.04		
Energy.....kcal	426		0	NC	4		119		
Energy.....kJ	1782		0		4		499		
Protein (N x 5.6).....g	10.50		2		1		2.94		
Total lipid (fat).....g	15.80		2		1		4.42		
Ash.....g	2.10		2		1		0.59		
Carbohydrate, by difference.....g	64.40		0	NC	4		18.03		
Fiber, total dietary.....g	4.3		0		1		1.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91		2		1		25		
Iron, Fe.....mg	2.13		2		1		0.60		
Magnesium, Mg.....mg	86		1		1		24		
Phosphorus, P.....mg	250		1		1		70		
Potassium, K.....mg	291		2		1		81		
Sodium, Na.....mg	409		2		1		115		
Zinc, Zn.....mg	1.86		1		1		0.52		
Copper, Cu.....mg	0.660		1		1		0.185		
Manganese, Mn.....mg	1.400		1		1		0.392		
Selenium, Se.....µg	18.9		0	FLM	4		5.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.228		2		1		0.064		
Riboflavin.....mg	0.148		2		1		0.041		
Niacin.....mg	3.142		2		1		0.880		
Pantothenic acid.....mg	0.540		1		1		0.151		
Vitamin B-6.....mg	0.103		2		1		0.029		
Folate, total.....µg	32		2		1		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	32		2		1		9		
Folate, DFE.....µg	32		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		1		1		0.06		
Vitamin A, RAE.....µg	2		0	NC	4		0		
Retinol.....µg	1		0	NC	4		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	14		1		4		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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						
Fatty acids, total saturated.....g	3.650		0		1		1.022		
4:0.....g									
6:0.....g	0.010		1		1		0.003		
8:0.....g	0.150		1		1		0.042		
10:0.....g	0.120		1		1		0.034		
12:0.....g	0.890		1		1		0.249		
13:0.....g									
14:0.....g	0.340		1		1		0.095		
15:0.....g									
16:0.....g	1.670		1		1		0.468		
17:0.....g									
18:0.....g	0.460		1		1		0.129		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.590		0		1		1.845		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	6.410		1		1		1.795		
20:1.....g	0.160		1		1		0.045		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.270		0		1		1.196		
18:2 undifferentiated.....g	4.220		1		1		1.182		
18:3 undifferentiated.....g	0.030		1		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		1		1		0.006		
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031		
Threonine.....g	0.350		0		1		0.098		
Isoleucine.....g	0.374		0		1		0.105		
Leucine.....g	0.696		0		1		0.195		
Lysine.....g	0.374		0		1		0.105		
Methionine.....g	0.148		0		1		0.041		
Cystine.....g	0.153		0		1		0.043		
Phenylalanine.....g	0.531		0		1		0.149		
Tyrosine.....g	0.417		0		1		0.117		
Valine.....g	0.466		0		1		0.130		
Arginine.....g	1.107		0		1		0.310		
Histidine.....g	0.256		0		1		0.072		
Alanine.....g	0.441		0		1		0.123		
Aspartic acid.....g	1.158		0		1		0.324		
Glutamic acid.....g	2.121		0		1		0.594		
Glycine.....g	0.584		0		1		0.164		
Proline.....g	0.471		0		1		0.132		
Serine.....g	0.499		0		1		0.140		
Hydroxyproline.....g									

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

NDB No. 19021

Snacks, granola bars, soft, uncoated, peanut butter

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19027

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90		1		1		1.65		
Energy.....kcal	432		0		4		121		
Energy.....kJ	1807				4		506		
Protein (N x 5.6).....g	9.80		1		1		2.74		
Total lipid (fat).....g	20.00		1		1		5.60		
Ash.....g	2.00		1		1		0.56		
Carbohydrate, by difference.....g	62.20		0	NC	4		17.42		
Fiber, total dietary.....g	4.2		0		1		1.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80		1		1		22		
Iron, Fe.....mg	1.94		1		1		0.54		
Magnesium, Mg.....mg	88		1		1		25		
Phosphorus, P.....mg	262		1		1		73		
Potassium, K.....mg	377		1		1		106		
Sodium, Na.....mg	328		1		1		92		
Zinc, Zn.....mg	1.70		1		1		0.48		
Copper, Cu.....mg	0.400		1		1		0.112		
Manganese, Mn.....mg	1.350		1		1		0.378		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.120		1		1		0.034		
Riboflavin.....mg	0.120		1		1		0.034		
Niacin.....mg	3.150		1		1		0.882		
Pantothenic acid.....mg	0.530		1		1		0.148		
Vitamin B-6.....mg	0.100		1		1		0.028		
Folate, total.....µg	33		1		1		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	33		1		1		9		
Folate, DFE.....µg	33		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.45		1		1		0.13		
Vitamin A, RAE.....µg	2		0	NC	4		0		
Retinol.....µg	1		0	NC	4		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		1		4		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	5.590		0		1		1.565	
4:0.....g								
6:0.....g	0.010		1		1		0.003	
8:0.....g	0.100		1		1		0.028	
10:0.....g	0.080		1		1		0.022	
12:0.....g	0.590		1		1		0.165	
13:0.....g								
14:0.....g	0.240		1		1		0.067	
15:0.....g								
16:0.....g	2.730		1		1		0.764	
17:0.....g								
18:0.....g	1.850		1		1		0.518	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.360		0		1		2.341	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		1		1		0.006	
17:1.....g								
18:1 undifferentiated.....g	8.170		1		1		2.288	
20:1.....g	0.180		1		1		0.050	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	4.610		0		1		1.291	
18:2 undifferentiated.....g	4.540		1		1		1.271	
18:3 undifferentiated.....g	0.030		1		1		0.008	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		1		1		0.008	
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		1		1		0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.101		0		1		0.028	
Threonine.....g	0.330		0		1		0.092	
Isoleucine.....g	0.348		0		1		0.097	
Leucine.....g	0.641		0		1		0.179	
Lysine.....g	0.357		0		1		0.100	
Methionine.....g	0.131		0		1		0.037	
Cystine.....g	0.137		0		1		0.038	
Phenylalanine.....g	0.497		0		1		0.139	
Tyrosine.....g	0.389		0		1		0.109	
Valine.....g	0.433		0		1		0.121	
Arginine.....g	1.046		0		1		0.293	
Histidine.....g	0.236		0		1		0.066	
Alanine.....g	0.407		0		1		0.114	
Aspartic acid.....g	1.105		0		1		0.309	
Glutamic acid.....g	1.973		0		1		0.552	
Glycine.....g	0.551		0		1		0.154	
Proline.....g	0.444		0		1		0.124	
Serine.....g	0.469		0		1		0.131	
Hydroxyproline.....g								

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

NDB No. 19027

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19020

Snacks, granola bars, soft, uncoated, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.40		1		1		1.79		
Energy.....kcal	443		0	NC	4		124		
Energy.....kJ	1854		0		4		519		
Protein (N x 5.9).....g	7.40		2		1		2.07		
Total lipid (fat).....g	17.20		2		1		4.82		
Ash.....g	1.70		1		1		0.48		
Carbohydrate, by difference.....g	67.30		0	NC	4		18.84		
Fiber, total dietary.....g	4.6		0		1		1.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		1		1		29		
Iron, Fe.....mg	2.56		2		1		0.72		
Magnesium, Mg.....mg	74		1		1		21		
Phosphorus, P.....mg	230		1		1		64		
Potassium, K.....mg	325		1		1		91		
Sodium, Na.....mg	278		1		1		78		
Zinc, Zn.....mg	1.50		1		1		0.42		
Copper, Cu.....mg	0.270		1		1		0.076		
Manganese, Mn.....mg	1.530		1		1		0.428		
Selenium, Se.....µg	16.2		0	FLM	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.295		2		1		0.083		
Riboflavin.....mg	0.165		2		1		0.046		
Niacin.....mg	0.515		2		1		0.144		
Pantothenic acid.....mg	0.520		1		1		0.146		
Vitamin B-6.....mg	0.100		1		1		0.028		
Folate, total.....µg	24		1		1		7		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	24		1		1		7		
Folate, DFE.....µg	24		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		1		1		0.11		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.250		0	NC	4		2.030		
4:0.....g									
6:0.....g	0.050		1		1		0.014		
8:0.....g	0.460		1		1		0.129		
10:0.....g	0.360		1		1		0.101		
12:0.....g	2.680		1		1		0.750		
13:0.....g									
14:0.....g	1.040		1		1		0.291		
15:0.....g									
16:0.....g	2.120		1		1		0.594		
17:0.....g									
18:0.....g	0.540		1		1		0.151		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.820		0	NC	4		1.070		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	3.770		1		1		1.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.320		0	NC	4		1.490		
18:2 undifferentiated.....g	5.020		1		1		1.406		
18:3 undifferentiated.....g	0.300		1		1		0.084		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.101		0		1		0.028		
Threonine.....g	0.239		0		1		0.067		
Isoleucine.....g	0.293		0		1		0.082		
Leucine.....g	0.536		0		1		0.150		
Lysine.....g	0.292		0		1		0.082		
Methionine.....g	0.128		0		1		0.036		
Cystine.....g	0.163		0		1		0.046		
Phenylalanine.....g	0.381		0		1		0.107		
Tyrosine.....g	0.250		0		1		0.070		
Valine.....g	0.396		0		1		0.111		
Arginine.....g	0.490		0		1		0.137		
Histidine.....g	0.163		0		1		0.046		
Alanine.....g	0.365		0		1		0.102		
Aspartic acid.....g	0.645		0		1		0.181		
Glutamic acid.....g	1.495		0		1		0.419		
Glycine.....g	0.347		0		1		0.097		
Proline.....g	0.601		0		1		0.168		
Serine.....g	0.318		0		1		0.089		
Hydroxyproline.....g									

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

NDB No. 19020

Snacks, granola bars, soft, uncoated, plain

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19022

Snacks, granola bars, soft, uncoated, raisin

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.40		2		1		2.75	1.79	
Energy.....kcal	448		0	NC	4		193	125	
Energy.....kJ	1874		0		4		806	525	
Protein (N x 5.8).....g	7.60		2		1		3.27	2.13	
Total lipid (fat).....g	17.80		2		1		7.65	4.98	
Ash.....g	1.80		2		1		0.77	0.50	
Carbohydrate, by difference.....g	66.40		0	NC	4		28.55	18.59	
Fiber, total dietary.....g	4.2		0		1		1.8	1.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101		2		1		43	28	
Iron, Fe.....mg	2.44		2		1		1.05	0.68	
Magnesium, Mg.....mg	72		1		1		31	20	
Phosphorus, P.....mg	220		1		1		95	62	
Potassium, K.....mg	362		2		1		156	101	
Sodium, Na.....mg	282		2		1		121	79	
Zinc, Zn.....mg	1.30		1		1		0.56	0.36	
Copper, Cu.....mg	0.280		1		1		0.120	0.078	
Manganese, Mn.....mg	1.260		1		1		0.542	0.353	
Selenium, Se.....µg	15.7		0	FLM	4		6.8	4.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.231		2		1		0.099	0.065	
Riboflavin.....mg	0.163		2		1		0.070	0.046	
Niacin.....mg	1.101		2		1		0.473	0.308	
Pantothenic acid.....mg	0.480		1		1		0.206	0.134	
Vitamin B-6.....mg	0.103		2		1		0.044	0.029	
Folate, total.....µg	21		2		1		9	6	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	21		2		1		9	6	
Folate, DFE.....µg	21		0	NC	4		9	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		1		1		0.08	0.05	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	9.570		0		1		4.115	2.680	
4:0.....g									
6:0.....g	0.070		1		1		0.030	0.020	
8:0.....g	0.730		1		1		0.314	0.204	
10:0.....g	0.570		1		1		0.245	0.160	
12:0.....g	4.270		1		1		1.836	1.196	
13:0.....g									
14:0.....g	1.620		1		1		0.697	0.454	
15:0.....g									
16:0.....g	1.850		1		1		0.796	0.518	
17:0.....g									
18:0.....g	0.460		1		1		0.198	0.129	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.840		0		1		1.221	0.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.022	0.014	
17:1.....g									
18:1 undifferentiated.....g	2.790		1		1		1.200	0.781	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.210		0		1		1.380	0.899	
18:2 undifferentiated.....g	3.040		1		1		1.307	0.851	
18:3 undifferentiated.....g	0.170		1		1		0.073	0.048	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	NR	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.046	0.030	
Threonine.....g	0.257		0		1		0.111	0.072	
Isoleucine.....g	0.305		0		1		0.131	0.085	
Leucine.....g	0.565		0		1		0.243	0.158	
Lysine.....g	0.301		0		1		0.129	0.084	
Methionine.....g	0.141		0		1		0.061	0.039	
Cystine.....g	0.173		0		1		0.074	0.048	
Phenylalanine.....g	0.394		0		1		0.169	0.110	
Tyrosine.....g	0.255		0		1		0.110	0.071	
Valine.....g	0.411		0		1		0.177	0.115	
Arginine.....g	0.586		0		1		0.252	0.164	
Histidine.....g	0.183		0		1		0.079	0.051	
Alanine.....g	0.385		0		1		0.166	0.108	
Aspartic acid.....g	0.650		0		1		0.280	0.182	
Glutamic acid.....g	1.646		0		1		0.708	0.461	
Glycine.....g	0.381		0		1		0.164	0.107	
Proline.....g	0.414		0		1		0.178	0.116	
Serine.....g	0.335		0		1		0.144	0.094	
Hydroxyproline.....g									

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

NDB No. 19022

Snacks, granola bars, soft, uncoated, raisin

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 25036

Snacks, granola bites, mixed flavors

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					
Lipids:									
Fatty acids, total saturated.....g	9.888		0	FLC	4		1.978		
4:0.....g	0.007		0	FLC	4		0.001		
6:0.....g	0.031		0	FLC	4		0.006		
8:0.....g	0.346		0	FLC	4		0.069		
10:0.....g	0.257		0	FLC	4		0.051		
12:0.....g	2.987		0	FLC	4		0.597		
13:0.....g									
14:0.....g	0.962		0	FLC	4		0.192		
15:0.....g									
16:0.....g	4.395		0	FLC	4		0.879		
17:0.....g									
18:0.....g	0.866		0	FLC	4		0.173		
20:0.....g	0.039		0	FLC	4		0.008		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.194		0	FLC	4		0.639		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	3.173		0	FLC	4		0.635		
20:1.....g	0.002		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.546		0	FLC	4		0.509		
18:2 undifferentiated.....g	2.321		0	FLC	4		0.464		
18:3 undifferentiated.....g	0.226		0	FLC	4		0.045		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLC	4		0.000		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg	18		0	FLC	4		4		
Amino Acids:									
Tryptophan.....g	0.018		0	FLC	4		0.004		
Threonine.....g	0.065		0	FLC	4		0.013		
Isoleucine.....g	0.065		0	FLC	4		0.013		
Leucine.....g	0.115		0	FLC	4		0.023		
Lysine.....g	0.075		0	FLC	4		0.015		
Methionine.....g	0.023		0	FLC	4		0.005		
Cystine.....g	0.022		0	FLC	4		0.004		
Phenylalanine.....g	0.077		0	FLC	4		0.015		
Tyrosine.....g	0.062		0	FLC	4		0.012		
Valine.....g	0.073		0	FLC	4		0.015		
Arginine.....g	0.158		0	FLC	4		0.032		
Histidine.....g	0.039		0	FLC	4		0.008		
Alanine.....g	0.066		0	FLC	4		0.013		
Aspartic acid.....g	0.185		0	FLC	4		0.037		
Glutamic acid.....g	0.326		0	FLC	4		0.065		
Glycine.....g	0.082		0	FLC	4		0.016		
Proline.....g	0.081		0	FLC	4		0.016		
Serine.....g	0.079		0	FLC	4		0.016		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		

NDB No. 25036

Snacks, granola bites, mixed flavors

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	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 = 20g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19031
Snacks, oriental mix, rice-based

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
Lipids:								
Fatty acids, total saturated.....g	3.785		0	FLC	4	1.073	2.157	
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	0.002		0	FLC	4	0.001	0.001	
10:0.....g	0.000		0	FLC	4	0.000	0.000	
12:0.....g	0.000		0	FLC	4	0.000	0.000	
13:0.....g								
14:0.....g	0.059		0	FLC	4	0.017	0.034	
15:0.....g								
16:0.....g	2.517		0	FLC	4	0.714	1.435	
17:0.....g								
18:0.....g	1.064		0	FLC	4	0.302	0.606	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.860		0	FLC	4	2.795	5.620	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.089		0	FLC	4	0.025	0.051	
17:1.....g								
18:1 undifferentiated.....g	9.709		0	FLC	4	2.753	5.534	
20:1.....g	0.029		0	FLC	4	0.008	0.017	
22:1 undifferentiated.....g	0.000		0	FLC	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	10.643		0	FLC	4	3.017	6.067	
18:2 undifferentiated.....g	10.286		0	FLC	4	2.916	5.863	
18:3 undifferentiated.....g	0.317		0	FLC	4	0.090	0.181	
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	0.001		0	FLC	4	0.000	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								
Cholesterol.....mg	0		0		1	0	0	
Phytosterols.....mg	25		0		1	7	14	
Amino Acids:								
Tryptophan.....g	0.192		0		1	0.054	0.109	
Threonine.....g	0.640		0		1	0.181	0.365	
Isoleucine.....g	0.675		0		1	0.191	0.385	
Leucine.....g	1.240		0		1	0.352	0.707	
Lysine.....g	0.681		0		1	0.193	0.388	
Methionine.....g	0.247		0		1	0.070	0.141	
Cystine.....g	0.254		0		1	0.072	0.145	
Phenylalanine.....g	0.972		0		1	0.276	0.554	
Tyrosine.....g	0.743		0		1	0.211	0.424	
Valine.....g	0.797		0		1	0.226	0.454	
Arginine.....g	2.103		0		1	0.596	1.199	
Histidine.....g	0.473		0		1	0.134	0.270	
Alanine.....g	0.745		0		1	0.211	0.425	
Aspartic acid.....g	2.161		0		1	0.613	1.232	
Glutamic acid.....g	4.109		0		1	1.165	2.342	
Glycine.....g	1.081		0		1	0.306	0.616	
Proline.....g	0.945		0		1	0.268	0.539	
Serine.....g	0.929		0		1	0.263	0.530	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	NR	4	0	0	

NDB No. 19031
Snacks, oriental mix, rice-based

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25066

Snacks, peas, roasted, wasabi-flavored

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.93		0	FLC	4				
Energy.....kcal	432		0	NC	4				
Energy.....kJ	1808		0	NC	4				
Protein.....g	14.11		0	LC	8				
Total lipid (fat).....g	14.11		0	LC	8				
Ash.....g	2.65		0	FLC	4				
Carbohydrate, by difference.....g	62.20		0	LC	8				
Fiber, total dietary.....g	3.8		0	LC	8				
Sugars, total.....g	14.11		0	LC	8				
Sucrose.....g	12.73		0	FLC	4				
Glucose (dextrose).....g	0.24		0	FLC	4				
Fructose.....g	0.78		0	FLC	4				
Lactose.....g	0.00		0	FLC	4				
Maltose.....g	0.34		0	FLC	4				
Galactose.....g	0.00		0	FLC	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	123		0	LC	8				
Iron, Fe.....mg	3.80		0	LC	8				
Magnesium, Mg.....mg	102		0	FLC	4				
Phosphorus, P.....mg	270		0	FLC	4				
Potassium, K.....mg	732		0	FLC	4				
Sodium, Na.....mg	300		0	LC	8				
Zinc, Zn.....mg	3.31		0	FLC	4				
Copper, Cu.....mg	0.444		0	FLC	4				
Manganese, Mn.....mg	1.254		0	FLC	4				
Selenium, Se.....µg	7.2		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	LC	8				
Thiamin.....mg	0.614		0	FLC	4				
Riboflavin.....mg	0.314		0	FLC	4				
Niacin.....mg	5.060		0	FLC	4				
Pantothenic acid.....mg	0.479		0	FLC	4				
Vitamin B-6.....mg	0.548		0	FLC	4				
Folate, total.....µg	138		0	FLC	4				
Folic acid.....µg	0		0	FLC	4				
Folate, food.....µg	138		0	FLC	4				
Folate, DFE.....µg	138		0	NC	4				
Choline, total.....mg	57.9		0	FLC	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	77		0	NC	4				
Retinol.....µg	0		0	FLC	4				
Carotene, beta.....µg	901		0	FLC	4				
Carotene, alpha.....µg	42		0	FLC	4				
Cryptoxanthin, beta.....µg	0		0	FLC	4				
Vitamin A, IU.....IU	1537		0	NC	4				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	4930		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	2.31		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg	0.00		0	FLC	4				
Tocopherol, gamma.....mg	1.88		0	FLC	4				
Tocopherol, delta.....mg	0.03		0	FLC	4				
Tocotrienol, alpha.....mg	2.84		0	FLC	4				
Tocotrienol, beta.....mg	0.00		0	FLC	4				

NDB No. 25066

Snacks, peas, roasted, wasabi-flavored

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	1.95		0	FLC	4				
Tocotrienol, delta.....mg	0.15		0	FLC	4				
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4				
Vitamin K (phylloquinone).....µg	50.3		0	FLC	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.290		0	LC	8				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.000		0	FLC	4				
10:0.....g	0.000		0	FLC	4				
12:0.....g	0.010		0	FLC	4				
13:0.....g									
14:0.....g	0.105		0	FLC	4				
15:0.....g									
16:0.....g	4.672		0	FLC	4				
17:0.....g									
18:0.....g	0.461		0	FLC	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.792		0	FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	5.730		0	FLC	4				
20:1.....g	0.015		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.951		0	FLC	4				
18:2 undifferentiated.....g	1.820		0	FLC	4				
18:3 undifferentiated.....g	0.131		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3 (EPA).....g	0.000		0	FLC	4				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4				
22:6 n-3 (DHA).....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	LC	8				
Phytosterols.....mg	0		0	FLC	4				
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 25066

Snacks, peas, roasted, wasabi-flavored

Food Group: 25 Snacks

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

NDB No. 25037
Snacks, pita chips, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.00	0.072	6	A	1		0.57	5.24	
Energy.....kcal	457		0	NC	4		130	1197	
Energy.....kJ	1912		0	NC	4		542	5010	
Protein.....g	11.79	0.052	6	A	1		3.34	30.89	
Total lipid (fat).....g	15.20	0.296	6	A	1		4.31	39.84	
Ash.....g	2.75	0.012	6	A	1		0.78	7.20	
Carbohydrate, by difference.....g	68.26		0	NC	4		19.35	178.84	
Fiber, total dietary.....g	3.8	0.102	6	A	1		1.1	10.0	
Sugars, total.....g	4.76	0.072	3	A	1		1.35	12.48	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.82	0.006	3	A	1		0.23	2.15	
Fructose.....g	1.35	0.014	3	A	1		0.38	3.55	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	2.59	0.068	3	A	1		0.73	6.79	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	59.47	0.455	6	A	1		16.86	155.80	
Minerals:									
Calcium, Ca.....mg	17	0.305	6	A	1		5	45	
Iron, Fe.....mg	4.59	0.093	6	A	1		1.30	12.04	
Magnesium, Mg.....mg	37	0.325	6	A	1		11	98	
Phosphorus, P.....mg	124	0.763	6	A	1		35	325	
Potassium, K.....mg	129	1.745	6	A	1		36	337	
Sodium, Na.....mg	854	5.366	6	A	1		242	2238	
Zinc, Zn.....mg	0.96	0.020	6	A	1		0.27	2.52	
Copper, Cu.....mg	0.141	0.006	6	A	1		0.040	0.370	
Manganese, Mn.....mg	0.656	0.023	6	A	1		0.186	1.720	
Selenium, Se.....µg	33.1	0.379	3	A	1		9.4	86.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.560	0.020	3	A	1		0.159	1.467	
Riboflavin.....mg	0.307	0.009	3	A	1		0.087	0.803	
Niacin.....mg	7.043	0.491	3	A	1		1.997	18.453	
Pantothenic acid.....mg	0.500	0.006	3	A	1		0.142	1.310	
Vitamin B-6.....mg	0.109	0.002	3	A	1		0.031	0.286	
Folate, total.....µg	135		0	FLC	4		38	354	
Folic acid.....µg	114		0	FLC	4		32	297	
Folate, food.....µg	22		0	FLC	4		6	56	
Folate, DFE.....µg	215		0	NC	4		61	562	
Choline, total.....mg	9.1		0	FLC	4		2.6	23.8	
Betaine.....mg	60.9		0	FLC	4		17.3	159.6	
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	15		0	FLC	4		4	39	
Vitamin E (alpha-tocopherol).....mg	6.93		0	FLC	4		1.97	18.16	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.06		0	FLC	4		0.02	0.15	
Tocopherol, gamma.....mg	0.33		0	FLC	4		0.09	0.87	
Tocopherol, delta.....mg	0.02		0	FLC	4		0.00	0.04	
Tocotrienol, alpha.....mg	0.02		0	FLC	4		0.00	0.05	
Tocotrienol, beta.....mg	0.07		0	FLC	4		0.02	0.19	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	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	1.2		0	FLC	4		0.3	3.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.342		0	NC	4		0.380	3.515	
4:0.....g	0.003	0.002	3	A	1		0.001	0.008	
6:0.....g	0.000	0.000	3	A	1		0.000	0.001	
8:0.....g	0.001	0.000	3	A	1		0.000	0.002	
10:0.....g	0.002	0.000	3	A	1		0.001	0.005	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.007	0.001	3	A	1		0.002	0.018	
15:0.....g	0.004	0.000	3	A	1		0.001	0.010	
16:0.....g	0.676	0.021	3	A	1		0.192	1.772	
17:0.....g	0.006	0.000	3	A	1		0.002	0.017	
18:0.....g	0.448	0.017	3	A	1		0.127	1.174	
20:0.....g	0.041	0.002	3	A	1		0.012	0.107	
22:0.....g	0.111	0.004	3	A	1		0.032	0.292	
24:0.....g	0.042	0.002	3	A	1		0.012	0.110	
Fatty acids, total monounsaturated.....g	10.842		0	NC	4		3.074	28.407	
14:1.....g	0.002	0.000	3	A	1		0.001	0.005	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.017	0.001	3	AS	1		0.005	0.044	
16:1 c.....g	0.017	0.001	3	A	1		0.005	0.044	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	10.768	0.307	3	AS	1		3.053	28.211	
18:1 c.....g	10.746	0.306	3	A	1		3.046	28.153	
18:1 t.....g	0.022	0.002	3	A	1		0.006	0.058	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.049	0.001	3	A	1		0.014	0.129	
22:1 undifferentiated.....g	0.003	0.000	3	AS	1		0.001	0.008	
22:1 c.....g	0.003	0.000	3	A	1		0.001	0.008	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.004	0.000	3	A	1		0.001	0.010	
Fatty acids, total polyunsaturated.....g	2.130		0	NC	4		0.604	5.580	
18:2 undifferentiated.....g	2.024	0.136	3	AS	1		0.574	5.302	
18:2 n-6 c,c.....g	2.003	0.136	3	A	1		0.568	5.247	
18:2 CLAs.....g	0.005	0.000	3	A	1		0.001	0.013	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.016	0.000	3	A	1		0.005	0.043	
18:3 undifferentiated.....g	0.099	0.013	3	AS	1		0.028	0.259	
18:3 n-3 c,c,c (ALA).....g	0.099	0.013	3	A	1		0.028	0.259	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.001	0.007	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	3	A	1		0.001	0.005	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1		0.000	0.002	
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.000	0.004	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 25037
Snacks, pita chips, salted

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	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.038		0	NC	4		0.011	0.100	
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4		0.006	0.058	
Fatty acids, total trans-polyenoic.....g	0.016		0	NC	4		0.005	0.043	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg	17		0	FLC	4		5	44	
<u>Amino Acids:</u>									
Tryptophan.....g	0.144		0	A	1		0.041	0.379	
Threonine.....g	0.351		0	A	1		0.100	0.920	
Isoleucine.....g	0.482		0	A	1		0.137	1.262	
Leucine.....g	0.874		0	A	1		0.248	2.289	
Lysine.....g	0.181		0	A	1		0.051	0.474	
Methionine.....g	0.166		0	A	1		0.047	0.434	
Cystine.....g	0.286		0	A	1		0.081	0.749	
Phenylalanine.....g	0.642		0	A	1		0.182	1.683	
Tyrosine.....g	0.331		0	A	1		0.094	0.868	
Valine.....g	0.542		0	A	1		0.154	1.421	
Arginine.....g	0.462		0	A	1		0.131	1.210	
Histidine.....g	0.261		0	A	1		0.074	0.684	
Alanine.....g	0.391		0	A	1		0.111	1.026	
Aspartic acid.....g	0.522		0	A	1		0.148	1.368	
Glutamic acid.....g	4.609		0	A	1		1.307	12.074	
Glycine.....g	0.482		0	A	1		0.137	1.262	
Proline.....g	1.576		0	A	1		0.447	4.130	
Serine.....g	0.562		0	A	1		0.159	1.473	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 262g: 1 bag

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25027
 Snacks, plantain chips, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proximates:								
Water.....g	2.09	0.350	4	A	1	0.59		
Energy.....kcal	531		0	NC	4	150		
Energy.....kJ	2221		0	NC	4	630		
Protein (N x 6.25).....g	2.28	0.054	4	A	1	0.65		
Total lipid (fat).....g	29.59	1.337	4	A	1	8.39		
Ash.....g	2.19	0.275	4	A	1	0.62		
Carbohydrate, by difference.....g	63.84		0	NC	4	18.10		
Fiber, total dietary.....g	3.5	0.155	4	A	1	1.0		
Sugars, total.....g	0.92	0.564	4	A	1	0.26		
Sucrose.....g	0.92	0.564	4	A	1	0.26		
Glucose (dextrose).....g								
Fructose.....g								
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g	50.80		1	A	1	14.40		
Minerals:								
Calcium, Ca.....mg	9	0.606	4	A	1	3		
Iron, Fe.....mg	0.97	0.050	4	A	1	0.27		
Magnesium, Mg.....mg	71	1.369	4	A	1	20		
Phosphorus, P.....mg	78	4.140	4	A	1	22		
Potassium, K.....mg	786	35.594	4	A	1	223		
Sodium, Na.....mg	202	87.335	3	A	1	57		
Zinc, Zn.....mg	0.37	0.015	4	A	1	0.11		
Copper, Cu.....mg	0.198	0.012	4	A	1	0.056		
Manganese, Mn.....mg	0.276	0.006	4	A	1	0.078		
Selenium, Se.....µg	0.4		2	A	1	0.1		
Vitamins:								
Vitamin C, total ascorbic acid.....mg	32.1		0	LC	8	9.1		
Thiamin.....mg	0.065	0.009	4	A	1	0.018		
Riboflavin.....mg	0.040	0.006	4	A	1	0.011		
Niacin.....mg	0.802	0.056	4	A	1	0.227		
Pantothenic acid.....mg	1.100		2	A	1	0.312		
Vitamin B-6.....mg	0.460	0.007	4	A	1	0.130		
Folate, total.....µg	35		1	A	1	10		
Folic acid.....µg	0		0	NR	4	0		
Folate, food.....µg	35		1	A	1	10		
Folate, DFE.....µg	35		0	NC	4	10		
Choline, total.....mg	0.0		0	NR	4	0.0		
Betaine.....mg								
Vitamin B-12.....µg	0.00		0	NR	4	0.00		
Vitamin B-12, added.....µg	0.00		0	NR	4	0.00		
Vitamin A, RAE.....µg	69		0	NC	4	20		
Retinol.....µg	0		0	NR	4	0		
Carotene, beta.....µg	611		2	A	1	173		
Carotene, alpha.....µg	441		2	A	1	125		
Cryptoxanthin, beta.....µg	0		2	A	1	0		
Vitamin A, IU.....IU	1386		0	AS	1	393		
Lycopene.....µg	36		2	A	1	10		
Lutein + zeaxanthin.....µg	16		2	A	1	5		
Vitamin E (alpha-tocopherol).....mg	5.04	2.254	3	A	1	1.43		
Vitamin E, added.....mg	0.00		0	NR	4	0.00		
Tocopherol, beta.....mg	0.02	0.017	3	A	1	0.00		
Tocopherol, gamma.....mg	1.81	1.090	3	A	1	0.51		
Tocopherol, delta.....mg	0.03	0.033	3	A	1	0.01		
Tocotrienol, alpha.....mg	0.14	0.137	3	A	1	0.04		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1	0.00		

NDB No. 25027
 Snacks, plantain chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.19	0.193	3	A	1		0.05		
Tocotrienol, delta.....mg	0.13	0.127	3	A	1		0.04		
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	28.6		2	A	1		8.1		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	8.337		0	NC	4		2.364		
4:0.....g	0.006	0.001	4	A	1		0.002		
6:0.....g	0.001	0.000	4	A	1		0.000		
8:0.....g	0.019	0.005	4	A	1		0.006		
10:0.....g	0.036	0.004	4	A	1		0.010		
12:0.....g	0.033	0.029	4	A	1		0.009		
13:0.....g									
14:0.....g	0.210	0.021	4	A	1		0.060		
15:0.....g	0.009	0.002	4	A	1		0.002		
16:0.....g	7.084	0.785	4	A	1		2.008		
17:0.....g	0.023	0.001	4	A	1		0.007		
18:0.....g	0.781	0.088	4	A	1		0.221		
20:0.....g	0.076	0.005	4	A	1		0.021		
22:0.....g	0.031	0.005	4	A	1		0.009		
24:0.....g	0.027	0.003	4	A	1		0.008		
Fatty acids, total monounsaturated.....g	5.632		0	NC	4		1.597		
14:1.....g	0.002	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.116	0.025	4	AS	1		0.033		
16:1 c.....g	0.116	0.025	4	A	1		0.033		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	5.473	1.142	4	AS	1		1.552		
18:1 c.....g	5.399	1.134	4	A	1		1.531		
18:1 t.....g	0.073	0.012	4	A	1		0.021		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.005	4	A	1		0.008		
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.001	0.001	4	A	1		0.000		
24:1 c.....g	0.013	0.004	4	A	1		0.004		
Fatty acids, total polyunsaturated.....g	11.739		0	NC	4		3.328		
18:2 undifferentiated.....g	11.617	3.170	4	AS	1		3.293		
18:2 n-6 c,c.....g	11.480	3.165	4	A	1		3.255		
18:2 CLAs.....g	0.026	0.004	4	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.111	0.009	4	A	1		0.031		
18:3 undifferentiated.....g	0.078	0.004	4	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.078	0.004	4	A	1		0.022		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.007	0.003	4	A	1		0.002		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.001	0.001	4	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.028	0.010	4	A	1		0.008		
21:5.....g									
22:4.....g	0.005	0.000	4	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		

NDB No. 25027
Snacks, plantain chips, salted

Nutrients and Units	<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	4	A	1	0.000		
Fatty acids, total trans.....g	0.185		0	NC	4	0.052		
Fatty acids, total trans-monoenoic.....g	0.074		0	NC	4	0.021		
Fatty acids, total trans-polyenoic.....g	0.111		0	NC	4	0.031		
Cholesterol.....mg	0		0	NR	4	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	NR	4	0.0		
Caffeine.....mg	0		0	NR	4	0		
Theobromine.....mg	0		0	NR	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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19034
Snacks, popcorn, air-popped

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.2		0	O	4		0.1	0.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.637		0	NC	4		0.051	0.180	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		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	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.536		1	A	1		0.043	0.152	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.076		1	A	1		0.006	0.022	
20:0.....g	0.016		1	A	1		0.001	0.005	
22:0.....g	0.008		1	A	1		0.001	0.002	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.950		0	NC	4		0.076	0.269	
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	0.005		1	A	1		0.000	0.002	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.931		1	A	1		0.074	0.264	
20:1.....g	0.014		1	A	1		0.001	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.318		0	NC	4		0.185	0.657	
18:2 undifferentiated.....g	2.263		1	A	1		0.181	0.642	
18:3 undifferentiated.....g	0.054		1	A	1		0.004	0.015	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.085		0		1		0.007	0.024	
Threonine.....g	0.452		0		1		0.036	0.128	
Isoleucine.....g	0.431		0		1		0.034	0.122	
Leucine.....g	1.473		0		1		0.118	0.418	
Lysine.....g	0.338		0		1		0.027	0.096	
Methionine.....g	0.252		0		1		0.020	0.071	
Cystine.....g	0.217		0		1		0.017	0.062	
Phenylalanine.....g	0.590		0		1		0.047	0.167	
Tyrosine.....g	0.488		0		1		0.039	0.138	

NDB No. 19034
Snacks, popcorn, air-popped

Nutrients and Units	<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
Valine.....g	0.607		0		1		0.049	0.172	
Arginine.....g	0.598		0		1		0.048	0.170	
Histidine.....g	0.367		0		1		0.029	0.104	
Alanine.....g	0.900		0		1		0.072	0.255	
Aspartic acid.....g	0.836		0		1		0.067	0.237	
Glutamic acid.....g	2.255		0		1		0.180	0.639	
Glycine.....g	0.492		0		1		0.039	0.139	
Proline.....g	1.048		0		1		0.084	0.297	
Serine.....g	0.571		0		1		0.046	0.162	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 8.0g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

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

NDB No. 19806
Snacks, popcorn, air-popped (Unsalted)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.10	0.289	3		1		0.33	1.16	
Energy.....kcal	382		0	NC	4		31	108	
Energy.....kJ	1598		0		4		128	453	
Protein (N x 6.25).....g	12.00	0.569	3		1		0.96	3.40	
Total lipid (fat).....g	4.20	1.185	3		1		0.34	1.19	
Ash.....g	1.80	0.088	3		1		0.14	0.51	
Carbohydrate, by difference.....g	77.90		0	NC	4		6.23	22.08	
Fiber, total dietary.....g	15.1		0		4		1.2	4.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.739	3		1		1	3	
Iron, Fe.....mg	2.66	0.300	3		1		0.21	0.75	
Magnesium, Mg.....mg	131	16.063	4		1		10	37	
Phosphorus, P.....mg	300	49.950	3		1		24	85	
Potassium, K.....mg	301	28.884	3		1		24	85	
Sodium, Na.....mg	4		2		1		0	1	
Zinc, Zn.....mg	3.44	0.381	3		1		0.28	0.98	
Copper, Cu.....mg	0.420	0.080	3		1		0.034	0.119	
Manganese, Mn.....mg	0.943	0.092	3		1		0.075	0.267	
Selenium, Se.....µg	9.9		0	BFZN	4		0.8	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.203	0.024	4		1		0.016	0.058	
Riboflavin.....mg	0.283	0.063	4		1		0.023	0.080	
Niacin.....mg	1.944	0.053	4		1		0.156	0.551	
Pantothenic acid.....mg	0.420	0.077	5		1		0.034	0.119	
Vitamin B-6.....mg	0.245	0.039	4		1		0.020	0.069	
Folate, total.....µg	23		2		1		2	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	23		2		1		2	7	
Folate, DFE.....µg	23		0	NC	4		2	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	27		0		1		2	8	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.570		0		1	0.046	0.162
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.500		1		1	0.040	0.142
17:0.....g							
18:0.....g	0.070		1		1	0.006	0.020
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.100		0		1	0.088	0.312
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		1		1	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	1.100		1		1	0.088	0.312
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.900		0		1	0.152	0.539
18:2 undifferentiated.....g	1.840		1		1	0.147	0.522
18:3 undifferentiated.....g	0.060		1		1	0.005	0.017
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.085		0		1	0.007	0.024
Threonine.....g	0.452		0		1	0.036	0.128
Isoleucine.....g	0.431		0		1	0.034	0.122
Leucine.....g	1.473		0		1	0.118	0.418
Lysine.....g	0.338		0		1	0.027	0.096
Methionine.....g	0.252		0		1	0.020	0.071
Cystine.....g	0.217		0		1	0.017	0.062
Phenylalanine.....g	0.590		0		1	0.047	0.167
Tyrosine.....g	0.488		0		1	0.039	0.138
Valine.....g	0.607		0		1	0.049	0.172
Arginine.....g	0.598		0		1	0.048	0.170
Histidine.....g	0.367		0		1	0.029	0.104
Alanine.....g	0.900		0		1	0.072	0.255
Aspartic acid.....g	0.836		0		1	0.067	0.237
Glutamic acid.....g	2.255		0		1	0.180	0.639
Glycine.....g	0.492		0		1	0.039	0.139
Proline.....g	1.048		0		1	0.084	0.297
Serine.....g	0.571		0		1	0.046	0.162
Hydroxyproline.....g							

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

NDB No. 19806

Snacks, popcorn, air-popped (Unsalted)

Common Measures:

Measure 1 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 25 Snacks

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

NDB No. 19036
Snacks, popcorn, cakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.480		0		1	0.048	0.096
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		1		1	0.000	0.000
13:0.....g							
14:0.....g	0.000		1		1	0.000	0.000
15:0.....g							
16:0.....g	0.420		1		1	0.042	0.084
17:0.....g							
18:0.....g	0.050		1		1	0.005	0.010
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.920		0		1	0.092	0.184
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		1		1	0.001	0.002
17:1.....g							
18:1 undifferentiated.....g	0.910		1		1	0.091	0.182
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.350		0		1	0.135	0.270
18:2 undifferentiated.....g	1.310		1		1	0.131	0.262
18:3 undifferentiated.....g	0.040		1		1	0.004	0.008
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.091		0		1	0.009	0.018
Threonine.....g	0.363		0		1	0.036	0.073
Isoleucine.....g	0.372		0		1	0.037	0.074
Leucine.....g	1.053		0		1	0.105	0.211
Lysine.....g	0.312		0		1	0.031	0.062
Methionine.....g	0.210		0		1	0.021	0.042
Cystine.....g	0.156		0		1	0.016	0.031
Phenylalanine.....g	0.488		0		1	0.049	0.098
Tyrosine.....g	0.387		0		1	0.039	0.077
Valine.....g	0.523		0		1	0.052	0.105
Arginine.....g	0.581		0		1	0.058	0.116
Histidine.....g	0.280		0		1	0.028	0.056
Alanine.....g	0.671		0		1	0.067	0.134
Aspartic acid.....g	0.767		0		1	0.077	0.153
Glutamic acid.....g	1.890		0		1	0.189	0.378
Glycine.....g	0.431		0		1	0.043	0.086
Proline.....g	0.706		0		1	0.071	0.141
Serine.....g	0.480		0		1	0.048	0.096
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	BFSN	4	0	0

NDB No. 19036
Snacks, popcorn, cakes

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	BFSN	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 = 10.0g: 1 cake

Measure 2 = 20g: 2 cakes

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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	1.040		0		1		0.295	0.593	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.820		1		1		0.232	0.467	
17:0.....g									
18:0.....g	0.160		1		1		0.045	0.091	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.730		0		1		0.774	1.556	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	2.670		1		1		0.757	1.522	
20:1.....g	0.050		1		1		0.014	0.029	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.270		0		1		0.927	1.864	
18:2 undifferentiated.....g	3.210		1		1		0.910	1.830	
18:3 undifferentiated.....g	0.060		1		1		0.017	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0		1		0.015	0.030	
Threonine.....g	0.231		0		1		0.065	0.132	
Isoleucine.....g	0.227		0		1		0.064	0.129	
Leucine.....g	0.641		0		1		0.182	0.365	
Lysine.....g	0.199		0		1		0.056	0.113	
Methionine.....g	0.112		0		1		0.032	0.064	
Cystine.....g	0.103		0		1		0.029	0.059	
Phenylalanine.....g	0.320		0		1		0.091	0.182	
Tyrosine.....g	0.261		0		1		0.074	0.149	
Valine.....g	0.303		0		1		0.086	0.173	
Arginine.....g	0.489		0		1		0.139	0.279	
Histidine.....g	0.182		0		1		0.052	0.104	
Alanine.....g	0.392		0		1		0.111	0.223	
Aspartic acid.....g	0.572		0		1		0.162	0.326	
Glutamic acid.....g	1.250		0		1		0.354	0.713	
Glycine.....g	0.309		0		1		0.088	0.176	
Proline.....g	0.452		0		1		0.128	0.258	
Serine.....g	0.308		0		1		0.087	0.176	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	

NDB No. 19038

Snacks, popcorn, caramel-coated, with peanuts

Nutrients and Units	<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	FLM	4	0		0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3

Fat 8.5

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19039

Snacks, popcorn, caramel-coated, without peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	3.610		0		1		1.023
4:0.....g	0.110		1		1		0.031
6:0.....g	0.070		1		1		0.020
8:0.....g	0.040		1		1		0.011
10:0.....g	0.090		1		1		0.026
12:0.....g	0.100		1		1		0.028
13:0.....g							
14:0.....g	0.370		1		1		0.105
15:0.....g							
16:0.....g	2.120		1		1		0.601
17:0.....g							
18:0.....g	0.720		1		1		0.204
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.880		0		1		0.816
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.100		1		1		0.028
17:1.....g							
18:1 undifferentiated.....g	2.780		1		1		0.788
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.480		0		1		1.270
18:2 undifferentiated.....g	4.070		1		1		1.154
18:3 undifferentiated.....g	0.400		1		1		0.113
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000
Cholesterol.....mg	0		0	NR	4		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.045		0		1		0.013
Threonine.....g	0.151		0		1		0.043
Isoleucine.....g	0.157		0		1		0.045
Leucine.....g	0.284		0		1		0.081
Lysine.....g	0.281		0		1		0.080
Methionine.....g	0.073		0		1		0.021
Cystine.....g	0.039		0		1		0.011
Phenylalanine.....g	0.154		0		1		0.044
Tyrosine.....g	0.109		0		1		0.031
Valine.....g	0.177		0		1		0.050
Arginine.....g	0.235		0		1		0.067
Histidine.....g	0.109		0		1		0.031
Alanine.....g	0.208		0		1		0.059
Aspartic acid.....g	0.389		0		1		0.110
Glutamic acid.....g	0.658		0		1		0.187
Glycine.....g	0.224		0		1		0.064
Proline.....g	0.171		0		1		0.048
Serine.....g	0.156		0		1		0.044
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	FLM	4		0

NDB No. 19039

Snacks, popcorn, caramel-coated, without peanuts

Nutrients and Units	<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	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 = 28.35g: 1 oz

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19040
Snacks, popcorn, cheese-flavor

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	6.410		0		1		0.705	1.817	
4:0.....g	0.030		1		1		0.003	0.009	
6:0.....g	0.020		1		1		0.002	0.006	
8:0.....g	0.010		1		1		0.001	0.003	
10:0.....g	0.030		1		1		0.003	0.009	
12:0.....g	0.020		1		1		0.002	0.006	
13:0.....g									
14:0.....g	0.220		1		1		0.024	0.062	
15:0.....g									
16:0.....g	4.800		1		1		0.528	1.361	
17:0.....g									
18:0.....g	1.280		1		1		0.141	0.363	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.700		0		1		1.067	2.750	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.011	0.028	
17:1.....g									
18:1 undifferentiated.....g	9.600		1		1		1.056	2.722	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.370		0		1		1.691	4.357	
18:2 undifferentiated.....g	14.500		1		1		1.595	4.111	
18:3 undifferentiated.....g	0.880		1		1		0.097	0.249	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11	2.722	5		1		1	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.010	0.027	
Threonine.....g	0.417		0		1		0.046	0.118	
Isoleucine.....g	0.402		0		1		0.044	0.114	
Leucine.....g	1.024		0		1		0.113	0.290	
Lysine.....g	0.443		0		1		0.049	0.126	
Methionine.....g	0.191		0		1		0.021	0.054	
Cystine.....g	0.160		0		1		0.018	0.045	
Phenylalanine.....g	0.405		0		1		0.045	0.115	
Tyrosine.....g	0.349		0		1		0.038	0.099	
Valine.....g	0.489		0		1		0.054	0.139	
Arginine.....g	0.391		0		1		0.043	0.111	
Histidine.....g	0.252		0		1		0.028	0.071	
Alanine.....g	0.580		0		1		0.064	0.164	
Aspartic acid.....g	0.718		0		1		0.079	0.204	
Glutamic acid.....g	1.729		0		1		0.190	0.490	
Glycine.....g	0.308		0		1		0.034	0.087	
Proline.....g	0.743		0		1		0.082	0.211	
Serine.....g	0.446		0		1		0.049	0.126	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 19040
Snacks, popcorn, cheese-flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	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 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 42259

Snacks, popcorn, home-prepared, oil-popped, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	5.050		0	NC	4		0.404	1.432	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.080		0		4		0.006	0.023	
15:0.....g									
16:0.....g	3.930		0		4		0.314	1.114	
17:0.....g									
18:0.....g	1.040		0		4		0.083	0.295	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.290		0	NC	4		0.663	2.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		4		0.005	0.017	
17:1.....g									
18:1 undifferentiated.....g	8.230		0		4		0.658	2.333	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.520		0	NC	4		1.082	3.833	
18:2 undifferentiated.....g	12.730		0		4		1.018	3.609	
18:3 undifferentiated.....g	0.790		0		4		0.063	0.224	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25000

Snacks, popcorn, microw ave, 94% fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.22	0.153	8	A	1		1.20		
Energy.....kcal	402		0	NC	4		114		
Energy.....kJ	1682		0	NC	4		477		
Protein.....g	10.72	0.361	8	A	1		3.04		
Total lipid (fat).....g	6.10	0.113	7	A	1		1.73		
Ash.....g	2.91	0.066	8	A	1		0.83		
Carbohydrate, by difference.....g	76.04		0	NC	4		21.56		
Fiber, total dietary.....g	13.6	0.890	4	A	1		3.9		
Sugars, total.....g	0.65	0.041	8	A	1		0.18		
Sucrose.....g	0.65	0.041	8	A	1		0.18		
Glucose (dextrose).....g	0.00	0.000	8	A	1		0.00		
Fructose.....g	0.00	0.000	8	A	1		0.00		
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	59.75	0.643	8	A	1		16.94		
Minerals:									
Calcium, Ca.....mg	14	0.994	8	A	1		4		
Iron, Fe.....mg	2.87	0.155	8	A	1		0.81		
Magnesium, Mg.....mg	124	12.835	8	A	1		35		
Phosphorus, P.....mg	304	24.592	8	A	1		86		
Potassium, K.....mg	284	19.372	8	A	1		80		
Sodium, Na.....mg	571		0	NR	4		162		
Zinc, Zn.....mg	2.80	0.097	6	A	1		0.79		
Copper, Cu.....mg	0.262	0.029	8	A	1		0.074		
Manganese, Mn.....mg	1.085	0.058	8	A	1		0.308		
Selenium, Se.....µg	6.9	2.206	8	A	1		2.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.070	0.027	4	A	1		0.020		
Riboflavin.....mg	0.151	0.007	8	A	1		0.043		
Niacin.....mg	2.099	0.088	8	A	1		0.595		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.210	0.003	8	A	1		0.060		
Folate, total.....µg	18	2.097	4	A	1		5		
Folic acid.....µg	0	0.000	4	A	1		0		
Folate, food.....µg	18		0	AS	1		5		
Folate, DFE.....µg	18		0	NC	4		5		
Choline, total.....mg	13.0		0	AS	1		3.7		
Betaine.....mg	0.3		1	A	1		0.1		
Vitamin B-12.....µg	0.00		0		7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	13		0	AS	1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	75		2	A	1		21		
Carotene, alpha.....µg	7		2	A	1		2		
Cryptoxanthin, beta.....µg	160		2	A	1		45		
Vitamin A, IU.....IU	264		0	AS	1		75		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	1259		2	A	1		357		
Vitamin E (alpha-tocopherol).....mg	0.41	0.047	8	A	1		0.12		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.004	8	A	1		0.01		
Tocopherol, gamma.....mg	4.26	0.422	8	A	1		1.21		
Tocopherol, delta.....mg	0.90	0.141	8	A	1		0.26		
Tocotrienol, alpha.....mg	0.32	0.010	8	A	1		0.09		
Tocotrienol, beta.....mg	0.00	0.000	8	A	1		0.00		

NDB No. 25000

Snacks, popcorn, microw ave, 94% fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.37	0.017	8	A	1		0.11		
Tocotrienol, delta.....mg	0.11	0.021	8	A	1		0.03		
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	1.1	0.618	4	A	1		0.3		
Dihydrophyloquinone.....µg	8.5	3.350	4	A	1		2.4		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.184		0	NC	4		0.336		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.002	0.001	4	A	1		0.001		
13:0.....g									
14:0.....g	0.008	0.002	4	A	1		0.002		
15:0.....g	0.001	0.001	4	A	1		0.000		
16:0.....g	0.738	0.095	4	A	1		0.209		
17:0.....g	0.006	0.001	4	A	1		0.002		
18:0.....g	0.380	0.100	4	A	1		0.108		
20:0.....g	0.024	0.004	4	A	1		0.007		
22:0.....g	0.015	0.002	4	A	1		0.004		
24:0.....g	0.010	0.001	4	A	1		0.003		
Fatty acids, total monounsaturated.....g	2.767		0	NC	4		0.784		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.006	0.000	4	AS	1		0.002		
16:1 c.....g	0.006	0.000	4	A	1		0.002		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.002	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.746	0.370	4	AS	1		0.779		
18:1 c.....g	1.930	0.223	4	A	1		0.547		
18:1 t.....g	0.817	0.177	4	A	1		0.232		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.012	0.002	4	A	1		0.003		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.001	0.001	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.216		0	NC	4		0.628		
18:2 undifferentiated.....g	2.161	0.287	4	AS	1		0.613		
18:2 n-6 c,c.....g	2.093	0.282	4	A	1		0.593		
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.068	0.012	4	A	1		0.019		
18:3 undifferentiated.....g	0.055	0.004	4	AS	1		0.016		
18:3 n-3 c,c,c (ALA).....g	0.055	0.004	4	A	1		0.016		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		

NDB No. 25000

Snacks, popcorn, microw ave, 94% fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.885		0	NC	4		0.251		
Fatty acids, total trans-monoenoic.....g	0.817		0	NC	4		0.232		
Fatty acids, total trans-polyenoic.....g	0.068		0	NC	4		0.019		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0	A	1		0.022		
Threonine.....g	0.372		0	A	1		0.105		
Isoleucine.....g	0.388		0	A	1		0.110		
Leucine.....g	1.480		0	A	1		0.420		
Lysine.....g	0.349		0	A	1		0.099		
Methionine.....g	0.199		0	A	1		0.056		
Cystine.....g	0.184		0	A	1		0.052		
Phenylalanine.....g	0.529		0	A	1		0.150		
Tyrosine.....g	0.404		0	A	1		0.115		
Valine.....g	0.520		0	A	1		0.147		
Arginine.....g	0.307		0	A	1		0.087		
Histidine.....g	0.241		0	A	1		0.068		
Alanine.....g	0.800		0	A	1		0.227		
Aspartic acid.....g	0.804		0	A	1		0.228		
Glutamic acid.....g	2.117		0	A	1		0.600		
Glycine.....g	0.338		0	A	1		0.096		
Proline.....g	0.749		0	A	1		0.212		
Serine.....g	0.500		0	A	1		0.142		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25001

Snacks, popcorn, microwave, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.415		0		4		0.401		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.010		0		4		0.003		
15:0.....g									
16:0.....g	0.931		0		4		0.264		
17:0.....g									
18:0.....g	0.475		0		4		0.135		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.085		0		4		1.158		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.011		
17:1.....g									
18:1 undifferentiated.....g	4.037		0		4		1.144		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.572		0		4		1.013		
18:2 undifferentiated.....g	3.315		0		4		0.940		
18:3 undifferentiated.....g	0.247		0		4		0.070		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25014

Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.34	0.057	12	A	1		0.03	0.29	
Energy.....kcal	557		0	NC	4		44	484	
Energy.....kJ	2330		0	NC	4		184	2027	
Protein.....g	7.50	0.214	12	A	1		0.59	6.53	
Total lipid (fat).....g	34.02	1.397	12	A	1		2.69	29.60	
Ash.....g	2.98	0.137	12	A	1		0.24	2.59	
Carbohydrate, by difference.....g	55.16		0	NC	4		4.36	47.99	
Fiber, total dietary.....g	10.0	0.429	12	A	1		0.8	8.7	
Sugars, total.....g	0.55		2	A	1		0.04	0.48	
Sucrose.....g	0.55		2	A	1		0.04	0.48	
Glucose (dextrose).....g	0.00	0.000	8	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	8	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	43.31	1.126	12	A	1		3.42	37.68	
Minerals:									
Calcium, Ca.....mg	20	0.933	12	A	1		2	17	
Iron, Fe.....mg	1.85	0.112	12	A	1		0.15	1.61	
Magnesium, Mg.....mg	94	5.452	12	A	1		7	82	
Phosphorus, P.....mg	251	13.073	12	A	1		20	219	
Potassium, K.....mg	240	13.167	12	A	1		19	209	
Sodium, Na.....mg	764	41.658	12	A	1		60	665	
Zinc, Zn.....mg	2.16	0.110	12	A	1		0.17	1.88	
Copper, Cu.....mg	0.188	0.007	12	A	1		0.015	0.164	
Manganese, Mn.....mg	0.771	0.038	12	A	1		0.061	0.671	
Selenium, Se.....µg	4.1	0.826	5	A	1		0.3	3.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLC	4		0.0	0.1	
Thiamin.....mg	0.032	0.004	5	A	1		0.003	0.028	
Riboflavin.....mg	0.046	0.004	5	A	1		0.004	0.040	
Niacin.....mg	1.432	0.093	5	A	1		0.113	1.246	
Pantothenic acid.....mg	0.180	0.014	5	A	1		0.014	0.157	
Vitamin B-6.....mg	0.282	0.009	5	A	1		0.022	0.246	
Folate, total.....µg	15	2.198	4	A	1		1	13	
Folic acid.....µg	0	0.000	4	A	1		0	0	
Folate, food.....µg	15	2.198	4	AS	1		1	13	
Folate, DFE.....µg	15		0	NC	4		1	13	
Choline, total.....mg	13.9		0	AS	1		1.1	12.1	
Betaine.....mg	0.3		1	A	1		0.0	0.2	
Vitamin B-12.....µg	0.00		0	O	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	22		0	NC	4		2	19	
Retinol.....µg	13		0	O	4		1	12	
Carotene, beta.....µg	58	6.045	5	A	1		5	50	
Carotene, alpha.....µg	5	1.463	5	A	1		0	5	
Cryptoxanthin, beta.....µg	93	13.333	5	A	1		7	81	
Vitamin A, IU.....IU	223		0	NC	4		18	194	
Lycopene.....µg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin.....µg	1112	51.235	5	A	1		88	967	
Vitamin E (alpha-tocopherol).....mg	2.62	0.344	5	A	1		0.21	2.28	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.42	0.029	5	A	1		0.03	0.37	
Tocopherol, gamma.....mg	28.08	2.304	5	A	1		2.22	24.43	
Tocopherol, delta.....mg	7.26	0.492	5	A	1		0.57	6.32	
Tocotrienol, alpha.....mg	0.28	0.017	5	A	1		0.02	0.24	
Tocotrienol, beta.....mg	0.01	0.009	5	A	1		0.00	0.01	

Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.46	0.025	5	A	1		0.04	0.40	
Tocotrienol, delta.....mg	1.04	0.202	5	A	1		0.08	0.90	
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	NR	4		0	0	
Vitamin K (phylloquinone).....µg	3.5	1.139	3	A	1		0.3	3.1	
Dihydrophyloquinone.....µg	70.0	5.760	3	A	1		5.5	60.9	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.216		0	NC	4		0.570	6.278	
4:0.....g	0.000	0.000	8	A	1		0.000	0.000	
6:0.....g	0.000	0.000	8	A	1		0.000	0.000	
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	
10:0.....g	0.000	0.000	8	A	1		0.000	0.000	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.030	0.001	8	A	1		0.002	0.026	
15:0.....g	0.007	0.000	8	A	1		0.001	0.006	
16:0.....g	3.551	0.143	8	A	1		0.281	3.089	
17:0.....g	0.034	0.002	8	A	1		0.003	0.030	
18:0.....g	3.347	0.257	8	A	1		0.264	2.912	
20:0.....g	0.113	0.007	8	A	1		0.009	0.098	
22:0.....g	0.097	0.007	8	A	1		0.008	0.085	
24:0.....g	0.037	0.002	8	A	1		0.003	0.032	
Fatty acids, total monounsaturated.....g	21.143		0	NC	4		1.670	18.395	
14:1.....g									
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.016	0.002	8	AS	1		0.001	0.014	
16:1 c.....g	0.014	0.000	8	A	1		0.001	0.012	
16:1 t.....g	0.002	0.001	8	A	1		0.000	0.002	
17:1.....g	0.007	0.001	8	A	1		0.001	0.007	
18:1 undifferentiated.....g	21.091	1.061	8	AS	1		1.666	18.349	
18:1 c.....g	11.752	0.517	8	A	1		0.928	10.224	
18:1 t.....g	9.339	0.551	8	A	1		0.738	8.125	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.029	0.002	8	A	1		0.002	0.025	
22:1 undifferentiated.....g	0.000	0.000	8	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.392		0	NC	4		0.189	2.081	
18:2 undifferentiated.....g	2.305	0.107	8	AS	1		0.182	2.005	
18:2 n-6 c,c.....g	1.827	0.104	8	A	1		0.144	1.589	
18:2 CLAs.....g	0.017	0.001	8	A	1		0.001	0.014	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.462	0.021	8	A	1		0.036	0.402	
18:3 undifferentiated.....g	0.074	0.007	8	AS	1		0.006	0.065	
18:3 n-3 c,c,c (ALA).....g	0.069	0.006	8	A	1		0.005	0.060	
18:3 n-6 c,c,c.....g	0.005	0.001	8	A	1		0.000	0.004	
18:3i.....g									
18:4.....g	0.000	0.000	8	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.001	0.000	8	AS	1		0.000	0.001	
20:3 n-3.....g	0.001	0.000	8	A	1		0.000	0.001	
20:3 n-6.....g	0.000	0.000	8	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.012	0.001	8	A	1		0.001	0.010	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000	0.000	

NDB No. 25014

Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans.....g	9.802		0	NC	4		0.774	8.528	
Fatty acids, total trans-monoenoic.....g	9.341		0	NC	4		0.738	8.126	
Fatty acids, total trans-polyenoic.....g	0.462		0	NC	4		0.036	0.402	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg	1		0	FLC	4		0	1	
Stigmasterol.....mg	0		0	FLC	4		0	0	
Campesterol.....mg	0		0	FLC	4		0	0	
Beta-sitosterol.....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan.....g	0.051		0	A	1		0.004	0.045	
Threonine.....g	0.218		0	A	1		0.017	0.190	
Isoleucine.....g	0.253		0	A	1		0.020	0.220	
Leucine.....g	1.028		0	A	1		0.081	0.894	
Lysine.....g	0.263		0	A	1		0.021	0.229	
Methionine.....g	0.132		0	A	1		0.010	0.115	
Cystine.....g	0.143		0	A	1		0.011	0.124	
Phenylalanine.....g	0.323		0	A	1		0.026	0.281	
Tyrosine.....g	0.271		0	A	1		0.021	0.235	
Valine.....g	0.343		0	A	1		0.027	0.298	
Arginine.....g	0.216		0	A	1		0.017	0.188	
Histidine.....g	0.182		0	A	1		0.014	0.158	
Alanine.....g	0.528		0	A	1		0.042	0.459	
Aspartic acid.....g	0.541		0	A	1		0.043	0.471	
Glutamic acid.....g	1.421		0	A	1		0.112	1.237	
Glycine.....g	0.231		0	A	1		0.018	0.201	
Proline.....g	0.634		0	A	1		0.050	0.552	
Serine.....g	0.334		0	A	1		0.026	0.290	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 7.9g: 1 cup

Measure 2 = 87g: 1 bag

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19035

Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.20	0.142	6	A	1		0.13	0.34	
Energy.....kcal	583		0	NC	4		64	165	
Energy.....kJ	2440		0	NC	4		268	692	
Protein (N x 6.25).....g	7.29	0.129	6	A	1		0.80	2.07	
Total lipid (fat).....g	43.55	0.666	6	A	1		4.79	12.35	
Ash.....g	2.90	0.215	32		1		0.32	0.82	
Carbohydrate, by difference.....g	45.06		0	NC	4		4.96	12.77	
Fiber, total dietary.....g	8.1	0.369	3	A	1		0.9	2.3	
Sugars, total.....g	0.46	0.024	3	A	1		0.05	0.13	
Sucrose.....g	0.31	0.024	3	A	1		0.03	0.09	
Glucose (dextrose).....g	0.07	0.000	3	A	1		0.01	0.02	
Fructose.....g	0.07	0.000	3	A	1		0.01	0.02	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	34.40	0.945	3	A	1		3.78	9.75	
Minerals:									
Calcium, Ca.....mg	4	0.116	6	A	1		0	1	
Iron, Fe.....mg	1.98	0.105	6	A	1		0.22	0.56	
Magnesium, Mg.....mg	79	1.453	6	A	1		9	22	
Phosphorus, P.....mg	199	4.238	6	A	1		22	56	
Potassium, K.....mg	182	4.616	6	A	1		20	52	
Sodium, Na.....mg	679		0	NR	4		75	192	
Zinc, Zn.....mg	3.10		0	O	4		0.34	0.88	
Copper, Cu.....mg	0.162	0.009	6	A	1		0.018	0.046	
Manganese, Mn.....mg	0.629	0.012	6	A	1		0.069	0.178	
Selenium, Se.....µg	2.2		0	O	4		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.195	5		1		0.0	0.1	
Thiamin.....mg	0.134	0.021	20		1		0.015	0.038	
Riboflavin.....mg	0.057	0.007	6	A	1		0.006	0.016	
Niacin.....mg	1.195	0.026	6	A	1		0.131	0.339	
Pantothenic acid.....mg	0.230	0.155	3	A	1		0.025	0.065	
Vitamin B-6.....mg	0.109	0.006	3	A	1		0.012	0.031	
Folate, total.....µg	25	0.754	6	A	1		3	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	25	0.754	6	A	1		3	7	
Folate, DFE.....µg	25		0	NC	4		3	7	
Choline, total.....mg	12.6		0	AS	1		1.4	3.6	
Betaine.....mg	0.3		1	A	1		0.0	0.1	
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	O	4		0.00	0.00	
Vitamin A, RAE.....µg	8		0	NC	4		1	2	
Retinol.....µg	0		0	BNA	4		0	0	
Carotene, beta.....µg	70		0	BNA	4		8	20	
Carotene, alpha.....µg	46		0	BNA	4		5	13	
Cryptoxanthin, beta.....µg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	154		0	NC	4		17	44	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	829		0	O	4		91	235	
Vitamin E (alpha-tocopherol).....mg	2.43		1	A	1		0.27	0.69	
Vitamin E, added.....mg	0.00		0	O	4		0.00	0.00	
Tocopherol, beta.....mg	0.16		1	A	1		0.02	0.05	
Tocopherol, gamma.....mg	24.88		1	A	1		2.74	7.05	
Tocopherol, delta.....mg	5.99		1	A	1		0.66	1.70	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 19035

Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.25		1	A	1		0.03	0.07	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.1		0	O	4		0.5	1.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	6.820		0	NC	4		0.750	1.934	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g									
16:0.....g	4.610	0.175	3	A	1		0.507	1.307	
17:0.....g									
18:0.....g	1.873	0.074	3	A	1		0.206	0.531	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.809		0	NC	4		1.079	2.781	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037	0.004	3	A	1		0.004	0.010	
17:1.....g									
18:1 undifferentiated.....g	9.654	0.358	3	A	1		1.062	2.737	
20:1.....g	0.118	0.004	3	A	1		0.013	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.191		0	NC	4		2.551	6.575	
18:2 undifferentiated.....g	22.339	0.810	3	A	1		2.457	6.333	
18:3 undifferentiated.....g	0.853	0.853	3	JA	6		0.094	0.242	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	6		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.007	0.018	
Threonine.....g	0.338		0		1		0.037	0.096	
Isoleucine.....g	0.323		0		1		0.036	0.092	
Leucine.....g	1.103		0		1		0.121	0.313	
Lysine.....g	0.253		0		1		0.028	0.072	
Methionine.....g	0.189		0		1		0.021	0.054	
Cystine.....g	0.163		0		1		0.018	0.046	
Phenylalanine.....g	0.442		0		1		0.049	0.125	
Tyrosine.....g	0.366		0		1		0.040	0.104	
Valine.....g	0.455		0		1		0.050	0.129	
Arginine.....g	0.448		0		1		0.049	0.127	
Histidine.....g	0.275		0		1		0.030	0.078	
Alanine.....g	0.674		0		1		0.074	0.191	

NDB No. 19035

Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.626		0		1	0.069	0.177
Glutamic acid.....g	1.689		0		1	0.186	0.479
Glycine.....g	0.369		0		1	0.041	0.105
Proline.....g	0.785		0		1	0.086	0.223
Serine.....g	0.428		0		1	0.047	0.121
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19807

Snacks, popcorn, oil-popped, white popcorn, salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80	0.153	50		1		0.31	0.79	
Energy.....kcal	500		0	NC	4		55	142	
Energy.....kJ	2092		0		4		230	593	
Protein (N x 6.25).....g	9.00	0.264	32		1		0.99	2.55	
Total lipid (fat).....g	28.10	1.074	40		1		3.09	7.97	
Ash.....g	2.90	0.215	32		1		0.32	0.82	
Carbohydrate, by difference.....g	57.20		0	NC	4		6.29	16.22	
Fiber, total dietary.....g	10.0		0		4		1.1	2.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.080	55		1		1	3	
Iron, Fe.....mg	2.78	0.091	63		1		0.31	0.79	
Magnesium, Mg.....mg	108	3.124	50		1		12	31	
Phosphorus, P.....mg	250	7.888	49		1		28	71	
Potassium, K.....mg	225	9.120	51		1		25	64	
Sodium, Na.....mg	884	65.964	29		1		97	251	
Zinc, Zn.....mg	2.64	0.094	52		1		0.29	0.75	
Copper, Cu.....mg	0.221	0.010	48		1		0.024	0.063	
Manganese, Mn.....mg	0.879	0.031	48		1		0.097	0.249	
Selenium, Se.....µg	7.3		0	BFZN	4		0.8	2.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.195	5		1		0.0	0.1	
Thiamin.....mg	0.134	0.021	20		1		0.015	0.038	
Riboflavin.....mg	0.136	0.015	23		1		0.015	0.039	
Niacin.....mg	1.550	0.059	20		1		0.171	0.439	
Pantothenic acid.....mg	0.305	0.054	7		1		0.034	0.086	
Vitamin B-6.....mg	0.209	0.017	6		1		0.023	0.059	
Folate, total.....µg	17	1.686	3		1		2	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17	1.686	3		1		2	5	
Folate, DFE.....µg	17		0	NC	4		2	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		0		1		1	3	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, popcorn, oil-popped, white popcorn, salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	4.890		0		1	0.538	1.386
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.070		1		1	0.008	0.020
15:0.....g							
16:0.....g	3.860		1		1	0.425	1.094
17:0.....g							
18:0.....g	0.960		1		1	0.106	0.272
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	8.170		0		1	0.899	2.316
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.050		1		1	0.006	0.014
17:1.....g							
18:1 undifferentiated.....g	8.120		1		1	0.893	2.302
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	13.420		0		1	1.476	3.805
18:2 undifferentiated.....g	12.680		1		1	1.395	3.595
18:3 undifferentiated.....g	0.730		1		1	0.080	0.207
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0	0.000	6		1	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.063		0		1	0.007	0.018
Threonine.....g	0.338		0		1	0.037	0.096
Isoleucine.....g	0.323		0		1	0.036	0.092
Leucine.....g	1.103		0		1	0.121	0.313
Lysine.....g	0.253		0		1	0.028	0.072
Methionine.....g	0.189		0		1	0.021	0.054
Cystine.....g	0.163		0		1	0.018	0.046
Phenylalanine.....g	0.442		0		1	0.049	0.125
Tyrosine.....g	0.366		0		1	0.040	0.104
Valine.....g	0.455		0		1	0.050	0.129
Arginine.....g	0.448		0		1	0.049	0.127
Histidine.....g	0.275		0		1	0.030	0.078
Alanine.....g	0.674		0		1	0.074	0.191
Aspartic acid.....g	0.626		0		1	0.069	0.177
Glutamic acid.....g	1.689		0		1	0.186	0.479
Glycine.....g	0.369		0		1	0.041	0.105
Proline.....g	0.785		0		1	0.086	0.223
Serine.....g	0.428		0		1	0.047	0.121
Hydroxyproline.....g							

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

NDB No. 19807

Snacks, popcorn, oil-popped, white popcorn, salt added

Common Measures:

Measure 1 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19408

Snacks, pork skins, barbecue-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.10	0.171	6		1		0.60	0.30	
Energy.....kcal	538		0		4		153	76	
Energy.....kJ	2251				4		638	320	
Protein (N x 6.25).....g	57.90	0.474	6		1		16.41	8.22	
Total lipid (fat).....g	31.80	1.124	6		1		9.02	4.52	
Ash.....g	7.00	0.759	6		1		1.98	0.99	
Carbohydrate, by difference.....g	1.60		0	NC	4		0.45	0.23	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		1		1		12	6	
Iron, Fe.....mg	1.04		2		1		0.29	0.15	
Magnesium, Mg.....mg	0		1		1		0	0	
Phosphorus, P.....mg	220		1		1		62	31	
Potassium, K.....mg	180		1		1		51	26	
Sodium, Na.....mg	2667	194.365	9		1		756	379	
Zinc, Zn.....mg	0.71		1		4		0.20	0.10	
Copper, Cu.....mg	0.350		1		1		0.099	0.050	
Manganese, Mn.....mg	0.074		1		4		0.021	0.011	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		1		1		0.4	0.2	
Thiamin.....mg	0.084		1		1		0.024	0.012	
Riboflavin.....mg	0.432		2		1		0.122	0.061	
Niacin.....mg	3.355		2		1		0.951	0.476	
Pantothenic acid.....mg	0.430		1		4		0.122	0.061	
Vitamin B-6.....mg	0.156		1		1		0.044	0.022	
Folate, total.....µg	31		1		4		9	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	31		1		4		9	4	
Folate, DFE.....µg	31		0	NC	4		9	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.13		1		4		0.04	0.02	
Vitamin A, RAE.....µg	65		0	NC	4		18	9	
Retinol.....µg	38		0	NR	4		11	5	
Carotene, beta.....µg	324		0	NR	4		92	46	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	667		0	NC	4		189	95	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	11.560		0		1		3.277	1.642	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		1		1		0.006	0.003	
12:0.....g	0.070		1		1		0.020	0.010	
13:0.....g									
14:0.....g	0.400		1		1		0.113	0.057	
15:0.....g									
16:0.....g	6.960		1		1		1.973	0.988	
17:0.....g									
18:0.....g	4.100		1		1		1.162	0.582	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.030		0		1		4.261	2.134	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.990		1		1		0.281	0.141	
17:1.....g									
18:1 undifferentiated.....g	13.780		1		1		3.907	1.957	
20:1.....g	0.250		1		1		0.071	0.036	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.450		0		1		0.978	0.490	
18:2 undifferentiated.....g	3.410		1		1		0.967	0.484	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		1		1		0.011	0.006	
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	115	4.853	8		1		33	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.037	0.019	
Threonine.....g	1.765		0		1		0.500	0.251	
Isoleucine.....g	1.373		0		1		0.389	0.195	
Leucine.....g	3.221		0		1		0.913	0.457	
Lysine.....g	2.698		0		1		0.765	0.383	
Methionine.....g	0.476		0		1		0.135	0.068	
Cystine.....g	0.514		0		1		0.146	0.073	
Phenylalanine.....g	1.877		0		1		0.532	0.267	
Tyrosine.....g	1.186		0		1		0.336	0.168	
Valine.....g	2.334		0		1		0.662	0.331	
Arginine.....g	4.547		0		1		1.289	0.646	
Histidine.....g	0.719		0		1		0.204	0.102	
Alanine.....g	5.472		0		1		1.551	0.777	
Aspartic acid.....g	4.295		0		1		1.218	0.610	
Glutamic acid.....g	7.302		0		1		2.070	1.037	
Glycine.....g	11.036		0		1		3.129	1.567	
Proline.....g	6.769		0		1		1.919	0.961	
Serine.....g	2.484		0		1		0.704	0.353	
Hydroxyproline.....g									

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

NDB No. 19408

Snacks, pork skins, barbecue-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 25 Snacks

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

NDB No. 19041
Snacks, pork skins, plain

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	11.370		0		1		3.223	1.615	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.020		1		1		0.006	0.003	
12:0.....g	0.070		1		1		0.020	0.010	
13:0.....g									
14:0.....g	0.390		1		1		0.111	0.055	
15:0.....g									
16:0.....g	6.850		1		1		1.942	0.973	
17:0.....g									
18:0.....g	4.040		1		1		1.145	0.574	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.780		0		1		4.190	2.099	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		1		1		0.275	0.138	
17:1.....g									
18:1 undifferentiated.....g	13.560		1		1		3.844	1.926	
20:1.....g	0.250		1		1		0.071	0.036	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.640		0		1		1.032	0.517	
18:2 undifferentiated.....g	3.350		1		1		0.950	0.476	
18:3 undifferentiated.....g	0.260		1		1		0.074	0.037	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.009	0.004	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	6.090	15		1		27	13	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.017	
Threonine.....g	1.823		0		1		0.517	0.259	
Isoleucine.....g	1.382		0		1		0.392	0.196	
Leucine.....g	3.322		0		1		0.942	0.472	
Lysine.....g	2.783		0		1		0.789	0.395	
Methionine.....g	0.480		0		1		0.136	0.068	
Cystine.....g	0.529		0		1		0.150	0.075	
Phenylalanine.....g	1.940		0		1		0.550	0.275	
Tyrosine.....g	1.205		0		1		0.342	0.171	
Valine.....g	2.421		0		1		0.686	0.344	
Arginine.....g	4.841		0		1		1.372	0.687	
Histidine.....g	0.725		0		1		0.206	0.103	
Alanine.....g	5.811		0		1		1.647	0.825	
Aspartic acid.....g	4.469		0		1		1.267	0.635	
Glutamic acid.....g	7.625		0		1		2.162	1.083	
Glycine.....g	11.917		0		1		3.378	1.692	
Proline.....g	7.262		0		1		2.059	1.031	
Serine.....g	2.597		0		1		0.736	0.369	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 19041
Snacks, pork skins, plain

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 25 Snacks

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

NDB No. 19042

Snacks, potato chips, barbecue-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.48	0.081	13	A	1		0.70	4.92	
Energy.....kcal	487		0	NC	4		138	965	
Energy.....kJ	2038		0	NC	4		578	4035	
Protein (N x 6.1).....g	6.51	0.162	13	A	1		1.85	12.89	
Total lipid (fat).....g	31.06	0.481	13	A	1		8.81	61.50	
Ash.....g	4.03	0.081	13	A	1		1.14	7.97	
Carbohydrate, by difference.....g	55.92		0	NC	4		15.85	110.72	
Fiber, total dietary.....g	3.8	0.728	7	A	1		1.1	7.5	
Sugars, total.....g	5.47	0.514	3	A	1		1.55	10.83	
Starch.....g	48.91	0.481	7	A	1		13.87	96.84	
Minerals:									
Calcium, Ca.....mg	32	2.956	13	A	1		9	63	
Iron, Fe.....mg	1.36	0.055	13	A	1		0.39	2.70	
Magnesium, Mg.....mg	58	2.156	13	A	1		17	115	
Phosphorus, P.....mg	145	6.425	13	A	1		41	287	
Potassium, K.....mg	1186	56.367	13	A	1		336	2348	
Sodium, Na.....mg	545	17.175	13	A	1		155	1079	
Zinc, Zn.....mg	0.98	0.061	13	A	1		0.28	1.94	
Copper, Cu.....mg	0.247	0.013	13	A	1		0.070	0.489	
Manganese, Mn.....mg	0.385	0.018	13	A	1		0.109	0.762	
Selenium, Se.....µg	0.4	0.000	7	A	1		0.1	0.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	62.4	4.438	7	A	1		17.7	123.6	
Thiamin.....mg	0.221	0.010	7	A	1		0.063	0.437	
Riboflavin.....mg	0.119	0.002	7	A	1		0.034	0.235	
Niacin.....mg	4.957	0.278	7	A	1		1.405	9.816	
Pantothenic acid.....mg	0.850	0.041	5	A	1		0.241	1.682	
Vitamin B-6.....mg	0.375	0.015	7	A	1		0.106	0.742	
Folate, total.....µg	64	7.836	3	A	1		18	126	
Folic acid.....µg	0		0	NR	4		0	0	
Folate, food.....µg	64		0	NR	4		18	126	
Folate, DFE.....µg	64		0	NC	4		18	126	
Choline, total.....mg	11.5		0	NR	4		3.3	22.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	NR	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....µg	20		0	NC	4		6	39	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg	203	17.048	7	A	1		58	402	
Carotene, alpha.....µg	5	0.960	7	A	1		1	10	
Cryptoxanthin, beta.....µg	60	6.947	7	A	1		17	120	
Vitamin A, IU.....IU	393		0	NC	4		112	779	
Lycopene.....µg	130	20.042	7	A	1		37	258	
Lutein + zeaxanthin.....µg	151	13.168	7	A	1		43	300	
Vitamin E (alpha-tocopherol).....mg	4.42	0.556	7	A	1		1.25	8.76	
Vitamin E, added.....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta.....mg	1.23	0.878	7	A	1		0.35	2.44	
Tocopherol, gamma.....mg	3.27	0.536	7	A	1		0.93	6.47	
Tocopherol, delta.....mg	0.08	0.031	7	A	1		0.02	0.15	
Tocotrienol, alpha.....mg	0.01	0.010	7	A	1		0.00	0.02	
Tocotrienol, beta.....mg	0.19	0.081	7	A	1		0.05	0.38	
Tocotrienol, gamma.....mg	0.05	0.028	7	A	1		0.01	0.10	
Tocotrienol, delta.....mg	0.14	0.103	7	A	1		0.04	0.27	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	16.1	6.030	7	A	1		4.6	31.9	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0	0.000	7	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.002		0	NC	4		1.135	7.924	
4:0.....g	0.000	0.000	13	A	1		0.000	0.000	
6:0.....g	0.000	0.000	13	A	1		0.000	0.000	
8:0.....g	0.005	0.000	13	A	1		0.001	0.010	
10:0.....g	0.010	0.000	13	A	1		0.003	0.020	
12:0.....g	0.004	0.001	13	A	1		0.001	0.008	
13:0.....g									
14:0.....g	0.051	0.030	13	A	1		0.014	0.101	
15:0.....g	0.006	0.000	13	A	1		0.002	0.013	
16:0.....g	2.799	0.586	13	A	1		0.793	5.541	
17:0.....g	0.017	0.002	13	A	1		0.005	0.034	
18:0.....g	0.798	0.045	13	A	1		0.226	1.580	
20:0.....g	0.109	0.005	13	A	1		0.031	0.215	
22:0.....g	0.136	0.020	13	A	1		0.038	0.268	
24:0.....g	0.067	0.006	13	A	1		0.019	0.133	
Fatty acids, total monounsaturated.....g	13.221		0	NC	4		3.748	26.178	
14:1.....g	0.000	0.000	13	A	1		0.000	0.000	
15:1.....g	0.000	0.000	13	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.052	0.016	13	AS	1		0.015	0.102	
16:1 c.....g	0.052	0.016	13	A	1		0.015	0.102	
16:1 t.....g	0.000	0.000	13	A	1		0.000	0.000	
17:1.....g	0.012	0.002	13	A	1		0.003	0.024	
18:1 undifferentiated.....g	13.040	1.260	13	AS	1		3.697	25.818	
18:1 c.....g	13.019	1.264	13	A	1		3.691	25.778	
18:1 t.....g	0.021	0.004	13	A	1		0.006	0.041	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.115	0.019	13	A	1		0.033	0.227	
22:1 undifferentiated.....g	0.003	0.001	13	AS	1		0.001	0.006	
22:1 c.....g	0.003	0.001	13	A	1		0.001	0.006	
22:1 t.....g	0.000	0.000	13	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	13	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.207		0	NC	4		3.461	24.169	
18:2 undifferentiated.....g	11.887	0.654	13	AS	1		3.370	23.535	
18:2 n-6 c,c.....g	11.766	0.643	13	A	1		3.336	23.297	
18:2 CLAs.....g	0.017	0.006	13	A	1		0.005	0.034	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.103	0.009	13	A	1		0.029	0.204	
18:3 undifferentiated.....g	0.296	0.054	13	AS	1		0.084	0.587	
18:3 n-3 c,c,c (ALA).....g	0.282	0.051	13	A	1		0.080	0.558	
18:3 n-6 c,c,c.....g	0.014	0.003	13	A	1		0.004	0.028	
18:3i.....g	0.001	0.000	13	A	1		0.000	0.001	
18:4.....g	0.005	0.002	13	A	1		0.001	0.010	
20:2 n-6 c,c.....g	0.003	0.001	13	A	1		0.001	0.006	
20:3 undifferentiated.....g	0.007	0.001	13	AS	1		0.002	0.014	
20:3 n-3.....g	0.003	0.000	13	A	1		0.001	0.007	
20:3 n-6.....g	0.000	0.000	13	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.009	0.000	13	A	1		0.002	0.017	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	13	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	13	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	13	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	13	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.124		0	NC	4		0.035	0.246	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.006	0.041	
Fatty acids, total trans-polyenoic.....g	0.104		0	NC	4		0.029	0.205	
Cholesterol.....mg	0		0	NR	4		0	0	
Phytosterols.....mg									

Others:

NDB No. 19042

Snacks, potato chips, barbecue-flavor

Nutrients and Units	<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
Alcohol, ethyl.....g	0.0		0	NR	4		0.0	0.0	
Caffeine.....mg	0		0	NR	4		0	0	
Theobromine.....mg	0		0	NR	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.4

Fat 8.7

Carbohydrate 3.6

Food Group: 25 Snacks

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

NDB No. 19421
 Snacks, potato chips, cheese-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.80	0.165	4		1		0.51	3.06	
Energy.....kcal	496		0	NC	4		141	843	
Energy.....kJ	2075		0		4		588	3528	
Protein (N x 6.3).....g	8.50	0.481	4		1		2.41	14.45	
Total lipid (fat).....g	27.20	0.784	4		1		7.71	46.24	
Ash.....g	4.80	0.303	4		1		1.36	8.16	
Carbohydrate, by difference.....g	57.70		0	NC	4		16.36	98.09	
Fiber, total dietary.....g	5.2		0		4		1.5	8.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72	2.237	4		1		20	122	
Iron, Fe.....mg	1.84	0.275	4		1		0.52	3.13	
Magnesium, Mg.....mg	75	2.182	4		1		21	128	
Phosphorus, P.....mg	299	7.739	4		1		85	508	
Potassium, K.....mg	1528	31.456	4		1		433	2598	
Sodium, Na.....mg	458		0	T	4		130	779	
Zinc, Zn.....mg	0.91	0.143	4		1		0.26	1.55	
Copper, Cu.....mg	0.250	0.052	4		1		0.071	0.425	
Manganese, Mn.....mg	0.446	0.035	4		1		0.126	0.758	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	54.1	13.104	4		1		15.3	92.0	
Thiamin.....mg	0.155	0.003	4		1		0.044	0.264	
Riboflavin.....mg	0.158	0.010	4		1		0.045	0.269	
Niacin.....mg	5.000	0.129	4		1		1.418	8.500	
Pantothenic acid.....mg	0.790	0.105	4		1		0.224	1.343	
Vitamin B-6.....mg	0.348	0.039	4		1		0.099	0.592	
Folate, total.....µg	0	0.002	4		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0	0.002	4		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	10		0	NC	4		3	17	
Retinol.....µg	10		0	NC	4		3	17	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	33		1		4		9	56	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19421
Snacks, potato chips, cheese-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	8.600		0		1		2.438	14.620	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		31		1		0.000	0.000	
12:0.....g	0.060		31		1		0.017	0.102	
13:0.....g									
14:0.....g	0.240		31		1		0.068	0.408	
15:0.....g									
16:0.....g	7.320		31		1		2.075	12.444	
17:0.....g									
18:0.....g	0.870		31		1		0.247	1.479	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.720		0		1		2.189	13.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		31		1		0.040	0.238	
17:1.....g									
18:1 undifferentiated.....g	7.470		31		1		2.118	12.699	
20:1.....g	0.120		31		1		0.034	0.204	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.560		0		1		2.710	16.252	
18:2 undifferentiated.....g	9.410		31		1		2.668	15.997	
18:3 undifferentiated.....g	0.150		31		1		0.043	0.255	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1		4		1	7	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.124	
Threonine.....g	0.365		0		1		0.103	0.621	
Isoleucine.....g	0.392		0		1		0.111	0.666	
Leucine.....g	0.594		0		1		0.168	1.010	
Lysine.....g	0.554		0		1		0.157	0.942	
Methionine.....g	0.116		0		1		0.033	0.197	
Cystine.....g	0.104		0		1		0.029	0.177	
Phenylalanine.....g	0.388		0		1		0.110	0.660	
Tyrosine.....g	0.329		0		1		0.093	0.559	
Valine.....g	0.501		0		1		0.142	0.852	
Arginine.....g	0.400		0		1		0.113	0.680	
Histidine.....g	0.194		0		1		0.055	0.330	
Alanine.....g	0.299		0		1		0.085	0.508	
Aspartic acid.....g	1.494		0		1		0.424	2.540	
Glutamic acid.....g	1.446		0		1		0.410	2.458	
Glycine.....g	0.268		0		1		0.076	0.456	
Proline.....g	0.394		0		1		0.112	0.670	
Serine.....g	0.357		0		1		0.101	0.607	
Hydroxyproline.....g									

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

NDB No. 19421

Snacks, potato chips, cheese-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 3

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19437
Snacks, potato chips, fat free, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.150		0	BFFN	4		0.043	0.341	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.015		0	BFFN	4		0.004	0.034	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.110		0	BFFN	4		0.031	0.250	
17:0.....g									
18:0.....g	0.015		0	BFFN	4		0.004	0.034	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	BFFN	4		0.004	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.034	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.255		0	BFFN	4		0.072	0.579	
18:2 undifferentiated.....g	0.200		0	BFFN	4		0.057	0.454	
18:3 undifferentiated.....g	0.060		0	BFFN	4		0.017	0.136	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19423
Snacks, potato chips, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.240		0	NC	4		0.068		
4:0.....g	0.000		1	MA	12		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.007		1	A	1		0.002		
13:0.....g									
14:0.....g	0.009		1	A	1		0.003		
15:0.....g									
16:0.....g	0.172		1	A	1		0.049		
17:0.....g									
18:0.....g	0.037		1	A	1		0.010		
20:0.....g	0.004		1	A	1		0.001		
22:0.....g	0.011		1	A	1		0.003		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.180		0	NC	4		0.051		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		1	A	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.174		1	A	1		0.049		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	MA	12		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.304		0	NC	4		0.086		
18:2 undifferentiated.....g	0.275		1	MA	12		0.078		
18:3 undifferentiated.....g	0.029		1	A	1		0.008		
18:4.....g	0.000		1	MA	12		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	MA	12		0.000		
20:5 n-3 (EPA).....g	0.000		1	MA	12		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	MA	12		0.000		
22:6 n-3 (DHA).....g	0.000		1	MA	12		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25064

Snacks, potato chips, lightly salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.35		0	NR	4		0.38	3.06	
Energy.....kcal	560		0	NC	4		157	1270	
Energy.....kJ	2341		0	NC	4		655	5314	
Protein.....g	6.72	0.148	16	A	1		1.88	15.26	
Total lipid (fat).....g	35.39	0.830	10	JO	11		9.91	80.33	
Ash.....g	3.00		0	NR	4		0.84	6.81	
Carbohydrate, by difference.....g	53.54		0	NC	4		14.99	121.54	
Fiber, total dietary.....g	4.2	0.156	3	JO	11		1.2	9.4	
Sugars, total.....g	0.34	0.016	12	A	1		0.09	0.77	
Sucrose.....g	0.34	0.014	7	A	1		0.09	0.77	
Glucose (dextrose).....g	0.00	0.000	7	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	7	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Starch.....g	45.95		0	O	4		12.87	104.31	
Minerals:									
Calcium, Ca.....mg	24	0.498	233	JA	6		7	54	
Iron, Fe.....mg	1.43	0.079	16	A	1		0.40	3.25	
Magnesium, Mg.....mg	62	2.090	16	A	1		17	140	
Phosphorus, P.....mg	148	7.922	16	A	1		41	336	
Potassium, K.....mg	1304	37.534	16	A	1		365	2959	
Sodium, Na (1).....mg	187	14.224	10	A	1		52	424	
Zinc, Zn.....mg	1.51	0.477	16	A	1		0.42	3.42	
Copper, Cu.....mg	0.299	0.017	16	A	1		0.084	0.680	
Manganese, Mn.....mg	0.478	0.074	16	A	1		0.134	1.086	
Selenium, Se.....µg	7.8	0.773	36	A	1		2.2	17.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	27.3	1.413	8	A	1		7.7	62.0	
Thiamin.....mg	0.158	0.010	6	A	1		0.044	0.359	
Riboflavin.....mg	0.173	0.100	6	A	1		0.049	0.393	
Niacin.....mg	5.476	0.436	6	A	1		1.533	12.430	
Pantothenic acid.....mg	0.815		2	A	1		0.228	1.850	
Vitamin B-6.....mg	0.651	0.036	6	A	1		0.182	1.479	
Folate, total.....µg	58	5.188	7	A	1		16	131	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	58	8.376	4	A	1		16	131	
Folate, DFE.....µg	58		0	NC	4		16	131	
Choline, total.....mg	12.1		0	AS	1		3.4	27.4	
Betaine.....mg	0.2		1	A	1		0.0	0.4	
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	O	4		0	0	
Carotene, alpha.....µg	0		0	O	4		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0	0.000	5		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	7.72	0.709	3	JO	11		2.16	17.52	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	10.46	5.375	3	A	1		2.93	23.75	
Tocopherol, gamma.....mg	5.11	5.108	3	A	1		1.43	11.60	
Tocopherol, delta.....mg	0.44	0.084	3	A	1		0.12	1.01	
Tocotrienol, alpha.....mg	0.22	0.116	3	A	1		0.06	0.50	
Tocotrienol, beta.....mg	0.07	0.070	3	A	1		0.02	0.16	

NDB No. 25064

Snacks, potato chips, lightly salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.19	0.193	3	A	1		0.05	0.44	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	22.1		2	A	1		6.2	50.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.490	1.175	8	JO	11		1.537	12.463	
4:0.....g	0.000	0.000	8	JO	11		0.000	0.000	
6:0.....g	0.000	0.000	8	JO	11		0.000	0.000	
8:0.....g	0.002	0.002	8	JO	11		0.001	0.005	
10:0.....g	0.019	0.001	8	JO	11		0.005	0.042	
12:0.....g	0.007	0.001	8	JO	11		0.002	0.017	
13:0.....g									
14:0.....g	0.130	0.054	8	JO	11		0.036	0.294	
15:0.....g	0.008	0.001	8	JO	11		0.002	0.018	
16:0.....g	4.291	1.105	8	JO	11		1.201	9.740	
17:0.....g	0.024	0.002	8	JO	11		0.007	0.055	
18:0.....g	0.727	0.050	8	JO	11		0.204	1.651	
20:0.....g	0.157	0.019	8	JO	11		0.044	0.355	
22:0.....g	0.073	0.011	8	JO	11		0.021	0.167	
24:0.....g	0.052	0.004	8	A	1		0.015	0.118	
Fatty acids, total monounsaturated.....g	14.938	3.026	8	JO	11		4.183	33.910	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.117	0.025	8	JO	11		0.033	0.265	
16:1 c.....g	0.117	0.025	8	A	1		0.033	0.265	
16:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	
17:1.....g	0.022	0.004	8	A	1		0.006	0.050	
18:1 undifferentiated.....g	14.557	2.967	8	JO	11		4.076	33.045	
18:1 c.....g	14.529	2.967	8	A	1		4.068	32.981	
18:1 t.....g	0.028	0.007	8	A	1		0.008	0.064	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.239	0.071	8	JO	11		0.067	0.542	
22:1 undifferentiated.....g	0.004	0.002	8	JO	11		0.001	0.009	
22:1 c.....g	0.004	0.002	8	A	1		0.001	0.009	
22:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.416	2.082	8	JO	11		3.477	28.185	
18:2 undifferentiated.....g	11.985	2.187	8	JO	11		3.356	27.205	
18:2 n-6 c,c.....g	11.785	2.130	8	A	1		3.300	26.752	
18:2 CLAs.....g	0.014	0.004	8	A	1		0.004	0.031	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.186	0.081	8	A	1		0.052	0.422	
18:3 undifferentiated.....g	0.414	0.115	8	JO	11		0.116	0.940	
18:3 n-3 c,c,c (ALA).....g	0.392	0.110	8	A	1		0.110	0.889	
18:3 n-6 c,c,c.....g	0.021	0.006	8	A	1		0.006	0.049	
18:3i.....g	0.001	0.000	8	A	1		0.000	0.002	
18:4.....g	0.000	0.000	8	JO	11		0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.003	8	A	1		0.002	0.015	
20:3 undifferentiated.....g	0.002	0.001	8	AS	1		0.001	0.005	
20:3 n-3.....g	0.002	0.001	8	A	1		0.001	0.005	
20:3 n-6.....g	0.000	0.000	8	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.009	0.001	8	JO	11		0.003	0.020	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	JO	11		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	8	JO	11		0.000	0.000	

NDB No. 25064

Snacks, potato chips, lightly salted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	8	JO	11		0.000	0.000	
Fatty acids, total trans.....g	0.215	0.081	8	JO	11		0.060	0.488	
Fatty acids, total trans-monoenoic.....g	0.028		0	NC	4		0.008	0.064	
Fatty acids, total trans-polyenoic.....g	0.187		0	NC	4		0.052	0.424	
Cholesterol.....mg	0	0.000	24		1		0	0	
Phytosterols.....mg	181		0	FLA	4		51	411	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28g: 23 pieces

Measure 2 = 227g: 1 bag

Footnotes:

1 Sodium has taken from the recent analytical one.(lightly salted)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25063

Snacks, potato chips, made from dried potatoes (preformed), multigrain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.27	0.052	10	A	1		0.64	0.64	
Energy.....kcal	505		0	NC	4		143	141	
Energy.....kJ	2114		0	NC	4		599	592	
Protein.....g	5.30	0.078	10	A	1		1.50	1.48	
Total lipid (fat).....g	24.74	0.183	10	A	1		7.01	6.93	
Ash.....g	2.36	0.081	10	A	1		0.67	0.66	
Carbohydrate, by difference.....g	65.34		0	NC	4		18.52	18.29	
Fiber, total dietary.....g	2.7	0.075	6	A	1		0.8	0.8	
Sugars, total.....g	4.08	0.269	6	A	1		1.16	1.14	
Sucrose.....g	2.57	0.072	6	A	1		0.73	0.72	
Glucose (dextrose).....g	0.37	0.021	6	A	1		0.10	0.10	
Fructose.....g	0.40	0.000	6	A	1		0.11	0.11	
Lactose.....g	0.43	0.198	6	A	1		0.12	0.12	
Maltose.....g	0.32	0.017	6	A	1		0.09	0.09	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	49.00	1.486	6	A	1		13.89	13.72	
Minerals:									
Calcium, Ca.....mg	26	2.805	10	A	1		7	7	
Iron, Fe.....mg	0.85	0.014	10	A	1		0.24	0.24	
Magnesium, Mg.....mg	40	0.276	10	A	1		11	11	
Phosphorus, P.....mg	127	1.408	10	A	1		36	35	
Potassium, K.....mg	330	4.655	10	A	1		93	92	
Sodium, Na.....mg	544	22.691	10	A	1		154	152	
Zinc, Zn.....mg	0.91	0.010	10	A	1		0.26	0.25	
Copper, Cu.....mg	0.141	0.002	10	A	1		0.040	0.039	
Manganese, Mn.....mg	0.761	0.010	10	A	1		0.216	0.213	
Selenium, Se.....µg	8.4	0.272	6	A	1		2.4	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.2	0.2	
Thiamin.....mg	0.132	0.003	6	A	1		0.037	0.037	
Riboflavin.....mg	0.085	0.014	6	A	1		0.024	0.024	
Niacin.....mg	2.558	0.053	6	A	1		0.725	0.716	
Pantothenic acid.....mg	0.603	0.009	3	A	1		0.171	0.169	
Vitamin B-6.....mg	0.252	0.011	6	A	1		0.071	0.070	
Folate, total.....µg	16	0.423	6	A	1		5	4	
Folic acid.....µg	0		0	NR	4		0	0	
Folate, food.....µg	16	0.423	6	A	1		5	4	
Folate, DFE.....µg	16		0	NC	4		5	4	
Choline, total.....mg	32.9		0	BFSN	4		9.3	9.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	NR	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg	0		0	NR	4		0	0	
Carotene, alpha.....µg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....µg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....µg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	9.08	0.321	6	A	1		2.57	2.54	
Vitamin E, added.....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta.....mg	2.19	1.387	6	A	1		0.62	0.61	
Tocopherol, gamma.....mg	4.11	1.312	6	A	1		1.16	1.15	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.27	0.019	6	A	1		0.08	0.07	
Tocotrienol, beta.....mg	0.39	0.125	6	A	1		0.11	0.11	

Snacks, potato chips, made from dried potatoes (preformed), multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.21	0.096	6	A	1		0.06	0.06	
Tocotrienol, delta.....mg	0.05	0.032	6	A	1		0.01	0.01	
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	7.3		0	BFSN	4		2.1	2.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.307		0	NC	4		1.788	1.766	
4:0.....g	0.000	0.000	8	A	1		0.000	0.000	
6:0.....g	0.000	0.000	8	A	1		0.000	0.000	
8:0.....g	0.016	0.005	8	A	1		0.004	0.004	
10:0.....g	0.029	0.005	8	A	1		0.008	0.008	
12:0.....g	0.088	0.030	8	A	1		0.025	0.025	
13:0.....g									
14:0.....g	0.242	0.014	8	A	1		0.069	0.068	
15:0.....g	0.008	0.000	8	A	1		0.002	0.002	
16:0.....g	5.206	0.054	8	A	1		1.476	1.458	
17:0.....g	0.019	0.000	8	A	1		0.005	0.005	
18:0.....g	0.583	0.004	8	A	1		0.165	0.163	
20:0.....g	0.064	0.001	8	A	1		0.018	0.018	
22:0.....g	0.029	0.001	8	A	1		0.008	0.008	
24:0.....g	0.024	0.001	8	A	1		0.007	0.007	
Fatty acids, total monounsaturated.....g	4.285		0	NC	4		1.215	1.200	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.124	0.001	8	AS	1		0.035	0.035	
16:1 c.....g	0.124	0.001	8	A	1		0.035	0.035	
16:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	
17:1.....g	0.006	0.001	8	A	1		0.002	0.002	
18:1 undifferentiated.....g	4.134	0.049	8	AS	1		1.172	1.157	
18:1 c.....g	4.098	0.049	8	A	1		1.162	1.147	
18:1 t.....g	0.036	0.002	8	A	1		0.010	0.010	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.001	8	A	1		0.006	0.006	
22:1 undifferentiated.....g	0.001	0.001	8	AS	1		0.000	0.000	
22:1 c.....g	0.001	0.001	8	A	1		0.000	0.000	
22:1 t.....g	0.001	0.001	8	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.614		0	NC	4		3.009	2.972	
18:2 undifferentiated.....g	10.558	0.148	8	AS	1		2.993	2.956	
18:2 n-6 c,c.....g	10.433	0.146	8	A	1		2.958	2.921	
18:2 CLAs.....g	0.012	0.001	8	A	1		0.003	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.112	0.002	8	A	1		0.032	0.031	
18:3 undifferentiated.....g	0.043	0.001	8	AS	1		0.012	0.012	
18:3 n-3 c,c,c (ALA).....g	0.043	0.001	8	A	1		0.012	0.012	
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	8	A	1		0.000	0.000	
18:4.....g	0.000	0.000	8	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.007	0.006	8	AS	1		0.002	0.002	
20:3 n-3.....g	0.006	0.006	8	A	1		0.002	0.002	
20:3 n-6.....g	0.001	0.001	8	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.006	0.000	8	A	1		0.002	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	8	A	1		0.000	0.000	

NDB No. 25063

Snacks, potato chips, made from dried potatoes (preformed), multigrain

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	8	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.149		0	NC	4		0.042	0.042	
Fatty acids, total trans-monoenoic.....g	0.037		0	NC	4		0.010	0.010	
Fatty acids, total trans-polyenoic.....g	0.112		0	NC	4		0.032	0.031	
Cholesterol.....mg	0		0	BFSN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	NR	4		0.0	0.0	
Caffeine.....mg	0		0	NR	4		0	0	
Theobromine.....mg	0		0	NR	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 16.5 pieces average

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19412

Snacks, potato chips, made from dried potatoes, cheese-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.90		1		1		0.54	3.63	
Energy.....kcal	551		0	NC	4		156	1052	
Energy.....kJ	2305		0		4		654	4403	
Protein (N x 6.3).....g	7.00		1		1		1.98	13.37	
Total lipid (fat).....g	37.00		1		1		10.49	70.67	
Ash.....g	3.50		1		1		0.99	6.69	
Carbohydrate, by difference.....g	50.60		0	NC	4		14.35	96.65	
Fiber, total dietary.....g	3.4		0		4		0.9	6.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		1		1		31	210	
Iron, Fe.....mg	1.60		1		1		0.45	3.06	
Magnesium, Mg.....mg	53		1		4		15	101	
Phosphorus, P.....mg	163		1		4		46	311	
Potassium, K.....mg	381		1		4		108	728	
Sodium, Na.....mg	600		0	NR	4		170	1146	
Zinc, Zn.....mg	0.64		1		4		0.18	1.22	
Copper, Cu.....mg	0.056		1		4		0.016	0.107	
Manganese, Mn.....mg	0.058		1		4		0.016	0.111	
Selenium, Se.....µg	8.1		0	BFZN	4		2.3	15.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.5		1		1		2.4	16.2	
Thiamin.....mg	0.180		1		1		0.051	0.344	
Riboflavin.....mg	0.120		1		1		0.034	0.229	
Niacin.....mg	2.600		1		1		0.737	4.966	
Pantothenic acid.....mg	0.338		1		4		0.096	0.646	
Vitamin B-6.....mg	0.521		1		4		0.148	0.995	
Folate, total.....µg	18		1		4		5	34	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	18		1		4		5	34	
Folate, DFE.....µg	18		0	NC	4		5	34	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	2	
Retinol.....µg	1		0	NC	4		0	2	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0	O	4		1	6	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.570		0		1		2.713	18.279	
4:0.....g	0.050		1		1		0.014	0.096	
6:0.....g	0.030		1		1		0.009	0.057	
8:0.....g	0.010		1		1		0.003	0.019	
10:0.....g	0.040		1		1		0.011	0.076	
12:0.....g	0.040		1		1		0.011	0.076	
13:0.....g									
14:0.....g	0.470		1		1		0.133	0.898	
15:0.....g									
16:0.....g	7.780		1		1		2.206	14.860	
17:0.....g									
18:0.....g	1.160		1		1		0.329	2.216	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.140		0		1		2.024	13.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		1		1		0.102	0.688	
17:1.....g									
18:1 undifferentiated.....g	6.780		1		1		1.922	12.950	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.660		0		1		5.290	35.641	
18:2 undifferentiated.....g	18.310		1		1		5.191	34.972	
18:3 undifferentiated.....g	0.350		1		1		0.099	0.669	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1		1		1	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.019	0.126	
Threonine.....g	0.291		0		1		0.082	0.556	
Isoleucine.....g	0.329		0		1		0.093	0.628	
Leucine.....g	0.509		0		1		0.144	0.972	
Lysine.....g	0.476		0		1		0.135	0.909	
Methionine.....g	0.109		0		1		0.031	0.208	
Cystine.....g	0.081		0		1		0.023	0.155	
Phenylalanine.....g	0.320		0		1		0.091	0.611	
Tyrosine.....g	0.282		0		1		0.080	0.539	
Valine.....g	0.411		0		1		0.117	0.785	
Arginine.....g	0.321		0		1		0.091	0.613	
Histidine.....g	0.171		0		1		0.048	0.327	
Alanine.....g	0.237		0		1		0.067	0.453	
Aspartic acid.....g	1.062		0		1		0.301	2.028	
Glutamic acid.....g	1.242		0		1		0.352	2.372	
Glycine.....g	0.202		0		1		0.057	0.386	
Proline.....g	0.395		0		1		0.112	0.754	
Serine.....g	0.308		0		1		0.087	0.588	
Hydroxyproline.....g									

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

NDB No. 19412

Snacks, potato chips, made from dried potatoes, cheese-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 191g: 1 can (6.25 oz)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19445

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	328.6		1	A	1		93.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.355		0	ML	5		0.101		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.009		0	FLM	4		0.003		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g	0.007	0.000	4	A	1		0.002		
16:0.....g	0.162		0	FLM	4		0.046		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.060		0	FLM	4		0.017		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.015		1	A	1		0.004		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.300		0	FLM	4		0.085		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.300		0	FLM	4		0.085		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0	FLM	4		0.054		
18:2 undifferentiated.....g	0.160		0	FLM	4		0.045		
18:3 undifferentiated.....g	0.030		0	FLM	4		0.009		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		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	0.000	0.000	4	A	1		0.000		
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	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19445

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Food Group: 25 Snacks

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

Snacks, potato chips, made from dried potatoes, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	7.2		0	FLA	4		2.0	12.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.759		0	NC	4		1.916	11.491	
4:0.....g	0.007	0.002	4	A	1		0.002	0.012	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.006	0.000	4	A	1		0.002	0.010	
10:0.....g	0.010	0.005	4	A	1		0.003	0.017	
12:0.....g	0.007	0.000	4	A	1		0.002	0.011	
13:0.....g									
14:0.....g	0.192	0.001	4	A	1		0.054	0.326	
15:0.....g	0.007	0.000	4	A	1		0.002	0.012	
16:0.....g	5.806	0.075	4	A	1		1.646	9.870	
17:0.....g	0.020	0.000	4	A	1		0.006	0.034	
18:0.....g	0.653	0.007	4	A	1		0.185	1.110	
20:0.....g	0.035	0.020	4	A	1		0.010	0.060	
22:0.....g	0.017	0.010	4	A	1		0.005	0.030	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.553		0	NC	4		1.291	7.740	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.126	0.001	4	AS	1		0.036	0.215	
16:1 c.....g	0.126	0.001	4	A	1		0.036	0.214	
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.005	0.003	4	A	1		0.002	0.009	
18:1 undifferentiated.....g	4.389	0.065	4	AS	1		1.244	7.462	
18:1 c.....g	4.356	0.058	4	A	1		1.235	7.405	
18:1 t.....g	0.033	0.006	4	A	1		0.009	0.057	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.021	0.001	4	A	1		0.006	0.036	
22:1 undifferentiated.....g	0.001	0.000	4	AS	1		0.000	0.001	
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t.....g	0.001	0.000	4	A	1		0.000	0.001	
24:1 c.....g	0.009	0.001	4	A	1		0.003	0.016	
Fatty acids, total polyunsaturated.....g	12.201		0	NC	4		3.459	20.742	
18:2 undifferentiated.....g	12.123	0.232	4	AS	1		3.437	20.608	
18:2 n-6 c,c.....g	11.986	0.229	4	A	1		3.398	20.376	
18:2 CLAs.....g	0.032	0.002	4	A	1		0.009	0.055	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.105	0.003	4	A	1		0.030	0.178	
18:3 undifferentiated.....g	0.043	0.001	4	AS	1		0.012	0.073	
18:3 n-3 c,c,c (ALA).....g	0.043	0.001	4	A	1		0.012	0.073	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	4	A	1		0.001	0.003	
20:3 undifferentiated.....g	0.001	0.000	4	AS	1		0.000	0.001	
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	4	A	1		0.000	0.001	
20:4 undifferentiated.....g	0.001	0.000	4	A	1		0.000	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.019	0.007	4	A	1		0.006	0.033	
21:5.....g									
22:4.....g	0.002	0.001	4	A	1		0.000	0.003	
22:5 n-3 (DPA).....g	0.004	0.002	4	A	1		0.001	0.008	
22:6 n-3 (DHA).....g	0.000	0			1		0.000	0.000	
Fatty acids, total trans.....g	0.139		0	NC	4		0.039	0.236	
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4		0.010	0.058	

NDB No. 19045

Snacks, potato chips, made from dried potatoes, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.105		0	NC	4		0.030	0.178	
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.012	0.075	
Threonine.....g	0.245		0		1		0.069	0.417	
Isoleucine.....g	0.248		0		1		0.070	0.422	
Leucine.....g	0.369		0		1		0.105	0.627	
Lysine.....g	0.353		0		1		0.100	0.600	
Methionine.....g	0.065		0		1		0.018	0.111	
Cystine.....g	0.073		0		1		0.021	0.124	
Phenylalanine.....g	0.258		0		1		0.073	0.439	
Tyrosine.....g	0.221		0		1		0.063	0.376	
Valine.....g	0.329		0		1		0.093	0.559	
Arginine.....g	0.272		0		1		0.077	0.462	
Histidine.....g	0.125		0		1		0.035	0.213	
Alanine.....g	0.202		0		1		0.057	0.343	
Aspartic acid.....g	1.134		0		1		0.321	1.928	
Glutamic acid.....g	0.939		0		1		0.266	1.596	
Glycine.....g	0.194		0		1		0.055	0.330	
Proline.....g	0.204		0		1		0.058	0.347	
Serine.....g	0.230		0		1		0.065	0.391	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19046

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.00		1		1		0.57	3.96	
Energy.....kcal	547		0	NC	4		155	1083	
Energy.....kJ	2289		0		4		649	4532	
Protein (N x 6.3).....g	6.60		1		1		1.87	13.07	
Total lipid (fat).....g	37.00		1		1		10.49	73.26	
Ash.....g	3.10		1		1		0.88	6.14	
Carbohydrate, by difference.....g	51.30		0	NC	4		14.54	101.57	
Fiber, total dietary.....g	1.2		0		4		0.3	2.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		1		1		18	127	
Iron, Fe.....mg	1.40		1		1		0.40	2.77	
Magnesium, Mg.....mg	55		1		4		16	109	
Phosphorus, P.....mg	169		1		4		48	335	
Potassium, K.....mg	496		1		4		141	982	
Sodium, Na.....mg	541		0	T	4		153	1071	
Zinc, Zn.....mg	0.71		1		4		0.20	1.41	
Copper, Cu.....mg	0.063		1		4		0.018	0.125	
Manganese, Mn.....mg	0.405		1		4		0.115	0.802	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.5		1		1		2.7	18.8	
Thiamin.....mg	0.180		1		1		0.051	0.356	
Riboflavin.....mg	0.100		1		1		0.028	0.198	
Niacin.....mg	2.500		1		1		0.709	4.950	
Pantothenic acid.....mg	0.827		1		4		0.234	1.637	
Vitamin B-6.....mg	0.476		1		4		0.135	0.942	
Folate, total.....µg	23		1		4		7	46	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	23		1		4		7	46	
Folate, DFE.....µg	23		0	NC	4		7	46	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	323		0	NR	4		92	640	
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	755		1		4		214	1495	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.470		0		1		2.685	18.751	
4:0.....g	0.040		1		1		0.011	0.079	
6:0.....g	0.020		1		1		0.006	0.040	
8:0.....g	0.010		1		1		0.003	0.020	
10:0.....g	0.030		1		1		0.009	0.059	
12:0.....g	0.030		1		1		0.009	0.059	
13:0.....g									
14:0.....g	0.450		1		1		0.128	0.891	
15:0.....g									
16:0.....g	7.770		1		1		2.203	15.385	
17:0.....g									
18:0.....g	1.140		1		1		0.323	2.257	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.120		0		1		2.019	14.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		1		1		0.102	0.713	
17:1.....g									
18:1 undifferentiated.....g	6.760		1		1		1.916	13.385	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.780		0		1		5.324	37.184	
18:2 undifferentiated.....g	18.430		1		1		5.225	36.491	
18:3 undifferentiated.....g	0.350		1		1		0.099	0.693	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1		1		1	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.143	
Threonine.....g	0.284		0		1		0.081	0.562	
Isoleucine.....g	0.313		0		1		0.089	0.620	
Leucine.....g	0.485		0		1		0.137	0.960	
Lysine.....g	0.437		0		1		0.124	0.865	
Methionine.....g	0.102		0		1		0.029	0.202	
Cystine.....g	0.076		0		1		0.022	0.150	
Phenylalanine.....g	0.290		0		1		0.082	0.574	
Tyrosine.....g	0.254		0		1		0.072	0.503	
Valine.....g	0.380		0		1		0.108	0.752	
Arginine.....g	0.306		0		1		0.087	0.606	
Histidine.....g	0.148		0		1		0.042	0.293	
Alanine.....g	0.252		0		1		0.071	0.499	
Aspartic acid.....g	0.928		0		1		0.263	1.837	
Glutamic acid.....g	1.100		0		1		0.312	2.178	
Glycine.....g	0.206		0		1		0.058	0.408	
Proline.....g	0.373		0		1		0.106	0.739	
Serine.....g	0.291		0		1		0.082	0.576	
Hydroxyproline.....g									

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

NDB No. 19046

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (6.75 oz)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19809

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.90	0.053	191		1		0.54	4.31	
Energy.....kcal	536		0	NC	4		152	1217	
Energy.....kJ	2243				4		636	5091	
Protein (N x 6.25).....g	7.00	0.122	145		1		1.98	15.89	
Total lipid (fat).....g	34.60	0.248	158		1		9.81	78.54	
Ash.....g	3.60	0.068	157		1		1.02	8.17	
Carbohydrate, by difference.....g	52.90		0	NC	4		15.00	120.08	
Fiber, total dietary.....g	4.8		0		4		1.4	10.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	0.518	223		1		7	54	
Iron, Fe.....mg	1.63	0.028	248		1		0.46	3.70	
Magnesium, Mg.....mg	67	0.605	240		1		19	152	
Phosphorus, P.....mg	165	2.256	237		1		47	375	
Potassium, K.....mg	1275	11.564	234		1		361	2894	
Sodium, Na.....mg	594	9.375	251		1		168	1348	
Zinc, Zn.....mg	1.09	0.048	88		1		0.31	2.47	
Copper, Cu.....mg	0.306	0.009	218		1		0.087	0.695	
Manganese, Mn.....mg	0.440	0.010	210		1		0.125	0.999	
Selenium, Se.....µg	8.1		0	BFZN	4		2.3	18.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	31.1	1.498	93		1		8.8	70.6	
Thiamin.....mg	0.167	0.008	125		1		0.047	0.379	
Riboflavin.....mg	0.197	0.013	122		1		0.056	0.447	
Niacin.....mg	3.827	0.133	129		1		1.085	8.687	
Pantothenic acid.....mg	0.402	0.031	24		1		0.114	0.913	
Vitamin B-6.....mg	0.660	0.029	73		1		0.187	1.498	
Folate, total.....µg	45	0.735	24		1		13	102	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	45	0.735	24		1		13	102	
Folate, DFE.....µg	45		0	NC	4		13	102	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	5		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

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	5.430		0		1	1.539	12.326
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	3.970		1		1	1.125	9.012
17:0.....g							
18:0.....g	1.460		1		1	0.414	3.314
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	18.000		0		1	5.103	40.860
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	17.930		1		1	5.083	40.701
20:1.....g	0.070		1		1	0.020	0.159
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	9.160		0		1	2.597	20.793
18:2 undifferentiated.....g	8.900		1		1	2.523	20.203
18:3 undifferentiated.....g	0.260		1		1	0.074	0.590
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0	0.000	24		1	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.108		0		1	0.031	0.245
Threonine.....g	0.253		0		1	0.072	0.574
Isoleucine.....g	0.283		0		1	0.080	0.642
Leucine.....g	0.419		0		1	0.119	0.951
Lysine.....g	0.424		0		1	0.120	0.962
Methionine.....g	0.110		0		1	0.031	0.250
Cystine.....g	0.089		0		1	0.025	0.202
Phenylalanine.....g	0.310		0		1	0.088	0.704
Tyrosine.....g	0.259		0		1	0.073	0.588
Valine.....g	0.392		0		1	0.111	0.890
Arginine.....g	0.321		0		1	0.091	0.729
Histidine.....g	0.153		0		1	0.043	0.347
Alanine.....g	0.214		0		1	0.061	0.486
Aspartic acid.....g	1.706		0		1	0.484	3.873
Glutamic acid.....g	1.170		0		1	0.332	2.656
Glycine.....g	0.207		0		1	0.059	0.470
Proline.....g	0.251		0		1	0.071	0.570
Serine.....g	0.303		0		1	0.086	0.688
Hydroxyproline.....g							

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

NDB No. 19809

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19810

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.90	0.053	191		1		0.54	4.31	
Energy.....kcal	536		0	NC	4		152	1217	
Energy.....kJ	2243				4		636	5091	
Protein (N x 6.25).....g	7.00	0.122	145		1		1.98	15.89	
Total lipid (fat).....g	34.60	0.248	158		1		9.81	78.54	
Ash.....g	3.60	0.068	157		1		1.02	8.17	
Carbohydrate, by difference.....g	52.90		0	NC	4		15.00	120.08	
Fiber, total dietary.....g	4.8		0		4		1.4	10.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	0.518	223		1		7	54	
Iron, Fe.....mg	1.63	0.028	248		1		0.46	3.70	
Magnesium, Mg.....mg	67	0.605	240		1		19	152	
Phosphorus, P.....mg	165	2.256	237		1		47	375	
Potassium, K.....mg	1275	11.564	234		1		361	2894	
Sodium, Na.....mg	8		0		1		2	18	
Zinc, Zn.....mg	1.09	0.048	88		1		0.31	2.47	
Copper, Cu.....mg	0.306	0.009	218		1		0.087	0.695	
Manganese, Mn.....mg	0.440	0.010	210		1		0.125	0.999	
Selenium, Se.....µg	8.1		0	BFZN	4		2.3	18.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	31.1	1.498	93		1		8.8	70.6	
Thiamin.....mg	0.167	0.008	125		1		0.047	0.379	
Riboflavin.....mg	0.197	0.013	122		1		0.056	0.447	
Niacin.....mg	3.827	0.133	129		1		1.085	8.687	
Pantothenic acid.....mg	0.402	0.031	24		1		0.114	0.913	
Vitamin B-6.....mg	0.660	0.029	73		1		0.187	1.498	
Folate, total.....µg	45	0.735	24		1		13	102	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	45	0.735	24		1		13	102	
Folate, DFE.....µg	45		0	NC	4		13	102	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	5		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

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	5.430		0		1	1.539	12.326
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	3.970		1		1	1.125	9.012
17:0.....g							
18:0.....g	1.460		1		1	0.414	3.314
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	18.000		0		1	5.103	40.860
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	17.930		1		1	5.083	40.701
20:1.....g	0.070		1		1	0.020	0.159
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	9.160		0		1	2.597	20.793
18:2 undifferentiated.....g	8.900		1		1	2.523	20.203
18:3 undifferentiated.....g	0.260		1		1	0.074	0.590
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0	0.000	24		1	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.108		0		1	0.031	0.245
Threonine.....g	0.253		0		1	0.072	0.574
Isoleucine.....g	0.283		0		1	0.080	0.642
Leucine.....g	0.419		0		1	0.119	0.951
Lysine.....g	0.424		0		1	0.120	0.962
Methionine.....g	0.110		0		1	0.031	0.250
Cystine.....g	0.089		0		1	0.025	0.202
Phenylalanine.....g	0.310		0		1	0.088	0.704
Tyrosine.....g	0.259		0		1	0.073	0.588
Valine.....g	0.392		0		1	0.111	0.890
Arginine.....g	0.321		0		1	0.091	0.729
Histidine.....g	0.153		0		1	0.043	0.347
Alanine.....g	0.214		0		1	0.061	0.486
Aspartic acid.....g	1.706		0		1	0.484	3.873
Glutamic acid.....g	1.170		0		1	0.332	2.656
Glycine.....g	0.207		0		1	0.059	0.470
Proline.....g	0.251		0		1	0.071	0.570
Serine.....g	0.303		0		1	0.086	0.688
Hydroxyproline.....g							

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

NDB No. 19810

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19411
 Snacks, potato chips, plain, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.86	0.049	17	A	1		0.52	0.52	0.53
Energy.....kcal	532		0	NC	4		149	149	151
Energy.....kJ	2227		0	NC	4		624	624	631
Protein (N x 6.25).....g	6.39	0.212	17	A	1		1.79	1.79	1.81
Total lipid (fat).....g	33.98	0.588	17	A	1		9.52	9.52	9.63
Ash.....g	3.94	0.047	17	A	1		1.10	1.10	1.12
Carbohydrate, by difference.....g	53.83		0	NC	4		15.07	15.07	15.26
Fiber, total dietary.....g	3.1	0.074	9	A	1		0.9	0.9	0.9
Sugars, total.....g	0.33	0.025	9	A	1		0.09	0.09	0.09
Sucrose.....g	0.33	0.025	9	A	1		0.09	0.09	0.09
Glucose (dextrose).....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.914	17	A	1		6	6	6
Iron, Fe.....mg	1.28	0.050	17	A	1		0.36	0.36	0.36
Magnesium, Mg.....mg	63	1.103	17	A	1		18	18	18
Phosphorus, P.....mg	153	4.440	17	A	1		43	43	44
Potassium, K.....mg	1196	23.286	17	A	1		335	335	339
Sodium, Na.....mg	527	16.657	17	A	1		147	147	149
Zinc, Zn.....mg	1.09	0.065	17	A	1		0.30	0.30	0.31
Copper, Cu.....mg	0.234	0.028	17	A	1		0.065	0.065	0.066
Manganese, Mn.....mg	0.430	0.023	17	A	1		0.120	0.120	0.122
Selenium, Se.....µg	2.5	0.752	9	A	1		0.7	0.7	0.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.6		0	LC	8		6.0	6.0	6.1
Thiamin.....mg	0.213	0.023	9	A	1		0.060	0.060	0.060
Riboflavin.....mg	0.088	0.003	9	A	1		0.025	0.025	0.025
Niacin.....mg	4.762	0.267	9	A	1		1.333	1.333	1.350
Pantothenic acid.....mg	0.956	0.018	6	A	1		0.268	0.268	0.271
Vitamin B-6.....mg	0.531	0.033	9	A	1		0.149	0.149	0.150
Folate, total.....µg	29	3.413	9	A	1		8	8	8
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	29		0	NR	4		8	8	8
Folate, DFE.....µg	29		0	NC	4		8	8	8
Choline, total.....mg	12.1		0	AS	1		3.4	3.4	3.4
Betaine.....mg	0.2		1	A	1		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	O	4		0	0	0
Carotene, alpha.....µg	0		0	O	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0	0.000	5		1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	10.45	0.702	9	A	1		2.93	2.93	2.96
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.24	0.045	9	A	1		0.07	0.07	0.07
Tocopherol, gamma.....mg	10.83	1.869	9	A	1		3.03	3.03	3.07
Tocopherol, delta.....mg	0.17	0.075	9	A	1		0.05	0.05	0.05
Tocotrienol, alpha.....mg	0.09	0.030	9	A	1		0.03	0.03	0.03
Tocotrienol, beta.....mg	0.01	0.007	9	A	1		0.00	0.00	0.00

NDB No. 19411
Snacks, potato chips, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.05	0.030	9	A	1		0.01	0.01	0.01
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	22.1		2	A	1		6.2	6.2	6.3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.400		0	NC	4		0.952	0.952	0.964
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0.....g	0.002	0.000	9	A	1		0.001	0.001	0.001
10:0.....g	0.001	0.001	9	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.044	0.006	9	A	1		0.012	0.012	0.012
15:0.....g	0.007	0.000	9	A	1		0.002	0.002	0.002
16:0.....g	2.157	0.116	9	A	1		0.604	0.604	0.612
17:0.....g	0.017	0.001	9	A	1		0.005	0.005	0.005
18:0.....g	0.802	0.068	9	A	1		0.224	0.224	0.227
20:0.....g	0.153	0.013	9	A	1		0.043	0.043	0.043
22:0.....g	0.148	0.025	9	A	1		0.041	0.041	0.042
24:0.....g	0.069	0.005	9	A	1		0.019	0.019	0.020
Fatty acids, total monounsaturated.....g	18.963		0	NC	4		5.310	5.310	5.376
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.069	0.006	9	AS	1		0.019	0.019	0.020
16:1 c.....g	0.069	0.006	9	A	1		0.019	0.019	0.020
16:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1.....g	0.020	0.002	9	A	1		0.006	0.006	0.006
18:1 undifferentiated.....g	18.600	0.445	9	AS	1		5.208	5.208	5.273
18:1 c.....g	18.579	0.444	9	A	1		5.202	5.202	5.267
18:1 t.....g	0.021	0.001	9	A	1		0.006	0.006	0.006
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.243	0.039	9	A	1		0.068	0.068	0.069
22:1 undifferentiated.....g	0.010	0.005	9	AS	1		0.003	0.003	0.003
22:1 c.....g	0.010	0.005	9	A	1		0.003	0.003	0.003
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:1 c.....g	0.021	0.004	9	A	1		0.006	0.006	0.006
Fatty acids, total polyunsaturated.....g	8.282		0	NC	4		2.319	2.319	2.348
18:2 undifferentiated.....g	7.904	0.462	9	AS	1		2.213	2.213	2.241
18:2 n-6 c,c.....g	7.818	0.457	9	A	1		2.189	2.189	2.216
18:2 CLAs.....g	0.022	0.002	9	A	1		0.006	0.006	0.006
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.063	0.008	9	A	1		0.018	0.018	0.018
18:3 undifferentiated.....g	0.358	0.063	9	AS	1		0.100	0.100	0.102
18:3 n-3 c,c,c (ALA).....g	0.340	0.060	9	A	1		0.095	0.095	0.097
18:3 n-6 c,c,c.....g	0.018	0.003	9	A	1		0.005	0.005	0.005
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.009	0.001	9	A	1		0.002	0.002	0.002
20:3 undifferentiated.....g	0.001	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.001	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.009	0.000	9	A	1		0.003	0.003	0.003
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	9	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 19411
Snacks, potato chips, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.084		0	NC	4		0.024	0.024	0.024
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.006	0.006	0.006
Fatty acids, total trans-polyenoic.....g	0.063		0	NC	4		0.018	0.018	0.018
Cholesterol.....mg	0	0.000	24		1		0	0	0
Phytosterols.....mg	181		0	FLA	4		51	51	51
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.030	0.030	0.031
Threonine.....g	0.253		0		1		0.071	0.071	0.072
Isoleucine.....g	0.283		0		1		0.079	0.079	0.080
Leucine.....g	0.419		0		1		0.117	0.117	0.119
Lysine.....g	0.424		0		1		0.119	0.119	0.120
Methionine.....g	0.110		0		1		0.031	0.031	0.031
Cystine.....g	0.089		0		1		0.025	0.025	0.025
Phenylalanine.....g	0.310		0		1		0.087	0.087	0.088
Tyrosine.....g	0.259		0		1		0.073	0.073	0.073
Valine.....g	0.392		0		1		0.110	0.110	0.111
Arginine.....g	0.321		0		1		0.090	0.090	0.091
Histidine.....g	0.153		0		1		0.043	0.043	0.043
Alanine.....g	0.214		0		1		0.060	0.060	0.061
Aspartic acid.....g	1.706		0		1		0.478	0.478	0.484
Glutamic acid.....g	1.170		0		1		0.328	0.328	0.332
Glycine.....g	0.207		0		1		0.058	0.058	0.059
Proline.....g	0.251		0		1		0.070	0.070	0.071
Serine.....g	0.303		0		1		0.085	0.085	0.086
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

- Measure 1 = 28g: 1 oz
- Measure 2 = 28g: 22 chips
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19811
Snacks, potato chips, plain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.960		0		1		3.107	24.879	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		31		1		0.000	0.000	
12:0.....g	0.080		31		1		0.023	0.182	
13:0.....g									
14:0.....g	0.300		31		1		0.085	0.681	
15:0.....g									
16:0.....g	9.320		31		1		2.642	21.156	
17:0.....g									
18:0.....g	1.110		31		1		0.315	2.520	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.840		0		1		2.790	22.337	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		31		1		0.051	0.409	
17:1.....g									
18:1 undifferentiated.....g	9.510		31		1		2.696	21.588	
20:1.....g	0.150		31		1		0.043	0.341	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.170		0		1		3.450	27.626	
18:2 undifferentiated.....g	11.980		31		1		3.396	27.195	
18:3 undifferentiated.....g	0.190		31		1		0.054	0.431	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	24		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		1		0.031	0.245	
Threonine.....g	0.253		0		1		0.072	0.574	
Isoleucine.....g	0.283		0		1		0.080	0.642	
Leucine.....g	0.419		0		1		0.119	0.951	
Lysine.....g	0.424		0		1		0.120	0.962	
Methionine.....g	0.110		0		1		0.031	0.250	
Cystine.....g	0.089		0		1		0.025	0.202	
Phenylalanine.....g	0.310		0		1		0.088	0.704	
Tyrosine.....g	0.259		0		1		0.073	0.588	
Valine.....g	0.392		0		1		0.111	0.890	
Arginine.....g	0.321		0		1		0.091	0.729	
Histidine.....g	0.153		0		1		0.043	0.347	
Alanine.....g	0.214		0		1		0.061	0.486	
Aspartic acid.....g	1.706		0		1		0.484	3.873	
Glutamic acid.....g	1.170		0		1		0.332	2.656	
Glycine.....g	0.207		0		1		0.059	0.470	
Proline.....g	0.251		0		1		0.071	0.570	
Serine.....g	0.303		0		1		0.086	0.688	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 19811
Snacks, potato chips, plain, unsalted

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

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

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19422
 Snacks, potato chips, 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
Lipids:								
Fatty acids, total saturated.....g	4.160		0		1		1.179	7.072
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.120		1		1		0.034	0.204
15:0.....g								
16:0.....g	3.520		1		1		0.998	5.984
17:0.....g								
18:0.....g	0.510		1		1		0.145	0.867
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.800		0		1		1.361	8.160
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.500		1		1		0.142	0.850
17:1.....g								
18:1 undifferentiated.....g	4.300		1		1		1.219	7.310
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	10.940		0		1		3.101	18.598
18:2 undifferentiated.....g	10.750		1		1		3.048	18.275
18:3 undifferentiated.....g	0.190		1		1		0.054	0.323
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.111		0		1		0.031	0.189
Threonine.....g	0.260		0		1		0.074	0.442
Isoleucine.....g	0.291		0		1		0.082	0.495
Leucine.....g	0.430		0		1		0.122	0.731
Lysine.....g	0.435		0		1		0.123	0.740
Methionine.....g	0.113		0		1		0.032	0.192
Cystine.....g	0.092		0		1		0.026	0.156
Phenylalanine.....g	0.318		0		1		0.090	0.541
Tyrosine.....g	0.265		0		1		0.075	0.451
Valine.....g	0.403		0		1		0.114	0.685
Arginine.....g	0.329		0		1		0.093	0.559
Histidine.....g	0.157		0		1		0.045	0.267
Alanine.....g	0.220		0		1		0.062	0.374
Aspartic acid.....g	1.750		0		1		0.496	2.975
Glutamic acid.....g	1.200		0		1		0.340	2.040
Glycine.....g	0.213		0		1		0.060	0.362
Proline.....g	0.257		0		1		0.073	0.437
Serine.....g	0.311		0		1		0.088	0.529
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 19422
Snacks, potato chips, reduced fat

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 170g: 1 bag (6 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19043

Snacks, potato chips, sour-cream-and-onion-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.80	0.063	39		1		0.51	3.56	
Energy.....kcal	531		0	NC	4		151	1051	
Energy.....kJ	2222		0		4		630	4399	
Protein (N x 6.3).....g	8.10	0.201	39		1		2.30	16.04	
Total lipid (fat).....g	33.90	0.471	39		1		9.61	67.12	
Ash.....g	4.70	0.079	39		1		1.33	9.31	
Carbohydrate, by difference.....g	51.50		0	NC	4		14.60	101.97	
Fiber, total dietary.....g	5.2		0		1		1.5	10.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72	2.593	39		1		20	143	
Iron, Fe.....mg	1.60	0.067	40		1		0.45	3.17	
Magnesium, Mg.....mg	74	3.127	35		1		21	147	
Phosphorus, P.....mg	176	7.568	35		1		50	348	
Potassium, K.....mg	1331	20.626	37		1		377	2635	
Sodium, Na.....mg	549		0	T	4		156	1087	
Zinc, Zn.....mg	0.98	0.052	32		1		0.28	1.94	
Copper, Cu.....mg	0.299	0.025	27		1		0.085	0.592	
Manganese, Mn.....mg	0.405	0.027	22		1		0.115	0.802	
Selenium, Se.....µg	8.1		0	BFZN	4		2.3	16.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	37.3	4.864	12		1		10.6	73.9	
Thiamin.....mg	0.189	0.010	40		1		0.054	0.374	
Riboflavin.....mg	0.200	0.010	40		1		0.057	0.396	
Niacin.....mg	4.029	0.172	37		1		1.142	7.977	
Pantothenic acid.....mg	0.827	0.017	3		1		0.234	1.637	
Vitamin B-6.....mg	0.665	0.057	12		1		0.189	1.317	
Folate, total.....µg	62	12.257	4		1		18	123	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	62	12.257	4		1		18	123	
Folate, DFE.....µg	62		0	NC	4		18	123	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.00		1		4		0.28	1.98	
Vitamin A, RAE.....µg	14		0	NC	4		4	27	
Retinol.....µg	6		0	NR	4		2	12	
Carotene, beta.....µg	90		0	NR	4		26	178	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	170		0	NC	4		48	337	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	8.890		0		1		2.520	17.602	
4:0.....g	0.010		2		1		0.003	0.020	
6:0.....g	0.010		2		1		0.003	0.020	
8:0.....g	0.000		2		1		0.000	0.000	
10:0.....g	0.010		2		1		0.003	0.020	
12:0.....g	0.010		2		1		0.003	0.020	
13:0.....g									
14:0.....g	0.300		2		1		0.085	0.594	
15:0.....g									
16:0.....g	7.730		2		1		2.191	15.305	
17:0.....g									
18:0.....g	0.820		2		1		0.232	1.624	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.120		0		1		1.735	12.118	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		2		1		0.079	0.554	
17:1.....g									
18:1 undifferentiated.....g	5.840		2		1		1.656	11.563	
20:1.....g	0.000		2		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.420		0		1		4.939	34.492	
18:2 undifferentiated.....g	17.340		2		1		4.916	34.333	
18:3 undifferentiated.....g	0.080		2		1		0.023	0.158	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.992	5		1		2	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.234	
Threonine.....g	0.425		0		1		0.120	0.842	
Isoleucine.....g	0.403		0		1		0.114	0.798	
Leucine.....g	0.655		0		1		0.186	1.297	
Lysine.....g	0.576		0		1		0.163	1.140	
Methionine.....g	0.141		0		1		0.040	0.279	
Cystine.....g	0.129		0		1		0.037	0.255	
Phenylalanine.....g	0.272		0		1		0.077	0.539	
Tyrosine.....g	0.238		0		1		0.067	0.471	
Valine.....g	0.421		0		1		0.119	0.834	
Arginine.....g	0.256		0		1		0.073	0.507	
Histidine.....g	0.151		0		1		0.043	0.299	
Alanine.....g	0.327		0		1		0.093	0.647	
Aspartic acid.....g	0.898		0		1		0.255	1.778	
Glutamic acid.....g	1.321		0		1		0.375	2.616	
Glycine.....g	0.182		0		1		0.052	0.360	
Proline.....g	0.462		0		1		0.131	0.915	
Serine.....g	0.362		0		1		0.103	0.717	
Hydroxyproline.....g									

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

NDB No. 19043

Snacks, potato chips, sour-cream-and-onion-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 42283

Snacks, potato chips, white, restructured, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.631		1	MA	12		0.895	0.316	
4:0.....g	0.000		1	MA	12		0.000	0.000	
6:0.....g	0.000		1	MA	12		0.000	0.000	
8:0.....g	0.000		1	MA	12		0.000	0.000	
10:0.....g	0.000		1	MA	12		0.000	0.000	
12:0.....g	0.014		1	MA	12		0.005	0.002	
13:0.....g									
14:0.....g	0.003		1	MA	12		0.001	0.000	
15:0.....g									
16:0.....g	1.812		1	MA	12		0.616	0.217	
17:0.....g									
18:0.....g	0.802		1	MA	12		0.273	0.096	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.910		1	MC	9		3.369	1.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.910		1	MA	12		3.369	1.189	
20:1.....g	0.000		1	MA	12		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.234		1	MC	9		1.440	0.508	
18:2 undifferentiated.....g	4.037		1	MA	12		1.373	0.484	
18:3 undifferentiated.....g	0.197		1	MA	12		0.067	0.024	
18:4.....g	0.000		1	MA	12		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	MA	12		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	MA	12		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	MA	12		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		12		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 34g: 1 cup

Measure 2 = 12.0g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19415
Snacks, potato sticks

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	8.880		0		1		2.517	1.598	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.270		1		1		0.077	0.049	
15:0.....g									
16:0.....g	7.810		1		1		2.214	1.406	
17:0.....g									
18:0.....g	0.800		1		1		0.227	0.144	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.160		0		1		1.746	1.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		1		1		0.077	0.049	
17:1.....g									
18:1 undifferentiated.....g	5.880		1		1		1.667	1.058	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.900		0		1		5.075	3.222	
18:2 undifferentiated.....g	17.800		1		1		5.046	3.204	
18:3 undifferentiated.....g	0.070		1		1		0.020	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.009	0.005	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: .5 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 25 Snacks

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	7.680		0		1		2.177	0.845	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.010		1		1		0.003	0.001	
8:0.....g	0.210		1		1		0.060	0.023	
10:0.....g	0.230		1		1		0.065	0.025	
12:0.....g	2.920		1		1		0.828	0.321	
13:0.....g									
14:0.....g	1.060		1		1		0.301	0.117	
15:0.....g									
16:0.....g	1.940		1		1		0.550	0.213	
17:0.....g									
18:0.....g	1.310		1		1		0.371	0.144	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.390		0		1		1.528	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	5.370		1		1		1.522	0.591	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.150		0		1		0.610	0.237	
18:2 undifferentiated.....g	1.990		1		1		0.564	0.219	
18:3 undifferentiated.....g	0.160		1		1		0.045	0.018	
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	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.027	0.011	
Threonine.....g	0.251		0		1		0.071	0.028	
Isoleucine.....g	0.287		0		1		0.081	0.032	
Leucine.....g	0.531		0		1		0.151	0.058	
Lysine.....g	0.253		0		1		0.072	0.028	
Methionine.....g	0.131		0		1		0.037	0.014	
Cystine.....g	0.147		0		1		0.042	0.016	
Phenylalanine.....g	0.357		0		1		0.101	0.039	
Tyrosine.....g	0.234		0		1		0.066	0.026	
Valine.....g	0.332		0		1		0.094	0.037	
Arginine.....g	0.306		0		1		0.087	0.034	
Histidine.....g	0.163		0		1		0.046	0.018	
Alanine.....g	0.274		0		1		0.078	0.030	
Aspartic acid.....g	0.420		0		1		0.119	0.046	
Glutamic acid.....g	2.183		0		1		0.619	0.240	
Glycine.....g	0.268		0		1		0.076	0.029	
Proline.....g	0.743		0		1		0.211	0.082	
Serine.....g	0.365		0		1		0.103	0.040	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	8		0	FLC	4		2	1	

NDB No. 19048
Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	87		0	FLC	4	25	10

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 11.0g: 1 pretzel

Calories Factors: Protein 3.8 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

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	0.750		0		1		0.213	0.450	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.010		7		1		0.003	0.006	
10:0.....g	0.010		7		1		0.003	0.006	
12:0.....g	0.030		7		1		0.009	0.018	
13:0.....g									
14:0.....g	0.020		7		1		0.006	0.012	
15:0.....g									
16:0.....g	0.470		7		1		0.133	0.282	
17:0.....g									
18:0.....g	0.210		7		1		0.060	0.126	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.360		0		1		0.386	0.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		4		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.350		7		1		0.383	0.810	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		0.346	0.732	
18:2 undifferentiated.....g	1.150		7		1		0.326	0.690	
18:3 undifferentiated.....g	0.060		7		1		0.017	0.036	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	13		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.031	0.065	
Threonine.....g	0.259		0		1		0.073	0.155	
Isoleucine.....g	0.345		0		1		0.098	0.207	
Leucine.....g	0.636		0		1		0.180	0.382	
Lysine.....g	0.221		0		1		0.063	0.133	
Methionine.....g	0.164		0		1		0.046	0.098	
Cystine.....g	0.196		0		1		0.056	0.118	
Phenylalanine.....g	0.453		0		1		0.128	0.272	
Tyrosine.....g	0.266		0		1		0.075	0.160	
Valine.....g	0.392		0		1		0.111	0.235	
Arginine.....g	0.349		0		1		0.099	0.209	
Histidine.....g	0.201		0		1		0.057	0.121	
Alanine.....g	0.304		0		1		0.086	0.182	
Aspartic acid.....g	0.415		0		1		0.118	0.249	
Glutamic acid.....g	3.037		0		1		0.861	1.822	
Glycine.....g	0.327		0		1		0.093	0.196	
Proline.....g	1.018		0		1		0.289	0.611	
Serine.....g	0.447		0		1		0.127	0.268	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 19814

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19812

Snacks, pretzels, hard, plain, made with unenriched flour, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.30	0.134	105		1		0.94	1.98	
Energy.....kcal	381		0	NC	4		108	229	
Energy.....kJ	1594				4		452	956	
Protein (N x 5.7).....g	9.10	0.126	85		1		2.58	5.46	
Total lipid (fat).....g	3.50	0.158	94		1		0.99	2.10	
Ash.....g	4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference.....g	79.20		0	NC	4		22.45	47.52	
Fiber, total dietary.....g	2.8		0		4		0.8	1.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36	1.651	101		1		10	22	
Iron, Fe.....mg	1.67		0		1		0.47	1.00	
Magnesium, Mg.....mg	35	0.954	85		1		10	21	
Phosphorus, P.....mg	113	4.774	88		1		32	68	
Potassium, K.....mg	146	3.832	104		1		41	88	
Sodium, Na.....mg	1715	61.055	87		1		486	1029	
Zinc, Zn.....mg	0.85	0.036	74		1		0.24	0.51	
Copper, Cu.....mg	0.264	0.028	68		1		0.075	0.158	
Manganese, Mn.....mg	1.789	0.203	64		1		0.507	1.073	
Selenium, Se.....µg	5.8		0	BFZN	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	8		1		0.0	0.0	
Thiamin.....mg	0.180		0		1		0.051	0.108	
Riboflavin.....mg	0.100		0		1		0.028	0.060	
Niacin.....mg	1.920		0		1		0.544	1.152	
Pantothenic acid.....mg	0.288		2		1		0.082	0.173	
Vitamin B-6.....mg	0.116	0.029	4		1		0.033	0.070	
Folate, total.....µg	83		1		4		24	50	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	83		1		4		24	50	
Folate, DFE.....µg	83		0	NC	4		24	50	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	15		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.750		0		1	0.213	0.450	
4:0.....g								
6:0.....g								
8:0.....g	0.010		7		1	0.003	0.006	
10:0.....g	0.010		7		1	0.003	0.006	
12:0.....g	0.030		7		1	0.009	0.018	
13:0.....g								
14:0.....g	0.020		7		1	0.006	0.012	
15:0.....g								
16:0.....g	0.470		7		1	0.133	0.282	
17:0.....g								
18:0.....g	0.210		7		1	0.060	0.126	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.360		0		1	0.386	0.816	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		4		1	0.006	0.012	
17:1.....g								
18:1 undifferentiated.....g	1.350		7		1	0.383	0.810	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.220		0		1	0.346	0.732	
18:2 undifferentiated.....g	1.150		7		1	0.326	0.690	
18:3 undifferentiated.....g	0.060		7		1	0.017	0.036	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0	0.000	13		1	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.109		0		1	0.031	0.065	
Threonine.....g	0.259		0		1	0.073	0.155	
Isoleucine.....g	0.345		0		1	0.098	0.207	
Leucine.....g	0.636		0		1	0.180	0.382	
Lysine.....g	0.221		0		1	0.063	0.133	
Methionine.....g	0.164		0		1	0.046	0.098	
Cystine.....g	0.196		0		1	0.056	0.118	
Phenylalanine.....g	0.453		0		1	0.128	0.272	
Tyrosine.....g	0.266		0		1	0.075	0.160	
Valine.....g	0.392		0		1	0.111	0.235	
Arginine.....g	0.349		0		1	0.099	0.209	
Histidine.....g	0.201		0		1	0.057	0.121	
Alanine.....g	0.304		0		1	0.086	0.182	
Aspartic acid.....g	0.415		0		1	0.118	0.249	
Glutamic acid.....g	3.037		0		1	0.861	1.822	
Glycine.....g	0.327		0		1	0.093	0.196	
Proline.....g	1.018		0		1	0.289	0.611	
Serine.....g	0.447		0		1	0.127	0.268	
Hydroxyproline.....g								

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

NDB No. 19812

Snacks, pretzels, hard, plain, made with unenriched flour, salted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19813

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.30	0.134	105		1		0.94	1.98	
Energy.....kcal	381		0	NC	4		108	229	
Energy.....kJ	1594				4		452	956	
Protein (N x 5.7).....g	9.10	0.126	85		1		2.58	5.46	
Total lipid (fat).....g	3.50	0.158	94		1		0.99	2.10	
Ash.....g	4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference.....g	79.20		0	NC	4		22.45	47.52	
Fiber, total dietary.....g	2.8		0		4		0.8	1.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36	1.651	101		1		10	22	
Iron, Fe.....mg	1.67		0		1		0.47	1.00	
Magnesium, Mg.....mg	35	0.954	85		1		10	21	
Phosphorus, P.....mg	113	4.774	88		1		32	68	
Potassium, K.....mg	146	3.832	104		1		41	88	
Sodium, Na.....mg	289		0		1		82	173	
Zinc, Zn.....mg	0.85	0.036	74		1		0.24	0.51	
Copper, Cu.....mg	0.264	0.028	68		1		0.075	0.158	
Manganese, Mn.....mg	1.789	0.203	64		1		0.507	1.073	
Selenium, Se.....µg	5.8		0	BFZN	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	8		1		0.0	0.0	
Thiamin.....mg	0.180		0		1		0.051	0.108	
Riboflavin.....mg	0.100		0		1		0.028	0.060	
Niacin.....mg	1.920		0		1		0.544	1.152	
Pantothenic acid.....mg	0.288		2		1		0.082	0.173	
Vitamin B-6.....mg	0.116	0.029	4		1		0.033	0.070	
Folate, total.....µg	83		1		4		24	50	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	83		1		4		24	50	
Folate, DFE.....µg	83		0	NC	4		24	50	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.000	15		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.750		0			1	0.213	0.450	
4:0.....g									
6:0.....g									
8:0.....g	0.010		7			1	0.003	0.006	
10:0.....g	0.010		7			1	0.003	0.006	
12:0.....g	0.030		7			1	0.009	0.018	
13:0.....g									
14:0.....g	0.020		7			1	0.006	0.012	
15:0.....g									
16:0.....g	0.470		7			1	0.133	0.282	
17:0.....g									
18:0.....g	0.210		7			1	0.060	0.126	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.360		0			1	0.386	0.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		4			1	0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.350		7			1	0.383	0.810	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0			1	0.346	0.732	
18:2 undifferentiated.....g	1.150		7			1	0.326	0.690	
18:3 undifferentiated.....g	0.060		7			1	0.017	0.036	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	13			1	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0			1	0.031	0.065	
Threonine.....g	0.259		0			1	0.073	0.155	
Isoleucine.....g	0.345		0			1	0.098	0.207	
Leucine.....g	0.636		0			1	0.180	0.382	
Lysine.....g	0.221		0			1	0.063	0.133	
Methionine.....g	0.164		0			1	0.046	0.098	
Cystine.....g	0.196		0			1	0.056	0.118	
Phenylalanine.....g	0.453		0			1	0.128	0.272	
Tyrosine.....g	0.266		0			1	0.075	0.160	
Valine.....g	0.392		0			1	0.111	0.235	
Arginine.....g	0.349		0			1	0.099	0.209	
Histidine.....g	0.201		0			1	0.057	0.121	
Alanine.....g	0.304		0			1	0.086	0.182	
Aspartic acid.....g	0.415		0			1	0.118	0.249	
Glutamic acid.....g	3.037		0			1	0.861	1.822	
Glycine.....g	0.327		0			1	0.093	0.196	
Proline.....g	1.018		0			1	0.289	0.611	
Serine.....g	0.447		0			1	0.127	0.268	
Hydroxyproline.....g									

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

NDB No. 19813

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19047
 Snacks, pretzels, hard, plain, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.13	0.037	21	A	1		0.89	1.88	
Energy.....kcal	384		0	NC	4		109	231	
Energy.....kJ	1608		0	NC	4		456	965	
Protein (N x 5.7).....g	10.04	0.072	21	A	1		2.85	6.02	
Total lipid (fat).....g	2.93	0.076	21	A	1		0.83	1.76	
Ash.....g	3.51	0.031	21	A	1		0.99	2.10	
Carbohydrate, by difference.....g	80.39		0	NC	4		22.79	48.24	
Fiber, total dietary.....g	3.4	0.044	18	A	1		1.0	2.1	
Sugars, total.....g	2.21	0.138	9	A	1		0.63	1.33	
Sucrose.....g									
Glucose (dextrose).....g	0.69	0.069	9	A	1		0.20	0.42	
Fructose.....g	0.31	0.040	9	A	1		0.09	0.18	
Lactose.....g									
Maltose.....g	1.11	0.031	9	A	1		0.31	0.67	
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	
Starch.....g	72.58	0.132	18	A	1		20.58	43.55	
Minerals:									
Calcium, Ca.....mg	27	0.378	21	A	1		8	16	
Iron, Fe.....mg	4.58	0.234	21	A	1		1.30	2.75	
Magnesium, Mg.....mg	29	0.600	21	A	1		8	18	
Phosphorus, P.....mg	128	1.354	21	A	1		36	77	
Potassium, K.....mg	223	3.252	21	A	1		63	134	
Sodium, Na.....mg	1240	23.339	21	A	1		352	744	
Zinc, Zn.....mg	1.04	0.038	21	A	1		0.30	0.63	
Copper, Cu.....mg	0.156	0.002	21	A	1		0.044	0.094	
Manganese, Mn.....mg	1.015	0.040	21	A	1		0.288	0.609	
Selenium, Se.....µg	4.4	0.190	13	A	1		1.2	2.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.1		1	A	1		0.6	1.3	
Thiamin.....mg	0.424	0.005	12	A	1		0.120	0.255	
Riboflavin.....mg	0.332		0	NR	4		0.094	0.199	
Niacin.....mg	5.270	0.100	11	A	1		1.494	3.162	
Pantothenic acid.....mg	0.322	0.010	10	A	1		0.091	0.193	
Vitamin B-6.....mg	0.074	0.004	11	A	1		0.021	0.044	
Folate, total.....µg	166	0.109	4	A	1		47	100	
Folic acid.....µg	0		0	NR	4		0	0	
Folate, food.....µg	166		0	NR	4		47	100	
Folate, DFE.....µg	166		0	NC	4		47	100	
Choline, total.....mg	29.5		0	AS	1		8.4	17.7	
Betaine.....mg	50.0		2	A	1		14.2	30.0	
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0	0.000	15		1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	9		0	FLA	4		3	6	
Vitamin E (alpha-tocopherol).....mg	0.47	0.047	5	A	1		0.13	0.28	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.26	0.013	5	A	1		0.07	0.16	
Tocopherol, gamma.....mg	0.62	0.096	5	A	1		0.18	0.37	
Tocopherol, delta.....mg	0.02	0.003	5	A	1		0.01	0.01	
Tocotrienol, alpha.....mg	0.03	0.003	5	A	1		0.01	0.02	
Tocotrienol, beta.....mg	1.10	0.016	5	A	1		0.31	0.66	

NDB No. 19047

Snacks, pretzels, hard, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.004	5	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.32	0.018	5	A	1		0.09	0.19	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.8	0.004	5	A	1		0.8	1.7	
Dihydrophyloquinone.....µg	5.2		1	A	1		1.5	3.1	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.391		0	NC	4		0.111	0.234	
4:0.....g	0.000	0.000	11	A	1		0.000	0.000	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.000	0.000	11	A	1		0.000	0.000	
10:0.....g	0.002	0.001	11	A	1		0.001	0.001	
12:0.....g	0.001	0.000	12	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.001	0.000	12	A	1		0.000	0.001	
15:0.....g	0.001	0.000	11	A	1		0.000	0.001	
16:0.....g	0.320	0.005	11	A	1		0.091	0.192	
17:0.....g	0.001	0.000	11	A	1		0.000	0.001	
18:0.....g	0.050	0.001	12	A	1		0.014	0.030	
20:0.....g	0.010	0.000	12	A	1		0.003	0.006	
22:0.....g	0.003	0.000	11	A	1		0.001	0.002	
24:0.....g	0.004	0.001	11	A	1		0.001	0.002	
Fatty acids, total monounsaturated.....g	0.727		0	NC	4		0.206	0.436	
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.003	0.001	11	AS	1		0.001	0.002	
16:1 c.....g	0.003	0.001	11	A	1		0.001	0.002	
16:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
17:1.....g	0.001	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.706	0.042	11	AS	1		0.200	0.423	
18:1 c.....g	0.705	0.042	11	A	1		0.200	0.423	
18:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.001	12	A	1		0.004	0.010	
22:1 undifferentiated.....g	0.001	0.000	11	AS	1		0.000	0.000	
22:1 c.....g	0.001	0.000	11	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.291		0	NC	4		0.366	0.775	
18:2 undifferentiated.....g	1.227	0.019	11	AS	1		0.348	0.736	
18:2 n-6 c,c.....g	1.223	0.019	11	A	1		0.347	0.734	
18:2 CLAs.....g	0.000	0.000	11	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004	0.000	11	A	1		0.001	0.002	
18:3 undifferentiated.....g	0.064	0.001	11	AS	1		0.018	0.038	
18:3 n-3 c,c,c (ALA).....g	0.063	0.001	11	A	1		0.018	0.038	
18:3 n-6 c,c,c.....g	0.001	0.000	11	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	5	A	1		0.000	0.000	
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	11	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	11	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	11	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000	0.000	

NDB No. 19047

Snacks, pretzels, hard, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.004		0	NC	4		0.001	0.003	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.001	0.002	
Cholesterol.....mg	0	0.000	13		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0	A	1		0.027	0.058	
Threonine.....g	0.250		0	A	1		0.071	0.150	
Isoleucine.....g	0.407		0	A	1		0.115	0.244	
Leucine.....g	0.757		0	A	1		0.215	0.454	
Lysine.....g	0.257		0	A	1		0.073	0.154	
Methionine.....g	0.177		0	A	1		0.050	0.106	
Cystine.....g	0.170		0	A	1		0.048	0.102	
Phenylalanine.....g	0.520		0	A	1		0.147	0.312	
Tyrosine.....g	0.324		0	A	1		0.092	0.194	
Valine.....g	0.480		0	A	1		0.136	0.288	
Arginine.....g	0.363		0	A	1		0.103	0.218	
Histidine.....g	0.220		0	A	1		0.062	0.132	
Alanine.....g	0.340		0	A	1		0.096	0.204	
Aspartic acid.....g	0.597		0	A	1		0.169	0.358	
Glutamic acid.....g	3.647		0	A	1		1.034	2.188	
Glycine.....g	0.417		0	A	1		0.118	0.250	
Proline.....g	1.199		0	A	1		0.340	0.720	
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19050

Snacks, pretzels, hard, w hole-w heat including both salted and unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.90	0.521	3		1		1.11	2.22	
Energy.....kcal	362		0	NC	4		103	206	
Energy.....kJ	1514		0	NC	4		429	863	
Protein (N x 5.8).....g	11.10	0.648	3		1		3.15	6.33	
Total lipid (fat).....g	2.60	0.623	3		1		0.74	1.48	
Ash.....g	1.10	0.173	3		1		0.31	0.63	
Carbohydrate, by difference.....g	81.30		0	NC	4		23.05	46.34	
Fiber, total dietary.....g	7.7		0		4		2.2	4.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28	3.055	3		1		8	16	
Iron, Fe.....mg	2.69	0.411	3		1		0.76	1.53	
Magnesium, Mg.....mg	30		1		1		9	17	
Phosphorus, P.....mg	125		1		1		35	71	
Potassium, K.....mg	430		2		1		122	245	
Sodium, Na.....mg	203		2		1		58	116	
Zinc, Zn.....mg	0.62		1		1		0.18	0.35	
Copper, Cu.....mg	0.280		1		1		0.079	0.160	
Manganese, Mn.....mg	2.662		1		4		0.755	1.517	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1		4		0.3	0.6	
Thiamin.....mg	0.440	0.091	3		1		0.125	0.251	
Riboflavin.....mg	0.291	0.135	3		1		0.082	0.166	
Niacin.....mg	6.537	1.181	3		1		1.853	3.726	
Pantothenic acid.....mg	0.812		1		4		0.230	0.463	
Vitamin B-6.....mg	0.274		1		4		0.078	0.156	
Folate, total.....µg	54		1		4		15	31	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	54		1		4		15	31	
Folate, DFE.....µg	54		0	NC	4		15	31	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.560		0		1		0.159	0.319	
4:0.....g									
6:0.....g									
8:0.....g	0.000		3		1		0.000	0.000	
10:0.....g	0.000		3		1		0.000	0.000	
12:0.....g	0.030		3		1		0.009	0.017	
13:0.....g									
14:0.....g	0.020		3		1		0.006	0.011	
15:0.....g									
16:0.....g	0.340		3		1		0.096	0.194	
17:0.....g									
18:0.....g	0.170		3		1		0.048	0.097	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.030		0		1		0.292	0.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.030		3		1		0.292	0.587	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0		1		0.235	0.473	
18:2 undifferentiated.....g	0.790		3		1		0.224	0.450	
18:3 undifferentiated.....g	0.040		3		1		0.011	0.023	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0		1		0.049	0.098	
Threonine.....g	0.325		0		1		0.092	0.185	
Isoleucine.....g	0.412		0		1		0.117	0.235	
Leucine.....g	0.750		0		1		0.213	0.428	
Lysine.....g	0.307		0		1		0.087	0.175	
Methionine.....g	0.178		0		1		0.050	0.101	
Cystine.....g	0.252		0		1		0.071	0.144	
Phenylalanine.....g	0.523		0		1		0.148	0.298	
Tyrosine.....g	0.328		0		1		0.093	0.187	
Valine.....g	0.504		0		1		0.143	0.287	
Arginine.....g	0.563		0		1		0.160	0.321	
Histidine.....g	0.258		0		1		0.073	0.147	
Alanine.....g	0.399		0		1		0.113	0.227	
Aspartic acid.....g	0.592		0		1		0.168	0.337	
Glutamic acid.....g	3.414		0		1		0.968	1.946	
Glycine.....g	0.456		0		1		0.129	0.260	
Proline.....g	1.140		0		1		0.323	0.650	
Serine.....g	0.523		0		1		0.148	0.298	
Hydroxyproline.....g									

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

NDB No. 19050

Snacks, pretzels, hard, w hole-wheat including both salted and unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5

Fat 8.5

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19052

Snacks, rice cakes, brown rice, buckwheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90	0.500	4		1		0.53	1.06	
Energy.....kcal	380		0	NC	4		34	68	
Energy.....kJ	1590				4		143	286	
Protein (N x 6.1).....g	9.00	0.698	4		1		0.81	1.62	
Total lipid (fat).....g	3.50	0.405	4		1		0.32	0.63	
Ash.....g	1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference.....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary.....g	3.8		0		4		0.3	0.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	2.903	4		1		1	2	
Iron, Fe.....mg	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg.....mg	151		1		1		14	27	
Phosphorus, P.....mg	380		1		1		34	68	
Potassium, K.....mg	299	10.966	4		1		27	54	
Sodium, Na.....mg	116		1		1		10	21	
Zinc, Zn.....mg	2.50		1		1		0.23	0.45	
Copper, Cu.....mg	0.380		1		1		0.034	0.068	
Manganese, Mn.....mg	6.180		1		1		0.556	1.112	
Selenium, Se.....µg	16.4		0	FLM	4		1.5	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin.....mg	0.103	0.009	4		1		0.009	0.019	
Niacin.....mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid.....mg	1.160		1		1		0.104	0.209	
Vitamin B-6.....mg	0.130		1		1		0.012	0.023	
Folate, total.....µg	21		1		1		2	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	21		1		1		2	4	
Folate, DFE.....µg	21		0	NC	4		2	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		2		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.640		0			1	0.058	0.115
4:0.....g								
6:0.....g								
8:0.....g	0.020		1			1	0.002	0.004
10:0.....g	0.010		1			1	0.001	0.002
12:0.....g	0.010		1			1	0.001	0.002
13:0.....g								
14:0.....g	0.020		1			1	0.002	0.004
15:0.....g								
16:0.....g	0.510		1			1	0.046	0.092
17:0.....g								
18:0.....g	0.050		1			1	0.005	0.009
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.110		0			1	0.100	0.200
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		1			1	0.002	0.004
17:1.....g								
18:1 undifferentiated.....g	1.090		1			1	0.098	0.196
20:1.....g								
22:1 undifferentiated.....g	0.010		1			1	0.001	0.002
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.110		0			1	0.100	0.200
18:2 undifferentiated.....g	1.050		1			1	0.095	0.189
18:3 undifferentiated.....g	0.070		1			1	0.006	0.013
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1			4	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.125		0			1	0.011	0.023
Threonine.....g	0.340		0			1	0.031	0.061
Isoleucine.....g	0.358		0			1	0.032	0.064
Leucine.....g	0.638		0			1	0.057	0.115
Lysine.....g	0.414		0			1	0.037	0.075
Methionine.....g	0.152		0			1	0.014	0.027
Cystine.....g	0.137		0			1	0.012	0.025
Phenylalanine.....g	0.399		0			1	0.036	0.072
Tyrosine.....g	0.233		0			1	0.021	0.042
Valine.....g	0.489		0			1	0.044	0.088
Arginine.....g	0.677		0			1	0.061	0.122
Histidine.....g	0.218		0			1	0.020	0.039
Alanine.....g	0.517		0			1	0.047	0.093
Aspartic acid.....g	0.800		0			1	0.072	0.144
Glutamic acid.....g	1.568		0			1	0.141	0.282
Glycine.....g	0.603		0			1	0.054	0.109
Proline.....g	0.376		0			1	0.034	0.068
Serine.....g	0.467		0			1	0.042	0.084
Hydroxyproline.....g								

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

NDB No. 19052

Snacks, rice cakes, brown rice, buckw heat

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19817

Snacks, rice cakes, brown rice, buckwheat, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90	0.500	4		1		0.53	1.06	
Energy.....kcal	380		0	NC	4		34	68	
Energy.....kJ	1590				4		143	286	
Protein (N x 6.1).....g	9.00	0.698	4		1		0.81	1.62	
Total lipid (fat).....g	3.50	0.405	4		1		0.32	0.63	
Ash.....g	1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference.....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	2.903	4		1		1	2	
Iron, Fe.....mg	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg.....mg	151		1		1		14	27	
Phosphorus, P.....mg	380		1		1		34	68	
Potassium, K.....mg	299	10.966	4		1		27	54	
Sodium, Na.....mg	4		0		1		0	1	
Zinc, Zn.....mg	2.50		1		1		0.23	0.45	
Copper, Cu.....mg	0.380		1		1		0.034	0.068	
Manganese, Mn.....mg	6.180		1		1		0.556	1.112	
Selenium, Se.....µg	16.4		0	BFZN	4		1.5	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin.....mg	0.103	0.009	4		1		0.009	0.019	
Niacin.....mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid.....mg	1.160		1		1		0.104	0.209	
Vitamin B-6.....mg	0.130		1		1		0.012	0.023	
Folate, total.....µg	21		1		1		2	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	21		1		1		2	4	
Folate, DFE.....µg	21		0	NC	4		2	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		2		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.640		0		1		0.058	0.115	
4:0.....g									
6:0.....g									
8:0.....g	0.020		1		1		0.002	0.004	
10:0.....g	0.010		1		1		0.001	0.002	
12:0.....g	0.010		1		1		0.001	0.002	
13:0.....g									
14:0.....g	0.020		1		1		0.002	0.004	
15:0.....g									
16:0.....g	0.510		1		1		0.046	0.092	
17:0.....g									
18:0.....g	0.050		1		1		0.005	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.110		0		1		0.100	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196	
20:1.....g									
22:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		0.100	0.200	
18:2 undifferentiated.....g	1.050		1		1		0.095	0.189	
18:3 undifferentiated.....g	0.070		1		1		0.006	0.013	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.011	0.023	
Threonine.....g	0.340		0		1		0.031	0.061	
Isoleucine.....g	0.358		0		1		0.032	0.064	
Leucine.....g	0.638		0		1		0.057	0.115	
Lysine.....g	0.414		0		1		0.037	0.075	
Methionine.....g	0.152		0		1		0.014	0.027	
Cystine.....g	0.137		0		1		0.012	0.025	
Phenylalanine.....g	0.399		0		1		0.036	0.072	
Tyrosine.....g	0.233		0		1		0.021	0.042	
Valine.....g	0.489		0		1		0.044	0.088	
Arginine.....g	0.677		0		1		0.061	0.122	
Histidine.....g	0.218		0		1		0.020	0.039	
Alanine.....g	0.517		0		1		0.047	0.093	
Aspartic acid.....g	0.800		0		1		0.072	0.144	
Glutamic acid.....g	1.568		0		1		0.141	0.282	
Glycine.....g	0.603		0		1		0.054	0.109	
Proline.....g	0.376		0		1		0.034	0.068	
Serine.....g	0.467		0		1		0.042	0.084	
Hydroxyproline.....g									

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

NDB No. 19817

Snacks, rice cakes, brown rice, buckwheat, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19413

Snacks, rice cakes, brown rice, corn

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90	0.612	3		1		0.53	1.06	
Energy.....kcal	385		0	NC	4		35	69	
Energy.....kJ	1611		0		4		145	290	
Protein (N x 6.1).....g	8.40	0.275	3		1		0.76	1.51	
Total lipid (fat).....g	3.20	0.088	3		1		0.29	0.58	
Ash.....g	1.40	0.168	3		1		0.13	0.25	
Carbohydrate, by difference.....g	81.20		0	NC	4		7.31	14.62	
Fiber, total dietary.....g	2.9		1		1		0.3	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		2		1		1	2	
Iron, Fe.....mg	1.17		2		1		0.11	0.21	
Magnesium, Mg.....mg	114		1		1		10	21	
Phosphorus, P.....mg	320		1		1		29	58	
Potassium, K.....mg	275		2		1		25	50	
Sodium, Na.....mg	167		0	T	4		15	30	
Zinc, Zn.....mg	2.22		1		1		0.20	0.40	
Copper, Cu.....mg	0.420		1		1		0.038	0.076	
Manganese, Mn.....mg	5.080		1		1		0.457	0.914	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.080		2		1		0.007	0.014	
Riboflavin.....mg	0.104		2		1		0.009	0.019	
Niacin.....mg	6.435		2		1		0.579	1.158	
Pantothenic acid.....mg	0.930		1		1		0.084	0.167	
Vitamin B-6.....mg	0.140		1		1		0.013	0.025	
Folate, total.....µg	19		1		1		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	19		1		1		2	3	
Folate, DFE.....µg	19		0	NC	4		2	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.630		0		1		0.057	0.113	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g									
16:0.....g	0.540		1		1		0.049	0.097	
17:0.....g									
18:0.....g	0.060		1		1		0.005	0.011	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.140		0		1		0.103	0.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.130		1		1		0.102	0.203	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0		1		0.102	0.203	
18:2 undifferentiated.....g	1.090		1		1		0.098	0.196	
18:3 undifferentiated.....g	0.050		1		1		0.005	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.008	0.017	
Threonine.....g	0.306		0		1		0.028	0.055	
Isoleucine.....g	0.337		0		1		0.030	0.061	
Leucine.....g	0.781		0		1		0.070	0.141	
Lysine.....g	0.293		0		1		0.026	0.053	
Methionine.....g	0.183		0		1		0.016	0.033	
Cystine.....g	0.114		0		1		0.010	0.021	
Phenylalanine.....g	0.423		0		1		0.038	0.076	
Tyrosine.....g	0.319		0		1		0.029	0.057	
Valine.....g	0.469		0		1		0.042	0.084	
Arginine.....g	0.569		0		1		0.051	0.102	
Histidine.....g	0.223		0		1		0.020	0.040	
Alanine.....g	0.524		0		1		0.047	0.094	
Aspartic acid.....g	0.721		0		1		0.065	0.130	
Glutamic acid.....g	1.655		0		1		0.149	0.298	
Glycine.....g	0.390		0		1		0.035	0.070	
Proline.....g	0.485		0		1		0.044	0.087	
Serine.....g	0.420		0		1		0.038	0.076	
Hydroxyproline.....g									

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

NDB No. 19413

Snacks, rice cakes, brown rice, corn

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19414

Snacks, rice cakes, brown rice, multigrain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.30	0.193	10		1		0.57	1.13	
Energy.....kcal	387		0	NC	4		35	70	
Energy.....kJ	1619				4		146	291	
Protein (N x 5.9).....g	8.50	0.227	10		1		0.77	1.53	
Total lipid (fat).....g	3.50	0.342	10		1		0.32	0.63	
Ash.....g	1.60	0.107	10		1		0.14	0.29	
Carbohydrate, by difference.....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary.....g	3.0		0		4		0.3	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	3.261	10		1		2	4	
Iron, Fe.....mg	1.96	0.191	10		1		0.18	0.35	
Magnesium, Mg.....mg	137	4.021	4		1		12	25	
Phosphorus, P.....mg	370	16.833	4		1		33	67	
Potassium, K.....mg	294	19.023	8		1		26	53	
Sodium, Na.....mg	252	76.269	3		1		23	45	
Zinc, Zn.....mg	2.53	0.184	4		1		0.23	0.46	
Copper, Cu.....mg	0.427	0.033	3		1		0.038	0.077	
Manganese, Mn.....mg	5.220	0.160	3		1		0.470	0.940	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin.....mg	0.067	0.017	8		1		0.006	0.012	
Riboflavin.....mg	0.184	0.041	8		1		0.017	0.033	
Niacin.....mg	6.602	0.284	7		1		0.594	1.188	
Pantothenic acid.....mg	1.002	0.039	4		1		0.090	0.180	
Vitamin B-6.....mg	0.137	0.008	4		1		0.012	0.025	
Folate, total.....µg	20	2.723	4		1		2	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	20	2.723	4		1		2	4	
Folate, DFE.....µg	20		0	NC	4		2	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.560		0		1		0.050	0.101	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g									
16:0.....g	0.460		1		1		0.041	0.083	
17:0.....g									
18:0.....g	0.080		1		1		0.007	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.160		0		1		0.104	0.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.150		1		1		0.104	0.207	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0		1		0.130	0.259	
18:2 undifferentiated.....g	1.000		1		1		0.090	0.180	
18:3 undifferentiated.....g	0.440		1		1		0.040	0.079	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.010	0.019	
Threonine.....g	0.303		0		1		0.027	0.055	
Isoleucine.....g	0.351		0		1		0.032	0.063	
Leucine.....g	0.682		0		1		0.061	0.123	
Lysine.....g	0.313		0		1		0.028	0.056	
Methionine.....g	0.182		0		1		0.016	0.033	
Cystine.....g	0.107		0		1		0.010	0.019	
Phenylalanine.....g	0.424		0		1		0.038	0.076	
Tyrosine.....g	0.299		0		1		0.027	0.054	
Valine.....g	0.481		0		1		0.043	0.087	
Arginine.....g	0.624		0		1		0.056	0.112	
Histidine.....g	0.208		0		1		0.019	0.037	
Alanine.....g	0.484		0		1		0.044	0.087	
Aspartic acid.....g	0.771		0		1		0.069	0.139	
Glutamic acid.....g	1.714		0		1		0.154	0.309	
Glycine.....g	0.409		0		1		0.037	0.074	
Proline.....g	0.409		0		1		0.037	0.074	
Serine.....g	0.427		0		1		0.038	0.077	
Hydroxyproline.....g									

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

NDB No. 19414

Snacks, rice cakes, brown rice, multigrain

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19818

Snacks, rice cakes, brown rice, multigrain, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.30	0.193	10		1		0.57	1.13	
Energy.....kcal	387		0	NC	4		35	70	
Energy.....kJ	1619				4		146	291	
Protein (N x 5.9).....g	8.50	0.227	10		1		0.77	1.53	
Total lipid (fat).....g	3.50	0.342	10		1		0.32	0.63	
Ash.....g	1.60	0.107	10		1		0.14	0.29	
Carbohydrate, by difference.....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	3.261	10		1		2	4	
Iron, Fe.....mg	1.96	0.191	10		1		0.18	0.35	
Magnesium, Mg.....mg	137	4.021	4		1		12	25	
Phosphorus, P.....mg	370	16.833	4		1		33	67	
Potassium, K.....mg	294	19.023	8		1		26	53	
Sodium, Na.....mg	4		0		1		0	1	
Zinc, Zn.....mg	2.53	0.184	4		1		0.23	0.46	
Copper, Cu.....mg	0.427	0.033	3		1		0.038	0.077	
Manganese, Mn.....mg	5.220	0.160	3		1		0.470	0.940	
Selenium, Se.....µg	20.0		0	CAZN	4		1.8	3.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin.....mg	0.067	0.017	8		1		0.006	0.012	
Riboflavin.....mg	0.184	0.041	8		1		0.017	0.033	
Niacin.....mg	6.602	0.284	7		1		0.594	1.188	
Pantothenic acid.....mg	1.002	0.039	4		1		0.090	0.180	
Vitamin B-6.....mg	0.137	0.008	4		1		0.012	0.025	
Folate, total.....µg	20	2.723	4		1		2	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	20	2.723	4		1		2	4	
Folate, DFE.....µg	20		0	NC	4		2	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.560		0		1		0.050	0.101	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g									
16:0.....g	0.460		1		1		0.041	0.083	
17:0.....g									
18:0.....g	0.080		1		1		0.007	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.160		0		1		0.104	0.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.150		1		1		0.104	0.207	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0		1		0.130	0.259	
18:2 undifferentiated.....g	1.000		1		1		0.090	0.180	
18:3 undifferentiated.....g	0.440		1		1		0.040	0.079	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.010	0.019	
Threonine.....g	0.303		0		1		0.027	0.055	
Isoleucine.....g	0.351		0		1		0.032	0.063	
Leucine.....g	0.682		0		1		0.061	0.123	
Lysine.....g	0.313		0		1		0.028	0.056	
Methionine.....g	0.182		0		1		0.016	0.033	
Cystine.....g	0.107		0		1		0.010	0.019	
Phenylalanine.....g	0.424		0		1		0.038	0.076	
Tyrosine.....g	0.299		0		1		0.027	0.054	
Valine.....g	0.481		0		1		0.043	0.087	
Arginine.....g	0.624		0		1		0.056	0.112	
Histidine.....g	0.208		0		1		0.019	0.037	
Alanine.....g	0.484		0		1		0.044	0.087	
Aspartic acid.....g	0.771		0		1		0.069	0.139	
Glutamic acid.....g	1.714		0		1		0.154	0.309	
Glycine.....g	0.409		0		1		0.037	0.074	
Proline.....g	0.409		0		1		0.037	0.074	
Serine.....g	0.427		0		1		0.038	0.077	
Hydroxyproline.....g									

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

NDB No. 19818

Snacks, rice cakes, brown rice, multigrain, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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					
Lipids:								
Fatty acids, total saturated.....g	0.570		0		1		0.051	0.103
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		1		1		0.000	0.000
13:0.....g								
14:0.....g	0.010		1		1		0.001	0.002
15:0.....g								
16:0.....g	0.480		1		1		0.043	0.086
17:0.....g								
18:0.....g	0.050		1		1		0.005	0.009
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.030		0		1		0.093	0.185
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002
17:1.....g								
18:1 undifferentiated.....g	1.020		1		1		0.092	0.184
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.990		0		1		0.089	0.178
18:2 undifferentiated.....g	0.970		1		1		0.087	0.175
18:3 undifferentiated.....g	0.010		1		1		0.001	0.002
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.104		0		1		0.009	0.019
Threonine.....g	0.299		0		1		0.027	0.054
Isoleucine.....g	0.346		0		1		0.031	0.062
Leucine.....g	0.675		0		1		0.061	0.122
Lysine.....g	0.311		0		1		0.028	0.056
Methionine.....g	0.184		0		1		0.017	0.033
Cystine.....g	0.099		0		1		0.009	0.018
Phenylalanine.....g	0.421		0		1		0.038	0.076
Tyrosine.....g	0.306		0		1		0.028	0.055
Valine.....g	0.479		0		1		0.043	0.086
Arginine.....g	0.618		0		1		0.056	0.111
Histidine.....g	0.207		0		1		0.019	0.037
Alanine.....g	0.476		0		1		0.043	0.086
Aspartic acid.....g	0.764		0		1		0.069	0.138
Glutamic acid.....g	1.662		0		1		0.150	0.299
Glycine.....g	0.402		0		1		0.036	0.072
Proline.....g	0.383		0		1		0.034	0.069
Serine.....g	0.422		0		1		0.038	0.076
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 19816

Snacks, rice cakes, brown rice, plain, unsalted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate4.12

Food Group: 25 Snacks

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

NDB No. 19416

Snacks, rice cakes, brown rice, rye

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.80	0.164	3		1		0.61	1.22	
Energy.....kcal	386		0	NC	4		35	69	
Energy.....kJ	1615				4		145	291	
Protein (N x 5.9).....g	8.10	0.279	3		1		0.73	1.46	
Total lipid (fat).....g	3.80	0.219	3		1		0.34	0.68	
Ash.....g	1.50	0.194	3		1		0.14	0.27	
Carbohydrate, by difference.....g	79.90		0	NC	4		7.19	14.38	
Fiber, total dietary.....g	4.0		1		1		0.4	0.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		2		1		2	4	
Iron, Fe.....mg	1.80		2		1		0.16	0.32	
Magnesium, Mg.....mg	144		1		1		13	26	
Phosphorus, P.....mg	380		1		1		34	68	
Potassium, K.....mg	311		2		1		28	56	
Sodium, Na.....mg	110		1		1		10	20	
Zinc, Zn.....mg	3.00		1		1		0.27	0.54	
Copper, Cu.....mg	0.390		1		1		0.035	0.070	
Manganese, Mn.....mg	2.977		1		4		0.268	0.536	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.091		2		1		0.008	0.016	
Riboflavin.....mg	0.090		2		1		0.008	0.016	
Niacin.....mg	7.040		2		1		0.634	1.267	
Pantothenic acid.....mg	1.110		1		4		0.100	0.200	
Vitamin B-6.....mg	0.150		1		1		0.014	0.027	
Folate, total.....µg	5		1		1		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		1		1		0	1	
Folate, DFE.....µg	5		0	NC	4		0	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		1		4		0	1	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.580		0		1		0.052	0.104	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g									
16:0.....g	0.450		1		1		0.041	0.081	
17:0.....g									
18:0.....g	0.110		1		1		0.010	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.310		0		1		0.118	0.236	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.300		1		1		0.117	0.234	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0		1		0.140	0.279	
18:2 undifferentiated.....g	1.490		1		1		0.134	0.268	
18:3 undifferentiated.....g	0.060		1		1		0.005	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.009	0.017	
Threonine.....g	0.294		0		1		0.026	0.053	
Isoleucine.....g	0.328		0		1		0.030	0.059	
Leucine.....g	0.621		0		1		0.056	0.112	
Lysine.....g	0.316		0		1		0.028	0.057	
Methionine.....g	0.165		0		1		0.015	0.030	
Cystine.....g	0.127		0		1		0.011	0.023	
Phenylalanine.....g	0.399		0		1		0.036	0.072	
Tyrosine.....g	0.261		0		1		0.023	0.047	
Valine.....g	0.451		0		1		0.041	0.081	
Arginine.....g	0.553		0		1		0.050	0.100	
Histidine.....g	0.204		0		1		0.018	0.037	
Alanine.....g	0.443		0		1		0.040	0.080	
Aspartic acid.....g	0.716		0		1		0.064	0.129	
Glutamic acid.....g	1.769		0		1		0.159	0.318	
Glycine.....g	0.392		0		1		0.035	0.071	
Proline.....g	0.531		0		1		0.048	0.096	
Serine.....g	0.402		0		1		0.036	0.072	
Hydroxyproline.....g									

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

NDB No. 19416

Snacks, rice cakes, brown rice, rye

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.3

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19053

Snacks, rice cakes, brown rice, sesame seed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90	0.318	7		1		0.53	1.06	
Energy.....kcal	392		0	NC	4		35	71	
Energy.....kJ	1640				4		148	295	
Protein (N x 5.9).....g	7.60	0.325	7		1		0.68	1.37	
Total lipid (fat).....g	3.80	0.241	7		1		0.34	0.68	
Ash.....g	1.20	0.163	7		1		0.11	0.22	
Carbohydrate, by difference.....g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary.....g	5.4		0		1		0.5	1.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	1.779	6		1		1	2	
Iron, Fe.....mg	1.58	0.248	6		1		0.14	0.28	
Magnesium, Mg.....mg	136		2		1		12	24	
Phosphorus, P.....mg	375		2		1		34	68	
Potassium, K.....mg	290	13.163	6		1		26	52	
Sodium, Na.....mg	227		2		1		20	41	
Zinc, Zn.....mg	3.00		2		1		0.27	0.54	
Copper, Cu.....mg	0.390		2		1		0.035	0.070	
Manganese, Mn.....mg	4.299		1		4		0.387	0.774	
Selenium, Se.....µg	24.1		0	FLM	4		2.2	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1		4		0.3	0.5	
Thiamin.....mg	0.048	0.011	5		1		0.004	0.009	
Riboflavin.....mg	0.085	0.013	6		1		0.008	0.015	
Niacin.....mg	7.205	0.632	4		1		0.648	1.297	
Pantothenic acid.....mg	1.461		1		4		0.131	0.263	
Vitamin B-6.....mg	0.155		2		1		0.014	0.028	
Folate, total.....µg	18		2		1		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	18		2		1		2	3	
Folate, DFE.....µg	18		0	NC	4		2	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		2		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.540		0		1		0.049	0.097	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.002	
15:0.....g									
16:0.....g	0.430		1		1		0.039	0.077	
17:0.....g									
18:0.....g	0.080		1		1		0.007	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.100		0		1		0.099	0.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.150		0		1		0.104	0.207	
18:2 undifferentiated.....g	1.110		1		1		0.100	0.200	
18:3 undifferentiated.....g	0.040		1		1		0.004	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0		1		0.009	0.018	
Threonine.....g	0.279		0		1		0.025	0.050	
Isoleucine.....g	0.321		0		1		0.029	0.058	
Leucine.....g	0.625		0		1		0.056	0.113	
Lysine.....g	0.288		0		1		0.026	0.052	
Methionine.....g	0.174		0		1		0.016	0.031	
Cystine.....g	0.094		0		1		0.008	0.017	
Phenylalanine.....g	0.391		0		1		0.035	0.070	
Tyrosine.....g	0.286		0		1		0.026	0.051	
Valine.....g	0.444		0		1		0.040	0.080	
Arginine.....g	0.595		0		1		0.054	0.107	
Histidine.....g	0.193		0		1		0.017	0.035	
Alanine.....g	0.440		0		1		0.040	0.079	
Aspartic acid.....g	0.710		0		1		0.064	0.128	
Glutamic acid.....g	1.550		0		1		0.140	0.279	
Glycine.....g	0.380		0		1		0.034	0.068	
Proline.....g	0.355		0		1		0.032	0.064	
Serine.....g	0.394		0		1		0.035	0.071	
Hydroxyproline.....g									

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

NDB No. 19053

Snacks, rice cakes, brown rice, sesame seed

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19819

Snacks, rice cakes, brown rice, sesame seed, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90	0.318	7		1		0.53	1.06	
Energy.....kcal	392		0	NC	4		35	71	
Energy.....kJ	1640				4		148	295	
Protein (N x 5.9).....g	7.60	0.325	7		1		0.68	1.37	
Total lipid (fat).....g	3.80	0.241	7		1		0.34	0.68	
Ash.....g	1.20	0.163	7		1		0.11	0.22	
Carbohydrate, by difference.....g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	1.779	6		1		1	2	
Iron, Fe.....mg	1.58	0.248	6		1		0.14	0.28	
Magnesium, Mg.....mg	136		2		1		12	24	
Phosphorus, P.....mg	375		2		1		34	68	
Potassium, K.....mg	290	13.163	6		1		26	52	
Sodium, Na.....mg	4		0		1		0	1	
Zinc, Zn.....mg	3.00		2		1		0.27	0.54	
Copper, Cu.....mg	0.390		2		1		0.035	0.070	
Manganese, Mn.....mg	4.299		1		4		0.387	0.774	
Selenium, Se.....µg	24.1		0	BFZN	4		2.2	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1		4		0.3	0.5	
Thiamin.....mg	0.048	0.011	5		1		0.004	0.009	
Riboflavin.....mg	0.085	0.013	6		1		0.008	0.015	
Niacin.....mg	7.205	0.632	4		1		0.648	1.297	
Pantothenic acid.....mg	1.461		1		4		0.131	0.263	
Vitamin B-6.....mg	0.155		2		1		0.014	0.028	
Folate, total.....µg	18		2		1		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	18		2		1		2	3	
Folate, DFE.....µg	18		0	NC	4		2	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		2		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.540		0		1		0.049	0.097
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g	0.000		1		1		0.000	0.000
13:0.....g								
14:0.....g	0.010		1		1		0.001	0.002
15:0.....g								
16:0.....g	0.430		1		1		0.039	0.077
17:0.....g								
18:0.....g	0.080		1		1		0.007	0.014
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.100		0		1		0.099	0.198
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		1		1		0.001	0.002
17:1.....g								
18:1 undifferentiated.....g	1.090		1		1		0.098	0.196
20:1.....g	0.000		1		1		0.000	0.000
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.150		0		1		0.104	0.207
18:2 undifferentiated.....g	1.110		1		1		0.100	0.200
18:3 undifferentiated.....g	0.040		1		1		0.004	0.007
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.100		0		1		0.009	0.018
Threonine.....g	0.279		0		1		0.025	0.050
Isoleucine.....g	0.321		0		1		0.029	0.058
Leucine.....g	0.625		0		1		0.056	0.113
Lysine.....g	0.288		0		1		0.026	0.052
Methionine.....g	0.174		0		1		0.016	0.031
Cystine.....g	0.094		0		1		0.008	0.017
Phenylalanine.....g	0.391		0		1		0.035	0.070
Tyrosine.....g	0.286		0		1		0.026	0.051
Valine.....g	0.444		0		1		0.040	0.080
Arginine.....g	0.595		0		1		0.054	0.107
Histidine.....g	0.193		0		1		0.017	0.035
Alanine.....g	0.440		0		1		0.040	0.079
Aspartic acid.....g	0.710		0		1		0.064	0.128
Glutamic acid.....g	1.550		0		1		0.140	0.279
Glycine.....g	0.380		0		1		0.034	0.068
Proline.....g	0.355		0		1		0.032	0.064
Serine.....g	0.394		0		1		0.035	0.071
Hydroxyproline.....g								

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

NDB No. 19819

Snacks, rice cakes, brown rice, sesame seed, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 4.1

Food Group: 25 Snacks

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

NDB No. 19051

Snacks, rice cracker brown rice, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.570		0		1	0.051	0.103
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		1		1	0.000	0.000
13:0.....g							
14:0.....g	0.010		1		1	0.001	0.002
15:0.....g							
16:0.....g	0.480		1		1	0.043	0.086
17:0.....g							
18:0.....g	0.050		1		1	0.005	0.009
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.030		0		1	0.093	0.185
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		1		1	0.001	0.002
17:1.....g							
18:1 undifferentiated.....g	1.020		1		1	0.092	0.184
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.990		0		1	0.089	0.178
18:2 undifferentiated.....g	0.970		1		1	0.087	0.175
18:3 undifferentiated.....g	0.010		1		1	0.001	0.002
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.104		0		1	0.009	0.019
Threonine.....g	0.299		0		1	0.027	0.054
Isoleucine.....g	0.346		0		1	0.031	0.062
Leucine.....g	0.675		0		1	0.061	0.122
Lysine.....g	0.311		0		1	0.028	0.056
Methionine.....g	0.184		0		1	0.017	0.033
Cystine.....g	0.099		0		1	0.009	0.018
Phenylalanine.....g	0.421		0		1	0.038	0.076
Tyrosine.....g	0.306		0		1	0.028	0.055
Valine.....g	0.479		0		1	0.043	0.086
Arginine.....g	0.618		0		1	0.056	0.111
Histidine.....g	0.207		0		1	0.019	0.037
Alanine.....g	0.476		0		1	0.043	0.086
Aspartic acid.....g	0.764		0		1	0.069	0.138
Glutamic acid.....g	1.662		0		1	0.150	0.299
Glycine.....g	0.402		0		1	0.036	0.072
Proline.....g	0.383		0		1	0.034	0.069
Serine.....g	0.422		0		1	0.038	0.076
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0

NDB No. 19051

Snacks, rice cracker brown rice, plain

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

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

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 25 Snacks

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

NDB No. 19418

Snacks, sesame sticks, wheat-based, salted

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
Lipids:								
Fatty acids, total saturated.....g	6.480		0		1		1.837	3.694
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		1		1		0.000	0.000
10:0.....g	0.010		1		1		0.003	0.006
12:0.....g	0.010		1		1		0.003	0.006
13:0.....g								
14:0.....g	0.110		1		1		0.031	0.063
15:0.....g								
16:0.....g	5.000		1		1		1.418	2.850
17:0.....g								
18:0.....g	1.350		1		1		0.383	0.770
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.910		0		1		3.093	6.219
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.070		1		1		0.020	0.040
17:1.....g								
18:1 undifferentiated.....g	10.830		1		1		3.070	6.173
20:1.....g	0.000		1		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	17.420		0		1		4.939	9.929
18:2 undifferentiated.....g	16.440		1		1		4.661	9.371
18:3 undifferentiated.....g	0.970		1		1		0.275	0.553
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		4		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.144		0		1		0.041	0.082
Threonine.....g	0.330		0		1		0.094	0.188
Isoleucine.....g	0.420		0		1		0.119	0.239
Leucine.....g	0.767		0		1		0.217	0.437
Lysine.....g	0.359		0		1		0.102	0.205
Methionine.....g	0.192		0		1		0.054	0.109
Cystine.....g	0.201		0		1		0.057	0.115
Phenylalanine.....g	0.545		0		1		0.155	0.311
Tyrosine.....g	0.353		0		1		0.100	0.201
Valine.....g	0.468		0		1		0.133	0.267
Arginine.....g	0.650		0		1		0.184	0.371
Histidine.....g	0.259		0		1		0.073	0.148
Alanine.....g	0.389		0		1		0.110	0.222
Aspartic acid.....g	0.716		0		1		0.203	0.408
Glutamic acid.....g	3.089		0		1		0.876	1.761
Glycine.....g	0.436		0		1		0.124	0.249
Proline.....g	0.994		0		1		0.282	0.567
Serine.....g	0.545		0		1		0.155	0.311
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 19418

Snacks, sesame sticks, wheat-based, salted

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 19820

Snacks, sesame sticks, wheat-based, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.00		1		1		0.57	1.14	
Energy.....kcal	541		0	NC	4		153	308	
Energy.....kJ	2264				4		642	1290	
Protein (N x 5.7).....g	10.90		1		1		3.09	6.21	
Total lipid (fat).....g	36.70		1		1		10.40	20.92	
Ash.....g	3.90		1		4		1.11	2.22	
Carbohydrate, by difference.....g	46.50		0	NC	4		13.18	26.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	170		1		1		48	97	
Iron, Fe.....mg	0.74		1		1		0.21	0.42	
Magnesium, Mg.....mg	45		1		4		13	26	
Phosphorus, P.....mg	138		1		4		39	79	
Potassium, K.....mg	177		1		4		50	101	
Sodium, Na.....mg	29		0		1		8	17	
Zinc, Zn.....mg	1.17		1		4		0.33	0.67	
Copper, Cu.....mg	0.406		1		4		0.115	0.231	
Manganese, Mn.....mg	0.904		1		4		0.256	0.515	
Selenium, Se.....µg	17.1		0	BFZN	4		4.8	9.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.123		1		1		0.035	0.070	
Riboflavin.....mg	0.063		1		1		0.018	0.036	
Niacin.....mg	1.552		1		1		0.440	0.885	
Pantothenic acid.....mg	0.234		1		4		0.066	0.133	
Vitamin B-6.....mg	0.086		1		4		0.024	0.049	
Folate, total.....µg	22		1		4		6	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	22		1		4		6	13	
Folate, DFE.....µg	22		0	NC	4		6	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	4		0	NC	4		1	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	88		1		1		25	50	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.480		0		1		1.837	3.694	
4:0.....g									
6:0.....g									
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.010		1		1		0.003	0.006	
12:0.....g	0.010		1		1		0.003	0.006	
13:0.....g									
14:0.....g	0.110		1		1		0.031	0.063	
15:0.....g									
16:0.....g	5.000		1		1		1.418	2.850	
17:0.....g									
18:0.....g	1.350		1		1		0.383	0.770	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.910		0		1		3.093	6.219	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.020	0.040	
17:1.....g									
18:1 undifferentiated.....g	10.830		1		1		3.070	6.173	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.420		0		1		4.939	9.929	
18:2 undifferentiated.....g	16.440		1		1		4.661	9.371	
18:3 undifferentiated.....g	0.970		1		1		0.275	0.553	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.041	0.082	
Threonine.....g	0.330		0		1		0.094	0.188	
Isoleucine.....g	0.420		0		1		0.119	0.239	
Leucine.....g	0.767		0		1		0.217	0.437	
Lysine.....g	0.359		0		1		0.102	0.205	
Methionine.....g	0.192		0		1		0.054	0.109	
Cystine.....g	0.201		0		1		0.057	0.115	
Phenylalanine.....g	0.545		0		1		0.155	0.311	
Tyrosine.....g	0.353		0		1		0.100	0.201	
Valine.....g	0.468		0		1		0.133	0.267	
Arginine.....g	0.650		0		1		0.184	0.371	
Histidine.....g	0.259		0		1		0.073	0.148	
Alanine.....g	0.389		0		1		0.110	0.222	
Aspartic acid.....g	0.716		0		1		0.203	0.408	
Glutamic acid.....g	3.089		0		1		0.876	1.761	
Glycine.....g	0.436		0		1		0.124	0.249	
Proline.....g	0.994		0		1		0.282	0.567	
Serine.....g	0.545		0		1		0.155	0.311	
Hydroxyproline.....g									

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

NDB No. 19820

Snacks, sesame sticks, wheat-based, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 25070
Snacks, shrimp cracker

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.60		0	FLC		4			
Energy.....kcal	426		0	NC		4			
Energy.....kJ	1781		0	NC		4			
Protein.....g	7.14		0	FLC		4			
Total lipid (fat).....g	17.86		0	FLC		4			
Ash.....g	2.31		0	FLC		4			
Carbohydrate, by difference.....g	59.09		0	FLC		4			
Fiber, total dietary.....g	5.6		0	FLC		4			
Sugars, total.....g	21.43		0	FLC		4			
Sucrose.....g	21.40		0	FLC		4			
Glucose (dextrose).....g	0.00		0	FLC		4			
Fructose.....g	0.02		0	FLC		4			
Lactose.....g	0.00		0	FLC		4			
Maltose.....g	0.00		0	FLC		4			
Galactose.....g	0.00		0	FLC		4			
Starch.....g	30.36		0	FLC		4			
Minerals:									
Calcium, Ca.....mg	20		0	FLC		4			
Iron, Fe.....mg	1.91		0	FLC		4			
Magnesium, Mg.....mg	72		0	FLC		4			
Phosphorus, P.....mg	191		0	FLC		4			
Potassium, K.....mg	193		0	FLC		4			
Sodium, Na.....mg	571		0	FLC		4			
Zinc, Zn.....mg	1.38		0	FLC		4			
Copper, Cu.....mg	0.221		0	FLC		4			
Manganese, Mn.....mg	2.140		0	FLC		4			
Selenium, Se.....µg	33.1		0	FLC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	LC		8			
Thiamin.....mg	0.264		0	FLC		4			
Riboflavin.....mg	0.091		0	FLC		4			
Niacin.....mg	2.631		0	FLC		4			
Pantothenic acid.....mg	0.321		0	FLC		4			
Vitamin B-6.....mg	0.216		0	FLC		4			
Folate, total.....µg	23		0	FLC		4			
Folic acid.....µg	0		0	FLC		4			
Folate, food.....µg	23		0	FLC		4			
Folate, DFE.....µg	23		0	NC		4			
Choline, total.....mg	17.6		0	FLC		4			
Betaine.....mg	38.2		0	FLC		4			
Vitamin B-12.....µg	0.02		0	FLC		4			
Vitamin B-12, added.....µg	0.00		0	FLC		4			
Vitamin A, RAE.....µg	0		0	NC		4			
Retinol.....µg	0		0	NR		4			
Carotene, beta.....µg	0		0	NR		4			
Carotene, alpha.....µg	0		0	FLC		4			
Cryptoxanthin, beta.....µg	0		0	FLC		4			
Vitamin A, IU.....IU	0		0	NR		4			
Lycopene.....µg	0		0	FLC		4			
Lutein + zeaxanthin.....µg	116		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	3.28		0	FLC		4			
Vitamin E, added.....mg	0.00		0	FLC		4			
Tocopherol, beta.....mg	0.12		0	FLC		4			
Tocopherol, gamma.....mg	5.52		0	FLC		4			
Tocopherol, delta.....mg	0.16		0	FLC		4			
Tocotrienol, alpha.....mg	0.16		0	FLC		4			
Tocotrienol, beta.....mg	0.00		0	FLC		4			

NDB No. 25070
Snacks, shrimp cracker

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	0.01		0	FLC		4			
Tocotrienol, delta.....mg	0.00		0	FLC		4			
Vitamin D (D2 + D3).....µg	0.0		0	AS		1			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC		4			
Vitamin D.....IU	0		0	FLC		4			
Vitamin K (phylloquinone).....µg	12.8		0	FLC		4			
Dihydrophyloquinone.....µg	0.0		0	FLC		4			
Menaquinone-4.....µg	0.0		0	FLC		4			
<u>Lipids:</u>									
Fatty acids, total saturated.....g	5.357		0	FLC		4			
4:0.....g	0.000		0	FLC		4			
6:0.....g	0.000		0	FLC		4			
8:0.....g	0.000		0	FLC		4			
10:0.....g	0.000		0	FLC		4			
12:0.....g	0.000		0	FLC		4			
13:0.....g									
14:0.....g	0.001		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	3.435		0	FLC		4			
17:0.....g	0.001		0	FLC		4			
18:0.....g	1.320		0	FLC		4			
20:0.....g	0.398		0	FLC		4			
22:0.....g	0.202		0	FLC		4			
24:0.....g	0.000		0	FLC		4			
Fatty acids, total monounsaturated.....g	7.997		0	FLC		4			
14:1.....g	0.000		0	FLC		4			
15:1.....g	0.000		0	FLC		4			
16:1 undifferentiated.....g	0.027		0	FLC		4			
17:1.....g	0.001		0	FLC		4			
18:1 undifferentiated.....g	7.802		0	FLC		4			
20:1.....g	0.168		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g	0.000		0	FLC		4			
Fatty acids, total polyunsaturated.....g	3.971		0	FLC		4			
18:2 undifferentiated.....g	2.802		0	FLC		4			
18:3 undifferentiated.....g	1.167		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g	0.000		0	FLC		4			
20:3 undifferentiated.....g	0.000		0	FLC		4			
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3 (EPA).....g	0.001		0	FLC		4			
21:5.....g	0.000		0	FLC		4			
22:4.....g	0.000		0	FLC		4			
22:5 n-3 (DPA).....g	0.000		0	FLC		4			
22:6 n-3 (DHA).....g	0.001		0	FLC		4			
Fatty acids, total trans.....g	0.066		0	FLC		4			
Cholesterol.....mg	2		0	FLC		4			
Phytosterols.....mg									
Stigmasterol.....mg	0		0	FLC		4			
Campesterol.....mg	40		0	FLC		4			
Beta-sitosterol.....mg	68		0	FLC		4			
<u>Amino Acids:</u>									
Tryptophan.....g	0.094		0	FLC		4			
Threonine.....g	0.200		0	FLC		4			
Isoleucine.....g	0.242		0	FLC		4			
Leucine.....g	0.489		0	FLC		4			
Lysine.....g	0.208		0	FLC		4			
Methionine.....g	0.126		0	FLC		4			
Cystine.....g	0.147		0	FLC		4			
Phenylalanine.....g	0.367		0	FLC		4			
Tyrosine.....g	0.152		0	FLC		4			

NDB No. 25070
 Snacks, shrimp cracker

Nutrients and Units	<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
Valine.....g	0.306		0	FLC	4				
Arginine.....g	0.360		0	FLC	4				
Histidine.....g	0.192		0	FLC	4				
Alanine.....g	0.269		0	FLC	4				
Aspartic acid.....g	0.401		0	FLC	4				
Glutamic acid.....g	2.309		0	FLC	4				
Glycine.....g	0.311		0	FLC	4				
Proline.....g	1.100		0	FLC	4				
Serine.....g	0.334		0	FLC	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25025

Snacks, soy chips or crisps, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.50		1	FLC	4		2.41		
Energy.....kcal	385		0	NC	4		109		
Energy.....kJ	1610		0	NC	4		456		
Protein.....g	26.50		2	FLC	4		7.51		
Total lipid (fat).....g	7.35		2	FLC	4		2.08		
Ash.....g	4.50		1	FLC	4		1.28		
Carbohydrate, by difference.....g	53.15		0	NC	4		15.07		
Fiber, total dietary.....g	3.5		2	FLC	4		1.0		
Sugars, total.....g	1.80		2	FLC	4		0.51		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	171		2	FLC	4		48		
Iron, Fe.....mg	5.20		2	FLC	4		1.47		
Magnesium, Mg.....mg	170		0	FLC	4		48		
Phosphorus, P.....mg	7		1	FLC	4		2		
Potassium, K.....mg	7		1	FLC	4		2		
Sodium, Na.....mg	842		2	FLC	4		239		
Zinc, Zn.....mg	1.50		0	FLC	4		0.42		
Copper, Cu.....mg	2.456		0	FLC	4		0.696		
Manganese, Mn.....mg	2.039		0	FLC	4		0.578		
Selenium, Se.....µg	12.1		0	FLC	4		3.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	FLC	4		0.0		
Thiamin.....mg	0.333		0	FLC	4		0.094		
Riboflavin.....mg	0.349		0	FLC	4		0.099		
Niacin.....mg	2.978		0	FLC	4		0.844		
Pantothenic acid.....mg	1.395		0	FLC	4		0.395		
Vitamin B-6.....mg	0.513		0	FLC	4		0.145		
Folate, total.....µg	240		0	FLC	4		68		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	240		0	FLC	4		68		
Folate, DFE.....µg	240		0	NC	4		68		
Choline, total.....mg	110.9		0	FLC	4		31.4		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	0		0	NR	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	0		0	NR	4		0		
Carotene, alpha.....µg	0		0	NR	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	FLC	4		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	1.01		0	FLC	4		0.29		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	0.07		0	FLC	4		0.02		
Tocopherol, delta.....mg	0.03		0	FLC	4		0.01		
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		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	11.9		0	FLC	4		3.4		

NDB No. 25025
Snacks, soy chips or crisps, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg	0.0		0	FLC	4	0.0	
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	1.102		0	NC	4	0.312	
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	0.002		0	FLC	4	0.001	
13:0.....g							
14:0.....g	0.020		0	FLC	4	0.006	
15:0.....g	0.000		0	FLC	4	0.000	
16:0.....g	0.809		0	FLC	4	0.229	
17:0.....g	0.000		0	FLC	4	0.000	
18:0.....g	0.269		0	FLC	4	0.076	
20:0.....g	0.000		0	FLC	4	0.000	
22:0.....g	0.000		0	FLC	4	0.000	
24:0.....g	0.000		0	FLC	4	0.000	
Fatty acids, total monounsaturated.....g	1.661		0	NC	4	0.471	
14:1.....g	0.000		0	FLC	4	0.000	
15:1.....g	0.000		0	FLC	4	0.000	
16:1 undifferentiated.....g	0.033		0	FLC	4	0.009	
17:1.....g	0.000		0	FLC	4	0.000	
18:1 undifferentiated.....g	1.628		0	FLC	4	0.461	
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	4.018		0	NC	4	1.139	
18:2 undifferentiated.....g	3.621		0	FLC	4	1.026	
18:3 undifferentiated.....g	0.398		0	FLC	4	0.113	
18:4.....g	0.000		0	FLC	4	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4	0.000	
21:5.....g	0.000		0	FLC	4	0.000	
22:4.....g	0.000		0	FLC	4	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000	
Fatty acids, total trans.....g	0.000		1	FLC	4	0.000	
Cholesterol.....mg	0		2	FLC	4	0	
Phytosterols.....mg	2		0	FLC	4	1	
Amino Acids:							
Tryptophan.....g	0.376		0	FLC	4	0.107	
Threonine.....g	1.125		0	FLC	4	0.319	
Isoleucine.....g	1.262		0	FLC	4	0.358	
Leucine.....g	2.140		0	FLC	4	0.607	
Lysine.....g	1.681		0	FLC	4	0.477	
Methionine.....g	0.384		0	FLC	4	0.109	
Cystine.....g	0.427		0	FLC	4	0.121	
Phenylalanine.....g	1.371		0	FLC	4	0.389	
Tyrosine.....g	1.028		0	FLC	4	0.291	
Valine.....g	1.337		0	FLC	4	0.379	
Arginine.....g	2.069		0	FLC	4	0.587	
Histidine.....g	0.704		0	FLC	4	0.199	
Alanine.....g	1.263		0	FLC	4	0.358	
Aspartic acid.....g	3.213		0	FLC	4	0.911	
Glutamic acid.....g	5.057		0	FLC	4	1.434	
Glycine.....g	1.214		0	FLC	4	0.344	
Proline.....g	1.500		0	FLC	4	0.425	
Serine.....g	1.503		0	FLC	4	0.426	
Hydroxyproline.....g							

NDB No. 25025

Snacks, soy chips or crisps, salted

Nutrients and Units	<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	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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25012

Snacks, sweet potato chips, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated.....g	2.941		1	LC	8	0.834	0.824	1.000
4:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.001		0	FLC	4	0.000	0.000	0.000
15:0.....g								
16:0.....g	1.394		0	FLC	4	0.395	0.390	0.474
17:0.....g								
18:0.....g	0.804		0	FLC	4	0.228	0.225	0.273
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.155		0	FLC	4	2.596	2.564	3.113
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.024		0	FLC	4	0.007	0.007	0.008
17:1.....g								
18:1 undifferentiated.....g	8.842		0	FLC	4	2.507	2.476	3.006
20:1.....g	0.187		0	FLC	4	0.053	0.052	0.063
22:1 undifferentiated.....g	0.066		0	FLC	4	0.019	0.018	0.022
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	12.224		0	FLC	4	3.466	3.423	4.156
18:2 undifferentiated.....g	11.079		0	FLC	4	3.141	3.102	3.767
18:3 undifferentiated.....g	1.144		0	FLC	4	0.324	0.320	0.389
18:4.....g	0.000		0	FLC	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLC	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLC	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		1	LC	8	0.000	0.000	0.000
Cholesterol.....mg	0		1	LC	8	0	0	0
Phytosterols.....mg	12		0	FLC	4	3	3	4
Amino Acids:								
Tryptophan.....g	0.098		0	FLC	4	0.028	0.027	0.033
Threonine.....g	0.260		0	FLC	4	0.074	0.073	0.088
Isoleucine.....g	0.170		0	FLC	4	0.048	0.048	0.058
Leucine.....g	0.287		0	FLC	4	0.081	0.080	0.097
Lysine.....g	0.205		0	FLC	4	0.058	0.058	0.070
Methionine.....g	0.090		0	FLC	4	0.025	0.025	0.030
Cystine.....g	0.067		0	FLC	4	0.019	0.019	0.023
Phenylalanine.....g	0.278		0	FLC	4	0.079	0.078	0.095
Tyrosine.....g	0.107		0	FLC	4	0.030	0.030	0.036
Valine.....g	0.267		0	FLC	4	0.076	0.075	0.091
Arginine.....g	0.172		0	FLC	4	0.049	0.048	0.058
Histidine.....g	0.096		0	FLC	4	0.027	0.027	0.033
Alanine.....g	0.240		0	FLC	4	0.068	0.067	0.082
Aspartic acid.....g	1.190		0	FLC	4	0.338	0.333	0.405
Glutamic acid.....g	0.482		0	FLC	4	0.137	0.135	0.164
Glycine.....g	0.197		0	FLC	4	0.056	0.055	0.067
Proline.....g	0.163		0	FLC	4	0.046	0.046	0.056
Serine.....g	0.276		0	FLC	4	0.078	0.077	0.094
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

NDB No. 25012

Snacks, sweet potato chips, unsalted

Nutrients and Units	<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	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 Bag

Measure 3 = 34g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19524
Snacks, taro chips

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	6.430		0		1	1.823	1.479
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.200		1		1	0.057	0.046
15:0.....g							
16:0.....g	5.650		1		1	1.602	1.300
17:0.....g							
18:0.....g	0.570		1		1	0.162	0.131
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.430		0		1	1.256	1.019
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.200		1		1	0.057	0.046
17:1.....g							
18:1 undifferentiated.....g	4.230		1		1	1.199	0.973
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	12.880		0		1	3.651	2.962
18:2 undifferentiated.....g	12.820		1		1	3.634	2.949
18:3 undifferentiated.....g	0.060		1		1	0.017	0.014
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.036		0		1	0.010	0.008
Threonine.....g	0.106		0		1	0.030	0.024
Isoleucine.....g	0.084		0		1	0.024	0.019
Leucine.....g	0.172		0		1	0.049	0.040
Lysine.....g	0.104		0		1	0.029	0.024
Methionine.....g	0.032		0		1	0.009	0.007
Cystine.....g	0.049		0		1	0.014	0.011
Phenylalanine.....g	0.126		0		1	0.036	0.029
Tyrosine.....g	0.085		0		1	0.024	0.020
Valine.....g	0.127		0		1	0.036	0.029
Arginine.....g	0.160		0		1	0.045	0.037
Histidine.....g	0.052		0		1	0.015	0.012
Alanine.....g	0.113		0		1	0.032	0.026
Aspartic acid.....g	0.296		0		1	0.084	0.068
Glutamic acid.....g	0.268		0		1	0.076	0.062
Glycine.....g	0.114		0		1	0.032	0.026
Proline.....g	0.092		0		1	0.026	0.021
Serine.....g	0.142		0		1	0.040	0.033
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0

NDB No. 19524
Snacks, taro chips

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 23g: 10 chips

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 43566

Snacks, tortilla chips, light (baked with less oil)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.837		0		4		1.787	0.454	
4:0.....g	0.034		0		4		0.021	0.005	
6:0.....g	0.014		0		4		0.009	0.002	
8:0.....g	0.007		0		4		0.004	0.001	
10:0.....g	0.018		0		4		0.011	0.003	
12:0.....g	0.023		0		4		0.014	0.004	
13:0.....g									
14:0.....g	0.094		0		4		0.059	0.015	
15:0.....g									
16:0.....g	1.648		0		4		1.038	0.264	
17:0.....g									
18:0.....g	0.373		0		4		0.235	0.060	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.341		0		4		3.995	1.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		4		0.018	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.149		0		4		3.874	0.984	
20:1.....g	0.152		0		4		0.096	0.024	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.024		0		4		3.165	0.804	
18:2 undifferentiated.....g	4.977		0		4		3.136	0.796	
18:3 undifferentiated.....g	0.047		0		4		0.030	0.008	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	NR	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 63g: 1 cup, crushed

Measure 2 = 16g: 10 chips

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19444

Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	191.9		1	A	1		54.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.054		0	MA	12		0.299		
4:0.....g	0.004		0	MA	12		0.001		
6:0.....g	0.008		1	A	1		0.002		
8:0.....g	0.011		1	A	1		0.003		
10:0.....g	0.026		1	A	1		0.007		
12:0.....g	0.040		1	A	1		0.011		
13:0.....g									
14:0.....g	0.120		1	A	1		0.034		
15:0.....g									
16:0.....g	0.659		1	A	1		0.187		
17:0.....g	0.009		1	A	1		0.003		
18:0.....g	0.222		0	MA	12		0.063		
20:0.....g	0.012		1	A	1		0.003		
22:0.....g	0.158		1	A	1		0.045		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.379		0	MA	12		0.391		
14:1.....g	0.008		1	A	1		0.002		
15:1.....g									
16:1 undifferentiated.....g	0.017		1	A	1		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.165		1	A	1		0.330		
20:1.....g	0.008		1	A	1		0.002		
22:1 undifferentiated.....g	0.003		0	MA	12		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.211		0	NC	4		0.343		
18:2 undifferentiated.....g	1.176		1	A	1		0.333		
18:3 undifferentiated.....g	0.035		1	A	1		0.010		
18:4.....g	0.000		0	MA	12		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000		
20:5 n-3 (EPA).....g	0.000		0	MA	12		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	MA	12		0.000		
22:6 n-3 (DHA).....g	0.000		0	MA	12		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	PAE	4		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	NR	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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19444

Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Food Group: 25 Snacks

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

NDB No. 19833
 Snacks, tortilla chips, low fat, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.850		0	BFFN	4		0.241		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.684		0	BFFN	4		0.194		
17:0.....g									
18:0.....g	0.090		0	BFFN	4		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.660		0	BFFN	4		0.471		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFFN	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.500		0	BFFN	4		0.425		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870		0	BFFN	4		0.814		
18:2 undifferentiated.....g	2.524		0	BFFN	4		0.716		
18:3 undifferentiated.....g	0.078		0	BFFN	4		0.022		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19057

Snacks, tortilla chips, nacho cheese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.66	0.037	12	A	1		0.47		
Energy.....kcal	519		0	NC	4		147		
Energy.....kJ	2173		0	NC	4		616		
Protein (N x 6.25).....g	7.36	0.037	12	A	1		2.09		
Total lipid (fat).....g	27.42	0.586	12	A	1		7.77		
Ash.....g	2.75	0.037	12	A	1		0.78		
Carbohydrate, by difference.....g	60.81		0	NC	4		17.24		
Fiber, total dietary.....g	5.1	0.048	6	A	1		1.4		
Sugars, total.....g	2.59	0.016	6	A	1		0.74		
Starch.....g	53.20		0	NR	4		15.08		
Minerals:									
Calcium, Ca.....mg	137	3.359	12	A	1		39		
Iron, Fe.....mg	1.16	0.030	12	A	1		0.33		
Magnesium, Mg.....mg	75	1.393	12	A	1		21		
Phosphorus, P.....mg	252	2.208	12	A	1		71		
Potassium, K.....mg	223	4.186	12	A	1		63		
Sodium, Na.....mg	691	14.494	12	A	1		196		
Zinc, Zn.....mg	1.38	0.019	12	A	1		0.39		
Copper, Cu.....mg	0.102	0.003	12	A	1		0.029		
Manganese, Mn.....mg	0.330	0.003	12	A	1		0.094		
Selenium, Se.....µg	7.4	0.508	6	A	1		2.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.1		
Thiamin.....mg	0.153	0.012	5	A	1		0.044		
Riboflavin.....mg	0.136	0.006	6	A	1		0.039		
Niacin.....mg	1.290	0.082	6	A	1		0.366		
Pantothenic acid.....mg	0.364	0.005	4	A	1		0.103		
Vitamin B-6.....mg	0.220	0.024	6	A	1		0.062		
Folate, total.....µg	13	0.983	6	A	1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	13	0.983	6	A	1		4		
Folate, DFE.....µg	13		0	NC	4		4		
Choline, total.....mg	22.5		0	AS	1		6.4		
Betaine.....mg	1.2		1	A	1		0.3		
Vitamin B-12.....µg	0.00		0	NR	4		0.00		
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00		
Vitamin A, RAE.....µg	6		0	AS	1		2		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	35	1.441	6	A	1		10		
Carotene, alpha.....µg	8	0.493	6	A	1		2		
Cryptoxanthin, beta.....µg	55	2.059	6	A	1		16		
Vitamin A, IU.....IU	112		0	AS	1		32		
Lycopene.....µg	33	2.522	6	A	1		9		
Lutein + zeaxanthin.....µg	769	10.310	6	A	1		218		
Vitamin E (alpha-tocopherol).....mg	6.24	0.107	6	A	1		1.77		
Vitamin E, added.....mg	0.00		0	NR	4		0.00		
Tocopherol, beta.....mg	0.23	0.053	6	A	1		0.07		
Tocopherol, gamma.....mg	13.58	0.579	6	A	1		3.85		
Tocopherol, delta.....mg	0.43	0.075	6	A	1		0.12		
Tocotrienol, alpha.....mg	0.80	0.033	6	A	1		0.23		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, gamma.....mg	0.31	0.157	6	A	1		0.09		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0		
Vitamin K (phylloquinone).....µg	1.3		1	A	1		0.4		

NDB No. 19057

Snacks, tortilla chips, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.5		1	A	1		0.1		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	3.876		0	NC	4		1.099		
4:0.....g	0.023	0.001	6	A	1		0.006		
6:0.....g	0.016	0.000	6	A	1		0.005		
8:0.....g	0.018	0.001	6	A	1		0.005		
10:0.....g	0.028	0.001	6	A	1		0.008		
12:0.....g	0.035	0.000	6	A	1		0.010		
13:0.....g									
14:0.....g	0.106	0.002	6	A	1		0.030		
15:0.....g	0.014	0.000	6	A	1		0.004		
16:0.....g	2.860	0.154	6	A	1		0.811		
17:0.....g	0.022	0.001	6	A	1		0.006		
18:0.....g	0.563	0.011	6	A	1		0.160		
20:0.....g	0.107	0.005	6	A	1		0.030		
22:0.....g	0.039	0.004	6	A	1		0.011		
24:0.....g	0.045	0.001	6	A	1		0.013		
Fatty acids, total monounsaturated.....g	9.089		0	NC	4		2.577		
14:1.....g	0.009	0.000	6	A	1		0.003		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.046		0	AS	1		0.013		
16:1 c.....g	0.044	0.002	6	A	1		0.012		
16:1 t.....g	0.002	0.001	6	A	1		0.001		
17:1.....g	0.012	0.001	6	A	1		0.003		
18:1 undifferentiated.....g	8.854		0	AS	1		2.510		
18:1 c.....g	8.822	0.766	6	A	1		2.501		
18:1 t.....g	0.032	0.002	6	A	1		0.009		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.119	0.018	6	A	1		0.034		
22:1 undifferentiated.....g	0.003		0	AS	1		0.001		
22:1 c.....g	0.003	0.001	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	12.257		0	NC	4		3.475		
18:2 undifferentiated.....g	11.967		0	AS	1		3.393		
18:2 n-6 c,c.....g	11.798	0.739	6	A	1		3.345		
18:2 CLAs.....g	0.018	0.001	6	A	1		0.005		
18:2 t,t.....g	0.105	0.004	13	A	1		0.030		
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.004	6	A	1		0.013		
18:3 undifferentiated.....g	0.272		0	AS	1		0.077		
18:3 n-3 c,c,c (ALA).....g	0.262	0.012	6	A	1		0.074		
18:3 n-6 c,c,c.....g	0.011	0.001	6	A	1		0.003		
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	0.007	0.001	6	A	1		0.002		
20:3 undifferentiated.....g	0.005		0	AS	1		0.001		
20:3 n-3.....g	0.004	0.000	6	A	1		0.001		
20:3 n-6.....g	0.001	0.001	6	A	1		0.000		
20:4 undifferentiated.....g	0.006	0.000	6	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.185		0	NC	4		0.052		
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4		0.010		
Fatty acids, total trans-polyenoic.....g	0.151		0	NC	4		0.043		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									

Amino Acids:

NDB No. 19057

Snacks, tortilla chips, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.066		0	NR	4		0.019		
Threonine.....g	0.282		0	NR	4		0.080		
Isoleucine.....g	0.296		0	NR	4		0.084		
Leucine.....g	0.881		0	NR	4		0.250		
Lysine.....g	0.291		0	NR	4		0.082		
Methionine.....g	0.163		0	NR	4		0.046		
Cystine.....g	0.125		0	NR	4		0.035		
Phenylalanine.....g	0.374		0	NR	4		0.106		
Tyrosine.....g	0.318		0	NR	4		0.090		
Valine.....g	0.402		0	NR	4		0.114		
Arginine.....g	0.387		0	NR	4		0.110		
Histidine.....g	0.238		0	NR	4		0.067		
Alanine.....g	0.503		0	NR	4		0.143		
Aspartic acid.....g	0.537		0	NR	4		0.152		
Glutamic acid.....g	1.507		0	NR	4		0.427		
Glycine.....g	0.286		0	NR	4		0.081		
Proline.....g	0.676		0	NR	4		0.192		
Serine.....g	0.370		0	NR	4		0.105		
Hydroxyproline.....g	0.000		1	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	NR	4		0.0		
Caffeine.....mg	0		0	NR	4		0		
Theobromine.....mg	0		0	NR	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 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19857

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.70		0	BFZN	4		0.48		
Energy.....kcal	498		0	BFZN	4		141		
Energy.....kJ	2084				4		591		
Protein.....g	7.80		0	BFZN	4		2.21		
Total lipid (fat).....g	25.60		0	BFZN	4		7.26		
Ash.....g	2.60		0	BFZN	4		0.74		
Carbohydrate, by difference.....g	62.40		0	BFZN	4		17.69		
Fiber, total dietary.....g	5.3		0	BFZN	4		1.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	147		0	BFZN	4		42		
Iron, Fe.....mg	3.70		1	MA	12		1.05		
Magnesium, Mg.....mg	82		0	BFZN	4		23		
Phosphorus, P.....mg	244		0	BFZN	4		69		
Potassium, K.....mg	216		0	BFZN	4		61		
Sodium, Na.....mg	708		0	BFZN	4		201		
Zinc, Zn.....mg	1.20		0	BFZN	4		0.34		
Copper, Cu.....mg	0.177		0	BFZN	4		0.050		
Manganese, Mn.....mg	0.408		0	BFZN	4		0.116		
Selenium, Se.....µg	13.0		0	BFZN	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		0	BFZN	4		0.5		
Thiamin.....mg	0.400		1	MA	12		0.113		
Riboflavin.....mg	0.350		1	MA	12		0.099		
Niacin.....mg	4.000		1	MA	12		1.134		
Pantothenic acid.....mg	0.290		0	BFZN	4		0.082		
Vitamin B-6.....mg	0.286		0	BFZN	4		0.081		
Folate, total.....µg	130		1	MA	12		37		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	130		1	MA	12		37		
Folate, DFE.....µg	130		0	NC	4		37		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	BFZN	4		0.01		
Vitamin A, RAE.....µg	24		0	NC	4		7		
Retinol.....µg	6		0	NC	4		2		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	371		0	BFZN	4		105		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

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	4.900		0	BFZN	4	1.389	
4:0.....g	0.020		0	BFZN	4	0.006	
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	0.050		0	BFZN	4	0.014	
13:0.....g							
14:0.....g	0.180		0	BFZN	4	0.051	
15:0.....g							
16:0.....g	3.170		0	BFZN	4	0.899	
17:0.....g							
18:0.....g	1.480		0	BFZN	4	0.420	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	15.090		0	BFZN	4	4.278	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.100		0	BFZN	4	0.028	
17:1.....g							
18:1 undifferentiated.....g	15.000		0	BFZN	4	4.253	
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	3.540		0	BFZN	4	1.004	
18:2 undifferentiated.....g	3.400		0	BFZN	4	0.964	
18:3 undifferentiated.....g	0.140		0	BFZN	4	0.040	
18:4.....g	0.000		0	BFZN	4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	BFZN	4	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	BFZN	4	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	3		0	BFZN	4	1	
Phytosterols.....mg	0		0	BFZN	4	0	
Amino Acids:							
Tryptophan.....g	0.066		0	BFZN	4	0.019	
Threonine.....g	0.282		0	BFZN	4	0.080	
Isoleucine.....g	0.296		0	BFZN	4	0.084	
Leucine.....g	0.881		0	BFZN	4	0.250	
Lysine.....g	0.291		0	BFZN	4	0.082	
Methionine.....g	0.163		0	BFZN	4	0.046	
Cystine.....g	0.125		0	BFZN	4	0.035	
Phenylalanine.....g	0.374		0	BFZN	4	0.106	
Tyrosine.....g	0.318		0	BFZN	4	0.090	
Valine.....g	0.402		0	BFZN	4	0.114	
Arginine.....g	0.387		0	BFZN	4	0.110	
Histidine.....g	0.238		0	BFZN	4	0.067	
Alanine.....g	0.503		0	BFZN	4	0.143	
Aspartic acid.....g	0.537		0	BFZN	4	0.152	
Glutamic acid.....g	1.507		0	BFZN	4	0.427	
Glycine.....g	0.286		0	BFZN	4	0.081	
Proline.....g	0.676		0	BFZN	4	0.192	
Serine.....g	0.370		0	BFZN	4	0.105	
Hydroxyproline.....g							

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

NDB No. 19857

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19424

Snacks, tortilla chips, nacho-flavor, reduced fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.30	0.109	15		1		0.37	2.21	
Energy.....kcal	445		0	NC	4		126	757	
Energy.....kJ	1862				4		528	3165	
Protein (N x 6.3).....g	8.70	0.233	15		1		2.47	14.79	
Total lipid (fat).....g	15.20	0.153	24		1		4.31	25.84	
Ash.....g	3.20	0.041	15		1		0.91	5.44	
Carbohydrate, by difference.....g	71.60		0	NC	4		20.30	121.72	
Fiber, total dietary.....g	4.8		0		4		1.4	8.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	159	4.372	15		1		45	270	
Iron, Fe.....mg	1.63	0.037	15		1		0.46	2.77	
Magnesium, Mg.....mg	97	1.668	15		1		27	165	
Phosphorus, P.....mg	318	2.774	15		1		90	541	
Potassium, K.....mg	272	2.543	15		1		77	462	
Sodium, Na.....mg	1003	16.229	24		1		284	1705	
Zinc, Zn.....mg									
Copper, Cu.....mg	0.143	0.020	12		1		0.041	0.243	
Manganese, Mn.....mg	0.436	0.007	12		1		0.124	0.741	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.058	12		1		0.1	0.3	
Thiamin.....mg	0.222	0.003	15		1		0.063	0.377	
Riboflavin.....mg	0.274	0.006	15		1		0.078	0.466	
Niacin.....mg	0.415	0.107	15		1		0.118	0.706	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.231		1		4		0.065	0.393	
Folate, total.....µg	26		1		4		7	44	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	26		1		4		7	44	
Folate, DFE.....µg	26		0	NC	4		7	44	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	24		0	NC	4		7	41	
Retinol.....µg	6		0	NC	4		2	10	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	380	11.470	15		1		108	646	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, tortilla chips, nacho-flavor, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.910		0		1		0.825	4.947	
4:0.....g	0.010		3		1		0.003	0.017	
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.030		3		1		0.009	0.051	
13:0.....g									
14:0.....g	0.110		3		1		0.031	0.187	
15:0.....g									
16:0.....g	1.880		3		1		0.533	3.196	
17:0.....g									
18:0.....g	0.880		3		1		0.249	1.496	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.950		0		1		2.537	15.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		3		1		0.017	0.102	
17:1.....g									
18:1 undifferentiated.....g	8.890		3		1		2.520	15.113	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		0.595	3.570	
18:2 undifferentiated.....g	2.020		3		1		0.573	3.434	
18:3 undifferentiated.....g	0.090		3		1		0.026	0.153	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3	0.084	15		1		1	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.020	0.117	
Threonine.....g	0.314		0		1		0.089	0.534	
Isoleucine.....g	0.331		0		1		0.094	0.563	
Leucine.....g	0.989		0		1		0.280	1.681	
Lysine.....g	0.316		0		1		0.090	0.537	
Methionine.....g	0.181		0		1		0.051	0.308	
Cystine.....g	0.139		0		1		0.039	0.236	
Phenylalanine.....g	0.417		0		1		0.118	0.709	
Tyrosine.....g	0.352		0		1		0.100	0.598	
Valine.....g	0.446		0		1		0.126	0.758	
Arginine.....g	0.429		0		1		0.122	0.729	
Histidine.....g	0.262		0		1		0.074	0.445	
Alanine.....g	0.569		0		1		0.161	0.967	
Aspartic acid.....g	0.596		0		1		0.169	1.013	
Glutamic acid.....g	1.669		0		1		0.473	2.837	
Glycine.....g	0.320		0		1		0.091	0.544	
Proline.....g	0.755		0		1		0.214	1.284	
Serine.....g	0.411		0		1		0.117	0.699	
Hydroxyproline.....g									

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

NDB No. 19424

Snacks, tortilla chips, nacho-flavor, reduced fat

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.9

Fat 8.8

Carbohydrate4

Food Group: 25 Snacks

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

NDB No. 19056

Snacks, tortilla chips, plain, white corn, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.64	0.086	12	A	1		0.75	5.63	
Energy.....kcal	472		0	NC	4		134	1006	
Energy.....kJ	1976		0	NC	4		560	4209	
Protein (N x 6.2).....g	7.10	0.044	12	A	1		2.01	15.12	
Total lipid (fat).....g	20.68	0.344	12	A	1		5.86	44.05	
Ash.....g	1.79	0.029	12	A	1		0.51	3.82	
Carbohydrate, by difference.....g	67.78		0	NC	4		19.22	144.37	
Fiber, total dietary.....g	5.4	0.289	7	A	1		1.5	11.6	
Sugars, total.....g	0.78	0.030	7	A	1		0.22	1.66	
Sucrose.....g	0.78	0.030	7	A	1		0.22	1.66	
Glucose (dextrose).....g	0.00	0.000	7	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	7	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Starch.....g	62.53	0.464	7	A	1		17.73	133.20	
Minerals:									
Calcium, Ca.....mg	106	2.885	12	A	1		30	225	
Iron, Fe.....mg	1.52	0.033	12	A	1		0.43	3.24	
Magnesium, Mg.....mg	84	1.541	12	A	1		24	179	
Phosphorus, P.....mg	225	4.325	12	A	1		64	479	
Potassium, K.....mg	182	3.774	12	A	1		52	387	
Sodium, Na.....mg	328	10.992	12	A	1		93	698	
Zinc, Zn.....mg	1.38	0.017	12	A	1		0.39	2.95	
Copper, Cu.....mg	0.097	0.001	12	A	1		0.027	0.206	
Manganese, Mn.....mg	0.388	0.009	12	A	1		0.110	0.827	
Selenium, Se.....µg	4.4	0.094	3	A	1		1.2	9.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.140	0.013	7	A	1		0.040	0.298	
Riboflavin.....mg	0.070	0.004	7	A	1		0.020	0.150	
Niacin.....mg	0.838	0.040	7	A	1		0.238	1.786	
Pantothenic acid.....mg	0.297	0.008	5	A	1		0.084	0.633	
Vitamin B-6.....mg	0.179	0.017	7	A	1		0.051	0.382	
Folate, total.....µg	12	0.896	4	A	1		4	26	
Folic acid.....µg	0		0	NR	4		0	0	
Folate, food.....µg	12	0.896	4	A	1		4	26	
Folate, DFE.....µg	12		0	NC	4		4	26	
Choline, total.....mg	19.4		0	AS	1		5.5	41.4	
Betaine.....mg	0.4		1	A	1		0.1	0.8	
Vitamin B-12.....µg	0.36		1	A	1		0.10	0.77	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	2		0	FLA	4		0	3	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	2		0	FLA	4		1	4	
Vitamin A, IU.....IU	4		0	NC	4		1	9	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	5		0	FLA	4		1	10	
Vitamin E (alpha-tocopherol).....mg	3.53	0.280	7	A	1		1.00	7.51	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.11	0.007	7	A	1		0.03	0.24	
Tocopherol, gamma.....mg	9.14	0.509	7	A	1		2.59	19.47	
Tocopherol, delta.....mg	0.36	0.016	7	A	1		0.10	0.76	
Tocotrienol, alpha.....mg	0.49	0.035	7	A	1		0.14	1.04	
Tocotrienol, beta.....mg	0.42	0.022	7	A	1		0.12	0.90	

NDB No. 19056

Snacks, tortilla chips, plain, white corn, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	1.15	0.049	7	A	1		0.33	2.46	
Tocotrienol, delta.....mg	0.00	0.000	7	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	20.9		2	A	1		5.9	44.5	
Dihydrophyloquinone.....µg	43.7		2	A	1		12.4	93.1	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.811		0	NC	4		0.797	5.987	
4:0.....g	0.000	0.000	12	A	1		0.000	0.000	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.008	0.000	12	A	1		0.002	0.017	
10:0.....g	0.010	0.001	12	A	1		0.003	0.022	
12:0.....g	0.003	0.001	12	A	1		0.001	0.007	
13:0.....g									
14:0.....g	0.015	0.004	12	A	1		0.004	0.032	
15:0.....g	0.003	0.000	6	A	1		0.001	0.006	
16:0.....g	2.245	0.099	12	A	1		0.637	4.783	
17:0.....g	0.014	0.000	12	A	1		0.004	0.030	
18:0.....g	0.376	0.008	12	A	1		0.106	0.800	
20:0.....g	0.076	0.002	12	A	1		0.022	0.162	
22:0.....g	0.028	0.001	12	A	1		0.008	0.059	
24:0.....g	0.033	0.001	12	A	1		0.009	0.071	
Fatty acids, total monounsaturated.....g	5.664		0	NC	4		1.606	12.064	
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.023		0	NR	4		0.007	0.049	
16:1 c.....g	0.023	0.002	12	A	1		0.007	0.049	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.008	0.000	12	A	1		0.002	0.016	
18:1 undifferentiated.....g	5.560		0	NR	4		1.576	11.843	
18:1 c.....g	5.560	0.190	12	A	1		1.576	11.843	
18:1 t.....g									
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.071	0.006	12	A	1		0.020	0.152	
22:1 undifferentiated.....g	0.002		0	NR	4		0.001	0.004	
22:1 c.....g	0.002	0.000	12	A	1		0.000	0.003	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.769		0	NC	4		3.053	22.939	
18:2 undifferentiated.....g	10.522		0	NR	4		2.983	22.412	
18:2 n-6 c,c.....g	9.695	0.222	12	A	1		2.749	20.651	
18:2 CLAs.....g	0.015	0.002	12	A	1		0.004	0.033	
18:2 t,t.....g									
18:2 i.....g	0.713	0.031	4	A	1		0.202	1.518	
18:2 t not further defined.....g	0.098	0.003	12	A	1		0.028	0.210	
18:3 undifferentiated.....g	0.231		0	NR	4		0.065	0.492	
18:3 n-3 c,c,c (ALA).....g	0.230	0.037	12	A	1		0.065	0.491	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	12	A	1		0.000	0.001	
18:4.....g	0.002	0.001	12	A	1		0.001	0.005	
20:2 n-6 c,c.....g	0.004	0.001	12	A	1		0.001	0.009	
20:3 undifferentiated.....g									
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	12	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.005	0.000	12	A	1		0.001	0.011	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.003	0.000	6	A	1		0.001	0.007	
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	

NDB No. 19056

Snacks, tortilla chips, plain, white corn, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.812		0	NC	4	0.230	1.729	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.812		0	NC	4	0.230	1.729	
Cholesterol.....mg	0	0.073	4	A	1	0	0	
Phytosterols.....mg								
Stigmasterol.....mg	14	0.601	4	A	1	4	30	
Campesterol.....mg	24	0.856	4	A	1	7	50	
Beta-sitosterol.....mg	61	1.774	4	A	1	17	130	
Others:								
Alcohol, ethyl.....g	0.0		0	NR	4	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 213g: 1 bag

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 25 Snacks

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

NDB No. 19058
Snacks, tortilla chips, ranch-flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.4		1	A	1		0.4	2.8	
Dihydrophylloquinone.....µg	2.1		1	A	1		0.6	4.2	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.539		0	NC	4		1.003	7.007	
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.022		1	A	1		0.006	0.044	
12:0.....g	0.022		1	A	1		0.006	0.044	
13:0.....g									
14:0.....g	0.022		1	A	1		0.006	0.044	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	2.769		1	A	1		0.785	5.483	
17:0.....g	0.022		1	A	1		0.006	0.044	
18:0.....g	0.548		1	A	1		0.155	1.085	
20:0.....g	0.099		1	A	1		0.028	0.196	
22:0.....g	0.034		1	A	1		0.010	0.067	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.047		0	NC	4		1.998	13.953	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.022		1	A	1		0.006	0.044	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.719		1	A	1		1.905	13.303	
18:1 c.....g									
18:1 t.....g	0.247		1	A	1		0.070	0.489	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.059		1	A	1		0.017	0.117	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.528		0	NC	4		3.835	26.785	
18:2 undifferentiated.....g	13.195		1	A	1		3.741	26.126	
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 t,t.....g	0.098		1	A	1		0.028	0.194	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.235		0	AS	1		0.067	0.465	
18:3 n-3 c,c,c (ALA).....g	0.235		1	A	1		0.067	0.465	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.345		0	NC	4		0.098	0.683	
Fatty acids, total trans-monoenoic.....g	0.247		0	NC	4		0.070	0.489	
Fatty acids, total trans-polyenoic.....g	0.098		0	NC	4		0.028	0.194	
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0	NR	4		0.016	0.115	
Threonine.....g	0.285		0	NR	4		0.081	0.564	

NDB No. 19058
Snacks, tortilla chips, ranch-flavor

Nutrients and Units	<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			
Isoleucine.....g	0.280		0	NR	4	0.079	0.554	
Leucine.....g	0.871		0	NR	4	0.247	1.725	
Lysine.....g	0.246		0	NR	4	0.070	0.487	
Methionine.....g	0.154		0	NR	4	0.044	0.305	
Cystine.....g	0.131		0	NR	4	0.037	0.259	
Phenylalanine.....g	0.358		0	NR	4	0.101	0.709	
Tyrosine.....g	0.297		0	NR	4	0.084	0.588	
Valine.....g	0.380		0	NR	4	0.108	0.752	
Arginine.....g	0.385		0	NR	4	0.109	0.762	
Histidine.....g	0.223		0	NR	4	0.063	0.442	
Alanine.....g	0.528		0	NR	4	0.150	1.045	
Aspartic acid.....g	0.542		0	NR	4	0.154	1.073	
Glutamic acid.....g	1.463		0	NR	4	0.415	2.897	
Glycine.....g	0.295		0	NR	4	0.084	0.584	
Proline.....g	0.633		0	NR	4	0.179	1.253	
Serine.....g	0.351		0	NR	4	0.100	0.695	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19063
Snacks, tortilla chips, taco-flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.60	0.112	13		1		0.45	3.63	
Energy.....kcal	480		0	NC	4		136	1090	
Energy.....kJ	2008		0		4		569	4559	
Protein (N x 6.2).....g	7.90	0.223	13		1		2.24	17.93	
Total lipid (fat).....g	24.20	0.362	13		1		6.86	54.93	
Ash.....g	3.10	0.239	13		1		0.88	7.04	
Carbohydrate, by difference.....g	63.10		0	NC	4		17.89	143.24	
Fiber, total dietary.....g	5.3		0		4		1.5	12.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	155	6.066	13		1		44	352	
Iron, Fe.....mg	2.02	0.095	13		1		0.57	4.59	
Magnesium, Mg.....mg	88	2.127	13		1		25	200	
Phosphorus, P.....mg	239	13.229	13		1		68	543	
Potassium, K.....mg	217	10.119	13		1		62	493	
Sodium, Na.....mg	787	51.292	16		1		223	1786	
Zinc, Zn.....mg	1.27	0.105	13		1		0.36	2.88	
Copper, Cu.....mg	0.186	0.037	13		1		0.053	0.422	
Manganese, Mn.....mg	0.442	0.034	8		1		0.125	1.003	
Selenium, Se.....µg	6.7		0	BFZN	4		1.9	15.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1		4		0.3	2.0	
Thiamin.....mg	0.242	0.015	13		1		0.069	0.549	
Riboflavin.....mg	0.204	0.018	10		1		0.058	0.463	
Niacin.....mg	1.999	0.100	13		1		0.567	4.538	
Pantothenic acid.....mg	0.290		1		4		0.082	0.658	
Vitamin B-6.....mg	0.297	0.009	3		1		0.084	0.674	
Folate, total.....µg	21		1		4		6	48	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	21		1		4		6	48	
Folate, DFE.....µg	21		0	NC	4		6	48	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	
Vitamin A, RAE.....µg	45		0	NC	4		13	103	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	905	119.446	8		1		257	2054	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19063
Snacks, tortilla chips, taco-flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.640		0		1		1.315	10.533	
4:0.....g	0.020		3		1		0.006	0.045	
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.050		3		1		0.014	0.114	
13:0.....g									
14:0.....g	0.170		3		1		0.048	0.386	
15:0.....g									
16:0.....g	3.000		3		1		0.851	6.810	
17:0.....g									
18:0.....g	1.410		3		1		0.400	3.201	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.290		0		1		4.051	32.438	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		3		1		0.026	0.204	
17:1.....g									
18:1 undifferentiated.....g	14.200		3		1		4.026	32.234	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.360		0		1		0.953	7.627	
18:2 undifferentiated.....g	3.220		3		1		0.913	7.309	
18:3 undifferentiated.....g	0.140		3		1		0.040	0.318	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	NR	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.019	0.152	
Threonine.....g	0.292		0		1		0.083	0.663	
Isoleucine.....g	0.315		0		1		0.089	0.715	
Leucine.....g	0.890		0		1		0.252	2.020	
Lysine.....g	0.300		0		1		0.085	0.681	
Methionine.....g	0.163		0		1		0.046	0.370	
Cystine.....g	0.127		0		1		0.036	0.288	
Phenylalanine.....g	0.384		0		1		0.109	0.872	
Tyrosine.....g	0.318		0		1		0.090	0.722	
Valine.....g	0.412		0		1		0.117	0.935	
Arginine.....g	0.401		0		1		0.114	0.910	
Histidine.....g	0.240		0		1		0.068	0.545	
Alanine.....g	0.512		0		1		0.145	1.162	
Aspartic acid.....g	0.587		0		1		0.166	1.332	
Glutamic acid.....g	1.519		0		1		0.431	3.448	
Glycine.....g	0.300		0		1		0.085	0.681	
Proline.....g	0.679		0		1		0.192	1.541	
Serine.....g	0.383		0		1		0.109	0.869	
Hydroxyproline.....g									

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

NDB No. 19063

Snacks, tortilla chips, taco-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.9

Fat 8.7

Carbohydrate 3.9

Food Group: 25 Snacks

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

NDB No. 43364

Snacks, tortilla chips, unsalted, white corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, delta.....mg										
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D.....IU	0			Z	7		0	0	0	
Vitamin K (phylloquinone).....µg	0.7		0	NR	4		0.2	0.2	0.1	
Dihydrophyloquinone.....µg	43.7		2	A	1		11.4	12.2	7.9	
Menaquinone-4.....µg										
Lipids:										
Fatty acids, total saturated.....g	2.458		0	NR	4		0.639	0.688	0.442	
4:0.....g	0.000		0		4		0.000	0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	0.000	
12:0.....g	0.045		0	NR	4		0.012	0.013	0.008	
13:0.....g										
14:0.....g	0.002		0	NR	4		0.001	0.001	0.000	
15:0.....g										
16:0.....g	1.856		0	NR	4		0.483	0.520	0.334	
17:0.....g										
18:0.....g	0.418		0	NR	4		0.109	0.117	0.075	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	9.520		0	NR	4		2.475	2.666	1.714	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.034		0	NR	4		0.009	0.010	0.006	
17:1.....g										
18:1 undifferentiated.....g	9.242		0	NR	4		2.403	2.588	1.664	
20:1.....g	0.184		0	NR	4		0.048	0.052	0.033	
22:1 undifferentiated.....g	0.060		0	NR	4		0.016	0.017	0.011	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	9.956		0	NR	4		2.589	2.788	1.792	
18:2 undifferentiated.....g	8.860		0	NR	4		2.304	2.481	1.595	
18:3 undifferentiated.....g	1.096		0	NR	4		0.285	0.307	0.197	
18:4.....g	0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c.c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000	
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0	NR	4		0	0	0	
Phytosterols.....mg										
Others:										
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	0	
Theobromine.....mg	0		0	Z	7		0	0	0	

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

Common Measures:

Measure 1 = 26g: 1 cup

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

NDB No. 43364

Snacks, tortilla chips, unsalted, white corn

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19059
Snacks, trail mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.20		1		1		13.80	2.61	3.86
Energy.....kcal	462		0	NC	4		693	131	194
Energy.....kJ	1933				4		2900	548	812
Protein (N x 5.4).....g	13.80		1		1		20.70	3.91	5.80
Total lipid (fat).....g	29.40		1		1		44.10	8.33	12.35
Ash.....g	2.60		1		1		3.90	0.74	1.09
Carbohydrate, by difference.....g	44.90		0	NC	4		67.35	12.73	18.86
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		1		1		117	22	33
Iron, Fe.....mg	3.05		1		1		4.58	0.86	1.28
Magnesium, Mg.....mg	158		1		1		237	45	66
Phosphorus, P.....mg	345		1		1		518	98	145
Potassium, K.....mg	685		1		1		1028	194	288
Sodium, Na.....mg	229		1		1		344	65	96
Zinc, Zn.....mg	3.22		1		1		4.83	0.91	1.35
Copper, Cu.....mg	0.985		1		1		1.478	0.279	0.414
Manganese, Mn.....mg	1.034		1		1		1.551	0.293	0.434
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1		1		2.1	0.4	0.6
Thiamin.....mg	0.462		1		1		0.693	0.131	0.194
Riboflavin.....mg	0.198		1		1		0.297	0.056	0.083
Niacin.....mg	4.712		1		1		7.068	1.336	1.979
Pantothenic acid.....mg	0.895		1		1		1.343	0.254	0.376
Vitamin B-6.....mg	0.298		1		1		0.447	0.084	0.125
Folate, total.....µg	71		1		1		107	20	30
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	71		1		1		107	20	30
Folate, DFE.....µg	71		0	NC	4		107	20	30
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4		1	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	18		1		1		27	5	8
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19059
Snacks, trail mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.550		0		1		8.325	1.573	2.331
4:0.....g									
6:0.....g	0.010		1		1		0.015	0.003	0.004
8:0.....g	0.200		1		1		0.300	0.057	0.084
10:0.....g	0.160		1		1		0.240	0.045	0.067
12:0.....g	1.170		1		1		1.755	0.332	0.491
13:0.....g									
14:0.....g	0.480		1		1		0.720	0.136	0.202
15:0.....g									
16:0.....g	2.530		1		1		3.795	0.717	1.063
17:0.....g									
18:0.....g	1.000		1		1		1.500	0.284	0.420
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.530		0		1		18.795	3.552	5.263
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.105	0.020	0.029
17:1.....g									
18:1 undifferentiated.....g	12.290		1		1		18.435	3.484	5.162
20:1.....g	0.170		1		1		0.255	0.048	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.650		0		1		14.475	2.736	4.053
18:2 undifferentiated.....g	9.580		1		1		14.370	2.716	4.024
18:3 undifferentiated.....g	0.070		1		1		0.105	0.020	0.029
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.166		0		1		0.249	0.047	0.070
Threonine.....g	0.482		0		1		0.723	0.137	0.202
Isoleucine.....g	0.515		0		1		0.773	0.146	0.216
Leucine.....g	0.890		0		1		1.335	0.252	0.374
Lysine.....g	0.515		0		1		0.773	0.146	0.216
Methionine.....g	0.202		0		1		0.303	0.057	0.085
Cystine.....g	0.217		0		1		0.326	0.062	0.091
Phenylalanine.....g	0.658		0		1		0.987	0.187	0.276
Tyrosine.....g	0.457		0		1		0.686	0.130	0.192
Valine.....g	0.658		0		1		0.987	0.187	0.276
Arginine.....g	1.520		0		1		2.280	0.431	0.638
Histidine.....g	0.357		0		1		0.536	0.101	0.150
Alanine.....g	0.587		0		1		0.881	0.166	0.247
Aspartic acid.....g	1.523		0		1		2.285	0.432	0.640
Glutamic acid.....g	3.023		0		1		4.535	0.857	1.270
Glycine.....g	0.775		0		1		1.163	0.220	0.326
Proline.....g	0.625		0		1		0.938	0.177	0.263
Serine.....g	0.650		0		1		0.975	0.184	0.273
Hydroxyproline.....g									

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

NDB No. 19059

Snacks, trail mix, regular

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19821

Snacks, trail mix, regular, unsalted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.20		1		1		13.80	2.61	3.86
Energy.....kcal	462		0	NC	4		693	131	194
Energy.....kJ	1933				4		2900	548	812
Protein (N x 5.4).....g	13.80		1		1		20.70	3.91	5.80
Total lipid (fat).....g	29.40		1		1		44.10	8.33	12.35
Ash.....g	2.60		1		1		3.90	0.74	1.09
Carbohydrate, by difference.....g	44.90		0	NC	4		67.35	12.73	18.86
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		1		1		117	22	33
Iron, Fe.....mg	3.05		1		1		4.58	0.86	1.28
Magnesium, Mg.....mg	158		1		1		237	45	66
Phosphorus, P.....mg	345		1		1		518	98	145
Potassium, K.....mg	685		1		1		1028	194	288
Sodium, Na.....mg	10		0		1		15	3	4
Zinc, Zn.....mg	3.22		1		1		4.83	0.91	1.35
Copper, Cu.....mg	0.985		1		1		1.478	0.279	0.414
Manganese, Mn.....mg	1.034		1		1		1.551	0.293	0.434
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1		1		2.1	0.4	0.6
Thiamin.....mg	0.462		1		1		0.693	0.131	0.194
Riboflavin.....mg	0.198		1		1		0.297	0.056	0.083
Niacin.....mg	4.712		1		1		7.068	1.336	1.979
Pantothenic acid.....mg	0.895		1		1		1.343	0.254	0.376
Vitamin B-6.....mg	0.298		1		1		0.447	0.084	0.125
Folate, total.....µg	71		1		1		107	20	30
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	71		1		1		107	20	30
Folate, DFE.....µg	71		0	NC	4		107	20	30
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE.....µg	1		0	NC	4		1	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	18		1		1		27	5	8
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	5.550		0		1	8.325	1.573	2.331
4:0.....g								
6:0.....g	0.010		1		1	0.015	0.003	0.004
8:0.....g	0.200		1		1	0.300	0.057	0.084
10:0.....g	0.160		1		1	0.240	0.045	0.067
12:0.....g	1.170		1		1	1.755	0.332	0.491
13:0.....g								
14:0.....g	0.480		1		1	0.720	0.136	0.202
15:0.....g								
16:0.....g	2.530		1		1	3.795	0.717	1.063
17:0.....g								
18:0.....g	1.000		1		1	1.500	0.284	0.420
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	12.530		0		1	18.795	3.552	5.263
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.070		1		1	0.105	0.020	0.029
17:1.....g								
18:1 undifferentiated.....g	12.290		1		1	18.435	3.484	5.162
20:1.....g	0.170		1		1	0.255	0.048	0.071
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	9.650		0		1	14.475	2.736	4.053
18:2 undifferentiated.....g	9.580		1		1	14.370	2.716	4.024
18:3 undifferentiated.....g	0.070		1		1	0.105	0.020	0.029
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.166		0		1	0.249	0.047	0.070
Threonine.....g	0.482		0		1	0.723	0.137	0.202
Isoleucine.....g	0.515		0		1	0.773	0.146	0.216
Leucine.....g	0.890		0		1	1.335	0.252	0.374
Lysine.....g	0.515		0		1	0.773	0.146	0.216
Methionine.....g	0.202		0		1	0.303	0.057	0.085
Cystine.....g	0.217		0		1	0.326	0.062	0.091
Phenylalanine.....g	0.658		0		1	0.987	0.187	0.276
Tyrosine.....g	0.457		0		1	0.686	0.130	0.192
Valine.....g	0.658		0		1	0.987	0.187	0.276
Arginine.....g	1.520		0		1	2.280	0.431	0.638
Histidine.....g	0.357		0		1	0.536	0.101	0.150
Alanine.....g	0.587		0		1	0.881	0.166	0.247
Aspartic acid.....g	1.523		0		1	2.285	0.432	0.640
Glutamic acid.....g	3.023		0		1	4.535	0.857	1.270
Glycine.....g	0.775		0		1	1.163	0.220	0.326
Proline.....g	0.625		0		1	0.938	0.177	0.263
Serine.....g	0.650		0		1	0.975	0.184	0.273
Hydroxyproline.....g								

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

NDB No. 19821

Snacks, trail mix, regular, unsalted

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.60		1		1		9.64	1.87	2.77
Energy.....kcal	484		0	NC	4		706	137	203
Energy.....kJ	2024		0	NC	4		2955	574	850
Protein (N x 5.5).....g	14.20		1		1		20.73	4.03	5.96
Total lipid (fat).....g	31.90		1		1		46.57	9.04	13.40
Ash.....g	2.30		1		1		3.36	0.65	0.97
Carbohydrate, by difference.....g	44.90		0	NC	4		65.55	12.73	18.86
Fiber, total dietary.....g	5.0		0	FLC	4		7.4	1.4	2.1
Sugars, total.....g	23.88		0	FLC	4		34.87	6.77	10.03
Starch.....g	2.04		0	FLC	4		2.98	0.58	0.86
Minerals:									
Calcium, Ca.....mg	109		1		1		159	31	46
Iron, Fe.....mg	3.39		1		1		4.95	0.96	1.42
Magnesium, Mg.....mg	161		1		1		235	46	68
Phosphorus, P.....mg	387		1		1		565	110	163
Potassium, K.....mg	648		1		1		946	184	272
Sodium, Na.....mg	121		1		1		177	34	51
Zinc, Zn.....mg	3.14		1		1		4.58	0.89	1.32
Copper, Cu.....mg	0.844		1		1		1.232	0.239	0.354
Manganese, Mn.....mg	1.062		1		1		1.551	0.301	0.446
Selenium, Se.....µg	15.4		0	FLC	4		22.5	4.4	6.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1		1		1.9	0.4	0.5
Thiamin.....mg	0.413		1		1		0.603	0.117	0.173
Riboflavin.....mg	0.224		1		1		0.327	0.064	0.094
Niacin.....mg	4.405		1		1		6.431	1.249	1.850
Pantothenic acid.....mg	0.964		1		1		1.407	0.273	0.405
Vitamin B-6.....mg	0.259		1		1		0.378	0.073	0.109
Folate, total.....µg	52		0	FLC	4		76	15	22
Folic acid.....µg	0		0	FLC	4		0	0	0
Folate, food.....µg	52		0	FLC	4		76	15	22
Folate, DFE.....µg	52		0	NC	4		76	15	22
Choline, total.....mg	30.7		0	FLC	4		44.8	8.7	12.9
Betaine.....mg	8.6		0	FLC	4		12.5	2.4	3.6
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		1	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	6		0	FLC	4		8	2	2
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	10		0	NC	4		14	3	4
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	6		0	FLC	4		9	2	3
Vitamin E (alpha-tocopherol).....mg	8.40		0	FLC	4		12.26	2.38	3.53
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.25		0	FLC	4		0.37	0.07	0.11
Tocopherol, gamma.....mg	2.02		0	FLC	4		2.94	0.57	0.85
Tocopherol, delta.....mg	0.10		0	FLC	4		0.14	0.03	0.04
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.02		0	FLC	4		0.03	0.01	0.01
Tocotrienol, gamma.....mg	0.04		0	FLC	4		0.05	0.01	0.01
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	0
Vitamin K (phylloquinone).....µg	6.5		0	FLC	4		9.5	1.9	2.7

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Dihydrophyloquinone.....µg	0.0		0	FLC	4	0.0	0.0	0.0
Menaquinone-4.....µg	0.0		0	FLC	4	0.0	0.0	0.0
Lipids:								
Fatty acids, total saturated.....g	6.090		0	NC	4	8.892	1.727	2.558
4:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
6:0.....g	0.010		1		1	0.014	0.003	0.004
8:0.....g	0.202		1		1	0.295	0.057	0.085
10:0.....g	0.173		1		1	0.253	0.049	0.073
12:0.....g	1.211		1		1	1.769	0.343	0.509
13:0.....g	0.000		0	FLC	4	0.000	0.000	0.000
14:0.....g	0.519		1		1	0.758	0.147	0.218
15:0.....g	0.001		0	FLC	4	0.001	0.000	0.000
16:0.....g	2.644		1		1	3.860	0.750	1.110
17:0.....g	0.015		0	FLC	4	0.021	0.004	0.006
18:0.....g	1.106		1		1	1.614	0.313	0.464
20:0.....g	0.084		0	FLC	4	0.123	0.024	0.035
22:0.....g	0.091		0	FLC	4	0.133	0.026	0.038
24:0.....g	0.035		0	FLC	4	0.051	0.010	0.015
Fatty acids, total monounsaturated.....g	13.027		0	NC	4	19.019	3.693	5.471
14:1.....g	0.000		0	FLC	4	0.000	0.000	0.000
15:1.....g	0.000		0	FLC	4	0.000	0.000	0.000
16:1 undifferentiated.....g	0.067		1		1	0.098	0.019	0.028
17:1.....g	0.003		0	FLC	4	0.004	0.001	0.001
18:1 undifferentiated.....g	12.768		1		1	18.642	3.620	5.363
20:1.....g	0.183		1		1	0.267	0.052	0.077
22:1 undifferentiated.....g	0.005		0	FLC	4	0.007	0.001	0.002
24:1 c.....g	0.001		0	FLC	4	0.001	0.000	0.000
Fatty acids, total polyunsaturated.....g	10.870		0	NC	4	15.871	3.082	4.566
18:2 undifferentiated.....g	10.778		1		1	15.736	3.056	4.527
18:3 undifferentiated.....g	0.077		1		1	0.112	0.022	0.032
18:4.....g	0.002		0	FLC	4	0.003	0.001	0.001
20:2 n-6 c,c.....g	0.001		0	FLC	4	0.001	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLC	4	0.000	0.000	0.000
20:4 undifferentiated.....g	0.009		0	FLC	4	0.013	0.002	0.004
20:5 n-3 (EPA).....g	0.002		0	FLC	4	0.003	0.001	0.001
21:5.....g	0.000		0	FLC	4	0.000	0.000	0.000
22:4.....g	0.000		0	FLC	4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLC	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	4		1		1	6	1	2
Phytosterols.....mg								
Stigmasterol.....mg	0		0	FLC	4	0	0	0
Campesterol.....mg	3		0	FLC	4	4	1	1
Beta-sitosterol.....mg	31		0	FLC	4	45	9	13
Amino Acids:								
Tryptophan.....g	0.163		0		1	0.238	0.046	0.068
Threonine.....g	0.501		0		1	0.731	0.142	0.210
Isoleucine.....g	0.555		0		1	0.810	0.157	0.233
Leucine.....g	0.955		0		1	1.394	0.271	0.401
Lysine.....g	0.584		0		1	0.853	0.166	0.245
Methionine.....g	0.217		0		1	0.317	0.062	0.091
Cystine.....g	0.191		0		1	0.279	0.054	0.080
Phenylalanine.....g	0.687		0		1	1.003	0.195	0.289
Tyrosine.....g	0.506		0		1	0.739	0.143	0.213
Valine.....g	0.702		0		1	1.025	0.199	0.295
Arginine.....g	1.498		0		1	2.187	0.425	0.629
Histidine.....g	0.356		0		1	0.520	0.101	0.150
Alanine.....g	0.581		0		1	0.848	0.165	0.244
Aspartic acid.....g	1.531		0		1	2.235	0.434	0.643
Glutamic acid.....g	3.006		0		1	4.389	0.852	1.263
Glycine.....g	0.767		0		1	1.120	0.217	0.322

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

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
Proline.....g	0.689		0		1	1.006	0.195	0.289
Serine.....g	0.656		0		1	0.958	0.186	0.276
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19822

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.60		1		1		9.64	1.87	2.77
Energy.....kcal	484		0	NC	4		707	137	203
Energy.....kJ	2025		0		4		2957	574	851
Protein (N x 5.5).....g	14.20		1		1		20.73	4.03	5.96
Total lipid (fat).....g	31.90		1		1		46.57	9.04	13.40
Ash.....g	2.30		1		1		3.36	0.65	0.97
Carbohydrate, by difference.....g	44.90		0	NC	4		65.55	12.73	18.86
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	109		1		1		159	31	46
Iron, Fe.....mg	3.39		1		1		4.95	0.96	1.42
Magnesium, Mg.....mg	161		1		1		235	46	68
Phosphorus, P.....mg	387		1		1		565	110	163
Potassium, K.....mg	648		1		1		946	184	272
Sodium, Na.....mg	27		0		1		39	8	11
Zinc, Zn.....mg	3.14		1		1		4.58	0.89	1.32
Copper, Cu.....mg	0.844		1		1		1.232	0.239	0.354
Manganese, Mn.....mg	1.062		1		1		1.551	0.301	0.446
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1		1		1.9	0.4	0.5
Thiamin.....mg	0.413		1		1		0.603	0.117	0.173
Riboflavin.....mg	0.224		1		1		0.327	0.064	0.094
Niacin.....mg	4.405		1		1		6.431	1.249	1.850
Pantothenic acid.....mg	0.964		1		1		1.407	0.273	0.405
Vitamin B-6.....mg	0.259		1		1		0.378	0.073	0.109
Folate, total.....µg	65		1		1		95	18	27
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	65		1		1		95	18	27
Folate, DFE.....µg	65		0	NC	4		95	18	27
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE.....µg	13		0	NR	4		19	4	6
Retinol.....µg	1		0	NC	4		1	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	44		1		1		64	12	18
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	6.100		0		1	8.906	1.729	2.562
4:0.....g								
6:0.....g	0.010		1		1	0.015	0.003	0.004
8:0.....g	0.210		1		1	0.307	0.060	0.088
10:0.....g	0.180		1		1	0.263	0.051	0.076
12:0.....g	1.260		1		1	1.840	0.357	0.529
13:0.....g								
14:0.....g	0.540		1		1	0.788	0.153	0.227
15:0.....g								
16:0.....g	2.750		1		1	4.015	0.780	1.155
17:0.....g								
18:0.....g	1.150		1		1	1.679	0.326	0.483
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	13.540		0		1	19.768	3.839	5.687
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.070		1		1	0.102	0.020	0.029
17:1.....g								
18:1 undifferentiated.....g	13.280		1		1	19.389	3.765	5.578
20:1.....g	0.190		1		1	0.277	0.054	0.080
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	11.290		0		1	16.483	3.201	4.742
18:2 undifferentiated.....g	11.210		1		1	16.367	3.178	4.708
18:3 undifferentiated.....g	0.080		1		1	0.117	0.023	0.034
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	NR	4	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.163		0		1	0.238	0.046	0.068
Threonine.....g	0.501		0		1	0.731	0.142	0.210
Isoleucine.....g	0.555		0		1	0.810	0.157	0.233
Leucine.....g	0.955		0		1	1.394	0.271	0.401
Lysine.....g	0.584		0		1	0.853	0.166	0.245
Methionine.....g	0.217		0		1	0.317	0.062	0.091
Cystine.....g	0.191		0		1	0.279	0.054	0.080
Phenylalanine.....g	0.687		0		1	1.003	0.195	0.289
Tyrosine.....g	0.506		0		1	0.739	0.143	0.213
Valine.....g	0.702		0		1	1.025	0.199	0.295
Arginine.....g	1.498		0		1	2.187	0.425	0.629
Histidine.....g	0.356		0		1	0.520	0.101	0.150
Alanine.....g	0.581		0		1	0.848	0.165	0.244
Aspartic acid.....g	1.531		0		1	2.235	0.434	0.643
Glutamic acid.....g	3.006		0		1	4.389	0.852	1.263
Glycine.....g	0.767		0		1	1.120	0.217	0.322
Proline.....g	0.689		0		1	1.006	0.195	0.289
Serine.....g	0.656		0		1	0.958	0.186	0.276
Hydroxyproline.....g								

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

NDB No. 19822

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 25 Snacks

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

NDB No. 19061
Snacks, trail mix, tropical

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.00		0		1		12.60	2.55	3.78
Energy.....kcal	442		0	NC	4		618	125	185
Energy.....kJ	1847		0	NC	4		2586	524	776
Protein (N x 0).....g	6.30		0		1		8.82	1.79	2.65
Total lipid (fat).....g	17.10		0		1		23.94	4.85	7.18
Ash.....g	2.00		0		1		2.80	0.57	0.84
Carbohydrate, by difference.....g	65.60		0	NC	4		91.84	18.60	27.55
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0		1		80	16	24
Iron, Fe.....mg	2.64		0		1		3.70	0.75	1.11
Magnesium, Mg.....mg	96		0		1		134	27	40
Phosphorus, P.....mg	186		0		1		260	53	78
Potassium, K.....mg	709		0		1		993	201	298
Sodium, Na.....mg	95		0	NR	4		133	27	40
Zinc, Zn.....mg	1.17		0		1		1.64	0.33	0.49
Copper, Cu.....mg	0.528		0		1		0.739	0.150	0.222
Manganese, Mn.....mg	0.966		0		1		1.352	0.274	0.406
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.6		0		1		10.6	2.2	3.2
Thiamin.....mg	0.450		0		1		0.630	0.128	0.189
Riboflavin.....mg	0.115		0		1		0.161	0.033	0.048
Niacin.....mg	1.482		0		1		2.075	0.420	0.622
Pantothenic acid.....mg	1.218		0		1		1.705	0.345	0.512
Vitamin B-6.....mg	0.327		0		1		0.458	0.093	0.137
Folate, total.....µg	42		0		1		59	12	18
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	42		0		1		59	12	18
Folate, DFE.....µg	42		0	NC	4		59	12	18
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin A, RAE.....µg	2		0	NC	4		3	1	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	49		0		1		69	14	21
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 19061
Snacks, trail mix, tropical

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	8.480		0		1		11.872	2.404	3.562
4:0.....g			0		1				
6:0.....g	0.050		0		1		0.070	0.014	0.021
8:0.....g	0.640		0		1		0.896	0.181	0.269
10:0.....g	0.510		0		1		0.714	0.145	0.214
12:0.....g	3.860		0		1		5.404	1.094	1.621
13:0.....g									
14:0.....g	1.490		0		1		2.086	0.422	0.626
15:0.....g									
16:0.....g	1.270		0		1		1.778	0.360	0.533
17:0.....g									
18:0.....g	0.640		0		1		0.896	0.181	0.269
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.490		0		1		3.486	0.706	1.046
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.014	0.003	0.004
17:1.....g									
18:1 undifferentiated.....g	2.460		0		1		3.444	0.697	1.033
20:1.....g	0.010		0		1		0.014	0.003	0.004
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.160		0		1		7.224	1.463	2.167
18:2 undifferentiated.....g	5.120		0		1		7.168	1.452	2.150
18:3 undifferentiated.....g	0.040		0		1		0.056	0.011	0.017
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg	80		0		1		112	23	34
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.105	0.021	0.032
Threonine.....g	0.223		0		1		0.312	0.063	0.094
Isoleucine.....g	0.222		0		1		0.311	0.063	0.093
Leucine.....g	0.360		0		1		0.504	0.102	0.151
Lysine.....g	0.224		0		1		0.314	0.064	0.094
Methionine.....g	0.146		0		1		0.204	0.041	0.061
Cystine.....g	0.115		0		1		0.161	0.033	0.048
Phenylalanine.....g	0.259		0		1		0.363	0.073	0.109
Tyrosine.....g	0.160		0		1		0.224	0.045	0.067
Valine.....g	0.296		0		1		0.414	0.084	0.124
Arginine.....g	0.586		0		1		0.820	0.166	0.246
Histidine.....g	0.211		0		1		0.295	0.060	0.089
Alanine.....g	0.289		0		1		0.405	0.082	0.121
Aspartic acid.....g	0.698		0		1		0.977	0.198	0.293
Glutamic acid.....g	1.403		0		1		1.964	0.398	0.589
Glycine.....g	0.267		0		1		0.374	0.076	0.112
Proline.....g	0.228		0		1		0.319	0.065	0.096
Serine.....g	0.209		0		1		0.293	0.059	0.088
Hydroxyproline.....g									

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

NDB No. 19061

Snacks, trail mix, tropical

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25030

Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.54		0	FLC	4		1.29		
Energy.....kcal	517		0	NC	4		146		
Energy.....kJ	2162		0	NC	4		613		
Protein.....g	4.13		0	MC	9		1.17		
Total lipid (fat).....g	29.81		0	MC	9		8.45		
Ash.....g	3.56		0	FLC	4		1.01		
Carbohydrate, by difference.....g	57.97		0	NC	4		16.43		
Fiber, total dietary.....g	10.9		0	LC	8		3.1		
Sugars, total.....g	9.75		0	MC	9		2.76		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		0	MC	9		22		
Iron, Fe.....mg	1.64		0	MC	9		0.46		
Magnesium, Mg.....mg	86		0	FLC	4		24		
Phosphorus, P.....mg	198		0	FLC	4		56		
Potassium, K.....mg	1266		0	FLC	4		359		
Sodium, Na.....mg	246		0	FLC	4		70		
Zinc, Zn.....mg	1.15		0	FLC	4		0.33		
Copper, Cu.....mg	0.433		0	FLC	4		0.123		
Manganese, Mn.....mg	1.205		0	FLC	4		0.342		
Selenium, Se.....µg	3.2		0	FLC	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.1		0	LC	8		3.4		
Thiamin.....mg	0.227		0	FLC	4		0.064		
Riboflavin.....mg	0.131		0	FLC	4		0.037		
Niacin.....mg	1.768		0	FLC	4		0.501		
Pantothenic acid.....mg	1.721		0	FLC	4		0.488		
Vitamin B-6.....mg	0.530		0	FLC	4		0.150		
Folate, total.....µg	87		0	FLC	4		25		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	87		0	FLC	4		25		
Folate, DFE.....µg	87		0	NC	4		25		
Choline, total.....mg	27.5		0	FLC	4		7.8		
Betaine.....mg	0.0		0	FLC	4		0.0		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	97		0	NC	4		27		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	1138		0	MC	9		323		
Carotene, alpha.....µg	1		0	MC	9		0		
Cryptoxanthin, beta.....µg	41		0	MC	9		12		
Vitamin A, IU.....IU	1932		0	NC	4		548		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	8.16		0	FLC	4		2.31		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.01		0	FLC	4		0.00		
Tocopherol, gamma.....mg	6.60		0	FLC	4		1.87		
Tocopherol, delta.....mg	0.24		0	FLC	4		0.07		
Tocotrienol, alpha.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	44.5		0	FLC	4		12.6		

NDB No. 25030
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menquinone-4.....µg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.887		0	FLC	4		0.535		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.003		0	FLC	4		0.001		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.118		0	FLC	4		0.317		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.525		0	FLC	4		0.149		
20:0.....g	0.157		0	FLC	4		0.044		
22:0.....g	0.080		0	FLC	4		0.023		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	15.409		0	FLC	4		4.369		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.055		0	FLC	4		0.016		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	15.029		0	FLC	4		4.261		
20:1.....g	0.318		0	FLC	4		0.090		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.930		0	FLC	4		1.965		
18:2 undifferentiated.....g	4.696		0	FLC	4		1.331		
18:3 undifferentiated.....g	2.231		0	FLC	4		0.633		
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	0.095		0	FLC	4		0.027		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25040

Snacks, vegetable chips, made from garden vegetables (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.31		0	FLC	4		1.79		
Energy.....kcal	473		0	NC	4		134		
Energy.....kJ	1978		0	NC	4		561		
Protein (N x 6.26).....g	5.32		0	FLC	4		1.51		
Total lipid (fat).....g	23.30		0	FLC	4		6.61		
Ash.....g	4.64		0	FLC	4		1.32		
Carbohydrate, by difference.....g	60.43		0	FLC	4		17.13		
Fiber, total dietary.....g	4.7		0	FLC	4		1.3		
Sugars, total.....g	4.04		0	FLC	4		1.15		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		0	FLC	4		15		
Iron, Fe.....mg	1.55		0	FLC	4		0.44		
Magnesium, Mg.....mg	53		0	FLC	4		15		
Phosphorus, P.....mg	130		0	FLC	4		37		
Potassium, K.....mg	838		0	FLC	4		238		
Sodium, Na.....mg	357		0	LC	8		101		
Zinc, Zn.....mg	0.50		0	FLC	4		0.14		
Copper, Cu.....mg	0.232		0	FLC	4		0.066		
Manganese, Mn.....mg	0.275		0	FLC	4		0.078		
Selenium, Se.....µg	1.0		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.9		0	FLC	4		1.4		
Thiamin.....mg	0.133		0	FLC	4		0.038		
Riboflavin.....mg	0.059		0	FLC	4		0.017		
Niacin.....mg	2.767		0	FLC	4		0.784		
Pantothenic acid.....mg	0.474		0	FLC	4		0.134		
Vitamin B-6.....mg	0.545		0	FLC	4		0.154		
Folate, total.....µg	16		0	FLC	4		4		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	16		0	FLC	4		4		
Folate, DFE.....µg	16		0	NC	4		4		
Choline, total.....mg	31.5		0	FLC	4		8.9		
Betaine.....mg	0.1		0	FLC	4		0.0		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	9		0	NC	4		2		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	102		0	FLC	4		29		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	170		0	NC	4		48		
Lycopene.....µg	7248		0	FLC	4		2055		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	4.84		0	FLC	4		1.37		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	6.37		0	FLC	4		1.80		
Tocopherol, delta.....mg	0.23		0	FLC	4		0.06		
Tocotrienol, alpha.....mg	0.01		0	FLC	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	17.5		0	FLC	4		5.0		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0		
Menquinone-4.....µg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.762		0	FLC	4		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.001		0	FLC	4		0.000		
12:0.....g	0.008		0	FLC	4		0.002		
13:0.....g									
14:0.....g	0.002		0	FLC	4		0.001		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.034		0	FLC	4		0.293		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.491		0	FLC	4		0.139		
20:0.....g	0.150		0	FLC	4		0.042		
22:0.....g	0.076		0	FLC	4		0.021		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.566		0	FLC	4		4.129		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.051		0	FLC	4		0.015		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	14.212		0	FLC	4		4.029		
20:1.....g	0.303		0	FLC	4		0.086		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.602		0	FLC	4		1.872		
18:2 undifferentiated.....g	4.475		0	FLC	4		1.269		
18:3 undifferentiated.....g	2.127		0	FLC	4		0.603		
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	0.091		0	FLC	4		0.026		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg	150		0	NR	4		43		
Stigmasterol.....mg	1		0	FLC	4		0		
Campesterol.....mg	55		0	FLC	4		16		
Beta-sitosterol.....mg	95		0	FLC	4		27		
Amino Acids:									
Tryptophan.....g	0.083		0	FLC	4		0.024		
Threonine.....g	0.206		0	FLC	4		0.058		
Isoleucine.....g	0.217		0	FLC	4		0.062		
Leucine.....g	0.309		0	FLC	4		0.088		
Lysine.....g	0.302		0	FLC	4		0.086		
Methionine.....g	0.077		0	FLC	4		0.022		
Cystine.....g	0.052		0	FLC	4		0.015		
Phenylalanine.....g	0.230		0	FLC	4		0.065		
Tyrosine.....g	0.162		0	FLC	4		0.046		
Valine.....g	0.257		0	FLC	4		0.073		
Arginine.....g	0.269		0	FLC	4		0.076		
Histidine.....g	0.123		0	FLC	4		0.035		
Alanine.....g	0.244		0	FLC	4		0.069		
Aspartic acid.....g	0.903		0	FLC	4		0.256		
Glutamic acid.....g	0.915		0	FLC	4		0.259		
Glycine.....g	0.186		0	FLC	4		0.053		

NDB No. 25040

Snacks, vegetable chips, made from garden vegetables (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	0.195		0	FLC	4		0.055		
Serine.....g	0.175		0	FLC	4		0.050		
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 = 28.35g: 1 oz

Footnotes:

1 Made with potatoes, tomatoes, spinach and beets.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25050

Snacks, yucca (cassava) chips, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80	0.658	4	A	1		0.79	0.48	2.94
Energy.....kcal	515		0	NC	4		146	88	541
Energy.....kJ	2157		0	NC	4		611	367	2265
Protein.....g	1.34	0.232	4	A	1		0.38	0.23	1.41
Total lipid (fat).....g	25.91	3.068	4	A	1		7.34	4.40	27.20
Ash.....g	2.70		0	NR	4		0.77	0.46	2.84
Carbohydrate, by difference.....g	69.23		0	NR	4		19.63	11.77	72.69
Fiber, total dietary.....g	3.7	0.357	4	A	1		1.0	0.6	3.9
Sugars, total.....g	3.36		0	A	1		0.95	0.57	3.53
Starch.....g	62.17	3.816	4	A	1		17.63	10.57	65.28
Minerals:									
Calcium, Ca.....mg	52	8.235	4	A	1		15	9	54
Iron, Fe.....mg	0.72	0.201	4	A	1		0.20	0.12	0.76
Magnesium, Mg.....mg	46	5.623	4	A	1		13	8	48
Phosphorus, P.....mg	99	16.385	4	A	1		28	17	104
Potassium, K.....mg	868	98.028	4	A	1		246	147	911
Sodium, Na.....mg	296	52.733	4	A	1		84	50	310
Zinc, Zn.....mg	0.85	0.064	4	A	1		0.24	0.14	0.89
Copper, Cu.....mg	0.115	0.020	4	A	1		0.033	0.020	0.121
Manganese, Mn.....mg	0.282	0.086	4	A	1		0.080	0.048	0.296
Selenium, Se.....µg	4.9		2	A	1		1.4	0.8	5.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050	0.010	4	A	1		0.014	0.008	0.052
Riboflavin.....mg	0.027	0.011	4	A	1		0.008	0.005	0.029
Niacin.....mg	1.197	0.215	4	A	1		0.339	0.204	1.257
Pantothenic acid.....mg	0.890		2	A	1		0.252	0.151	0.935
Vitamin B-6.....mg	0.130	0.020	4	A	1		0.037	0.022	0.136
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	2.78		1	A	1		0.79	0.47	2.92
Tocopherol, beta.....mg	0.07		1	A	1		0.02	0.01	0.07
Tocopherol, gamma.....mg	0.29		1	A	1		0.08	0.05	0.30
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.61		1	A	1		0.17	0.10	0.64
Tocotrienol, delta.....mg	0.42		1	A	1		0.12	0.07	0.44
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.3		1	A	1		1.5	0.9	5.6
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	8.689		0	NC	4		2.463	1.477	9.123
4:0.....g	0.006	0.001	4	A	1		0.002	0.001	0.006
6:0.....g	0.001	0.001	4	A	1		0.000	0.000	0.001
8:0.....g	0.010	0.002	4	A	1		0.003	0.002	0.010

NDB No. 25050

Snacks, yucca (cassava) chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.037	0.002	4	A	1		0.011	0.006	0.039
12:0.....g	0.039	0.022	4	A	1		0.011	0.007	0.041
13:0.....g									
14:0.....g	0.201	0.044	4	A	1		0.057	0.034	0.211
15:0.....g	0.009	0.002	4	A	1		0.003	0.002	0.010
16:0.....g	7.431	1.918	4	A	1		2.107	1.263	7.803
17:0.....g	0.021	0.003	4	A	1		0.006	0.004	0.022
18:0.....g	0.812	0.203	4	A	1		0.230	0.138	0.853
20:0.....g	0.077	0.016	4	A	1		0.022	0.013	0.081
22:0.....g	0.023	0.002	4	A	1		0.006	0.004	0.024
24:0.....g	0.022	0.001	4	A	1		0.006	0.004	0.023
Fatty acids, total monounsaturated.....g	7.443		0	NC	4		2.110	1.265	7.815
14:1.....g	0.002	0.000	4	A	1		0.001	0.000	0.002
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.071	0.014	4	AS	1		0.020	0.012	0.074
16:1 c.....g	0.071	0.014	4	A	1		0.020	0.012	0.074
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	7.322	2.570	4	AS	1		2.076	1.245	7.688
18:1 c.....g	7.253	2.591	4	A	1		2.056	1.233	7.616
18:1 t.....g	0.069	0.035	4	A	1		0.020	0.012	0.072
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037	0.012	4	A	1		0.010	0.006	0.039
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.011	0.005	4	A	1		0.003	0.002	0.012
Fatty acids, total polyunsaturated.....g	6.912		0	NC	4		1.960	1.175	7.258
18:2 undifferentiated.....g	6.804	2.322	4	AS	1		1.929	1.157	7.144
18:2 n-6 c,c.....g	6.709	2.329	4	A	1		1.902	1.140	7.044
18:2 CLAs.....g	0.014	0.003	4	A	1		0.004	0.002	0.015
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.081	0.011	4	A	1		0.023	0.014	0.085
18:3 undifferentiated.....g	0.058	0.003	4	AS	1		0.016	0.010	0.061
18:3 n-3 c,c,c (ALA).....g	0.058	0.003	4	A	1		0.016	0.010	0.061
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.006	0.003	4	A	1		0.002	0.001	0.007
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.003	0.002	4	A	1		0.001	0.001	0.003
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.033	0.024	4	A	1		0.009	0.006	0.035
21:5.....g									
22:4.....g	0.003	0.000	4	A	1		0.001	0.001	0.003
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.150		0	NC	4		0.042	0.025	0.157
Fatty acids, total trans-monoenoic.....g	0.069		0	NC	4		0.020	0.012	0.072
Fatty acids, total trans-polyenoic.....g	0.081		0	NC	4		0.023	0.014	0.085
Cholesterol.....mg									
Phytosterols.....mg									

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 25050

Snacks, yucca (cassava) chips, salted

Measure 2 = 17g: 10 chips

Measure 3 = 105g: 1 bag

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19433

Tortilla chips, low fat, baked without fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.850		0	MC	9		0.241		
4:0.....g	0.000		0	MC	9		0.000		
6:0.....g	0.000		0	MC	9		0.000		
8:0.....g	0.000		0	MC	9		0.000		
10:0.....g	0.000		0	MC	9		0.000		
12:0.....g	0.000		0	MC	9		0.000		
13:0.....g									
14:0.....g	0.000		0	MC	9		0.000		
15:0.....g									
16:0.....g	0.684		0	MC	9		0.194		
17:0.....g									
18:0.....g	0.090		0	MC	9		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.660		0	MC	9		0.471		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	MC	9		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.500		0	MC	9		0.425		
20:1.....g	0.000		0	MC	9		0.000		
22:1 undifferentiated.....g	0.000		0	MC	9		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870		0	MC	9		0.814		
18:2 undifferentiated.....g	2.524		0	MC	9		0.716		
18:3 undifferentiated.....g	0.078		0	MC	9		0.022		
18:4.....g	0.000		0	MC	9		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MC	9		0.000		
20:5 n-3 (EPA).....g	0.000		0	MC	9		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	MC	9		0.000		
22:6 n-3 (DHA).....g	0.000		0	MC	9		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		0		

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25028
Tortilla chips, yellow, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0		
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.6		0	FLA	4		0.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.776		0	NC	4		0.787		
4:0.....g	0.007	0.001	19	A	1		0.002		
6:0.....g	0.000	0.000	19	A	1		0.000		
8:0.....g	0.010	0.001	19	A	1		0.003		
10:0.....g	0.023	0.002	19	A	1		0.006		
12:0.....g	0.002	0.001	19	A	1		0.001		
13:0.....g									
14:0.....g	0.021	0.005	19	A	1		0.006		
15:0.....g	0.004	0.000	19	A	1		0.001		
16:0.....g	2.123	0.184	19	A	1		0.602		
17:0.....g	0.013	0.001	19	A	1		0.004		
18:0.....g	0.471	0.018	19	A	1		0.134		
20:0.....g	0.056	0.002	19	A	1		0.016		
22:0.....g	0.021	0.002	19	A	1		0.006		
24:0.....g	0.025	0.001	19	A	1		0.007		
Fatty acids, total monounsaturated.....g	8.584		0	NC	4		2.434		
14:1.....g	0.000	0.000	19	A	1		0.000		
15:1.....g	0.000	0.000	19	A	1		0.000		
16:1 undifferentiated.....g	0.027	0.003	19	AS	1		0.008		
16:1 c.....g	0.027	0.003	19	A	1		0.008		
16:1 t.....g	0.000	0.000	19	A	1		0.000		
17:1.....g	0.005	0.001	19	A	1		0.002		
18:1 undifferentiated.....g	8.445	0.624	19	AS	1		2.394		
18:1 c.....g	8.425	0.622	19	A	1		2.389		
18:1 t.....g	0.020	0.003	19	A	1		0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.101	0.014	19	A	1		0.029		
22:1 undifferentiated.....g	0.003	0.001	19	AS	1		0.001		
22:1 c.....g	0.003	0.001	19	A	1		0.001		
22:1 t.....g	0.000	0.000	19	A	1		0.000		
24:1 c.....g	0.003	0.001	19	A	1		0.001		
Fatty acids, total polyunsaturated.....g	9.179		0	NC	4		2.602		
18:2 undifferentiated.....g	8.847	0.632	19	AS	1		2.508		
18:2 n-6 c,c.....g	8.790	0.629	19	A	1		2.492		
18:2 CLAs.....g	0.011	0.001	19	A	1		0.003		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.005	19	A	1		0.013		
18:3 undifferentiated.....g	0.313	0.070	19	AS	1		0.089		
18:3 n-3 c,c,c (ALA).....g	0.313	0.070	19	A	1		0.089		
18:3 n-6 c,c,c.....g	0.000	0.000	19	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	19	A	1		0.000		
20:2 n-6 c,c.....g	0.009	0.001	19	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	19	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	19	A	1		0.000		
20:3 n-6.....g	0.000	0.000	19	A	1		0.000		
20:4 undifferentiated.....g	0.003	0.001	19	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	19	A	1		0.001		
21:5.....g									
22:4.....g	0.001	0.000	19	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	19	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	19	A	1		0.000		
Fatty acids, total trans.....g	0.066		0	NC	4		0.019		

NDB No. 25028
Tortilla chips, yellow, plain, salted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4	0.006		
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4	0.013		
Cholesterol.....mg	0		0	FLA	4	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	0		

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 25 Snacks

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