

NDB No. 36000

APPLEBEE'S, 9 oz house sirloin steak

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.477 | | 0 | NC | 4 | | 5.458 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.008 | 0.000 | 3 | A | 1 | | 0.013 | | |
| 12:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.013 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.263 | 0.019 | 3 | A | 1 | | 0.413 | | |
| 15:0.....g | 0.040 | 0.005 | 3 | A | 1 | | 0.062 | | |
| 16:0.....g | 2.117 | 0.155 | 3 | A | 1 | | 3.323 | | |
| 17:0.....g | 0.103 | 0.013 | 3 | A | 1 | | 0.162 | | |
| 18:0.....g | 0.925 | 0.056 | 3 | A | 1 | | 1.453 | | |
| 20:0.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.011 | | |
| 22:0.....g | 0.001 | 0.002 | 3 | A | 1 | | 0.002 | | |
| 24:0.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.005 | | |
| Fatty acids, total monounsaturated.....g | 4.350 | | 0 | NC | 4 | | 6.830 | | |
| 14:1.....g | 0.097 | 0.005 | 3 | A | 1 | | 0.152 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.416 | | 0 | AS | 1 | | 0.653 | | |
| 16:1 c.....g | 0.392 | 0.026 | 3 | A | 1 | | 0.615 | | |
| 16:1 t.....g | 0.024 | 0.002 | 3 | A | 1 | | 0.038 | | |
| 17:1.....g | 0.093 | 0.016 | 3 | A | 1 | | 0.146 | | |
| 18:1 undifferentiated.....g | 3.716 | | 0 | AS | 1 | | 5.835 | | |
| 18:1 c.....g | 3.481 | 0.264 | 3 | A | 1 | | 5.465 | | |
| 18:1 t.....g | 0.236 | 0.017 | 3 | A | 1 | | 0.370 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.028 | 0.006 | 3 | A | 1 | | 0.045 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.532 | | 0 | NC | 4 | | 0.835 | | |
| 18:2 undifferentiated.....g | 0.399 | | 0 | AS | 1 | | 0.626 | | |
| 18:2 n-6 c,c.....g | 0.308 | 0.012 | 3 | A | 1 | | 0.483 | | |
| 18:2 CLAs.....g | 0.037 | 0.003 | 3 | A | 1 | | 0.058 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.054 | 0.011 | 3 | A | 1 | | 0.085 | | |
| 18:3 undifferentiated.....g | 0.025 | | 0 | AS | 1 | | 0.039 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.024 | 0.001 | 3 | A | 1 | | 0.037 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 20:3 undifferentiated.....g | 0.022 | | 0 | AS | 1 | | 0.034 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.022 | 0.002 | 3 | A | 1 | | 0.034 | | |
| 20:4 undifferentiated.....g | 0.056 | 0.003 | 3 | A | 1 | | 0.088 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.005 | 0.001 | 3 | A | 1 | | 0.008 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.009 | 0.002 | 3 | A | 1 | | 0.013 | | |
| 22:5 n-3 (DPA).....g | 0.013 | 0.000 | 3 | A | 1 | | 0.021 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | | |
| Fatty acids, total trans.....g | 0.314 | | 0 | NC | 4 | | 0.493 | | |
| Fatty acids, total trans-monoenoic.....g | 0.260 | | 0 | NC | 4 | | 0.408 | | |
| Fatty acids, total trans-polyenoic.....g | 0.054 | | 0 | NC | 4 | | 0.085 | | |
| Cholesterol.....mg | 79 | 1.317 | 3 | A | 1 | | 124 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.356 | | 0 | A | 1 | | 0.559 | | |
| Threonine.....g | 1.257 | | 0 | A | 1 | | 1.973 | | |

NDB No. 36000

APPLEBEE'S, 9 oz house sirloin steak

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 1.334 | | 0 | A | 1 | 2.095 | | |
| Leucine.....g | 2.263 | | 0 | A | 1 | 3.553 | | |
| Lysine.....g | 2.332 | | 0 | A | 1 | 3.661 | | |
| Methionine.....g | 0.648 | | 0 | A | 1 | 1.017 | | |
| Cystine.....g | 0.300 | | 0 | A | 1 | 0.471 | | |
| Phenylalanine.....g | 1.121 | | 0 | A | 1 | 1.759 | | |
| Tyrosine.....g | 0.984 | | 0 | A | 1 | 1.545 | | |
| Valine.....g | 1.392 | | 0 | A | 1 | 2.186 | | |
| Arginine.....g | 1.875 | | 0 | A | 1 | 2.944 | | |
| Histidine.....g | 0.976 | | 0 | A | 1 | 1.533 | | |
| Alanine.....g | 1.594 | | 0 | A | 1 | 2.503 | | |
| Aspartic acid.....g | 2.540 | | 0 | A | 1 | 3.988 | | |
| Glutamic acid.....g | 4.323 | | 0 | A | 1 | 6.787 | | |
| Glycine.....g | 1.245 | | 0 | A | 1 | 1.955 | | |
| Proline.....g | 1.175 | | 0 | A | 1 | 1.845 | | |
| Serine.....g | 1.010 | | 0 | A | 1 | 1.586 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 157g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36001

APPLEBEE'S, Double Crunch Shrimp

Applebee's

applebees, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 40.12 | | 1 | A | 1 | | 82.65 | | |
| Energy.....kcal | 323 | | 0 | NC | 4 | | 666 | | |
| Energy.....kJ | 1352 | | 0 | NC | 4 | | 2785 | | |
| Protein.....g | 12.31 | | 1 | A | 1 | | 25.36 | | |
| Total lipid (fat).....g | 18.90 | | 1 | A | 1 | | 38.93 | | |
| Ash.....g | 2.71 | | 1 | A | 1 | | 5.58 | | |
| Carbohydrate, by difference.....g | 25.96 | | 0 | NC | 4 | | 53.47 | | |
| Fiber, total dietary.....g | 2.6 | | 1 | A | 1 | | 5.4 | | |
| Sugars, total.....g | 1.07 | | 1 | A | 1 | | 2.21 | | |
| Sucrose.....g | 0.30 | | 1 | A | 1 | | 0.62 | | |
| Glucose (dextrose).....g | 0.07 | | 1 | A | 1 | | 0.15 | | |
| Fructose.....g | 0.20 | | 1 | A | 1 | | 0.41 | | |
| Lactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.50 | | 1 | A | 1 | | 1.03 | | |
| Galactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Starch.....g | 22.80 | | 1 | A | 1 | | 46.97 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 45 | | 1 | A | 1 | | 92 | | |
| Iron, Fe.....mg | 1.03 | | 1 | A | 1 | | 2.12 | | |
| Magnesium, Mg.....mg | 23 | | 1 | A | 1 | | 46 | | |
| Phosphorus, P.....mg | 271 | | 1 | A | 1 | | 558 | | |
| Potassium, K.....mg | 97 | | 1 | A | 1 | | 200 | | |
| Sodium, Na.....mg | 838 | | 1 | A | 1 | | 1726 | | |
| Zinc, Zn.....mg | 0.78 | | 1 | A | 1 | | 1.61 | | |
| Copper, Cu.....mg | 0.140 | | 1 | A | 1 | | 0.288 | | |
| Manganese, Mn.....mg | 0.281 | | 1 | A | 1 | | 0.579 | | |
| Selenium, Se.....µg | 26.6 | | 1 | A | 1 | | 54.8 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.090 | | 1 | A | 1 | | 0.185 | | |
| Riboflavin.....mg | 0.089 | | 1 | A | 1 | | 0.183 | | |
| Niacin.....mg | 0.900 | | 1 | A | 1 | | 1.854 | | |
| Pantothenic acid.....mg | 0.340 | | 1 | A | 1 | | 0.700 | | |
| Vitamin B-6.....mg | 0.055 | | 1 | A | 1 | | 0.113 | | |
| Folate, total.....µg | 14 | | 1 | A | 1 | | 28 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 50.1 | | 0 | AS | 1 | | 103.2 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.43 | | 1 | A | 1 | | 0.89 | | |
| Vitamin A, RAE.....µg | 2 | | 0 | AS | 1 | | 3 | | |
| Vitamin A, IU.....IU | 5 | | 0 | AS | 1 | | 11 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 1.97 | | 1 | A | 1 | | 4.05 | | |
| Tocopherol, beta.....mg | 0.22 | | 1 | A | 1 | | 0.46 | | |
| Tocopherol, gamma.....mg | 8.31 | | 1 | A | 1 | | 17.11 | | |
| Tocopherol, delta.....mg | 3.35 | | 1 | A | 1 | | 6.90 | | |
| Tocotrienol, alpha.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 29.1 | | 1 | A | 1 | | 60.0 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.366 | | 0 | NC | 4 | | 6.933 | | |
| 4:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | | 1 | A | 1 | | 0.012 | | |
| 10:0.....g | 0.005 | | 1 | A | 1 | | 0.010 | | |
| 12:0.....g | 0.002 | | 1 | A | 1 | | 0.004 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.020 | | 1 | A | 1 | | 0.041 | | |
| 15:0.....g | 0.006 | | 1 | A | 1 | | 0.012 | | |
| 16:0.....g | 1.991 | | 1 | A | 1 | | 4.101 | | |
| 17:0.....g | 0.022 | | 1 | A | 1 | | 0.045 | | |
| 18:0.....g | 1.163 | | 1 | A | 1 | | 2.396 | | |
| 20:0.....g | 0.065 | | 1 | A | 1 | | 0.134 | | |
| 22:0.....g | 0.063 | | 1 | A | 1 | | 0.130 | | |
| 24:0.....g | 0.023 | | 1 | A | 1 | | 0.047 | | |
| Fatty acids, total monounsaturated.....g | 4.235 | | 0 | NC | 4 | | 8.723 | | |
| 14:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.035 | | 0 | AS | 1 | | 0.072 | | |
| 16:1 c.....g | 0.033 | | 1 | A | 1 | | 0.068 | | |
| 16:1 t.....g | 0.002 | | 1 | A | 1 | | 0.004 | | |
| 17:1.....g | 0.011 | | 1 | A | 1 | | 0.022 | | |
| 18:1 undifferentiated.....g | 4.058 | | 0 | AS | 1 | | 8.359 | | |
| 18:1 c.....g | 4.018 | | 1 | A | 1 | | 8.277 | | |
| 18:1 t.....g | 0.040 | | 1 | A | 1 | | 0.082 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.131 | | 1 | A | 1 | | 0.270 | | |
| 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 | 9.682 | | 0 | NC | 4 | | 19.946 | | |
| 18:2 undifferentiated.....g | 8.505 | | 0 | AS | 1 | | 17.520 | | |
| 18:2 n-6 c,c.....g | 8.379 | | 1 | A | 1 | | 17.261 | | |
| 18:2 CLAs.....g | 0.021 | | 1 | A | 1 | | 0.043 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.105 | | 1 | A | 1 | | 0.216 | | |
| 18:3 undifferentiated.....g | 1.067 | | 0 | AS | 1 | | 2.198 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.977 | | 1 | A | 1 | | 2.012 | | |
| 18:3 n-6 c,c,c.....g | 0.090 | | 1 | A | 1 | | 0.185 | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.010 | | 1 | A | 1 | | 0.020 | | |
| 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 | 0.030 | | 1 | A | 1 | | 0.062 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.034 | | 1 | A | 1 | | 0.070 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | | 1 | A | 1 | | 0.006 | | |
| 22:5 n-3 (DPA).....g | 0.004 | | 1 | A | 1 | | 0.008 | | |
| 22:6 n-3 (DHA).....g | 0.030 | | 1 | A | 1 | | 0.062 | | |
| Fatty acids, total trans.....g | 0.147 | | 0 | NC | 4 | | 0.302 | | |
| Fatty acids, total trans-monoenoic.....g | 0.042 | | 0 | NC | 4 | | 0.086 | | |
| Fatty acids, total trans-polyenoic.....g | 0.105 | | 0 | NC | 4 | | 0.216 | | |
| Cholesterol.....mg | 86 | | 1 | A | 1 | | 178 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.139 | | 0 | A | 1 | | 0.287 | | |
| Threonine.....g | 0.447 | | 0 | A | 1 | | 0.921 | | |

NDB No. 36001

APPLEBEE'S, Double Crunch Shrimp

| Nutrients and Units | <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 | 0.526 | | 0 | A | 1 | 1.084 | | |
| Leucine.....g | 0.959 | | 0 | A | 1 | 1.976 | | |
| Lysine.....g | 0.829 | | 0 | A | 1 | 1.708 | | |
| Methionine.....g | 0.282 | | 0 | A | 1 | 0.581 | | |
| Cystine.....g | 0.167 | | 0 | A | 1 | 0.344 | | |
| Phenylalanine.....g | 0.550 | | 0 | A | 1 | 1.133 | | |
| Tyrosine.....g | 0.415 | | 0 | A | 1 | 0.854 | | |
| Valine.....g | 0.548 | | 0 | A | 1 | 1.128 | | |
| Arginine.....g | 0.894 | | 0 | A | 1 | 1.841 | | |
| Histidine.....g | 0.263 | | 0 | A | 1 | 0.542 | | |
| Alanine.....g | 0.622 | | 0 | A | 1 | 1.281 | | |
| Aspartic acid.....g | 1.075 | | 0 | A | 1 | 2.215 | | |
| Glutamic acid.....g | 2.680 | | 0 | A | 1 | 5.520 | | |
| Glycine.....g | 0.582 | | 0 | A | 1 | 1.199 | | |
| Proline.....g | 0.792 | | 0 | A | 1 | 1.631 | | |
| Serine.....g | 0.486 | | 0 | A | 1 | 1.001 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 206g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 1.312 | | 0 | NC | 4 | | 1.627 | 2.362 | |
| 4:0.....g | 0.035 | 0.003 | 3 | A | 1 | | 0.044 | 0.063 | |
| 6:0.....g | 0.027 | 0.002 | 3 | A | 1 | | 0.034 | 0.049 | |
| 8:0.....g | 0.017 | 0.001 | 3 | A | 1 | | 0.020 | 0.030 | |
| 10:0.....g | 0.043 | 0.002 | 3 | A | 1 | | 0.054 | 0.078 | |
| 12:0.....g | 0.047 | 0.004 | 3 | A | 1 | | 0.058 | 0.084 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.153 | 0.010 | 3 | A | 1 | | 0.190 | 0.275 | |
| 15:0.....g | 0.019 | 0.002 | 3 | A | 1 | | 0.024 | 0.034 | |
| 16:0.....g | 0.635 | 0.028 | 3 | A | 1 | | 0.788 | 1.144 | |
| 17:0.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.016 | 0.024 | |
| 18:0.....g | 0.285 | 0.016 | 3 | A | 1 | | 0.353 | 0.513 | |
| 20:0.....g | 0.019 | 0.001 | 3 | A | 1 | | 0.024 | 0.034 | |
| 22:0.....g | 0.010 | 0.000 | 3 | A | 1 | | 0.013 | 0.018 | |
| 24:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.010 | 0.014 | |
| Fatty acids, total monounsaturated.....g | 1.951 | | 0 | NC | 4 | | 2.420 | 3.512 | |
| 14:1.....g | 0.016 | 0.001 | 3 | A | 1 | | 0.020 | 0.029 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.036 | 0.003 | 3 | AS | 1 | | 0.045 | 0.065 | |
| 16:1 c.....g | 0.029 | 0.003 | 3 | A | 1 | | 0.036 | 0.052 | |
| 16:1 t.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.009 | 0.013 | |
| 17:1.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.006 | 0.009 | |
| 18:1 undifferentiated.....g | 1.854 | 0.104 | 3 | AS | 1 | | 2.299 | 3.338 | |
| 18:1 c.....g | 1.808 | 0.101 | 3 | A | 1 | | 2.242 | 3.255 | |
| 18:1 t.....g | 0.046 | 0.004 | 3 | A | 1 | | 0.057 | 0.083 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.039 | 0.001 | 3 | A | 1 | | 0.049 | 0.071 | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.001 | 0.002 | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | 0.002 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 0.952 | | 0 | NC | 4 | | 1.181 | 1.714 | |
| 18:2 undifferentiated.....g | 0.714 | 0.019 | 3 | AS | 1 | | 0.885 | 1.285 | |
| 18:2 n-6 c,c.....g | 0.686 | 0.019 | 3 | A | 1 | | 0.850 | 1.234 | |
| 18:2 CLAs.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.013 | 0.019 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.022 | 0.032 | |
| 18:3 undifferentiated.....g | 0.228 | 0.009 | 3 | AS | 1 | | 0.282 | 0.410 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.219 | 0.009 | 3 | A | 1 | | 0.272 | 0.395 | |
| 18:3 n-6 c,c,c.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.011 | 0.015 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.004 | 0.005 | |
| 20:3 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.002 | 0.002 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | 0.002 | |
| 20:4 undifferentiated.....g | 0.007 | 0.002 | 3 | A | 1 | | 0.008 | 0.012 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.071 | | 0 | NC | 4 | | 0.088 | 0.127 | |
| Fatty acids, total trans-monoenoic.....g | 0.053 | | 0 | NC | 4 | | 0.066 | 0.095 | |
| Fatty acids, total trans-polyenoic.....g | 0.018 | | 0 | NC | 4 | | 0.022 | 0.032 | |
| Cholesterol.....mg | 7 | 0.145 | 3 | A | 1 | | 9 | 13 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.063 | | 0 | A | 1 | | 0.078 | 0.113 | |
| Threonine.....g | 0.147 | | 0 | A | 1 | | 0.182 | 0.265 | |

NDB No. 36003

APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Isoleucine.....g | 0.273 | | 0 | A | 1 | | 0.339 | 0.491 | |
| Leucine.....g | 0.473 | | 0 | A | 1 | | 0.586 | 0.851 | |
| Lysine.....g | 0.189 | | 0 | A | 1 | | 0.234 | 0.340 | |
| Methionine.....g | 0.115 | | 0 | A | 1 | | 0.143 | 0.208 | |
| Cystine.....g | 0.095 | | 0 | A | 1 | | 0.117 | 0.170 | |
| Phenylalanine.....g | 0.273 | | 0 | A | 1 | | 0.339 | 0.491 | |
| Tyrosine.....g | 0.168 | | 0 | A | 1 | | 0.208 | 0.302 | |
| Valine.....g | 0.326 | | 0 | A | 1 | | 0.404 | 0.586 | |
| Arginine.....g | 0.210 | | 0 | A | 1 | | 0.261 | 0.378 | |
| Histidine.....g | 0.136 | | 0 | A | 1 | | 0.169 | 0.246 | |
| Alanine.....g | 0.179 | | 0 | A | 1 | | 0.221 | 0.321 | |
| Aspartic acid.....g | 0.347 | | 0 | A | 1 | | 0.430 | 0.624 | |
| Glutamic acid.....g | 1.597 | | 0 | A | 1 | | 1.980 | 2.874 | |
| Glycine.....g | 0.147 | | 0 | A | 1 | | 0.182 | 0.265 | |
| Proline.....g | 0.809 | | 0 | A | 1 | | 1.003 | 1.456 | |
| Serine.....g | 0.210 | | 0 | A | 1 | | 0.261 | 0.378 | |
| 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 = 124g: 1 cup

Measure 2 = 180g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 2.849 | | 0 | NC | 4 | | 5.955 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.013 | | |
| 10:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 12:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.019 | 0.001 | 3 | A | 1 | | 0.039 | | |
| 15:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 16:0.....g | 1.780 | 0.031 | 3 | A | 1 | | 3.719 | | |
| 17:0.....g | 0.017 | 0.000 | 3 | A | 1 | | 0.036 | | |
| 18:0.....g | 0.894 | 0.013 | 3 | A | 1 | | 1.868 | | |
| 20:0.....g | 0.049 | 0.001 | 3 | A | 1 | | 0.103 | | |
| 22:0.....g | 0.052 | 0.000 | 3 | A | 1 | | 0.108 | | |
| 24:0.....g | 0.018 | 0.000 | 3 | A | 1 | | 0.038 | | |
| Fatty acids, total monounsaturated.....g | 4.385 | | 0 | NC | 4 | | 9.164 | | |
| 14:1.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.055 | 0.008 | 3 | AS | 1 | | 0.115 | | |
| 16:1 c.....g | 0.055 | 0.008 | 3 | A | 1 | | 0.115 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.018 | | |
| 18:1 undifferentiated.....g | 3.403 | 0.044 | 3 | AS | 1 | | 7.112 | | |
| 18:1 c.....g | 3.368 | 0.045 | 3 | A | 1 | | 7.040 | | |
| 18:1 t.....g | 0.035 | 0.006 | 3 | A | 1 | | 0.072 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.917 | 0.005 | 3 | A | 1 | | 1.916 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 7.042 | | 0 | NC | 4 | | 14.718 | | |
| 18:2 undifferentiated.....g | 6.893 | 0.079 | 3 | AS | 1 | | 14.407 | | |
| 18:2 n-6 c,c.....g | 6.787 | 0.074 | 3 | A | 1 | | 14.185 | | |
| 18:2 CLAs.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.044 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.085 | 0.006 | 3 | A | 1 | | 0.178 | | |
| 18:3 undifferentiated.....g | 0.061 | 0.005 | 3 | AS | 1 | | 0.128 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:3 n-6 c,c,c.....g | 0.061 | 0.005 | 3 | A | 1 | | 0.128 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.020 | | |
| 20:3 undifferentiated.....g | 0.012 | 0.002 | 3 | AS | 1 | | 0.026 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.012 | 0.002 | 3 | A | 1 | | 0.026 | | |
| 20:4 undifferentiated.....g | 0.047 | 0.004 | 3 | A | 1 | | 0.099 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.010 | 0.005 | 3 | A | 1 | | 0.021 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.002 | 3 | A | 1 | | 0.008 | | |
| 22:6 n-3 (DHA).....g | 0.004 | 0.002 | 3 | A | 1 | | 0.008 | | |
| Fatty acids, total trans.....g | 0.120 | | 0 | NC | 4 | | 0.251 | | |
| Fatty acids, total trans-monoenoic.....g | 0.035 | | 0 | NC | 4 | | 0.072 | | |
| Fatty acids, total trans-polyenoic.....g | 0.085 | | 0 | NC | 4 | | 0.178 | | |
| Cholesterol.....mg | 52 | 1.170 | 3 | A | 1 | | 109 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.220 | | 0 | A | 1 | | 0.459 | | |
| Threonine.....g | 0.638 | | 0 | A | 1 | | 1.334 | | |

NDB No. 36023

APPLEBEE'S, chicken tenders platter

| Nutrients and Units | <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 | 1.015 | | 0 | A | 1 | 2.122 | | |
| Leucine.....g | 1.622 | | 0 | A | 1 | 3.390 | | |
| Lysine.....g | 1.476 | | 0 | A | 1 | 3.084 | | |
| Methionine.....g | 0.523 | | 0 | A | 1 | 1.094 | | |
| Cystine.....g | 0.272 | | 0 | A | 1 | 0.568 | | |
| Phenylalanine.....g | 0.816 | | 0 | A | 1 | 1.706 | | |
| Tyrosine.....g | 0.523 | | 0 | A | 1 | 1.094 | | |
| Valine.....g | 1.109 | | 0 | A | 1 | 2.318 | | |
| Arginine.....g | 1.214 | | 0 | A | 1 | 2.537 | | |
| Histidine.....g | 0.712 | | 0 | A | 1 | 1.487 | | |
| Alanine.....g | 1.120 | | 0 | A | 1 | 2.340 | | |
| Aspartic acid.....g | 1.727 | | 0 | A | 1 | 3.609 | | |
| Glutamic acid.....g | 3.464 | | 0 | A | 1 | 7.240 | | |
| Glycine.....g | 0.858 | | 0 | A | 1 | 1.793 | | |
| Proline.....g | 0.973 | | 0 | A | 1 | 2.034 | | |
| Serine.....g | 0.586 | | 0 | A | 1 | 1.225 | | |
| Hydroxyproline.....g | 0.040 | | 1 | A | 1 | 0.083 | | |

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

Common Measures:

Measure 1 = 209g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36005

APPLEBEE'S, chicken tenders, from kids' menu

Applebee's

applebees, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 43.42 | 0.555 | 6 | A | 1 | | 15.20 | 42.99 | |
| Energy.....kcal | 296 | | 0 | NC | 4 | | 104 | 293 | |
| Energy.....kJ | 1238 | | 0 | NC | 4 | | 433 | 1226 | |
| Protein.....g | 19.25 | 0.151 | 6 | A | 1 | | 6.74 | 19.06 | |
| Total lipid (fat).....g | 16.15 | 0.443 | 6 | A | 1 | | 5.65 | 15.99 | |
| Ash.....g | 2.81 | 0.047 | 6 | A | 1 | | 0.99 | 2.79 | |
| Carbohydrate, by difference.....g | 18.36 | | 0 | NC | 4 | | 6.43 | 18.18 | |
| Fiber, total dietary.....g | 1.2 | 0.060 | 3 | A | 1 | | 0.4 | 1.2 | |
| Sugars, total.....g | 0.39 | 0.018 | 3 | A | 1 | | 0.14 | 0.38 | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.39 | 0.018 | 3 | A | 1 | | 0.14 | 0.38 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 16.97 | 0.736 | 3 | A | 1 | | 5.94 | 16.80 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 23 | 0.494 | 6 | A | 1 | | 8 | 23 | |
| Iron, Fe.....mg | 0.90 | 0.026 | 6 | A | 1 | | 0.32 | 0.89 | |
| Magnesium, Mg.....mg | 30 | 0.353 | 6 | A | 1 | | 11 | 30 | |
| Phosphorus, P.....mg | 305 | 3.992 | 6 | A | 1 | | 107 | 302 | |
| Potassium, K.....mg | 337 | 3.420 | 6 | A | 1 | | 118 | 333 | |
| Sodium, Na.....mg | 763 | 6.227 | 6 | A | 1 | | 267 | 756 | |
| Zinc, Zn.....mg | 0.71 | 0.012 | 6 | A | 1 | | 0.25 | 0.71 | |
| Copper, Cu.....mg | 0.071 | 0.003 | 6 | A | 1 | | 0.025 | 0.071 | |
| Manganese, Mn.....mg | 0.260 | 0.010 | 6 | A | 1 | | 0.091 | 0.258 | |
| Selenium, Se.....µg | 16.9 | 1.308 | 3 | A | 1 | | 5.9 | 16.7 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.100 | 0.006 | 3 | A | 1 | | 0.035 | 0.099 | |
| Riboflavin.....mg | 0.177 | 0.007 | 3 | A | 1 | | 0.062 | 0.175 | |
| Niacin.....mg | 7.890 | 0.631 | 3 | A | 1 | | 2.761 | 7.811 | |
| Pantothenic acid.....mg | 1.565 | | 2 | A | 1 | | 0.548 | 1.549 | |
| Vitamin B-6.....mg | 0.484 | 0.011 | 3 | A | 1 | | 0.170 | 0.479 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.15 | 0.018 | 3 | A | 1 | | 0.05 | 0.15 | |
| Vitamin A, RAE.....µg | 10 | | 0 | AS | 1 | | 3 | 9 | |
| Vitamin A, IU.....IU | 72 | | 0 | AS | 1 | | 25 | 72 | |
| Lycopene.....µg | 6 | | 1 | A | 1 | | 2 | 6 | |
| Lutein + zeaxanthin.....µg | 72 | | 1 | A | 1 | | 25 | 72 | |
| Vitamin E (alpha-tocopherol).....mg | 1.28 | 0.103 | 3 | A | 1 | | 0.45 | 1.26 | |
| Tocopherol, beta.....mg | 0.17 | 0.016 | 3 | A | 1 | | 0.06 | 0.17 | |
| Tocopherol, gamma.....mg | 7.01 | 0.431 | 3 | A | 1 | | 2.45 | 6.94 | |
| Tocopherol, delta.....mg | 1.12 | 1.118 | 3 | A | 1 | | 0.39 | 1.11 | |
| Tocotrienol, alpha.....mg | 0.01 | 0.013 | 3 | A | 1 | | 0.00 | 0.01 | |
| Tocotrienol, beta.....mg | 0.08 | 0.078 | 3 | A | 1 | | 0.03 | 0.08 | |
| Tocotrienol, gamma.....mg | | | | | | | | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 25.1 | 2.924 | 3 | A | 1 | | 8.8 | 24.9 | |
| Dihydrophylloquinone.....µg | 0.2 | 0.167 | 3 | A | 1 | | 0.1 | 0.2 | |
| Menaquinone-4.....µg | 8.2 | 1.689 | 3 | A | 1 | | 2.9 | 8.1 | |

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.852 | | 0 | NC | 4 | | 0.998 | 2.823 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.002 | 0.007 | |
| 10:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.002 | 0.005 | |
| 12:0.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.001 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.020 | 0.001 | 3 | A | 1 | | 0.007 | 0.019 | |
| 15:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.002 | 0.005 | |
| 16:0.....g | 1.783 | 0.041 | 3 | A | 1 | | 0.624 | 1.765 | |
| 17:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.006 | 0.017 | |
| 18:0.....g | 0.892 | 0.017 | 3 | A | 1 | | 0.312 | 0.883 | |
| 20:0.....g | 0.050 | 0.001 | 3 | A | 1 | | 0.018 | 0.050 | |
| 22:0.....g | 0.050 | 0.000 | 3 | A | 1 | | 0.018 | 0.050 | |
| 24:0.....g | 0.019 | 0.001 | 3 | A | 1 | | 0.007 | 0.019 | |
| Fatty acids, total monounsaturated.....g | 3.568 | | 0 | NC | 4 | | 1.249 | 3.532 | |
| 14:1.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.001 | 0.002 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.059 | 0.008 | 3 | AS | 1 | | 0.021 | 0.058 | |
| 16:1 c.....g | 0.059 | 0.008 | 3 | A | 1 | | 0.021 | 0.058 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.003 | 0.009 | |
| 18:1 undifferentiated.....g | 3.402 | 0.070 | 3 | AS | 1 | | 1.191 | 3.368 | |
| 18:1 c.....g | 3.366 | 0.070 | 3 | A | 1 | | 1.178 | 3.332 | |
| 18:1 t.....g | 0.037 | 0.004 | 3 | A | 1 | | 0.013 | 0.036 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.096 | 0.003 | 3 | A | 1 | | 0.034 | 0.095 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 7.894 | | 0 | NC | 4 | | 2.763 | 7.815 | |
| 18:2 undifferentiated.....g | 6.880 | 0.011 | 3 | AS | 1 | | 2.408 | 6.811 | |
| 18:2 n-6 c,c.....g | 6.790 | 0.007 | 3 | A | 1 | | 2.377 | 6.722 | |
| 18:2 CLAs.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.003 | 0.010 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.080 | 0.008 | 3 | A | 1 | | 0.028 | 0.079 | |
| 18:3 undifferentiated.....g | 0.917 | 0.010 | 3 | AS | 1 | | 0.321 | 0.907 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.859 | 0.014 | 3 | A | 1 | | 0.301 | 0.850 | |
| 18:3 n-6 c,c,c.....g | 0.058 | 0.004 | 3 | A | 1 | | 0.020 | 0.057 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.004 | 0.010 | |
| 20:3 undifferentiated.....g | 0.009 | 0.001 | 3 | AS | 1 | | 0.003 | 0.009 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.003 | 0.009 | |
| 20:4 undifferentiated.....g | 0.051 | 0.002 | 3 | A | 1 | | 0.018 | 0.050 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.019 | 0.001 | 3 | A | 1 | | 0.007 | 0.019 | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.001 | 3 | A | 1 | | 0.002 | 0.005 | |
| 22:6 n-3 (DHA).....g | 0.004 | 0.001 | 3 | A | 1 | | 0.001 | 0.004 | |
| Fatty acids, total trans.....g | 0.116 | | 0 | NC | 4 | | 0.041 | 0.115 | |
| Fatty acids, total trans-monoenoic.....g | 0.037 | | 0 | NC | 4 | | 0.013 | 0.036 | |
| Fatty acids, total trans-polyenoic.....g | 0.080 | | 0 | NC | 4 | | 0.028 | 0.079 | |
| Cholesterol.....mg | 51 | 0.850 | 3 | A | 1 | | 18 | 51 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.203 | | 0 | A | 1 | | 0.071 | 0.201 | |
| Threonine.....g | 0.577 | | 0 | A | 1 | | 0.202 | 0.572 | |

NDB No. 36005

APPLEBEE'S, chicken tenders, from kids' menu

| Nutrients and Units | <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 | 0.952 | | 0 | A | 1 | 0.333 | 0.943 | |
| Leucine.....g | 1.520 | | 0 | A | 1 | 0.532 | 1.505 | |
| Lysine.....g | 1.348 | | 0 | A | 1 | 0.472 | 1.334 | |
| Methionine.....g | 0.486 | | 0 | A | 1 | 0.170 | 0.481 | |
| Cystine.....g | 0.233 | | 0 | A | 1 | 0.082 | 0.231 | |
| Phenylalanine.....g | 0.760 | | 0 | A | 1 | 0.266 | 0.752 | |
| Tyrosine.....g | 0.507 | | 0 | A | 1 | 0.177 | 0.502 | |
| Valine.....g | 1.054 | | 0 | A | 1 | 0.369 | 1.043 | |
| Arginine.....g | 1.135 | | 0 | A | 1 | 0.397 | 1.123 | |
| Histidine.....g | 0.679 | | 0 | A | 1 | 0.238 | 0.672 | |
| Alanine.....g | 1.043 | | 0 | A | 1 | 0.365 | 1.033 | |
| Aspartic acid.....g | 1.651 | | 0 | A | 1 | 0.578 | 1.635 | |
| Glutamic acid.....g | 3.343 | | 0 | A | 1 | 1.170 | 3.310 | |
| Glycine.....g | 0.790 | | 0 | A | 1 | 0.277 | 0.782 | |
| Proline.....g | 1.175 | | 0 | A | 1 | 0.411 | 1.163 | |
| Serine.....g | 0.577 | | 0 | A | 1 | 0.202 | 0.572 | |
| Hydroxyproline.....g | 0.030 | | 1 | A | 1 | 0.010 | 0.030 | |

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

Measure 2 = 99g: 1 serving (3 pieces)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 4.150 | | 0 | NC | 4 | | 5.644 | 7.553 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.011 | 0.002 | 3 | A | 1 | | 0.015 | 0.020 | |
| 12:0.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.016 | 0.021 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.308 | 0.057 | 3 | A | 1 | | 0.419 | 0.560 | |
| 15:0.....g | 0.048 | 0.010 | 3 | A | 1 | | 0.066 | 0.088 | |
| 16:0.....g | 2.330 | 0.349 | 3 | A | 1 | | 3.169 | 4.240 | |
| 17:0.....g | 0.112 | 0.024 | 3 | A | 1 | | 0.152 | 0.204 | |
| 18:0.....g | 1.309 | 0.188 | 3 | A | 1 | | 1.780 | 2.382 | |
| 20:0.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.016 | 0.021 | |
| 22:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.008 | 0.011 | |
| 24:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.005 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 4.809 | | 0 | NC | 4 | | 6.541 | 8.753 | |
| 14:1.....g | 0.098 | 0.015 | 3 | A | 1 | | 0.133 | 0.178 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.382 | 0.060 | 3 | AS | 1 | | 0.520 | 0.696 | |
| 16:1 c.....g | 0.345 | 0.055 | 3 | A | 1 | | 0.470 | 0.628 | |
| 16:1 t.....g | 0.037 | 0.006 | 3 | A | 1 | | 0.050 | 0.067 | |
| 17:1.....g | 0.083 | 0.018 | 3 | A | 1 | | 0.113 | 0.151 | |
| 18:1 undifferentiated.....g | 4.212 | 0.676 | 3 | AS | 1 | | 5.728 | 7.665 | |
| 18:1 c.....g | 3.740 | 0.529 | 3 | A | 1 | | 5.087 | 6.807 | |
| 18:1 t.....g | 0.471 | 0.161 | 3 | A | 1 | | 0.641 | 0.858 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.034 | 0.004 | 3 | A | 1 | | 0.047 | 0.063 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 0.644 | | 0 | NC | 4 | | 0.876 | 1.173 | |
| 18:2 undifferentiated.....g | 0.542 | 0.053 | 3 | AS | 1 | | 0.738 | 0.987 | |
| 18:2 n-6 c,c.....g | 0.410 | 0.036 | 3 | A | 1 | | 0.558 | 0.746 | |
| 18:2 CLAs.....g | 0.066 | 0.013 | 3 | A | 1 | | 0.089 | 0.119 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.067 | 0.007 | 3 | A | 1 | | 0.091 | 0.121 | |
| 18:3 undifferentiated.....g | 0.038 | 0.006 | 3 | AS | 1 | | 0.052 | 0.069 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.036 | 0.005 | 3 | A | 1 | | 0.049 | 0.065 | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | 0.002 | |
| 18:3i.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | 0.002 | |
| 18:4.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | 0.001 | |
| 20:2 n-6 c,c.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.006 | 0.008 | |
| 20:3 undifferentiated.....g | 0.016 | 0.002 | 3 | AS | 1 | | 0.022 | 0.029 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.016 | 0.002 | 3 | A | 1 | | 0.022 | 0.029 | |
| 20:4 undifferentiated.....g | 0.028 | 0.003 | 3 | A | 1 | | 0.039 | 0.052 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 3 | A | 1 | | 0.003 | 0.004 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.003 | 3 | A | 1 | | 0.007 | 0.009 | |
| 22:5 n-3 (DPA).....g | 0.007 | 0.002 | 3 | A | 1 | | 0.010 | 0.013 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.576 | | 0 | NC | 4 | | 0.783 | 1.048 | |
| Fatty acids, total trans-monoenoic.....g | 0.508 | | 0 | NC | 4 | | 0.691 | 0.925 | |
| Fatty acids, total trans-polyenoic.....g | 0.068 | | 0 | NC | 4 | | 0.092 | 0.123 | |
| Cholesterol.....mg | 45 | 4.176 | 3 | A | 1 | | 61 | 82 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.144 | | 0 | A | 1 | | 0.196 | 0.262 | |
| Threonine.....g | 0.402 | | 0 | A | 1 | | 0.546 | 0.731 | |

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|----------------------|--|------------|---------|--------|--|------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | Deriv | Source | Confidence | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data | Points | Code | | | | |
| Isoleucine.....g | 0.556 | | 0 | A | 1 | | 0.756 | 1.012 | |
| Leucine.....g | 0.927 | | 0 | A | 1 | | 1.260 | 1.687 | |
| Lysine.....g | 0.844 | | 0 | A | 1 | | 1.148 | 1.537 | |
| Methionine.....g | 0.278 | | 0 | A | 1 | | 0.378 | 0.506 | |
| Cystine.....g | 0.123 | | 0 | A | 1 | | 0.168 | 0.225 | |
| Phenylalanine.....g | 0.474 | | 0 | A | 1 | | 0.644 | 0.862 | |
| Tyrosine.....g | 0.340 | | 0 | A | 1 | | 0.462 | 0.619 | |
| Valine.....g | 0.639 | | 0 | A | 1 | | 0.868 | 1.162 | |
| Arginine.....g | 0.772 | | 0 | A | 1 | | 1.050 | 1.406 | |
| Histidine.....g | 0.371 | | 0 | A | 1 | | 0.504 | 0.675 | |
| Alanine.....g | 0.793 | | 0 | A | 1 | | 1.078 | 1.443 | |
| Aspartic acid.....g | 1.195 | | 0 | A | 1 | | 1.625 | 2.174 | |
| Glutamic acid.....g | 2.070 | | 0 | A | 1 | | 2.815 | 3.767 | |
| Glycine.....g | 0.834 | | 0 | A | 1 | | 1.135 | 1.518 | |
| Proline.....g | 0.855 | | 0 | A | 1 | | 1.162 | 1.556 | |
| Serine.....g | 0.371 | | 0 | A | 1 | | 0.504 | 0.675 | |
| Hydroxyproline.....g | 0.240 | | 1 | A | 1 | | 0.326 | 0.437 | |

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

Common Measures:

Measure 1 = 136g: 1 cup

Measure 2 = 182g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36021

APPLEBEE'S, coleslaw

Applebee's

applebees, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 78.15 | 1.584 | 6 | A | 1 | | 59.39 | | |
| Energy.....kcal | 120 | | 0 | NC | 4 | | 91 | | |
| Energy.....kJ | 501 | | 0 | NC | 4 | | 381 | | |
| Protein.....g | 0.79 | 0.092 | 6 | A | 1 | | 0.60 | | |
| Total lipid (fat).....g | 7.09 | 0.417 | 6 | A | 1 | | 5.39 | | |
| Ash.....g | 0.79 | 0.044 | 6 | A | 1 | | 0.60 | | |
| Carbohydrate, by difference.....g | 13.17 | | 0 | NC | 4 | | 10.01 | | |
| Fiber, total dietary.....g | 2.8 | 0.294 | 3 | A | 1 | | 2.1 | | |
| Sugars, total.....g | 9.33 | | 2 | A | 1 | | 7.09 | | |
| Sucrose.....g | 4.56 | | 2 | A | 1 | | 3.46 | | |
| Glucose (dextrose).....g | 2.53 | 0.220 | 3 | A | 1 | | 1.92 | | |
| Fructose.....g | 2.24 | 0.235 | 3 | A | 1 | | 1.70 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 36 | 1.049 | 6 | A | 1 | | 28 | | |
| Iron, Fe.....mg | 0.26 | 0.020 | 6 | A | 1 | | 0.20 | | |
| Magnesium, Mg.....mg | 10 | 0.405 | 6 | A | 1 | | 8 | | |
| Phosphorus, P.....mg | 23 | 0.706 | 6 | A | 1 | | 18 | | |
| Potassium, K.....mg | 156 | 5.258 | 6 | A | 1 | | 119 | | |
| Sodium, Na.....mg | 178 | 18.859 | 6 | A | 1 | | 135 | | |
| Zinc, Zn.....mg | 0.19 | 0.011 | 6 | A | 1 | | 0.15 | | |
| Copper, Cu.....mg | 0.017 | 0.002 | 6 | A | 1 | | 0.013 | | |
| Manganese, Mn.....mg | 0.148 | 0.016 | 6 | A | 1 | | 0.113 | | |
| Selenium, Se.....µg | 0.4 | | 1 | A | 1 | | 0.3 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 13.7 | 1.305 | 3 | A | 1 | | 10.4 | | |
| Thiamin.....mg | 0.030 | 0.000 | 3 | A | 1 | | 0.023 | | |
| Riboflavin.....mg | 0.063 | 0.003 | 3 | A | 1 | | 0.048 | | |
| Niacin.....mg | 0.300 | 0.006 | 3 | A | 1 | | 0.228 | | |
| Pantothenic acid.....mg | 0.205 | | 2 | A | 1 | | 0.156 | | |
| Vitamin B-6.....mg | 0.129 | 0.019 | 3 | A | 1 | | 0.098 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 77 | | 0 | AS | 1 | | 58 | | |
| Vitamin A, IU.....IU | 1504 | | 0 | AS | 1 | | 1143 | | |
| Lycopene.....µg | 5 | | 1 | A | 1 | | 4 | | |
| Lutein + zeaxanthin.....µg | 53 | | 1 | A | 1 | | 41 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.50 | 0.025 | 3 | A | 1 | | 0.38 | | |
| Tocopherol, beta.....mg | 0.07 | 0.015 | 3 | A | 1 | | 0.06 | | |
| Tocopherol, gamma.....mg | 4.03 | 0.763 | 3 | A | 1 | | 3.06 | | |
| Tocopherol, delta.....mg | 1.37 | 0.304 | 3 | A | 1 | | 1.04 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.003 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 65.1 | 3.041 | 3 | A | 1 | | 49.5 | | |
| Dihydrophylloquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.061 | | 0 | NC | 4 | | 0.806 | | |
| 4:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.005 | | 2 | A | 1 | | 0.004 | | |
| 12:0.....g | 0.004 | | 2 | A | 1 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.011 | | 2 | A | 1 | | 0.008 | | |
| 15:0.....g | 0.003 | | 2 | A | 1 | | 0.002 | | |
| 16:0.....g | 0.689 | | 2 | A | 1 | | 0.524 | | |
| 17:0.....g | 0.007 | | 2 | A | 1 | | 0.005 | | |
| 18:0.....g | 0.285 | | 2 | A | 1 | | 0.217 | | |
| 20:0.....g | 0.023 | | 2 | A | 1 | | 0.018 | | |
| 22:0.....g | 0.025 | | 2 | A | 1 | | 0.019 | | |
| 24:0.....g | 0.009 | | 2 | A | 1 | | 0.007 | | |
| Fatty acids, total monounsaturated.....g | 1.404 | | 0 | NC | 4 | | 1.067 | | |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.009 | | 0 | AS | 1 | | 0.007 | | |
| 16:1 c.....g | 0.009 | | 2 | A | 1 | | 0.007 | | |
| 16:1 t.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.004 | | 2 | A | 1 | | 0.003 | | |
| 18:1 undifferentiated.....g | 1.340 | | 0 | AS | 1 | | 1.019 | | |
| 18:1 c.....g | 1.335 | | 2 | A | 1 | | 1.015 | | |
| 18:1 t.....g | 0.005 | | 2 | A | 1 | | 0.004 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.042 | | 2 | A | 1 | | 0.032 | | |
| 22:1 undifferentiated.....g | 0.009 | | 0 | AS | 1 | | 0.007 | | |
| 22:1 c.....g | 0.009 | | 2 | A | 1 | | 0.007 | | |
| 22:1 t.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 3.819 | | 0 | NC | 4 | | 2.902 | | |
| 18:2 undifferentiated.....g | 3.327 | | 0 | AS | 1 | | 2.529 | | |
| 18:2 n-6 c,c.....g | 3.291 | | 2 | A | 1 | | 2.502 | | |
| 18:2 CLAs.....g | 0.004 | | 2 | A | 1 | | 0.003 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.032 | | 2 | A | 1 | | 0.024 | | |
| 18:3 undifferentiated.....g | 0.484 | | 0 | AS | 1 | | 0.367 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.458 | | 2 | A | 1 | | 0.348 | | |
| 18:3 n-6 c,c,c.....g | 0.026 | | 2 | A | 1 | | 0.019 | | |
| 18:3i.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.004 | | 2 | A | 1 | | 0.003 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.004 | | 2 | A | 1 | | 0.003 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.037 | | 0 | NC | 4 | | 0.028 | | |
| Fatty acids, total trans-monoenoic.....g | 0.005 | | 0 | NC | 4 | | 0.004 | | |
| Fatty acids, total trans-polyenoic.....g | 0.032 | | 0 | NC | 4 | | 0.024 | | |
| Cholesterol.....mg | 2 | 0.662 | 3 | A | 1 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.006 | | 0 | A | 1 | | 0.005 | | |
| Threonine.....g | 0.017 | | 0 | A | 1 | | 0.013 | | |

| Nutrients and Units | <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 | 0.025 | | 0 | A | 1 | 0.019 | | |
| Leucine.....g | 0.034 | | 0 | A | 1 | 0.026 | | |
| Lysine.....g | 0.017 | | 0 | A | 1 | 0.013 | | |
| Methionine.....g | 0.008 | | 0 | A | 1 | 0.006 | | |
| Cystine.....g | 0.008 | | 0 | A | 1 | 0.006 | | |
| Phenylalanine.....g | 0.017 | | 0 | A | 1 | 0.013 | | |
| Tyrosine.....g | 0.008 | | 0 | A | 1 | 0.006 | | |
| Valine.....g | 0.034 | | 0 | A | 1 | 0.026 | | |
| Arginine.....g | 0.059 | | 0 | A | 1 | 0.045 | | |
| Histidine.....g | 0.008 | | 0 | A | 1 | 0.006 | | |
| Alanine.....g | 0.034 | | 0 | A | 1 | 0.026 | | |
| Aspartic acid.....g | 0.068 | | 0 | A | 1 | 0.051 | | |
| Glutamic acid.....g | 0.127 | | 0 | A | 1 | 0.097 | | |
| Glycine.....g | 0.017 | | 0 | A | 1 | 0.013 | | |
| Proline.....g | 0.006 | | 0 | A | 1 | 0.005 | | |
| Serine.....g | 0.017 | | 0 | A | 1 | 0.013 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 76g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36022

APPLEBEE'S, crunchy onion rings

Applebee's

applebees, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 33.09 | 0.739 | 6 | A | 1 | | 115.81 | | |
| Energy.....kcal | 356 | | 0 | NC | 4 | | 1244 | | |
| Energy.....kJ | 1487 | | 0 | NC | 4 | | 5205 | | |
| Protein.....g | 4.58 | 0.100 | 6 | A | 1 | | 16.04 | | |
| Total lipid (fat).....g | 19.61 | 0.382 | 6 | A | 1 | | 68.63 | | |
| Ash.....g | 2.55 | 0.034 | 6 | A | 1 | | 8.91 | | |
| Carbohydrate, by difference.....g | 40.17 | | 0 | NC | 4 | | 140.60 | | |
| Fiber, total dietary.....g | 3.1 | 0.351 | 3 | A | 1 | | 10.7 | | |
| Sugars, total.....g | 4.48 | 0.178 | 3 | A | 1 | | 15.67 | | |
| Sucrose.....g | 1.07 | 0.022 | 3 | A | 1 | | 3.73 | | |
| Glucose (dextrose).....g | 1.17 | 0.047 | 3 | A | 1 | | 4.11 | | |
| Fructose.....g | 1.05 | 0.056 | 3 | A | 1 | | 3.66 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 1.19 | 0.179 | 3 | A | 1 | | 4.16 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 32.53 | 0.821 | 3 | A | 1 | | 113.87 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 22 | 0.538 | 6 | A | 1 | | 78 | | |
| Iron, Fe.....mg | 0.67 | 0.015 | 6 | A | 1 | | 2.35 | | |
| Magnesium, Mg.....mg | 17 | 0.604 | 6 | A | 1 | | 59 | | |
| Phosphorus, P.....mg | 90 | 2.630 | 6 | A | 1 | | 314 | | |
| Potassium, K.....mg | 135 | 6.660 | 6 | A | 1 | | 472 | | |
| Sodium, Na.....mg | 833 | 13.529 | 6 | A | 1 | | 2917 | | |
| Zinc, Zn.....mg | 0.43 | 0.010 | 6 | A | 1 | | 1.52 | | |
| Copper, Cu.....mg | 0.087 | 0.002 | 6 | A | 1 | | 0.306 | | |
| Manganese, Mn.....mg | 0.486 | 0.016 | 6 | A | 1 | | 1.700 | | |
| Selenium, Se.....µg | 6.0 | 0.153 | 3 | A | 1 | | 21.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.107 | 0.003 | 3 | A | 1 | | 0.373 | | |
| Riboflavin.....mg | 0.091 | 0.003 | 3 | A | 1 | | 0.317 | | |
| Niacin.....mg | 0.730 | 0.006 | 3 | A | 1 | | 2.555 | | |
| Pantothenic acid.....mg | 0.405 | | 2 | A | 1 | | 1.417 | | |
| Vitamin B-6.....mg | 0.077 | 0.002 | 3 | A | 1 | | 0.271 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 0 | | 1 | AS | 1 | | 1 | | |
| Vitamin A, IU.....IU | 4 | | 1 | AS | 1 | | 15 | | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 13 | | 1 | A | 1 | | 46 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.27 | 0.070 | 3 | A | 1 | | 4.46 | | |
| Tocopherol, beta.....mg | 0.21 | 0.019 | 3 | A | 1 | | 0.73 | | |
| Tocopherol, gamma.....mg | 8.83 | 0.403 | 3 | A | 1 | | 30.91 | | |
| Tocopherol, delta.....mg | 3.93 | 0.211 | 3 | A | 1 | | 13.76 | | |
| Tocotrienol, alpha.....mg | 0.04 | 0.001 | 3 | A | 1 | | 0.16 | | |
| Tocotrienol, beta.....mg | 0.08 | 0.010 | 3 | A | 1 | | 0.28 | | |
| Tocotrienol, gamma.....mg | 0.08 | 0.018 | 3 | A | 1 | | 0.28 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 41.1 | 3.510 | 3 | A | 1 | | 144.0 | | |
| Dihydrophylloquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |

NDB No. 36022
 APPLEBEE'S, crunchy onion rings

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.574 | | 0 | NC | 4 | | 12.510 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.030 | | |
| 10:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.017 | | |
| 12:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.012 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | 0.002 | 3 | A | 1 | | 0.077 | | |
| 15:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.019 | | |
| 16:0.....g | 2.237 | 0.110 | 3 | A | 1 | | 7.829 | | |
| 17:0.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.073 | | |
| 18:0.....g | 1.123 | 0.067 | 3 | A | 1 | | 3.930 | | |
| 20:0.....g | 0.063 | 0.003 | 3 | A | 1 | | 0.222 | | |
| 22:0.....g | 0.062 | 0.002 | 3 | A | 1 | | 0.216 | | |
| 24:0.....g | 0.024 | 0.000 | 3 | A | 1 | | 0.085 | | |
| Fatty acids, total monounsaturated.....g | 4.408 | | 0 | NC | 4 | | 15.428 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.037 | 0.005 | 3 | AS | 1 | | 0.130 | | |
| 16:1 c.....g | 0.037 | 0.005 | 3 | A | 1 | | 0.130 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.012 | 0.000 | 3 | A | 1 | | 0.041 | | |
| 18:1 undifferentiated.....g | 4.301 | 0.192 | 3 | AS | 1 | | 15.052 | | |
| 18:1 c.....g | 4.264 | 0.199 | 3 | A | 1 | | 14.925 | | |
| 18:1 t.....g | 0.036 | 0.007 | 3 | A | 1 | | 0.127 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.057 | 0.002 | 3 | A | 1 | | 0.201 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.004 | | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.004 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 10.255 | | 0 | NC | 4 | | 35.892 | | |
| 18:2 undifferentiated.....g | 8.983 | 0.371 | 3 | AS | 1 | | 31.440 | | |
| 18:2 n-6 c,c.....g | 8.854 | 0.377 | 3 | A | 1 | | 30.990 | | |
| 18:2 CLAs.....g | 0.026 | 0.001 | 3 | A | 1 | | 0.091 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.103 | 0.009 | 3 | A | 1 | | 0.359 | | |
| 18:3 undifferentiated.....g | 1.252 | 0.078 | 3 | AS | 1 | | 4.382 | | |
| 18:3 n-3 c,c,c (ALA).....g | 1.178 | 0.083 | 3 | A | 1 | | 4.124 | | |
| 18:3 n-6 c,c,c.....g | 0.074 | 0.007 | 3 | A | 1 | | 0.257 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.029 | | |
| 20:3 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.005 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.005 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.028 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.009 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.139 | | 0 | NC | 4 | | 0.486 | | |
| Fatty acids, total trans-monoenoic.....g | 0.036 | | 0 | NC | 4 | | 0.127 | | |
| Fatty acids, total trans-polyenoic.....g | 0.103 | | 0 | NC | 4 | | 0.359 | | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.042 | | 0 | A | 1 | | 0.146 | | |
| Threonine.....g | 0.084 | | 0 | A | 1 | | 0.293 | | |

NDB No. 36022
 APPLEBEE'S, crunchy onion rings

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.157 | | 0 | A | 1 | 0.550 | | |
| Leucine.....g | 0.293 | | 0 | A | 1 | 1.027 | | |
| Lysine.....g | 0.063 | | 0 | A | 1 | 0.220 | | |
| Methionine.....g | 0.063 | | 0 | A | 1 | 0.220 | | |
| Cystine.....g | 0.115 | | 0 | A | 1 | 0.403 | | |
| Phenylalanine.....g | 0.199 | | 0 | A | 1 | 0.696 | | |
| Tyrosine.....g | 0.094 | | 0 | A | 1 | 0.330 | | |
| Valine.....g | 0.189 | | 0 | A | 1 | 0.660 | | |
| Arginine.....g | 0.210 | | 0 | A | 1 | 0.733 | | |
| Histidine.....g | 0.094 | | 0 | A | 1 | 0.330 | | |
| Alanine.....g | 0.136 | | 0 | A | 1 | 0.476 | | |
| Aspartic acid.....g | 0.220 | | 0 | A | 1 | 0.770 | | |
| Glutamic acid.....g | 1.351 | | 0 | A | 1 | 4.730 | | |
| Glycine.....g | 0.157 | | 0 | A | 1 | 0.550 | | |
| Proline.....g | 0.576 | | 0 | A | 1 | 2.017 | | |
| Serine.....g | 0.136 | | 0 | A | 1 | 0.476 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 350g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36018
 APPLEBEE'S, fish, hand battered

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.613 | | 0 | NC | 4 | | 4.033 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.014 | | |
| 10:0.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.017 | | |
| 12:0.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.035 | | |
| 15:0.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.011 | | |
| 16:0.....g | 1.023 | 0.004 | 3 | A | 1 | | 2.558 | | |
| 17:0.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.022 | | |
| 18:0.....g | 0.481 | 0.011 | 3 | A | 1 | | 1.202 | | |
| 20:0.....g | 0.029 | 0.001 | 3 | A | 1 | | 0.072 | | |
| 22:0.....g | 0.029 | 0.002 | 3 | A | 1 | | 0.072 | | |
| 24:0.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.029 | | |
| Fatty acids, total monounsaturated.....g | 2.014 | | 0 | NC | 4 | | 5.035 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.026 | 0.009 | 3 | AS | 1 | | 0.064 | | |
| 16:1 c.....g | 0.025 | 0.008 | 3 | A | 1 | | 0.061 | | |
| 16:1 t.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 17:1.....g | 0.006 | 0.000 | 3 | A | 1 | | 0.015 | | |
| 18:1 undifferentiated.....g | 1.924 | 0.022 | 3 | AS | 1 | | 4.809 | | |
| 18:1 c.....g | 1.902 | 0.017 | 3 | A | 1 | | 4.754 | | |
| 18:1 t.....g | 0.022 | 0.006 | 3 | A | 1 | | 0.055 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.057 | 0.004 | 3 | A | 1 | | 0.142 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| Fatty acids, total polyunsaturated.....g | 4.559 | | 0 | NC | 4 | | 11.397 | | |
| 18:2 undifferentiated.....g | 3.856 | 0.087 | 3 | AS | 1 | | 9.641 | | |
| 18:2 n-6 c,c.....g | 3.794 | 0.081 | 3 | A | 1 | | 9.485 | | |
| 18:2 CLAs.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.024 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.053 | 0.007 | 3 | A | 1 | | 0.132 | | |
| 18:3 undifferentiated.....g | 0.517 | 0.009 | 3 | AS | 1 | | 1.293 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.482 | 0.005 | 3 | A | 1 | | 1.204 | | |
| 18:3 n-6 c,c,c.....g | 0.035 | 0.003 | 3 | A | 1 | | 0.087 | | |
| 18:3i.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 18:4.....g | 0.003 | 0.002 | 3 | A | 1 | | 0.007 | | |
| 20:2 n-6 c,c.....g | 0.006 | 0.003 | 3 | A | 1 | | 0.015 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.013 | 0.002 | 3 | A | 1 | | 0.033 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.050 | 0.002 | 3 | A | 1 | | 0.124 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 22:6 n-3 (DHA).....g | 0.107 | 0.006 | 3 | A | 1 | | 0.267 | | |
| Fatty acids, total trans.....g | 0.077 | | 0 | NC | 4 | | 0.192 | | |
| Fatty acids, total trans-monoenoic.....g | 0.023 | | 0 | NC | 4 | | 0.057 | | |
| Fatty acids, total trans-polyenoic.....g | 0.054 | | 0 | NC | 4 | | 0.135 | | |
| Cholesterol.....mg | 34 | 0.636 | 3 | A | 1 | | 86 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.144 | | 0 | A | 1 | | 0.360 | | |
| Threonine.....g | 0.432 | | 0 | A | 1 | | 1.080 | | |

NDB No. 36018
 APPLEBEE'S, fish, hand battered

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.693 | | 0 | A | 1 | 1.732 | | |
| Leucine.....g | 1.152 | | 0 | A | 1 | 2.879 | | |
| Lysine.....g | 1.197 | | 0 | A | 1 | 2.992 | | |
| Methionine.....g | 0.414 | | 0 | A | 1 | 1.035 | | |
| Cystine.....g | 0.162 | | 0 | A | 1 | 0.405 | | |
| Phenylalanine.....g | 0.540 | | 0 | A | 1 | 1.350 | | |
| Tyrosine.....g | 0.414 | | 0 | A | 1 | 1.035 | | |
| Valine.....g | 0.765 | | 0 | A | 1 | 1.912 | | |
| Arginine.....g | 0.846 | | 0 | A | 1 | 2.114 | | |
| Histidine.....g | 0.333 | | 0 | A | 1 | 0.832 | | |
| Alanine.....g | 0.810 | | 0 | A | 1 | 2.024 | | |
| Aspartic acid.....g | 1.323 | | 0 | A | 1 | 3.307 | | |
| Glutamic acid.....g | 2.241 | | 0 | A | 1 | 5.601 | | |
| Glycine.....g | 0.666 | | 0 | A | 1 | 1.665 | | |
| Proline.....g | 0.693 | | 0 | A | 1 | 1.732 | | |
| Serine.....g | 0.432 | | 0 | A | 1 | 1.080 | | |
| Hydroxyproline.....g | 0.007 | | 1 | A | 1 | 0.019 | | |

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

Common Measures:

Measure 1 = 250g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36002

APPLEBEE'S, french fries

Applebee's

applebees, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 41.29 | 1.394 | 6 | A | 1 | | 67.72 | | |
| Energy.....kcal | 290 | | 0 | NC | 4 | | 475 | | |
| Energy.....kJ | 1213 | | 0 | NC | 4 | | 1989 | | |
| Protein.....g | 3.31 | 0.095 | 6 | A | 1 | | 5.43 | | |
| Total lipid (fat).....g | 13.17 | 0.347 | 6 | A | 1 | | 21.60 | | |
| Ash.....g | 2.72 | 0.078 | 6 | A | 1 | | 4.46 | | |
| Carbohydrate, by difference.....g | 39.50 | | 0 | NC | 4 | | 64.78 | | |
| Fiber, total dietary.....g | 3.9 | 0.340 | 3 | A | 1 | | 6.4 | | |
| Sugars, total.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 35.47 | 0.433 | 3 | A | 1 | | 58.17 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 19 | 1.035 | 6 | A | 1 | | 31 | | |
| Iron, Fe.....mg | 1.01 | 0.053 | 6 | A | 1 | | 1.66 | | |
| Magnesium, Mg.....mg | 29 | 0.868 | 6 | A | 1 | | 48 | | |
| Phosphorus, P.....mg | 137 | 3.225 | 6 | A | 1 | | 225 | | |
| Potassium, K.....mg | 538 | 21.553 | 6 | A | 1 | | 882 | | |
| Sodium, Na.....mg | 618 | 16.611 | 6 | A | 1 | | 1014 | | |
| Zinc, Zn.....mg | 0.49 | 0.018 | 6 | A | 1 | | 0.81 | | |
| Copper, Cu.....mg | 0.109 | 0.005 | 6 | A | 1 | | 0.179 | | |
| Manganese, Mn.....mg | 0.268 | 0.009 | 6 | A | 1 | | 0.440 | | |
| Selenium, Se.....µg | 0.4 | 0.000 | 6 | A | 1 | | 0.7 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | 0.000 | 3 | A | 1 | | 1.2 | | |
| Thiamin.....mg | 0.103 | 0.003 | 3 | A | 1 | | 0.169 | | |
| Riboflavin.....mg | 0.058 | 0.000 | 3 | A | 1 | | 0.096 | | |
| Niacin.....mg | 2.180 | 0.189 | 3 | A | 1 | | 3.575 | | |
| Pantothenic acid.....mg | 0.495 | | 2 | A | 1 | | 0.812 | | |
| Vitamin B-6.....mg | 0.205 | 0.009 | 3 | A | 1 | | 0.336 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 0 | | 0 | AS | 1 | | 0 | | |
| Vitamin A, IU.....IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.93 | 0.036 | 3 | A | 1 | | 1.53 | | |
| Tocopherol, beta.....mg | 0.11 | 0.004 | 3 | A | 1 | | 0.18 | | |
| Tocopherol, gamma.....mg | 5.53 | 0.304 | 3 | A | 1 | | 9.06 | | |
| Tocopherol, delta.....mg | 2.23 | 0.103 | 3 | A | 1 | | 3.65 | | |
| Tocotrienol, alpha.....mg | 0.07 | 0.010 | 3 | A | 1 | | 0.12 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.14 | 0.025 | 3 | A | 1 | | 0.24 | | |
| Tocotrienol, delta.....mg | 0.03 | 0.016 | 3 | A | 1 | | 0.05 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 33.4 | 1.877 | 3 | A | 1 | | 54.9 | | |
| Dihydrophylloquinone.....µg | 0.1 | 0.067 | 3 | A | 1 | | 0.1 | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.333 | | 0 | NC | 4 | | 3.825 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.008 | | |
| 10:0.....g | 0.005 | 0.002 | 3 | A | 1 | | 0.008 | | |
| 12:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.007 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.034 | | |
| 15:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.007 | | |
| 16:0.....g | 1.507 | 0.078 | 3 | A | 1 | | 2.471 | | |
| 17:0.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.021 | | |
| 18:0.....g | 0.676 | 0.031 | 3 | A | 1 | | 1.108 | | |
| 20:0.....g | 0.045 | 0.001 | 3 | A | 1 | | 0.074 | | |
| 22:0.....g | 0.037 | 0.001 | 3 | A | 1 | | 0.061 | | |
| 24:0.....g | 0.015 | 0.000 | 3 | A | 1 | | 0.025 | | |
| Fatty acids, total monounsaturated.....g | 3.310 | | 0 | NC | 4 | | 5.428 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.020 | 0.002 | 3 | AS | 1 | | 0.033 | | |
| 16:1 c.....g | 0.020 | 0.002 | 3 | A | 1 | | 0.033 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.011 | | |
| 18:1 undifferentiated.....g | 3.213 | 0.142 | 3 | AS | 1 | | 5.269 | | |
| 18:1 c.....g | 3.187 | 0.150 | 3 | A | 1 | | 5.227 | | |
| 18:1 t.....g | 0.026 | 0.008 | 3 | A | 1 | | 0.042 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.068 | 0.009 | 3 | A | 1 | | 0.111 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.001 | 3 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 5.802 | | 0 | NC | 4 | | 9.516 | | |
| 18:2 undifferentiated.....g | 5.018 | 0.102 | 3 | AS | 1 | | 8.229 | | |
| 18:2 n-6 c,c.....g | 4.949 | 0.106 | 3 | A | 1 | | 8.117 | | |
| 18:2 CLAs.....g | 0.011 | 0.003 | 3 | A | 1 | | 0.018 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.057 | 0.008 | 3 | A | 1 | | 0.094 | | |
| 18:3 undifferentiated.....g | 0.771 | 0.036 | 3 | AS | 1 | | 1.265 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.728 | 0.039 | 3 | A | 1 | | 1.194 | | |
| 18:3 n-6 c,c,c.....g | 0.043 | 0.005 | 3 | A | 1 | | 0.071 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.009 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.002 | 0.002 | 3 | A | 1 | | 0.003 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.083 | | 0 | NC | 4 | | 0.136 | | |
| Fatty acids, total trans-monoenoic.....g | 0.026 | | 0 | NC | 4 | | 0.042 | | |
| Fatty acids, total trans-polyenoic.....g | 0.057 | | 0 | NC | 4 | | 0.094 | | |
| Cholesterol.....mg | 1 | | 1 | A | 1 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 7 | | 1 | A | 1 | | 11 | | |
| Campesterol.....mg | 11 | | 1 | A | 1 | | 19 | | |
| Beta-sitosterol.....mg | 27 | | 1 | A | 1 | | 44 | | |

NDB No. 36002
APPLEBEE'S, french fries

| Nutrients and Units | <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 = 164g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36004

APPLEBEE'S, mozzarella sticks

Applebee's

applebees, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 40.65 | 0.388 | 6 | A | 1 | | 13.01 | 117.49 | |
| Energy.....kcal | 316 | | 0 | NC | 4 | | 101 | 914 | |
| Energy.....kJ | 1323 | | 0 | NC | 4 | | 423 | 3823 | |
| Protein.....g | 14.87 | 0.325 | 6 | A | 1 | | 4.76 | 42.98 | |
| Total lipid (fat).....g | 18.37 | 0.516 | 6 | A | 1 | | 5.88 | 53.09 | |
| Ash.....g | 3.23 | 0.057 | 6 | A | 1 | | 1.03 | 9.33 | |
| Carbohydrate, by difference.....g | 22.87 | | 0 | NC | 4 | | 7.32 | 66.09 | |
| Fiber, total dietary.....g | 2.1 | 0.053 | 3 | A | 1 | | 0.7 | 6.1 | |
| Sugars, total.....g | 2.80 | 0.307 | 3 | A | 1 | | 0.90 | 8.10 | |
| Sucrose.....g | 0.11 | 0.110 | 3 | A | 1 | | 0.04 | 0.32 | |
| Glucose (dextrose).....g | 0.79 | 0.019 | 3 | A | 1 | | 0.25 | 2.29 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 1.04 | 0.238 | 3 | A | 1 | | 0.33 | 3.01 | |
| Maltose.....g | 0.59 | 0.034 | 3 | A | 1 | | 0.19 | 1.70 | |
| Galactose.....g | 0.27 | 0.023 | 3 | A | 1 | | 0.09 | 0.79 | |
| Starch.....g | 18.43 | 0.145 | 3 | A | 1 | | 5.90 | 53.27 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 319 | 7.576 | 6 | A | 1 | | 102 | 922 | |
| Iron, Fe.....mg | 0.43 | 0.011 | 6 | A | 1 | | 0.14 | 1.23 | |
| Magnesium, Mg.....mg | 20 | 0.423 | 6 | A | 1 | | 6 | 58 | |
| Phosphorus, P.....mg | 307 | 8.261 | 6 | A | 1 | | 98 | 886 | |
| Potassium, K.....mg | 106 | 4.880 | 6 | A | 1 | | 34 | 305 | |
| Sodium, Na.....mg | 838 | 21.336 | 6 | A | 1 | | 268 | 2421 | |
| Zinc, Zn.....mg | 2.00 | 0.038 | 6 | A | 1 | | 0.64 | 5.79 | |
| Copper, Cu.....mg | 0.059 | 0.001 | 6 | A | 1 | | 0.019 | 0.172 | |
| Manganese, Mn.....mg | 0.239 | 0.005 | 6 | A | 1 | | 0.076 | 0.690 | |
| Selenium, Se.....µg | 17.6 | 0.265 | 3 | A | 1 | | 5.6 | 50.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.073 | 0.003 | 3 | A | 1 | | 0.023 | 0.212 | |
| Riboflavin.....mg | 0.260 | 0.010 | 3 | A | 1 | | 0.083 | 0.751 | |
| Niacin.....mg | 0.660 | 0.068 | 3 | A | 1 | | 0.211 | 1.907 | |
| Pantothenic acid.....mg | 0.410 | | 2 | A | 1 | | 0.131 | 1.185 | |
| Vitamin B-6.....mg | 0.067 | 0.001 | 3 | A | 1 | | 0.022 | 0.194 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.99 | 0.057 | 3 | A | 1 | | 0.32 | 2.85 | |
| Vitamin A, RAE.....µg | 113 | | 0 | AS | 1 | | 36 | 327 | |
| Vitamin A, IU.....IU | 432 | | 0 | AS | 1 | | 138 | 1248 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 44 | | 1 | A | 1 | | 14 | 127 | |
| Vitamin E (alpha-tocopherol).....mg | 0.71 | 0.049 | 3 | A | 1 | | 0.23 | 2.05 | |
| Tocopherol, beta.....mg | 0.11 | 0.013 | 3 | A | 1 | | 0.03 | 0.32 | |
| Tocopherol, gamma.....mg | 3.47 | 0.222 | 3 | A | 1 | | 1.11 | 10.02 | |
| Tocopherol, delta.....mg | 1.53 | 0.121 | 3 | A | 1 | | 0.49 | 4.43 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.14 | 0.016 | 3 | A | 1 | | 0.04 | 0.40 | |
| Tocotrienol, gamma.....mg | 0.05 | 0.026 | 3 | A | 1 | | 0.02 | 0.14 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 22.2 | 6.068 | 3 | A | 1 | | 7.1 | 64.1 | |
| Dihydrophylloquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 2.3 | 0.117 | 3 | A | 1 | | 0.7 | 6.7 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.730 | | 0 | NC | 4 | | 2.154 | 19.450 | |
| 4:0.....g | 0.198 | 0.016 | 3 | A | 1 | | 0.063 | 0.572 | |
| 6:0.....g | 0.157 | 0.012 | 3 | A | 1 | | 0.050 | 0.453 | |
| 8:0.....g | 0.102 | 0.006 | 3 | A | 1 | | 0.033 | 0.296 | |
| 10:0.....g | 0.233 | 0.011 | 3 | A | 1 | | 0.074 | 0.672 | |
| 12:0.....g | 0.262 | 0.015 | 3 | A | 1 | | 0.084 | 0.756 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.865 | 0.055 | 3 | A | 1 | | 0.277 | 2.500 | |
| 15:0.....g | 0.092 | 0.006 | 3 | A | 1 | | 0.030 | 0.267 | |
| 16:0.....g | 3.253 | 0.201 | 3 | A | 1 | | 1.041 | 9.400 | |
| 17:0.....g | 0.063 | 0.004 | 3 | A | 1 | | 0.020 | 0.183 | |
| 18:0.....g | 1.413 | 0.030 | 3 | A | 1 | | 0.452 | 4.083 | |
| 20:0.....g | 0.040 | 0.002 | 3 | A | 1 | | 0.013 | 0.115 | |
| 22:0.....g | 0.032 | 0.002 | 3 | A | 1 | | 0.010 | 0.092 | |
| 24:0.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.004 | 0.040 | |
| Fatty acids, total monounsaturated.....g | 4.217 | | 0 | NC | 4 | | 1.349 | 12.186 | |
| 14:1.....g | 0.086 | 0.008 | 3 | A | 1 | | 0.028 | 0.249 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.166 | 0.018 | 3 | AS | 1 | | 0.053 | 0.480 | |
| 16:1 c.....g | 0.134 | 0.017 | 3 | A | 1 | | 0.043 | 0.388 | |
| 16:1 t.....g | 0.032 | 0.001 | 3 | A | 1 | | 0.010 | 0.092 | |
| 17:1.....g | 0.023 | 0.002 | 3 | A | 1 | | 0.007 | 0.066 | |
| 18:1 undifferentiated.....g | 3.872 | 0.174 | 3 | AS | 1 | | 1.239 | 11.189 | |
| 18:1 c.....g | 3.643 | 0.173 | 3 | A | 1 | | 1.166 | 10.529 | |
| 18:1 t.....g | 0.228 | 0.004 | 3 | A | 1 | | 0.073 | 0.660 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.069 | 0.001 | 3 | A | 1 | | 0.022 | 0.200 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.001 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.001 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 4.580 | | 0 | NC | 4 | | 1.466 | 13.236 | |
| 18:2 undifferentiated.....g | 3.986 | 0.166 | 3 | AS | 1 | | 1.276 | 11.520 | |
| 18:2 n-6 c,c.....g | 3.827 | 0.166 | 3 | A | 1 | | 1.225 | 11.060 | |
| 18:2 CLAs.....g | 0.058 | 0.003 | 3 | A | 1 | | 0.018 | 0.166 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.102 | 0.003 | 3 | A | 1 | | 0.033 | 0.294 | |
| 18:3 undifferentiated.....g | 0.537 | 0.037 | 3 | AS | 1 | | 0.172 | 1.552 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.505 | 0.038 | 3 | A | 1 | | 0.162 | 1.460 | |
| 18:3 n-6 c,c,c.....g | 0.031 | 0.001 | 3 | A | 1 | | 0.010 | 0.088 | |
| 18:3i.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.003 | |
| 18:4.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.001 | 0.008 | |
| 20:2 n-6 c,c.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.002 | 0.020 | |
| 20:3 undifferentiated.....g | 0.013 | 0.001 | 3 | AS | 1 | | 0.004 | 0.036 | |
| 20:3 n-3.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.002 | |
| 20:3 n-6.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.003 | 0.032 | |
| 20:4 undifferentiated.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.007 | 0.060 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.001 | 3 | A | 1 | | 0.001 | 0.011 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.001 | 0.012 | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 3 | A | 1 | | 0.002 | 0.016 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.363 | | 0 | NC | 4 | | 0.116 | 1.049 | |
| Fatty acids, total trans-monoenoic.....g | 0.260 | | 0 | NC | 4 | | 0.083 | 0.752 | |
| Fatty acids, total trans-polyenoic.....g | 0.103 | | 0 | NC | 4 | | 0.033 | 0.297 | |
| Cholesterol.....mg | 33 | 1.835 | 3 | A | 1 | | 11 | 96 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.202 | | 0 | A | 1 | | 0.065 | 0.583 | |
| Threonine.....g | 0.424 | | 0 | A | 1 | | 0.136 | 1.225 | |

NDB No. 36004
 APPLEBEE'S, mozzarella sticks

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Isoleucine.....g | 0.858 | | 0 | A | 1 | | 0.275 | 2.479 | |
| Leucine.....g | 1.625 | | 0 | A | 1 | | 0.520 | 4.696 | |
| Lysine.....g | 1.201 | | 0 | A | 1 | | 0.384 | 3.471 | |
| Methionine.....g | 0.454 | | 0 | A | 1 | | 0.145 | 1.312 | |
| Cystine.....g | 0.161 | | 0 | A | 1 | | 0.052 | 0.466 | |
| Phenylalanine.....g | 0.878 | | 0 | A | 1 | | 0.281 | 2.538 | |
| Tyrosine.....g | 0.656 | | 0 | A | 1 | | 0.210 | 1.896 | |
| Valine.....g | 1.140 | | 0 | A | 1 | | 0.365 | 3.296 | |
| Arginine.....g | 0.656 | | 0 | A | 1 | | 0.210 | 1.896 | |
| Histidine.....g | 0.505 | | 0 | A | 1 | | 0.161 | 1.458 | |
| Alanine.....g | 0.525 | | 0 | A | 1 | | 0.168 | 1.516 | |
| Aspartic acid.....g | 1.140 | | 0 | A | 1 | | 0.365 | 3.296 | |
| Glutamic acid.....g | 3.865 | | 0 | A | 1 | | 1.237 | 11.171 | |
| Glycine.....g | 0.373 | | 0 | A | 1 | | 0.119 | 1.079 | |
| Proline.....g | 2.029 | | 0 | A | 1 | | 0.649 | 5.862 | |
| Serine.....g | 0.606 | | 0 | A | 1 | | 0.194 | 1.750 | |
| 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 = 32g: 1 piece

Measure 2 = 289g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 2.817 | | 0 | NC | 4 | | 10.282 | | |
| 4:0.....g | 0.088 | 0.002 | 3 | A | 1 | | 0.321 | | |
| 6:0.....g | 0.071 | 0.001 | 3 | A | 1 | | 0.259 | | |
| 8:0.....g | 0.049 | 0.001 | 3 | A | 1 | | 0.179 | | |
| 10:0.....g | 0.131 | 0.003 | 3 | A | 1 | | 0.477 | | |
| 12:0.....g | 0.131 | 0.003 | 3 | A | 1 | | 0.479 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.421 | 0.013 | 3 | A | 1 | | 1.535 | | |
| 15:0.....g | 0.046 | 0.001 | 3 | A | 1 | | 0.169 | | |
| 16:0.....g | 1.364 | 0.042 | 3 | A | 1 | | 4.980 | | |
| 17:0.....g | 0.029 | 0.001 | 3 | A | 1 | | 0.106 | | |
| 18:0.....g | 0.467 | 0.014 | 3 | A | 1 | | 1.705 | | |
| 20:0.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.044 | | |
| 22:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.018 | | |
| 24:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.011 | | |
| Fatty acids, total monounsaturated.....g | 1.924 | | 0 | NC | 4 | | 7.024 | | |
| 14:1.....g | 0.039 | 0.001 | 3 | A | 1 | | 0.141 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.086 | | 0 | AS | 1 | | 0.314 | | |
| 16:1 c.....g | 0.070 | 0.002 | 3 | A | 1 | | 0.255 | | |
| 16:1 t.....g | 0.016 | 0.001 | 3 | A | 1 | | 0.058 | | |
| 17:1.....g | 0.010 | 0.000 | 3 | A | 1 | | 0.037 | | |
| 18:1 undifferentiated.....g | 1.777 | | 0 | AS | 1 | | 6.485 | | |
| 18:1 c.....g | 1.679 | 0.117 | 3 | A | 1 | | 6.129 | | |
| 18:1 t.....g | 0.098 | 0.001 | 3 | A | 1 | | 0.356 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.013 | 0.000 | 3 | A | 1 | | 0.046 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.470 | | 0 | NC | 4 | | 1.716 | | |
| 18:2 undifferentiated.....g | 0.397 | | 0 | AS | 1 | | 1.447 | | |
| 18:2 n-6 c,c.....g | 0.343 | 0.006 | 3 | A | 1 | | 1.253 | | |
| 18:2 CLAs.....g | 0.026 | 0.000 | 3 | A | 1 | | 0.094 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.028 | 0.001 | 3 | A | 1 | | 0.101 | | |
| 18:3 undifferentiated.....g | 0.045 | | 0 | AS | 1 | | 0.164 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.045 | 0.005 | 3 | A | 1 | | 0.164 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 20:3 undifferentiated.....g | 0.011 | | 0 | AS | 1 | | 0.039 | | |
| 20:3 n-3.....g | 0.006 | 0.002 | 3 | A | 1 | | 0.021 | | |
| 20:3 n-6.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.018 | | |
| 20:4 undifferentiated.....g | 0.012 | 0.000 | 3 | A | 1 | | 0.045 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.000 | 3 | A | 1 | | 0.016 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.141 | | 0 | NC | 4 | | 0.515 | | |
| Fatty acids, total trans-monoenoic.....g | 0.114 | | 0 | NC | 4 | | 0.414 | | |
| Fatty acids, total trans-polyenoic.....g | 0.028 | | 0 | NC | 4 | | 0.101 | | |
| Cholesterol.....mg | 30 | 0.919 | 3 | A | 1 | | 108 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.117 | | 0 | A | 1 | | 0.429 | | |
| Threonine.....g | 0.333 | | 0 | A | 1 | | 1.216 | | |

NDB No. 36053

CARRABBA'S ITALIAN GRILL, cheese ravioli w with marinara sauce

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|-----------------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | | | Measure 1 | Measure 2 | Measure 3 |
| | | | Deriv Code | Source Code | Confidence Code | | | |
| Isoleucine.....g | 0.382 | | 0 | A | 1 | 1.394 | | |
| Leucine.....g | 0.784 | | 0 | A | 1 | 2.860 | | |
| Lysine.....g | 0.598 | | 0 | A | 1 | 2.181 | | |
| Methionine.....g | 0.186 | | 0 | A | 1 | 0.679 | | |
| Cystine.....g | 0.137 | | 0 | A | 1 | 0.501 | | |
| Phenylalanine.....g | 0.411 | | 0 | A | 1 | 1.501 | | |
| Tyrosine.....g | 0.264 | | 0 | A | 1 | 0.965 | | |
| Valine.....g | 0.451 | | 0 | A | 1 | 1.645 | | |
| Arginine.....g | 0.323 | | 0 | A | 1 | 1.180 | | |
| Histidine.....g | 0.186 | | 0 | A | 1 | 0.679 | | |
| Alanine.....g | 0.313 | | 0 | A | 1 | 1.144 | | |
| Aspartic acid.....g | 0.666 | | 0 | A | 1 | 2.431 | | |
| Glutamic acid.....g | 2.214 | | 0 | A | 1 | 8.080 | | |
| Glycine.....g | 0.215 | | 0 | A | 1 | 0.786 | | |
| Proline.....g | 1.597 | | 0 | A | 1 | 5.827 | | |
| Serine.....g | 0.460 | | 0 | A | 1 | 1.680 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 365g: 1 serving varied from 8 to 10 ravioli per serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.517 | | 0 | NC | 4 | | 11.923 | | |
| 4:0.....g | 0.072 | 0.001 | 3 | A | 1 | | 0.245 | | |
| 6:0.....g | 0.055 | 0.001 | 3 | A | 1 | | 0.187 | | |
| 8:0.....g | 0.036 | 0.001 | 3 | A | 1 | | 0.123 | | |
| 10:0.....g | 0.092 | 0.003 | 3 | A | 1 | | 0.313 | | |
| 12:0.....g | 0.112 | 0.003 | 3 | A | 1 | | 0.381 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.375 | 0.012 | 3 | A | 1 | | 1.270 | | |
| 15:0.....g | 0.039 | 0.001 | 3 | A | 1 | | 0.132 | | |
| 16:0.....g | 1.999 | 0.106 | 3 | A | 1 | | 6.778 | | |
| 17:0.....g | 0.030 | 0.002 | 3 | A | 1 | | 0.102 | | |
| 18:0.....g | 0.657 | 0.025 | 3 | A | 1 | | 2.227 | | |
| 20:0.....g | 0.028 | 0.001 | 3 | A | 1 | | 0.095 | | |
| 22:0.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.046 | | |
| 24:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.025 | | |
| Fatty acids, total monounsaturated.....g | 4.664 | | 0 | NC | 4 | | 15.812 | | |
| 14:1.....g | 0.039 | 0.001 | 3 | A | 1 | | 0.132 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.187 | 0.011 | 3 | AS | 1 | | 0.634 | | |
| 16:1 c.....g | 0.174 | 0.010 | 3 | A | 1 | | 0.591 | | |
| 16:1 t.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.043 | | |
| 17:1.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.045 | | |
| 18:1 undifferentiated.....g | 4.388 | 0.472 | 3 | AS | 1 | | 14.875 | | |
| 18:1 c.....g | 4.290 | 0.463 | 3 | A | 1 | | 14.544 | | |
| 18:1 t.....g | 0.098 | 0.009 | 3 | A | 1 | | 0.331 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.035 | 0.002 | 3 | A | 1 | | 0.118 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.005 | | |
| Fatty acids, total polyunsaturated.....g | 1.437 | | 0 | NC | 4 | | 4.871 | | |
| 18:2 undifferentiated.....g | 1.229 | 0.248 | 3 | AS | 1 | | 4.167 | | |
| 18:2 n-6 c,c.....g | 1.178 | 0.251 | 3 | A | 1 | | 3.993 | | |
| 18:2 CLAs.....g | 0.020 | 0.001 | 3 | A | 1 | | 0.069 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.031 | 0.002 | 3 | A | 1 | | 0.105 | | |
| 18:3 undifferentiated.....g | 0.128 | 0.056 | 3 | AS | 1 | | 0.435 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.125 | 0.054 | 3 | A | 1 | | 0.423 | | |
| 18:3 n-6 c,c,c.....g | 0.004 | 0.002 | 3 | A | 1 | | 0.012 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.006 | 0.000 | 3 | A | 1 | | 0.019 | | |
| 20:3 undifferentiated.....g | 0.014 | 0.003 | 3 | AS | 1 | | 0.047 | | |
| 20:3 n-3.....g | 0.002 | 0.002 | 3 | A | 1 | | 0.007 | | |
| 20:3 n-6.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.041 | | |
| 20:4 undifferentiated.....g | 0.040 | 0.003 | 3 | A | 1 | | 0.135 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.001 | 3 | A | 1 | | 0.007 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.029 | | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.001 | 3 | A | 1 | | 0.017 | | |
| 22:6 n-3 (DHA).....g | 0.004 | 0.001 | 3 | A | 1 | | 0.015 | | |
| Fatty acids, total trans.....g | 0.141 | | 0 | NC | 4 | | 0.479 | | |
| Fatty acids, total trans-monoenoic.....g | 0.110 | | 0 | NC | 4 | | 0.374 | | |
| Fatty acids, total trans-polyenoic.....g | 0.031 | | 0 | NC | 4 | | 0.105 | | |
| Cholesterol.....mg | 67 | 6.808 | 3 | A | 1 | | 228 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.244 | | 0 | A | 1 | | 0.827 | | |
| Threonine.....g | 0.798 | | 0 | A | 1 | | 2.704 | | |

NDB No. 36057

CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta

| Nutrients and Units | <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 | 0.863 | | 0 | A | 1 | 2.926 | | |
| Leucine.....g | 1.576 | | 0 | A | 1 | 5.343 | | |
| Lysine.....g | 1.567 | | 0 | A | 1 | 5.311 | | |
| Methionine.....g | 0.488 | | 0 | A | 1 | 1.654 | | |
| Cystine.....g | 0.235 | | 0 | A | 1 | 0.795 | | |
| Phenylalanine.....g | 1.248 | | 0 | A | 1 | 4.230 | | |
| Tyrosine.....g | 0.647 | | 0 | A | 1 | 2.194 | | |
| Valine.....g | 0.976 | | 0 | A | 1 | 3.308 | | |
| Arginine.....g | 1.107 | | 0 | A | 1 | 3.753 | | |
| Histidine.....g | 0.582 | | 0 | A | 1 | 1.972 | | |
| Alanine.....g | 0.938 | | 0 | A | 1 | 3.181 | | |
| Aspartic acid.....g | 1.661 | | 0 | A | 1 | 5.629 | | |
| Glutamic acid.....g | 3.387 | | 0 | A | 1 | 11.482 | | |
| Glycine.....g | 0.722 | | 0 | A | 1 | 2.449 | | |
| Proline.....g | 1.726 | | 0 | A | 1 | 5.852 | | |
| Serine.....g | 0.844 | | 0 | A | 1 | 2.862 | | |
| Hydroxyproline.....g | 0.050 | | 1 | A | 1 | 0.170 | | |

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

Common Measures:

Measure 1 = 339g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 4.366 | | 0 | NC | 4 | | 19.081 | | |
| 4:0.....g | 0.086 | 0.010 | 3 | A | 1 | | 0.374 | | |
| 6:0.....g | 0.073 | 0.008 | 3 | A | 1 | | 0.317 | | |
| 8:0.....g | 0.048 | 0.005 | 3 | A | 1 | | 0.211 | | |
| 10:0.....g | 0.126 | 0.011 | 3 | A | 1 | | 0.549 | | |
| 12:0.....g | 0.150 | 0.011 | 3 | A | 1 | | 0.654 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.547 | 0.036 | 3 | A | 1 | | 2.390 | | |
| 15:0.....g | 0.061 | 0.004 | 3 | A | 1 | | 0.265 | | |
| 16:0.....g | 2.256 | 0.111 | 3 | A | 1 | | 9.858 | | |
| 17:0.....g | 0.059 | 0.006 | 3 | A | 1 | | 0.256 | | |
| 18:0.....g | 0.935 | 0.059 | 3 | A | 1 | | 4.086 | | |
| 20:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.077 | | |
| 22:0.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.029 | | |
| 24:0.....g | 0.003 | 0.002 | 3 | A | 1 | | 0.014 | | |
| Fatty acids, total monounsaturated.....g | 3.577 | | 0 | NC | 4 | | 15.632 | | |
| 14:1.....g | 0.060 | 0.005 | 3 | A | 1 | | 0.264 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.167 | 0.014 | 3 | AS | 1 | | 0.729 | | |
| 16:1 c.....g | 0.142 | 0.014 | 3 | A | 1 | | 0.620 | | |
| 16:1 t.....g | 0.025 | 0.001 | 3 | A | 1 | | 0.109 | | |
| 17:1.....g | 0.028 | 0.004 | 3 | A | 1 | | 0.121 | | |
| 18:1 undifferentiated.....g | 3.292 | 0.146 | 3 | AS | 1 | | 14.387 | | |
| 18:1 c.....g | 3.074 | 0.129 | 3 | A | 1 | | 13.432 | | |
| 18:1 t.....g | 0.219 | 0.020 | 3 | A | 1 | | 0.955 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.029 | 0.002 | 3 | A | 1 | | 0.128 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.716 | | 0 | NC | 4 | | 3.127 | | |
| 18:2 undifferentiated.....g | 0.611 | 0.041 | 3 | AS | 1 | | 2.671 | | |
| 18:2 n-6 c,c.....g | 0.536 | 0.036 | 3 | A | 1 | | 2.342 | | |
| 18:2 CLAs.....g | 0.032 | 0.002 | 3 | A | 1 | | 0.140 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.043 | 0.004 | 3 | A | 1 | | 0.189 | | |
| 18:3 undifferentiated.....g | 0.050 | 0.004 | 3 | AS | 1 | | 0.217 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.048 | 0.003 | 3 | A | 1 | | 0.211 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.004 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.033 | | |
| 20:3 undifferentiated.....g | 0.015 | 0.001 | 3 | AS | 1 | | 0.065 | | |
| 20:3 n-3.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.022 | | |
| 20:3 n-6.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.043 | | |
| 20:4 undifferentiated.....g | 0.023 | 0.001 | 3 | A | 1 | | 0.100 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.006 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.019 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.002 | 3 | A | 1 | | 0.016 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.287 | | 0 | NC | 4 | | 1.255 | | |
| Fatty acids, total trans-monoenoic.....g | 0.244 | | 0 | NC | 4 | | 1.065 | | |
| Fatty acids, total trans-polyenoic.....g | 0.044 | | 0 | NC | 4 | | 0.191 | | |
| Cholesterol.....mg | 31 | 1.204 | 3 | A | 1 | | 137 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.142 | | 0 | A | 1 | | 0.621 | | |
| Threonine.....g | 0.360 | | 0 | A | 1 | | 1.573 | | |

NDB No. 36043

CARRABBA'S ITALIAN GRILL, lasagne

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.407 | | 0 | A | 1 | 1.780 | | |
| Leucine.....g | 0.834 | | 0 | A | 1 | 3.642 | | |
| Lysine.....g | 0.815 | | 0 | A | 1 | 3.560 | | |
| Methionine.....g | 0.246 | | 0 | A | 1 | 1.076 | | |
| Cystine.....g | 0.114 | | 0 | A | 1 | 0.496 | | |
| Phenylalanine.....g | 0.492 | | 0 | A | 1 | 2.152 | | |
| Tyrosine.....g | 0.369 | | 0 | A | 1 | 1.614 | | |
| Valine.....g | 0.436 | | 0 | A | 1 | 1.904 | | |
| Arginine.....g | 0.483 | | 0 | A | 1 | 2.111 | | |
| Histidine.....g | 0.275 | | 0 | A | 1 | 1.200 | | |
| Alanine.....g | 0.388 | | 0 | A | 1 | 1.697 | | |
| Aspartic acid.....g | 0.739 | | 0 | A | 1 | 3.229 | | |
| Glutamic acid.....g | 2.103 | | 0 | A | 1 | 9.190 | | |
| Glycine.....g | 0.331 | | 0 | A | 1 | 1.448 | | |
| Proline.....g | 1.165 | | 0 | A | 1 | 5.092 | | |
| Serine.....g | 0.492 | | 0 | A | 1 | 2.152 | | |
| Hydroxyproline.....g | 0.050 | | 1 | A | 1 | 0.219 | | |

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

Common Measures:

Measure 1 = 437g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36632

CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce

Carrabba's Italian Grill

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 73.32 | 1.117 | 3 | A | 1 | | 393.71 | | |
| Energy.....kcal | 122 | | 0 | NC | 4 | | 653 | | |
| Energy.....kJ | 509 | | 0 | NC | 4 | | 2733 | | |
| Protein.....g | 5.87 | 0.532 | 3 | A | 1 | | 31.55 | | |
| Total lipid (fat).....g | 3.92 | 0.289 | 3 | A | 1 | | 21.03 | | |
| Ash.....g | 1.18 | 0.059 | 3 | A | 1 | | 6.35 | | |
| Carbohydrate, by difference.....g | 15.71 | | 0 | NC | 4 | | 84.36 | | |
| Fiber, total dietary.....g | 1.5 | 0.061 | 3 | A | 1 | | 7.9 | | |
| Sugars, total.....g | 1.96 | 0.174 | 3 | A | 1 | | 10.52 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.99 | 0.093 | 3 | A | 1 | | 5.32 | | |
| Fructose.....g | 0.97 | 0.082 | 3 | A | 1 | | 5.21 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 11.50 | 0.458 | 3 | A | 1 | | 61.76 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 15 | 1.648 | 3 | A | 1 | | 82 | | |
| Iron, Fe.....mg | 0.89 | 0.088 | 3 | A | 1 | | 4.75 | | |
| Magnesium, Mg.....mg | 15 | 1.007 | 3 | A | 1 | | 83 | | |
| Phosphorus, P.....mg | 58 | 4.540 | 3 | A | 1 | | 310 | | |
| Potassium, K.....mg | 187 | 9.171 | 3 | A | 1 | | 1006 | | |
| Sodium, Na.....mg | 270 | 27.088 | 3 | A | 1 | | 1452 | | |
| Zinc, Zn.....mg | 0.70 | 0.037 | 3 | A | 1 | | 3.76 | | |
| Copper, Cu.....mg | 0.088 | 0.014 | 3 | A | 1 | | 0.475 | | |
| Manganese, Mn.....mg | 0.187 | 0.004 | 3 | A | 1 | | 1.004 | | |
| Selenium, Se.....µg | 9.5 | 1.266 | 3 | A | 1 | | 51.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.8 | 0.110 | 3 | A | 1 | | 4.5 | | |
| Thiamin.....mg | 0.090 | 0.017 | 3 | A | 1 | | 0.483 | | |
| Riboflavin.....mg | 0.150 | 0.015 | 3 | A | 1 | | 0.805 | | |
| Niacin.....mg | 1.597 | 0.141 | 3 | A | 1 | | 8.574 | | |
| Pantothenic acid.....mg | 0.280 | | 1 | A | 1 | | 1.504 | | |
| Vitamin B-6.....mg | 0.121 | 0.002 | 3 | A | 1 | | 0.650 | | |
| Folate, total.....µg | 30 | 4.070 | 3 | A | 1 | | 163 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 16.2 | | 0 | AS | 1 | | 87.1 | | |
| Betaine.....mg | 591.4 | | 1 | A | 1 | | 3175.6 | | |
| Vitamin B-12.....µg | 0.21 | 0.026 | 3 | A | 1 | | 1.13 | | |
| Vitamin A, RAE.....µg | 14 | | 0 | AS | 1 | | 73 | | |
| Vitamin A, IU.....IU | 272 | | 0 | AS | 1 | | 1462 | | |
| Lycopene.....µg | 2458 | | 2 | A | 1 | | 13199 | | |
| Lutein + zeaxanthin.....µg | 112 | | 2 | A | 1 | | 604 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.68 | 0.030 | 3 | A | 1 | | 3.64 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.08 | 0.028 | 3 | A | 1 | | 0.44 | | |
| Tocopherol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.15 | 0.015 | 3 | A | 1 | | 0.80 | | |
| Tocotrienol, gamma.....mg | 0.07 | 0.065 | 3 | A | 1 | | 0.35 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 3.3 | | 1 | A | 1 | | 18.0 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.100 | | 0 | NC | 4 | | 5.907 | | |
| 4:0.....g | 0.008 | 0.008 | 3 | A | 1 | | 0.041 | | |
| 6:0.....g | 0.005 | 0.005 | 3 | A | 1 | | 0.025 | | |
| 8:0.....g | 0.003 | 0.003 | 3 | A | 1 | | 0.018 | | |
| 10:0.....g | 0.011 | 0.008 | 3 | A | 1 | | 0.057 | | |
| 12:0.....g | 0.013 | 0.010 | 3 | A | 1 | | 0.072 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.066 | 0.025 | 3 | A | 1 | | 0.354 | | |
| 15:0.....g | 0.009 | 0.002 | 3 | A | 1 | | 0.048 | | |
| 16:0.....g | 0.674 | 0.078 | 3 | A | 1 | | 3.617 | | |
| 17:0.....g | 0.014 | 0.002 | 3 | A | 1 | | 0.077 | | |
| 18:0.....g | 0.284 | 0.037 | 3 | A | 1 | | 1.525 | | |
| 20:0.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.048 | | |
| 22:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.014 | | |
| 24:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.011 | | |
| Fatty acids, total monounsaturated.....g | 1.731 | | 0 | NC | 4 | | 9.293 | | |
| 14:1.....g | 0.007 | 0.003 | 3 | A | 1 | | 0.035 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.052 | 0.007 | 3 | AS | 1 | | 0.280 | | |
| 16:1 c.....g | 0.049 | 0.007 | 3 | A | 1 | | 0.261 | | |
| 16:1 t.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.020 | | |
| 17:1.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.044 | | |
| 18:1 undifferentiated.....g | 1.648 | 0.104 | 3 | AS | 1 | | 8.847 | | |
| 18:1 c.....g | 1.591 | 0.097 | 3 | A | 1 | | 8.543 | | |
| 18:1 t.....g | 0.057 | 0.008 | 3 | A | 1 | | 0.304 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.015 | 0.003 | 3 | A | 1 | | 0.082 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.004 | | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.004 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.494 | | 0 | NC | 4 | | 2.653 | | |
| 18:2 undifferentiated.....g | 0.431 | 0.048 | 3 | AS | 1 | | 2.316 | | |
| 18:2 n-6 c,c.....g | 0.417 | 0.045 | 3 | A | 1 | | 2.237 | | |
| 18:2 CLAs.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.037 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.008 | 0.002 | 3 | A | 1 | | 0.041 | | |
| 18:3 undifferentiated.....g | 0.032 | 0.005 | 3 | AS | 1 | | 0.170 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.031 | 0.005 | 3 | A | 1 | | 0.168 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.006 | 0.002 | 3 | A | 1 | | 0.032 | | |
| 20:3 undifferentiated.....g | 0.010 | 0.002 | 3 | AS | 1 | | 0.054 | | |
| 20:3 n-3.....g | 0.007 | 0.002 | 3 | A | 1 | | 0.037 | | |
| 20:3 n-6.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.016 | | |
| 20:4 undifferentiated.....g | 0.010 | 0.002 | 3 | A | 1 | | 0.055 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.014 | | |
| 22:5 n-3 (DPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.007 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.004 | | |
| Fatty acids, total trans.....g | 0.068 | | 0 | NC | 4 | | 0.365 | | |
| Fatty acids, total trans-monoenoic.....g | 0.060 | | 0 | NC | 4 | | 0.324 | | |
| Fatty acids, total trans-polyenoic.....g | 0.008 | | 0 | NC | 4 | | 0.041 | | |
| Cholesterol.....mg | 9 | 1.455 | 3 | A | 1 | | 50 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.049 | | 0 | A | 1 | | 0.262 | | |

NDB No. 36632

CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.183 | | 0 | A | 1 | 0.983 | | |
| Isoleucine.....g | 0.183 | | 0 | A | 1 | 0.983 | | |
| Leucine.....g | 0.354 | | 0 | A | 1 | 1.901 | | |
| Lysine.....g | 0.231 | | 0 | A | 1 | 1.242 | | |
| Methionine.....g | 0.098 | | 0 | A | 1 | 0.524 | | |
| Cystine.....g | 0.085 | | 0 | A | 1 | 0.459 | | |
| Phenylalanine.....g | 0.244 | | 0 | A | 1 | 1.311 | | |
| Tyrosine.....g | 0.141 | | 0 | A | 1 | 0.758 | | |
| Valine.....g | 0.208 | | 0 | A | 1 | 1.114 | | |
| Arginine.....g | 0.268 | | 0 | A | 1 | 1.442 | | |
| Histidine.....g | 0.134 | | 0 | A | 1 | 0.720 | | |
| Alanine.....g | 0.284 | | 0 | A | 1 | 1.525 | | |
| Aspartic acid.....g | 0.427 | | 0 | A | 1 | 2.294 | | |
| Glutamic acid.....g | 1.440 | | 0 | A | 1 | 7.735 | | |
| Glycine.....g | 0.220 | | 0 | A | 1 | 1.180 | | |
| Proline.....g | 0.452 | | 0 | A | 1 | 2.426 | | |
| Serine.....g | 0.220 | | 0 | A | 1 | 1.180 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 537g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36048

CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce

Carrabba's Italian Grill

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 75.25 | 1.828 | 3 | A | 1 | | 367.96 | | |
| Energy.....kcal | 104 | | 0 | NC | 4 | | 508 | | |
| Energy.....kJ | 435 | | 0 | NC | 4 | | 2127 | | |
| Protein.....g | 3.42 | 0.171 | 3 | A | 1 | | 16.71 | | |
| Total lipid (fat).....g | 1.75 | 0.091 | 3 | A | 1 | | 8.56 | | |
| Ash.....g | 0.96 | 0.092 | 3 | A | 1 | | 4.69 | | |
| Carbohydrate, by difference.....g | 18.63 | | 0 | NC | 4 | | 91.09 | | |
| Fiber, total dietary.....g | 1.7 | 0.062 | 3 | A | 1 | | 8.2 | | |
| Sugars, total.....g | 1.87 | 0.028 | 3 | A | 1 | | 9.16 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.93 | 0.039 | 3 | A | 1 | | 4.56 | | |
| Fructose.....g | 0.94 | 0.012 | 3 | A | 1 | | 4.60 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 12.60 | 0.608 | 3 | A | 1 | | 61.61 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 17 | 0.788 | 3 | A | 1 | | 81 | | |
| Iron, Fe.....mg | 0.74 | 0.052 | 3 | A | 1 | | 3.64 | | |
| Magnesium, Mg.....mg | 14 | 0.361 | 3 | A | 1 | | 71 | | |
| Phosphorus, P.....mg | 43 | 1.452 | 3 | A | 1 | | 210 | | |
| Potassium, K.....mg | 143 | 3.786 | 3 | A | 1 | | 699 | | |
| Sodium, Na.....mg | 218 | 30.730 | 3 | A | 1 | | 1066 | | |
| Zinc, Zn.....mg | 0.33 | 0.017 | 3 | A | 1 | | 1.63 | | |
| Copper, Cu.....mg | 0.071 | 0.014 | 3 | A | 1 | | 0.347 | | |
| Manganese, Mn.....mg | 0.206 | 0.013 | 3 | A | 1 | | 1.009 | | |
| Selenium, Se.....µg | 6.9 | 1.424 | 3 | A | 1 | | 33.6 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.0 | 0.073 | 3 | A | 1 | | 5.1 | | |
| Thiamin.....mg | 0.077 | 0.013 | 3 | A | 1 | | 0.375 | | |
| Riboflavin.....mg | 0.130 | 0.015 | 3 | A | 1 | | 0.636 | | |
| Niacin.....mg | 1.183 | 0.134 | 3 | A | 1 | | 5.786 | | |
| Pantothenic acid.....mg | 0.170 | | 1 | A | 1 | | 0.831 | | |
| Vitamin B-6.....mg | 0.086 | 0.002 | 3 | A | 1 | | 0.419 | | |
| Folate, total.....µg | 32 | 5.921 | 3 | A | 1 | | 156 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 8.1 | | 0 | AS | 1 | | 39.6 | | |
| Betaine.....mg | 474.7 | | 1 | A | 1 | | 2321.3 | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 9 | | 0 | AS | 1 | | 46 | | |
| Vitamin A, IU.....IU | 187 | | 0 | AS | 1 | | 913 | | |
| Lycopene.....µg | 1964 | | 2 | A | 1 | | 9602 | | |
| Lutein + zeaxanthin.....µg | 137 | | 2 | A | 1 | | 668 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.84 | 0.121 | 3 | A | 1 | | 4.11 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.11 | 0.062 | 3 | A | 1 | | 0.53 | | |
| Tocopherol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.015 | 3 | A | 1 | | 0.07 | | |
| Tocotrienol, beta.....mg | 0.20 | 0.005 | 3 | A | 1 | | 0.96 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 4.4 | | 1 | A | 1 | | 21.5 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.0 | | | A | 1 | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.360 | | 0 | NC | 4 | | 1.763 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.004 | | |
| 12:0.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.006 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.007 | 0.003 | 3 | A | 1 | | 0.036 | | |
| 15:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 16:0.....g | 0.267 | 0.016 | 3 | A | 1 | | 1.304 | | |
| 17:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 18:0.....g | 0.068 | 0.007 | 3 | A | 1 | | 0.334 | | |
| 20:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.031 | | |
| 22:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.016 | | |
| 24:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| Fatty acids, total monounsaturated.....g | 0.927 | | 0 | NC | 4 | | 4.534 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.015 | 0.003 | 3 | AS | 1 | | 0.073 | | |
| 16:1 c.....g | 0.015 | 0.003 | 3 | A | 1 | | 0.073 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 18:1 undifferentiated.....g | 0.902 | 0.153 | 3 | AS | 1 | | 4.409 | | |
| 18:1 c.....g | 0.894 | 0.154 | 3 | A | 1 | | 4.372 | | |
| 18:1 t.....g | 0.008 | 0.002 | 3 | A | 1 | | 0.037 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.008 | 0.003 | 3 | A | 1 | | 0.038 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 0.375 | | 0 | NC | 4 | | 1.835 | | |
| 18:2 undifferentiated.....g | 0.336 | 0.050 | 3 | AS | 1 | | 1.643 | | |
| 18:2 n-6 c,c.....g | 0.334 | 0.048 | 3 | A | 1 | | 1.631 | | |
| 18:2 CLAs.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.006 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.006 | | |
| 18:3 undifferentiated.....g | 0.033 | 0.012 | 3 | AS | 1 | | 0.160 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.032 | 0.011 | 3 | A | 1 | | 0.157 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.004 | 0.001 | 3 | AS | 1 | | 0.021 | | |
| 20:3 n-3.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.021 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.001 | 3 | A | 1 | | 0.007 | | |
| Fatty acids, total trans.....g | 0.009 | | 0 | NC | 4 | | 0.043 | | |
| Fatty acids, total trans-monoenoic.....g | 0.008 | | 0 | NC | 4 | | 0.037 | | |
| Fatty acids, total trans-polyenoic.....g | 0.001 | | 0 | NC | 4 | | 0.006 | | |
| Cholesterol.....mg | 0 | 0.074 | 3 | A | 1 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.043 | | 0 | A | 1 | | 0.209 | | |

NDB No. 36048

CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.096 | | 0 | A | 1 | 0.472 | | |
| Isoleucine.....g | 0.107 | | 0 | A | 1 | 0.524 | | |
| Leucine.....g | 0.204 | | 0 | A | 1 | 0.995 | | |
| Lysine.....g | 0.075 | | 0 | A | 1 | 0.367 | | |
| Methionine.....g | 0.054 | | 0 | A | 1 | 0.262 | | |
| Cystine.....g | 0.075 | | 0 | A | 1 | 0.367 | | |
| Phenylalanine.....g | 0.150 | | 0 | A | 1 | 0.734 | | |
| Tyrosine.....g | 0.075 | | 0 | A | 1 | 0.367 | | |
| Valine.....g | 0.129 | | 0 | A | 1 | 0.629 | | |
| Arginine.....g | 0.150 | | 0 | A | 1 | 0.734 | | |
| Histidine.....g | 0.064 | | 0 | A | 1 | 0.314 | | |
| Alanine.....g | 0.107 | | 0 | A | 1 | 0.524 | | |
| Aspartic acid.....g | 0.214 | | 0 | A | 1 | 1.048 | | |
| Glutamic acid.....g | 1.136 | | 0 | A | 1 | 5.556 | | |
| Glycine.....g | 0.096 | | 0 | A | 1 | 0.472 | | |
| Proline.....g | 0.343 | | 0 | A | 1 | 1.677 | | |
| Serine.....g | 0.150 | | 0 | A | 1 | 0.734 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 489g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36024

CRACKER BARREL, chicken tenderloin platter, fried

Cracker Barrel

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 43.12 | 1.061 | 6 | A | 1 | | 75.45 | | |
| Energy.....kcal | 293 | | 0 | NC | 4 | | 512 | | |
| Energy.....kJ | 1225 | | 0 | NC | 4 | | 2144 | | |
| Protein.....g | 18.06 | 0.754 | 6 | A | 1 | | 31.61 | | |
| Total lipid (fat).....g | 15.48 | 0.440 | 6 | A | 1 | | 27.09 | | |
| Ash.....g | 3.06 | 0.169 | 6 | A | 1 | | 5.35 | | |
| Carbohydrate, by difference.....g | 20.29 | | 0 | NC | 4 | | 35.50 | | |
| Fiber, total dietary.....g | 0.7 | 0.225 | 3 | A | 1 | | 1.2 | | |
| Sugars, total.....g | 0.09 | 0.009 | 3 | A | 1 | | 0.16 | | |
| Sucrose.....g | 0.09 | 0.009 | 3 | A | 1 | | 0.16 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 19.63 | 0.384 | 3 | A | 1 | | 34.36 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 12 | 0.344 | 6 | A | 1 | | 20 | | |
| Iron, Fe.....mg | 0.59 | 0.026 | 6 | A | 1 | | 1.04 | | |
| Magnesium, Mg.....mg | 28 | 0.928 | 6 | A | 1 | | 48 | | |
| Phosphorus, P.....mg | 268 | 13.713 | 6 | A | 1 | | 468 | | |
| Potassium, K.....mg | 319 | 12.553 | 6 | A | 1 | | 557 | | |
| Sodium, Na.....mg | 874 | 59.477 | 6 | A | 1 | | 1530 | | |
| Zinc, Zn.....mg | 0.66 | 0.028 | 6 | A | 1 | | 1.15 | | |
| Copper, Cu.....mg | 0.066 | 0.002 | 6 | A | 1 | | 0.115 | | |
| Manganese, Mn.....mg | 0.262 | 0.004 | 6 | A | 1 | | 0.459 | | |
| Selenium, Se.....µg | 16.3 | 2.716 | 3 | A | 1 | | 28.5 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.097 | 0.009 | 3 | A | 1 | | 0.169 | | |
| Riboflavin.....mg | 0.133 | 0.003 | 3 | A | 1 | | 0.233 | | |
| Niacin.....mg | 6.733 | 0.034 | 3 | A | 1 | | 11.783 | | |
| Pantothenic acid.....mg | 1.405 | | 2 | A | 1 | | 2.459 | | |
| Vitamin B-6.....mg | 0.487 | 0.007 | 3 | A | 1 | | 0.852 | | |
| Folate, total.....µg | 7 | 1.472 | 3 | A | 1 | | 13 | | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 7 | 1.472 | 3 | A | 1 | | 13 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.11 | 0.009 | 3 | A | 1 | | 0.20 | | |
| Vitamin A, RAE.....µg | 2 | | 0 | AS | 1 | | 4 | | |
| Retinol.....µg | 2 | | 1 | A | 1 | | 3 | | |
| Carotene, beta.....µg | 3 | | 1 | A | 1 | | 4 | | |
| Carotene, alpha.....µg | 0 | | 1 | A | 1 | | 1 | | |
| Cryptoxanthin, beta.....µg | 1 | | 1 | A | 1 | | 2 | | |
| Vitamin A, IU.....IU | 11 | | 0 | AS | 1 | | 20 | | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 49 | | 1 | A | 1 | | 86 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.21 | 0.042 | 3 | A | 1 | | 2.12 | | |
| Tocopherol, beta.....mg | 0.15 | 0.027 | 3 | A | 1 | | 0.26 | | |
| Tocopherol, gamma.....mg | 6.97 | 0.781 | 3 | A | 1 | | 12.20 | | |
| Tocopherol, delta.....mg | 2.47 | 0.348 | 3 | A | 1 | | 4.32 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.09 | 0.047 | 3 | A | 1 | | 0.17 | | |
| Tocotrienol, gamma.....mg | 0.06 | 0.011 | 3 | A | 1 | | 0.10 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | | | | | | | | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.763 | | 0 | NC | 4 | | 4.835 | | |
| 4:0.....g | 0.002 | 0.002 | 3 | A | 1 | | 0.003 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.010 | | |
| 10:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.010 | | |
| 12:0.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.005 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.020 | 0.003 | 3 | A | 1 | | 0.034 | | |
| 15:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 16:0.....g | 1.667 | 0.021 | 3 | A | 1 | | 2.918 | | |
| 17:0.....g | 0.015 | 0.000 | 3 | A | 1 | | 0.026 | | |
| 18:0.....g | 0.921 | 0.014 | 3 | A | 1 | | 1.612 | | |
| 20:0.....g | 0.049 | 0.001 | 3 | A | 1 | | 0.086 | | |
| 22:0.....g | 0.051 | 0.002 | 3 | A | 1 | | 0.089 | | |
| 24:0.....g | 0.020 | 0.001 | 3 | A | 1 | | 0.035 | | |
| Fatty acids, total monounsaturated.....g | 3.319 | | 0 | NC | 4 | | 5.809 | | |
| 14:1.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.038 | 0.002 | 3 | AS | 1 | | 0.066 | | |
| 16:1 c.....g | 0.038 | 0.002 | 3 | A | 1 | | 0.066 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.008 | 0.000 | 3 | A | 1 | | 0.013 | | |
| 18:1 undifferentiated.....g | 3.227 | 0.033 | 3 | AS | 1 | | 5.647 | | |
| 18:1 c.....g | 3.196 | 0.034 | 3 | A | 1 | | 5.593 | | |
| 18:1 t.....g | 0.031 | 0.002 | 3 | A | 1 | | 0.054 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.046 | 0.001 | 3 | A | 1 | | 0.080 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 7.891 | | 0 | NC | 4 | | 13.808 | | |
| 18:2 undifferentiated.....g | 6.927 | 0.241 | 3 | AS | 1 | | 12.123 | | |
| 18:2 n-6 c,c.....g | 6.816 | 0.250 | 3 | A | 1 | | 11.928 | | |
| 18:2 CLAs.....g | 0.019 | 0.002 | 3 | A | 1 | | 0.034 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.092 | 0.008 | 3 | A | 1 | | 0.160 | | |
| 18:3 undifferentiated.....g | 0.894 | 0.049 | 3 | AS | 1 | | 1.564 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.826 | 0.052 | 3 | A | 1 | | 1.445 | | |
| 18:3 n-6 c,c,c.....g | 0.068 | 0.004 | 3 | A | 1 | | 0.118 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.017 | | |
| 20:3 undifferentiated.....g | 0.009 | 0.001 | 3 | AS | 1 | | 0.016 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | | |
| 20:3 n-6.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.015 | | |
| 20:4 undifferentiated.....g | 0.032 | 0.001 | 3 | A | 1 | | 0.057 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.011 | 0.000 | 3 | A | 1 | | 0.020 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.000 | 3 | A | 1 | | 0.006 | | |

NDB No. 36024

CRACKER BARREL, chicken tenderloin platter, fried

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.001 | 3 | A | 1 | | 0.005 | | |
| Fatty acids, total trans.....g | 0.123 | | 0 | NC | 4 | | 0.215 | | |
| Fatty acids, total trans-monoenoic.....g | 0.031 | | 0 | NC | 4 | | 0.054 | | |
| Fatty acids, total trans-polyenoic.....g | 0.092 | | 0 | NC | 4 | | 0.160 | | |
| Cholesterol.....mg | 40 | 1.531 | 3 | A | 1 | | 69 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.190 | | 0 | A | 1 | | 0.332 | | |
| Threonine.....g | 0.600 | | 0 | A | 1 | | 1.050 | | |
| Isoleucine.....g | 0.770 | | 0 | A | 1 | | 1.347 | | |
| Leucine.....g | 1.440 | | 0 | A | 1 | | 2.520 | | |
| Lysine.....g | 2.250 | | 0 | A | 1 | | 3.938 | | |
| Methionine.....g | 0.480 | | 0 | A | 1 | | 0.840 | | |
| Cystine.....g | 0.270 | | 0 | A | 1 | | 0.472 | | |
| Phenylalanine.....g | 0.690 | | 0 | A | 1 | | 1.207 | | |
| Tyrosine.....g | 0.500 | | 0 | A | 1 | | 0.875 | | |
| Valine.....g | 0.830 | | 0 | A | 1 | | 1.452 | | |
| Arginine.....g | 1.240 | | 0 | A | 1 | | 2.170 | | |
| Histidine.....g | 0.690 | | 0 | A | 1 | | 1.207 | | |
| Alanine.....g | 0.890 | | 0 | A | 1 | | 1.557 | | |
| Aspartic acid.....g | 1.260 | | 0 | A | 1 | | 2.205 | | |
| Glutamic acid.....g | 3.050 | | 0 | A | 1 | | 5.337 | | |
| Glycine.....g | 0.800 | | 0 | A | 1 | | 1.400 | | |
| Proline.....g | 1.060 | | 0 | A | 1 | | 1.855 | | |
| Serine.....g | 0.690 | | 0 | A | 1 | | 1.207 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

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

Common Measures:

Measure 1 = 175g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36604

CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu

Cracker Barrel

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 42.61 | 0.843 | 6 | A | 1 | | 43.88 | 15.34 | |
| Energy.....kcal | 294 | | 0 | NC | 4 | | 303 | 106 | |
| Energy.....kJ | 1231 | | 0 | NC | 4 | | 1268 | 443 | |
| Protein.....g | 18.67 | 0.708 | 6 | A | 1 | | 19.23 | 6.72 | |
| Total lipid (fat).....g | 15.41 | 0.297 | 6 | A | 1 | | 15.87 | 5.55 | |
| Ash.....g | 3.08 | 0.131 | 6 | A | 1 | | 3.17 | 1.11 | |
| Carbohydrate, by difference.....g | 20.24 | | 0 | NC | 4 | | 20.85 | 7.29 | |
| Fiber, total dietary.....g | 1.0 | 0.114 | 3 | A | 1 | | 1.1 | 0.4 | |
| Sugars, total.....g | 0.19 | | 1 | A | 1 | | 0.20 | 0.07 | |
| Sucrose.....g | 0.09 | 0.009 | 3 | A | 1 | | 0.09 | 0.03 | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.10 | | 1 | A | 1 | | 0.10 | 0.04 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 20.73 | 0.762 | 3 | A | 1 | | 21.36 | 7.46 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 12 | 0.468 | 6 | A | 1 | | 12 | 4 | |
| Iron, Fe.....mg | 0.58 | 0.018 | 6 | A | 1 | | 0.60 | 0.21 | |
| Magnesium, Mg.....mg | 29 | 0.714 | 6 | A | 1 | | 30 | 10 | |
| Phosphorus, P.....mg | 275 | 10.576 | 6 | A | 1 | | 283 | 99 | |
| Potassium, K.....mg | 330 | 10.853 | 6 | A | 1 | | 339 | 119 | |
| Sodium, Na.....mg | 871 | 47.297 | 6 | A | 1 | | 897 | 313 | |
| Zinc, Zn.....mg | 0.67 | 0.015 | 6 | A | 1 | | 0.69 | 0.24 | |
| Copper, Cu.....mg | 0.069 | 0.002 | 6 | A | 1 | | 0.071 | 0.025 | |
| Manganese, Mn.....mg | 0.266 | 0.008 | 6 | A | 1 | | 0.274 | 0.096 | |
| Selenium, Se.....µg | 15.2 | 2.108 | 3 | A | 1 | | 15.7 | 5.5 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.093 | 0.007 | 3 | A | 1 | | 0.096 | 0.034 | |
| Riboflavin.....mg | 0.137 | 0.003 | 3 | A | 1 | | 0.141 | 0.049 | |
| Niacin.....mg | 7.010 | 0.070 | 3 | A | 1 | | 7.220 | 2.524 | |
| Pantothenic acid.....mg | 1.390 | | 2 | A | 1 | | 1.432 | 0.500 | |
| Vitamin B-6.....mg | 0.444 | 0.010 | 3 | A | 1 | | 0.458 | 0.160 | |
| Folate, total.....µg | 7 | 1.192 | 3 | A | 1 | | 7 | 2 | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 7 | 1.192 | 3 | A | 1 | | 7 | 2 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.13 | 0.012 | 3 | A | 1 | | 0.14 | 0.05 | |
| Vitamin A, RAE.....µg | 2 | | 0 | AS | 1 | | 2 | 1 | |
| Retinol.....µg | 2 | | 1 | A | 1 | | 2 | 1 | |
| Carotene, beta.....µg | 2 | | 1 | A | 1 | | 2 | 1 | |
| Carotene, alpha.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta.....µg | 1 | | 1 | A | 1 | | 1 | 0 | |
| Vitamin A, IU.....IU | 10 | | 0 | AS | 1 | | 10 | 4 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 49 | | 1 | A | 1 | | 50 | 17 | |
| Vitamin E (alpha-tocopherol).....mg | 1.27 | 0.069 | 3 | A | 1 | | 1.31 | 0.46 | |
| Tocopherol, beta.....mg | 0.15 | 0.007 | 3 | A | 1 | | 0.16 | 0.05 | |
| Tocopherol, gamma.....mg | 7.05 | 0.515 | 3 | A | 1 | | 7.26 | 2.54 | |
| Tocopherol, delta.....mg | 2.51 | 0.239 | 3 | A | 1 | | 2.58 | 0.90 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.11 | 0.055 | 3 | A | 1 | | 0.11 | 0.04 | |
| Tocotrienol, gamma.....mg | 0.06 | 0.008 | 3 | A | 1 | | 0.06 | 0.02 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |

CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 33.3 | | 1 | A | 1 | | 34.4 | 12.0 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 5.9 | | 1 | A | 1 | | 6.1 | 2.1 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.830 | | 0 | NC | 4 | | 2.914 | 1.019 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.006 | 0.002 | |
| 10:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.003 | 0.001 | |
| 12:0.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.002 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.017 | 0.001 | 3 | A | 1 | | 0.018 | 0.006 | |
| 15:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.005 | 0.002 | |
| 16:0.....g | 1.708 | 0.048 | 3 | A | 1 | | 1.759 | 0.615 | |
| 17:0.....g | 0.015 | 0.000 | 3 | A | 1 | | 0.016 | 0.005 | |
| 18:0.....g | 0.949 | 0.021 | 3 | A | 1 | | 0.978 | 0.342 | |
| 20:0.....g | 0.051 | 0.001 | 3 | A | 1 | | 0.052 | 0.018 | |
| 22:0.....g | 0.053 | 0.001 | 3 | A | 1 | | 0.054 | 0.019 | |
| 24:0.....g | 0.020 | 0.001 | 3 | A | 1 | | 0.020 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 3.426 | | 0 | NC | 4 | | 3.529 | 1.233 | |
| 14:1.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | 0.000 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.038 | 0.002 | 3 | AS | 1 | | 0.039 | 0.014 | |
| 16:1 c.....g | 0.038 | 0.002 | 3 | A | 1 | | 0.039 | 0.014 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.009 | 0.000 | 3 | A | 1 | | 0.009 | 0.003 | |
| 18:1 undifferentiated.....g | 3.330 | 0.133 | 3 | AS | 1 | | 3.430 | 1.199 | |
| 18:1 c.....g | 3.299 | 0.132 | 3 | A | 1 | | 3.398 | 1.188 | |
| 18:1 t.....g | 0.031 | 0.001 | 3 | A | 1 | | 0.032 | 0.011 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.047 | 0.004 | 3 | A | 1 | | 0.048 | 0.017 | |
| 22:1 undifferentiated.....g | 0.002 | 0.001 | 3 | AS | 1 | | 0.002 | 0.001 | |
| 22:1 c.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.002 | 0.001 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 8.142 | | 0 | NC | 4 | | 8.387 | 2.931 | |
| 18:2 undifferentiated.....g | 7.144 | 0.084 | 3 | AS | 1 | | 7.358 | 2.572 | |
| 18:2 n-6 c,c.....g | 7.028 | 0.072 | 3 | A | 1 | | 7.239 | 2.530 | |
| 18:2 CLAs.....g | 0.021 | 0.003 | 3 | A | 1 | | 0.021 | 0.007 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.095 | 0.012 | 3 | A | 1 | | 0.098 | 0.034 | |
| 18:3 undifferentiated.....g | 0.920 | 0.013 | 3 | AS | 1 | | 0.947 | 0.331 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.851 | 0.022 | 3 | A | 1 | | 0.876 | 0.306 | |
| 18:3 n-6 c,c,c.....g | 0.069 | 0.009 | 3 | A | 1 | | 0.071 | 0.025 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.011 | 0.004 | |
| 20:3 undifferentiated.....g | 0.012 | 0.001 | 3 | AS | 1 | | 0.012 | 0.004 | |
| 20:3 n-3.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | 0.000 | |
| 20:3 n-6.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.011 | 0.004 | |
| 20:4 undifferentiated.....g | 0.037 | 0.002 | 3 | A | 1 | | 0.038 | 0.013 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 3 | A | 1 | | 0.001 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.012 | 0.004 | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 3 | A | 1 | | 0.003 | 0.001 | |
| 22:6 n-3 (DHA).....g | 0.004 | 0.000 | 3 | A | 1 | | 0.004 | 0.001 | |
| Fatty acids, total trans.....g | 0.126 | | 0 | NC | 4 | | 0.130 | 0.045 | |

NDB No. 36604

CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu

| Nutrients and Units | <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 | 0.031 | | 0 | NC | 4 | 0.032 | 0.011 | |
| Fatty acids, total trans-polyenoic.....g | 0.095 | | 0 | NC | 4 | 0.098 | 0.034 | |
| Cholesterol.....mg | 42 | 0.956 | 3 | A | 1 | 43 | 15 | |
| Phytosterols.....mg | | | | | | | | |
| <u>Amino Acids:</u> | | | | | | | | |
| Tryptophan.....g | 0.206 | | 0 | A | 1 | 0.212 | 0.074 | |
| Threonine.....g | 0.535 | | 0 | A | 1 | 0.551 | 0.193 | |
| Isoleucine.....g | 0.823 | | 0 | A | 1 | 0.848 | 0.296 | |
| Leucine.....g | 1.554 | | 0 | A | 1 | 1.600 | 0.559 | |
| Lysine.....g | 2.336 | | 0 | A | 1 | 2.406 | 0.841 | |
| Methionine.....g | 0.525 | | 0 | A | 1 | 0.540 | 0.189 | |
| Cystine.....g | 0.267 | | 0 | A | 1 | 0.275 | 0.096 | |
| Phenylalanine.....g | 0.741 | | 0 | A | 1 | 0.763 | 0.267 | |
| Tyrosine.....g | 0.535 | | 0 | A | 1 | 0.551 | 0.193 | |
| Valine.....g | 0.885 | | 0 | A | 1 | 0.912 | 0.319 | |
| Arginine.....g | 1.348 | | 0 | A | 1 | 1.388 | 0.485 | |
| Histidine.....g | 0.762 | | 0 | A | 1 | 0.784 | 0.274 | |
| Alanine.....g | 0.967 | | 0 | A | 1 | 0.996 | 0.348 | |
| Aspartic acid.....g | 1.338 | | 0 | A | 1 | 1.378 | 0.482 | |
| Glutamic acid.....g | 3.293 | | 0 | A | 1 | 3.392 | 1.186 | |
| Glycine.....g | 0.875 | | 0 | A | 1 | 0.901 | 0.315 | |
| Proline.....g | 1.153 | | 0 | A | 1 | 1.187 | 0.415 | |
| Serine.....g | 0.772 | | 0 | A | 1 | 0.795 | 0.278 | |
| Hydroxyproline.....g | 0.030 | | 1 | A | 1 | 0.031 | 0.011 | |

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

Common Measures:

Measure 1 = 103g: 1 serving

Measure 2 = 36g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36025
 CRACKER BARREL, coleslaw

Cracker Barrel

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 72.18 | 0.695 | 6 | A | 1 | | 120.54 | | |
| Energy.....kcal | 175 | | 0 | NC | 4 | | 292 | | |
| Energy.....kJ | 730 | | 0 | NC | 4 | | 1219 | | |
| Protein.....g | 0.89 | 0.029 | 6 | A | 1 | | 1.48 | | |
| Total lipid (fat).....g | 13.22 | 0.433 | 6 | A | 1 | | 22.08 | | |
| Ash.....g | 0.70 | 0.013 | 6 | A | 1 | | 1.17 | | |
| Carbohydrate, by difference.....g | 13.01 | | 0 | NC | 4 | | 21.73 | | |
| Fiber, total dietary.....g | 1.6 | 0.202 | 3 | A | 1 | | 2.8 | | |
| Sugars, total.....g | 11.07 | 0.423 | 3 | A | 1 | | 18.49 | | |
| Sucrose.....g | 1.73 | 0.129 | 3 | A | 1 | | 2.88 | | |
| Glucose (dextrose).....g | 5.16 | 0.195 | 3 | A | 1 | | 8.61 | | |
| Fructose.....g | 4.19 | 0.132 | 3 | A | 1 | | 7.00 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 34 | 1.254 | 6 | A | 1 | | 56 | | |
| Iron, Fe.....mg | 0.29 | 0.012 | 6 | A | 1 | | 0.48 | | |
| Magnesium, Mg.....mg | 11 | 0.454 | 6 | A | 1 | | 18 | | |
| Phosphorus, P.....mg | 24 | 0.847 | 6 | A | 1 | | 39 | | |
| Potassium, K.....mg | 162 | 6.493 | 6 | A | 1 | | 270 | | |
| Sodium, Na.....mg | 110 | 2.136 | 6 | A | 1 | | 183 | | |
| Zinc, Zn.....mg | 0.16 | 0.005 | 6 | A | 1 | | 0.26 | | |
| Copper, Cu.....mg | 0.019 | 0.000 | 6 | A | 1 | | 0.031 | | |
| Manganese, Mn.....mg | 0.144 | 0.025 | 6 | A | 1 | | 0.240 | | |
| Selenium, Se.....µg | 2.2 | | 1 | A | 1 | | 3.7 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 14.2 | 3.597 | 3 | A | 1 | | 23.8 | | |
| Thiamin.....mg | 0.030 | 0.000 | 3 | A | 1 | | 0.050 | | |
| Riboflavin.....mg | 0.052 | 0.001 | 3 | A | 1 | | 0.087 | | |
| Niacin.....mg | 0.280 | 0.023 | 3 | A | 1 | | 0.467 | | |
| Pantothenic acid.....mg | 0.255 | | 2 | A | 1 | | 0.426 | | |
| Vitamin B-6.....mg | 0.125 | 0.011 | 3 | A | 1 | | 0.209 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 43 | | 0 | AS | 1 | | 72 | | |
| Vitamin A, IU.....IU | 777 | | 0 | AS | 1 | | 1298 | | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 70 | | 1 | A | 1 | | 116 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.97 | 0.052 | 3 | A | 1 | | 1.63 | | |
| Tocopherol, beta.....mg | 0.10 | 0.008 | 3 | A | 1 | | 0.16 | | |
| Tocopherol, gamma.....mg | 7.22 | 0.625 | 3 | A | 1 | | 12.07 | | |
| Tocopherol, delta.....mg | 2.22 | 0.204 | 3 | A | 1 | | 3.71 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.04 | 0.023 | 3 | A | 1 | | 0.07 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 88.1 | 4.544 | 3 | A | 1 | | 147.1 | | |

| 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 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.010 | | 0 | A | 1 | | 0.017 | | |
| Threonine.....g | 0.020 | | 0 | A | 1 | | 0.033 | | |
| Isoleucine.....g | 0.030 | | 0 | A | 1 | | 0.050 | | |
| Leucine.....g | 0.040 | | 0 | A | 1 | | 0.067 | | |
| Lysine.....g | 0.060 | | 0 | A | 1 | | 0.100 | | |
| Methionine.....g | 0.010 | | 0 | A | 1 | | 0.017 | | |
| Cystine.....g | 0.010 | | 0 | A | 1 | | 0.017 | | |
| Phenylalanine.....g | 0.030 | | 0 | A | 1 | | 0.050 | | |
| Tyrosine.....g | 0.020 | | 0 | A | 1 | | 0.033 | | |
| Valine.....g | 0.040 | | 0 | A | 1 | | 0.067 | | |
| Arginine.....g | 0.080 | | 0 | A | 1 | | 0.133 | | |
| Histidine.....g | 0.020 | | 0 | A | 1 | | 0.033 | | |
| Alanine.....g | 0.040 | | 0 | A | 1 | | 0.067 | | |
| Aspartic acid.....g | 0.070 | | 0 | A | 1 | | 0.117 | | |
| Glutamic acid.....g | 0.100 | | 0 | A | 1 | | 0.167 | | |
| Glycine.....g | 0.030 | | 0 | A | 1 | | 0.050 | | |
| Proline.....g | 0.070 | | 0 | A | 1 | | 0.117 | | |
| Serine.....g | 0.040 | | 0 | A | 1 | | 0.067 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

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

Common Measures:

Measure 1 = 167g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36605

CRACKER BARREL, country fried shrimp platter

Cracker Barrel

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 46.08 | | 1 | A | 1 | | 68.66 | | |
| Energy.....kcal | 287 | | 0 | NC | 4 | | 428 | | |
| Energy.....kJ | 1201 | | 0 | NC | 4 | | 1789 | | |
| Protein.....g | 12.62 | | 1 | A | 1 | | 18.81 | | |
| Total lipid (fat).....g | 16.77 | | 1 | A | 1 | | 24.99 | | |
| Ash.....g | 3.13 | | 1 | A | 1 | | 4.66 | | |
| Carbohydrate, by difference.....g | 21.40 | | 0 | NC | 4 | | 31.88 | | |
| Fiber, total dietary.....g | 0.3 | | 1 | A | 1 | | 0.5 | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | 20.00 | | 1 | A | 1 | | 29.80 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 43 | | 1 | A | 1 | | 64 | | |
| Iron, Fe.....mg | 1.53 | | 1 | A | 1 | | 2.28 | | |
| Magnesium, Mg.....mg | 19 | | 1 | A | 1 | | 28 | | |
| Phosphorus, P.....mg | 210 | | 1 | A | 1 | | 313 | | |
| Potassium, K.....mg | 86 | | 1 | A | 1 | | 128 | | |
| Sodium, Na.....mg | 1050 | | 1 | A | 1 | | 1565 | | |
| Zinc, Zn.....mg | 0.80 | | 1 | A | 1 | | 1.19 | | |
| Copper, Cu.....mg | 0.107 | | 1 | A | 1 | | 0.159 | | |
| Manganese, Mn.....mg | 0.408 | | 1 | A | 1 | | 0.608 | | |
| Selenium, Se.....µg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.110 | | 1 | A | 1 | | 0.164 | | |
| Riboflavin.....mg | 0.085 | | 1 | A | 1 | | 0.127 | | |
| Niacin.....mg | 0.870 | | 1 | A | 1 | | 1.296 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.066 | | 1 | A | 1 | | 0.098 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.69 | | 1 | A | 1 | | 1.03 | | |
| Vitamin A, RAE.....µg | 1 | | 0 | AS | 1 | | 2 | | |
| Vitamin A, IU.....IU | 5 | | 0 | AS | 1 | | 7 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 1.88 | | 1 | A | 1 | | 2.80 | | |
| Tocopherol, beta.....mg | 0.25 | | 1 | A | 1 | | 0.37 | | |
| Tocopherol, gamma.....mg | 8.49 | | 1 | A | 1 | | 12.66 | | |
| Tocopherol, delta.....mg | 3.28 | | 1 | A | 1 | | 4.88 | | |
| Tocotrienol, alpha.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | | | | | | | | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.064 | | 0 | NC | 4 | | 4.565 | | |
| 4:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | | 1 | A | 1 | | 0.009 | | |

CRACKER BARREL, country fried shrimp platter

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion 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 | 0.007 | | 1 | A | 1 | | 0.010 | | |
| 12:0.....g | 0.002 | | 1 | A | 1 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.023 | | 1 | A | 1 | | 0.034 | | |
| 15:0.....g | 0.006 | | 1 | A | 1 | | 0.009 | | |
| 16:0.....g | 1.761 | | 1 | A | 1 | | 2.624 | | |
| 17:0.....g | 0.023 | | 1 | A | 1 | | 0.034 | | |
| 18:0.....g | 1.105 | | 1 | A | 1 | | 1.646 | | |
| 20:0.....g | 0.057 | | 1 | A | 1 | | 0.085 | | |
| 22:0.....g | 0.054 | | 1 | A | 1 | | 0.080 | | |
| 24:0.....g | 0.020 | | 1 | A | 1 | | 0.030 | | |
| Fatty acids, total monounsaturated.....g | 3.787 | | 0 | NC | 4 | | 5.642 | | |
| 14:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.029 | | 0 | AS | 1 | | 0.043 | | |
| 16:1 c.....g | 0.027 | | 1 | A | 1 | | 0.040 | | |
| 16:1 t.....g | 0.002 | | 1 | A | 1 | | 0.003 | | |
| 17:1.....g | 0.010 | | 1 | A | 1 | | 0.015 | | |
| 18:1 undifferentiated.....g | 3.680 | | 0 | AS | 1 | | 5.483 | | |
| 18:1 c.....g | 3.603 | | 1 | A | 1 | | 5.368 | | |
| 18:1 t.....g | 0.077 | | 1 | A | 1 | | 0.115 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.068 | | 1 | A | 1 | | 0.101 | | |
| 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 | 8.519 | | 0 | NC | 4 | | 12.693 | | |
| 18:2 undifferentiated.....g | 7.423 | | 0 | AS | 1 | | 11.060 | | |
| 18:2 n-6 c,c.....g | 7.374 | | 1 | A | 1 | | 10.987 | | |
| 18:2 CLAs.....g | 0.016 | | 1 | A | 1 | | 0.024 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.033 | | 1 | A | 1 | | 0.049 | | |
| 18:3 undifferentiated.....g | 0.954 | | 0 | AS | 1 | | 1.421 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.918 | | 1 | A | 1 | | 1.368 | | |
| 18:3 n-6 c,c,c.....g | 0.036 | | 1 | A | 1 | | 0.053 | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.011 | | 1 | A | 1 | | 0.016 | | |
| 20:3 undifferentiated.....g | 0.002 | | 0 | AS | 1 | | 0.003 | | |
| 20:3 n-3.....g | 0.002 | | 1 | A | 1 | | 0.003 | | |
| 20:3 n-6.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.019 | | 1 | A | 1 | | 0.028 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.054 | | 1 | A | 1 | | 0.080 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.002 | | 1 | A | 1 | | 0.003 | | |
| 22:6 n-3 (DHA).....g | 0.054 | | 1 | A | 1 | | 0.080 | | |
| Fatty acids, total trans.....g | 0.112 | | 0 | NC | 4 | | 0.167 | | |
| Fatty acids, total trans-monoenoic.....g | 0.079 | | 0 | NC | 4 | | 0.118 | | |
| Fatty acids, total trans-polyenoic.....g | 0.033 | | 0 | NC | 4 | | 0.049 | | |
| Cholesterol.....mg | 89 | | 1 | A | 1 | | 132 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.148 | | 0 | A | 1 | | 0.221 | | |
| Threonine.....g | 0.402 | | 0 | A | 1 | | 0.599 | | |
| Isoleucine.....g | 0.518 | | 0 | A | 1 | | 0.772 | | |
| Leucine.....g | 0.941 | | 0 | A | 1 | | 1.402 | | |
| Lysine.....g | 0.730 | | 0 | A | 1 | | 1.087 | | |
| Methionine.....g | 0.296 | | 0 | A | 1 | | 0.441 | | |
| Cystine.....g | 0.169 | | 0 | A | 1 | | 0.252 | | |

NDB No. 36605

CRACKER BARREL, country fried shrimp platter

| Nutrients and Units | <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 | | | |
| Phenylalanine.....g | 0.539 | | 0 | A | 1 | 0.804 | | |
| Tyrosine.....g | 0.338 | | 0 | A | 1 | 0.504 | | |
| Valine.....g | 0.560 | | 0 | A | 1 | 0.835 | | |
| Arginine.....g | 0.804 | | 0 | A | 1 | 1.197 | | |
| Histidine.....g | 0.233 | | 0 | A | 1 | 0.347 | | |
| Alanine.....g | 0.613 | | 0 | A | 1 | 0.914 | | |
| Aspartic acid.....g | 1.058 | | 0 | A | 1 | 1.576 | | |
| Glutamic acid.....g | 2.549 | | 0 | A | 1 | 3.798 | | |
| Glycine.....g | 0.539 | | 0 | A | 1 | 0.804 | | |
| Proline.....g | 0.687 | | 0 | A | 1 | 1.024 | | |
| Serine.....g | 0.508 | | 0 | A | 1 | 0.756 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 149g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36606

CRACKER BARREL, farm raised catfish platter

Cracker Barrel

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 52.32 | 1.588 | 5 | A | 1 | | 93.12 | 64.87 | |
| Energy.....kcal | 266 | | 0 | NC | 4 | | 474 | 330 | |
| Energy.....kJ | 1115 | | 0 | NC | 4 | | 1985 | 1382 | |
| Protein.....g | 22.94 | 0.696 | 5 | A | 1 | | 40.83 | 28.44 | |
| Total lipid (fat).....g | 17.05 | 0.814 | 4 | A | 1 | | 30.35 | 21.15 | |
| Ash.....g | 2.38 | 0.119 | 5 | A | 1 | | 4.24 | 2.95 | |
| Carbohydrate, by difference.....g | 5.31 | | 0 | NC | 4 | | 9.46 | 6.59 | |
| Fiber, total dietary.....g | 1.6 | | 1 | A | 1 | | 2.8 | 2.0 | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 43 | 5.688 | 5 | A | 1 | | 76 | 53 | |
| Iron, Fe.....mg | 0.71 | 0.012 | 5 | A | 1 | | 1.26 | 0.87 | |
| Magnesium, Mg.....mg | 34 | 0.826 | 5 | A | 1 | | 61 | 42 | |
| Phosphorus, P.....mg | 470 | 32.759 | 5 | A | 1 | | 836 | 583 | |
| Potassium, K.....mg | 434 | 9.282 | 5 | A | 1 | | 773 | 539 | |
| Sodium, Na.....mg | 414 | 32.388 | 5 | A | 1 | | 736 | 513 | |
| Zinc, Zn.....mg | 0.94 | 0.026 | 5 | A | 1 | | 1.66 | 1.16 | |
| Copper, Cu.....mg | 0.048 | 0.002 | 5 | A | 1 | | 0.085 | 0.059 | |
| Manganese, Mn.....mg | 0.075 | 0.004 | 5 | A | 1 | | 0.133 | 0.093 | |
| Selenium, Se.....µg | 0.0 | 0.001 | 5 | A | 1 | | 0.0 | 0.0 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.112 | | 1 | A | 1 | | 0.199 | 0.139 | |
| Riboflavin.....mg | 0.090 | | 1 | A | 1 | | 0.160 | 0.112 | |
| Niacin.....mg | 3.060 | | 1 | A | 1 | | 5.447 | 3.794 | |
| Pantothenic acid.....mg | 0.610 | | 1 | A | 1 | | 1.086 | 0.756 | |
| Vitamin B-6.....mg | 0.182 | | 1 | A | 1 | | 0.324 | 0.226 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 3.10 | | 1 | A | 1 | | 5.52 | 3.84 | |
| Vitamin A, RAE.....µg | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | | | | | | | | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Tocotrienol, alpha.....mg | | | | | | | | | |
| Tocotrienol, beta.....mg | | | | | | | | | |
| Tocotrienol, gamma.....mg | | | | | | | | | |
| Tocotrienol, delta.....mg | | | | | | | | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 24.7 | | 1 | A | 1 | | 44.0 | 30.6 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.249 | | 0 | NC | 4 | | 5.783 | 4.029 | |
| 4:0.....g | | | | | | | | | |
| 6:0.....g | | | | | | | | | |
| 8:0.....g | 0.007 | 0.001 | 5 | A | 1 | | 0.013 | 0.009 | |
| 10:0.....g | 0.005 | 0.000 | 5 | A | 1 | | 0.008 | 0.006 | |
| 12:0.....g | 0.012 | 0.001 | 5 | A | 1 | | 0.022 | 0.015 | |

| 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 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.049 | 0.002 | 5 | A | 1 | 0.086 | 0.060 | | |
| 15:0.....g | 0.006 | 0.000 | 5 | A | 1 | 0.011 | 0.008 | | |
| 16:0.....g | 2.027 | 0.069 | 5 | A | 1 | 3.607 | 2.513 | | |
| 17:0.....g | 0.018 | 0.001 | 5 | A | 1 | 0.033 | 0.023 | | |
| 18:0.....g | 1.003 | 0.048 | 5 | A | 1 | 1.785 | 1.244 | | |
| 20:0.....g | 0.051 | 0.002 | 5 | A | 1 | 0.091 | 0.064 | | |
| 22:0.....g | 0.048 | 0.002 | 5 | A | 1 | 0.085 | 0.059 | | |
| 24:0.....g | 0.020 | 0.001 | 5 | A | 1 | 0.035 | 0.024 | | |
| Fatty acids, total monounsaturated.....g | 4.577 | | 0 | NC | 4 | 8.148 | 5.676 | | |
| 14:1.....g | 0.001 | 0.000 | 5 | A | 1 | 0.002 | 0.001 | | |
| 15:1.....g | 0.000 | 0.000 | 5 | A | 1 | 0.000 | 0.000 | | |
| 16:1 undifferentiated.....g | 0.084 | 0.007 | 5 | AS | 1 | 0.149 | 0.104 | | |
| 16:1 c.....g | 0.081 | 0.007 | 5 | A | 1 | 0.143 | 0.100 | | |
| 16:1 t.....g | 0.003 | 0.001 | 5 | A | 1 | 0.006 | 0.004 | | |
| 17:1.....g | 0.000 | 0.000 | 5 | A | 1 | 0.000 | 0.000 | | |
| 18:1 undifferentiated.....g | 4.354 | 0.089 | 5 | AS | 1 | 7.750 | 5.399 | | |
| 18:1 c.....g | 4.267 | 0.084 | 5 | A | 1 | 7.596 | 5.291 | | |
| 18:1 t.....g | 0.087 | 0.030 | 5 | A | 1 | 0.155 | 0.108 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.129 | 0.006 | 5 | A | 1 | 0.229 | 0.160 | | |
| 22:1 undifferentiated.....g | 0.006 | 0.000 | 5 | AS | 1 | 0.011 | 0.007 | | |
| 22:1 c.....g | 0.006 | 0.000 | 5 | A | 1 | 0.011 | 0.007 | | |
| 22:1 t.....g | 0.000 | 0.000 | 5 | A | 1 | 0.000 | 0.000 | | |
| 24:1 c.....g | 0.004 | 0.001 | 5 | A | 1 | 0.006 | 0.004 | | |
| Fatty acids, total polyunsaturated.....g | 7.612 | | 0 | NC | 4 | 13.549 | 9.438 | | |
| 18:2 undifferentiated.....g | 6.662 | 0.368 | 5 | AS | 1 | 11.858 | 8.260 | | |
| 18:2 n-6 c,c.....g | 6.532 | 0.359 | 5 | A | 1 | 11.626 | 8.099 | | |
| 18:2 CLAs.....g | 0.028 | 0.002 | 5 | A | 1 | 0.049 | 0.034 | | |
| 18:2 t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.102 | 0.007 | 5 | A | 1 | 0.182 | 0.127 | | |
| 18:3 undifferentiated.....g | 0.692 | 0.034 | 5 | AS | 1 | 1.231 | 0.858 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.679 | 0.035 | 5 | A | 1 | 1.209 | 0.842 | | |
| 18:3 n-6 c,c,c.....g | 0.013 | 0.001 | 5 | A | 1 | 0.023 | 0.016 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.003 | 0.000 | 5 | A | 1 | 0.006 | 0.004 | | |
| 20:2 n-6 c,c.....g | 0.033 | 0.001 | 5 | A | 1 | 0.058 | 0.041 | | |
| 20:3 undifferentiated.....g | 0.049 | 0.002 | 5 | AS | 1 | 0.088 | 0.061 | | |
| 20:3 n-3.....g | 0.003 | 0.000 | 5 | A | 1 | 0.005 | 0.004 | | |
| 20:3 n-6.....g | 0.046 | 0.002 | 5 | A | 1 | 0.082 | 0.057 | | |
| 20:4 undifferentiated.....g | 0.061 | 0.003 | 5 | A | 1 | 0.109 | 0.076 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.011 | 0.002 | 5 | A | 1 | 0.020 | 0.014 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.016 | 0.001 | 5 | A | 1 | 0.028 | 0.020 | | |
| 22:5 n-3 (DPA).....g | 0.015 | 0.001 | 5 | A | 1 | 0.026 | 0.018 | | |
| 22:6 n-3 (DHA).....g | 0.067 | 0.008 | 5 | A | 1 | 0.119 | 0.083 | | |
| Fatty acids, total trans.....g | 0.193 | | 0 | NC | 4 | 0.343 | 0.239 | | |
| Fatty acids, total trans-monoenoic.....g | 0.090 | | 0 | NC | 4 | 0.161 | 0.112 | | |
| Fatty acids, total trans-polyenoic.....g | 0.102 | | 0 | NC | 4 | 0.182 | 0.127 | | |
| Cholesterol.....mg | 67 | 0.981 | 5 | A | 1 | 119 | 83 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.250 | | 0 | A | 1 | 0.445 | 0.310 | | |
| Threonine.....g | 1.050 | | 0 | A | 1 | 1.869 | 1.302 | | |
| Isoleucine.....g | 1.100 | | 0 | A | 1 | 1.958 | 1.364 | | |
| Leucine.....g | 1.920 | | 0 | A | 1 | 3.417 | 2.381 | | |
| Lysine.....g | 2.200 | | 0 | A | 1 | 3.916 | 2.728 | | |
| Methionine.....g | 0.660 | | 0 | A | 1 | 1.175 | 0.818 | | |
| Cystine.....g | 0.230 | | 0 | A | 1 | 0.409 | 0.285 | | |
| Phenylalanine.....g | 0.950 | | 0 | A | 1 | 1.691 | 1.178 | | |
| Tyrosine.....g | 0.730 | | 0 | A | 1 | 1.299 | 0.905 | | |

NDB No. 36606

CRACKER BARREL, farm raised catfish platter

| Nutrients and Units | <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 | | | |
| Valine.....g | 2.050 | | 0 | A | 1 | 3.649 | 2.542 | |
| Arginine.....g | 1.460 | | 0 | A | 1 | 2.599 | 1.810 | |
| Histidine.....g | 0.510 | | 0 | A | 1 | 0.908 | 0.632 | |
| Alanine.....g | 1.360 | | 0 | A | 1 | 2.421 | 1.686 | |
| Aspartic acid.....g | 2.360 | | 0 | A | 1 | 4.201 | 2.926 | |
| Glutamic acid.....g | 3.610 | | 0 | A | 1 | 6.426 | 4.476 | |
| Glycine.....g | 1.140 | | 0 | A | 1 | 2.029 | 1.413 | |
| Proline.....g | 0.910 | | 0 | A | 1 | 1.620 | 1.128 | |
| Serine.....g | 0.940 | | 0 | A | 1 | 1.673 | 1.165 | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 178g: 1 serving

Measure 2 = 124g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36608

CRACKER BARREL, grilled sirloin steak

Cracker Barrel

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 59.40 | 0.582 | 6 | A | 1 | | 89.70 | | |
| Energy.....kcal | 203 | | 0 | NC | 4 | | 306 | | |
| Energy.....kJ | 848 | | 0 | NC | 4 | | 1280 | | |
| Protein.....g | 31.52 | 0.596 | 6 | A | 1 | | 47.60 | | |
| Total lipid (fat).....g | 8.52 | 0.260 | 6 | A | 1 | | 12.87 | | |
| Ash.....g | 1.64 | 0.060 | 6 | A | 1 | | 2.48 | | |
| Carbohydrate, by difference.....g | 0.00 | | 0 | NC | 4 | | 0.00 | | |
| Fiber, total dietary.....g | | | | | | | | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 7 | 0.237 | 6 | A | 1 | | 10 | | |
| Iron, Fe.....mg | 2.75 | 0.069 | 6 | A | 1 | | 4.16 | | |
| Magnesium, Mg.....mg | 28 | 0.676 | 6 | A | 1 | | 42 | | |
| Phosphorus, P.....mg | 249 | 6.266 | 6 | A | 1 | | 376 | | |
| Potassium, K.....mg | 408 | 8.686 | 6 | A | 1 | | 617 | | |
| Sodium, Na.....mg | 180 | 40.100 | 6 | A | 1 | | 272 | | |
| Zinc, Zn.....mg | 5.42 | 0.209 | 6 | A | 1 | | 8.19 | | |
| Copper, Cu.....mg | 0.112 | 0.003 | 6 | A | 1 | | 0.169 | | |
| Manganese, Mn.....mg | 0.020 | 0.003 | 6 | A | 1 | | 0.030 | | |
| Selenium, Se.....µg | 31.8 | 1.474 | 3 | A | 1 | | 48.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.089 | 0.002 | 3 | A | 1 | | 0.135 | | |
| Riboflavin.....mg | 0.350 | 0.020 | 3 | A | 1 | | 0.529 | | |
| Niacin.....mg | 6.403 | 0.415 | 3 | A | 1 | | 9.669 | | |
| Pantothenic acid.....mg | 0.770 | | 2 | A | 1 | | 1.163 | | |
| Vitamin B-6.....mg | 0.691 | 0.022 | 3 | A | 1 | | 1.043 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 3.00 | 0.200 | 3 | A | 1 | | 4.53 | | |
| Vitamin A, RAE.....µg | 7 | | 0 | AS | 1 | | 10 | | |
| Vitamin A, IU.....IU | 23 | | 0 | AS | 1 | | 34 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.46 | 0.020 | 3 | A | 1 | | 0.69 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.15 | 0.027 | 3 | A | 1 | | 0.23 | | |
| Tocopherol, delta.....mg | 0.03 | 0.018 | 3 | A | 1 | | 0.05 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 1.0 | | 1 | A | 1 | | 1.6 | | |
| Dihydrophylloquinone.....µg | 0.9 | | 1 | A | 1 | | 1.3 | | |
| Menaquinone-4.....µg | 3.5 | | 1 | A | 1 | | 5.2 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.045 | | 0 | NC | 4 | | 4.598 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |

NDB No. 36608
 CRACKER BARREL, grilled sirloin steak

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.008 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 12:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.010 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.185 | 0.021 | 3 | A | 1 | | 0.279 | | |
| 15:0.....g | 0.033 | 0.003 | 3 | A | 1 | | 0.050 | | |
| 16:0.....g | 1.705 | 0.111 | 3 | A | 1 | | 2.574 | | |
| 17:0.....g | 0.093 | 0.003 | 3 | A | 1 | | 0.140 | | |
| 18:0.....g | 0.996 | 0.060 | 3 | A | 1 | | 1.504 | | |
| 20:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 22:0.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.011 | | |
| 24:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.006 | | |
| Fatty acids, total monounsaturated.....g | 3.405 | | 0 | NC | 4 | | 5.141 | | |
| 14:1.....g | 0.044 | 0.005 | 3 | A | 1 | | 0.066 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.229 | 0.006 | 3 | AS | 1 | | 0.346 | | |
| 16:1 c.....g | 0.206 | 0.006 | 3 | A | 1 | | 0.310 | | |
| 16:1 t.....g | 0.023 | 0.001 | 3 | A | 1 | | 0.035 | | |
| 17:1.....g | 0.064 | 0.002 | 3 | A | 1 | | 0.097 | | |
| 18:1 undifferentiated.....g | 3.042 | 0.091 | 3 | AS | 1 | | 4.593 | | |
| 18:1 c.....g | 2.677 | 0.067 | 3 | A | 1 | | 4.043 | | |
| 18:1 t.....g | 0.365 | 0.049 | 3 | A | 1 | | 0.551 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.026 | 0.003 | 3 | A | 1 | | 0.039 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.742 | | 0 | NC | 4 | | 1.121 | | |
| 18:2 undifferentiated.....g | 0.556 | 0.056 | 3 | AS | 1 | | 0.839 | | |
| 18:2 n-6 c,c.....g | 0.486 | 0.057 | 3 | A | 1 | | 0.734 | | |
| 18:2 CLAs.....g | 0.032 | 0.001 | 3 | A | 1 | | 0.049 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.037 | 0.005 | 3 | A | 1 | | 0.056 | | |
| 18:3 undifferentiated.....g | 0.037 | 0.007 | 3 | AS | 1 | | 0.056 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.035 | 0.007 | 3 | A | 1 | | 0.052 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.008 | | |
| 20:3 undifferentiated.....g | 0.025 | 0.001 | 3 | AS | 1 | | 0.038 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.025 | 0.001 | 3 | A | 1 | | 0.038 | | |
| 20:4 undifferentiated.....g | 0.077 | 0.003 | 3 | A | 1 | | 0.116 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.009 | 0.001 | 3 | A | 1 | | 0.014 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.014 | | |
| 22:5 n-3 (DPA).....g | 0.022 | 0.002 | 3 | A | 1 | | 0.034 | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.001 | 3 | A | 1 | | 0.003 | | |
| Fatty acids, total trans.....g | 0.426 | | 0 | NC | 4 | | 0.643 | | |
| Fatty acids, total trans-monoenoic.....g | 0.388 | | 0 | NC | 4 | | 0.586 | | |
| Fatty acids, total trans-polyenoic.....g | 0.037 | | 0 | NC | 4 | | 0.056 | | |
| Cholesterol.....mg | 87 | 3.094 | 3 | A | 1 | | 132 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.410 | | 0 | A | 1 | | 0.619 | | |
| Threonine.....g | 1.523 | | 0 | A | 1 | | 2.300 | | |
| Isoleucine.....g | 1.618 | | 0 | A | 1 | | 2.443 | | |
| Leucine.....g | 2.795 | | 0 | A | 1 | | 4.220 | | |
| Lysine.....g | 3.100 | | 0 | A | 1 | | 4.680 | | |
| Methionine.....g | 0.830 | | 0 | A | 1 | | 1.253 | | |
| Cystine.....g | 0.315 | | 0 | A | 1 | | 0.476 | | |

NDB No. 36608

CRACKER BARREL, grilled sirloin steak

| Nutrients and Units | <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 | | | |
| Phenylalanine.....g | 1.376 | | 0 | A | 1 | 2.078 | | |
| Tyrosine.....g | 1.145 | | 0 | A | 1 | 1.729 | | |
| Valine.....g | 2.889 | | 0 | A | 1 | 4.363 | | |
| Arginine.....g | 2.238 | | 0 | A | 1 | 3.379 | | |
| Histidine.....g | 1.219 | | 0 | A | 1 | 1.840 | | |
| Alanine.....g | 1.923 | | 0 | A | 1 | 2.903 | | |
| Aspartic acid.....g | 3.142 | | 0 | A | 1 | 4.744 | | |
| Glutamic acid.....g | 5.127 | | 0 | A | 1 | 7.742 | | |
| Glycine.....g | 1.502 | | 0 | A | 1 | 2.269 | | |
| Proline.....g | 1.345 | | 0 | A | 1 | 2.031 | | |
| Serine.....g | 1.271 | | 0 | A | 1 | 1.920 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 151g: 1 steak

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36040
 CRACKER BARREL, macaroni n' cheese

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.178 | | 0 | NC | 4 | | 7.312 | 6.226 | |
| 4:0.....g | 0.112 | 0.006 | 3 | A | 1 | | 0.196 | 0.167 | |
| 6:0.....g | 0.089 | 0.004 | 3 | A | 1 | | 0.156 | 0.133 | |
| 8:0.....g | 0.056 | 0.003 | 3 | A | 1 | | 0.098 | 0.083 | |
| 10:0.....g | 0.137 | 0.007 | 3 | A | 1 | | 0.239 | 0.204 | |
| 12:0.....g | 0.159 | 0.007 | 3 | A | 1 | | 0.278 | 0.237 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.522 | 0.022 | 3 | A | 1 | | 0.913 | 0.777 | |
| 15:0.....g | 0.056 | 0.002 | 3 | A | 1 | | 0.097 | 0.083 | |
| 16:0.....g | 2.122 | 0.091 | 3 | A | 1 | | 3.713 | 3.161 | |
| 17:0.....g | 0.040 | 0.001 | 3 | A | 1 | | 0.069 | 0.059 | |
| 18:0.....g | 0.816 | 0.044 | 3 | A | 1 | | 1.428 | 1.216 | |
| 20:0.....g | 0.030 | 0.001 | 3 | A | 1 | | 0.053 | 0.045 | |
| 22:0.....g | 0.029 | 0.001 | 3 | A | 1 | | 0.050 | 0.043 | |
| 24:0.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.021 | 0.018 | |
| Fatty acids, total monounsaturated.....g | 2.813 | | 0 | NC | 4 | | 4.923 | 4.191 | |
| 14:1.....g | 0.052 | 0.002 | 3 | A | 1 | | 0.091 | 0.077 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.092 | 0.005 | 3 | AS | 1 | | 0.161 | 0.137 | |
| 16:1 c.....g | 0.073 | 0.003 | 3 | A | 1 | | 0.128 | 0.109 | |
| 16:1 t.....g | 0.019 | 0.001 | 3 | A | 1 | | 0.034 | 0.029 | |
| 17:1.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.025 | 0.021 | |
| 18:1 undifferentiated.....g | 2.604 | 0.122 | 3 | AS | 1 | | 4.556 | 3.879 | |
| 18:1 c.....g | 2.469 | 0.115 | 3 | A | 1 | | 4.321 | 3.679 | |
| 18:1 t.....g | 0.134 | 0.007 | 3 | A | 1 | | 0.235 | 0.200 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.051 | 0.002 | 3 | A | 1 | | 0.090 | 0.076 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 3.941 | | 0 | NC | 4 | | 6.897 | 5.872 | |
| 18:2 undifferentiated.....g | 3.453 | 0.164 | 3 | AS | 1 | | 6.042 | 5.144 | |
| 18:2 n-6 c,c.....g | 3.349 | 0.158 | 3 | A | 1 | | 5.861 | 4.990 | |
| 18:2 CLAs.....g | 0.035 | 0.002 | 3 | A | 1 | | 0.061 | 0.052 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.068 | 0.006 | 3 | A | 1 | | 0.120 | 0.102 | |
| 18:3 undifferentiated.....g | 0.448 | 0.020 | 3 | AS | 1 | | 0.784 | 0.667 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.424 | 0.019 | 3 | A | 1 | | 0.741 | 0.631 | |
| 18:3 n-6 c,c,c.....g | 0.024 | 0.002 | 3 | A | 1 | | 0.043 | 0.036 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.001 | 0.001 | |
| 20:2 n-6 c,c.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.008 | 0.006 | |
| 20:3 undifferentiated.....g | 0.009 | 0.001 | 3 | AS | 1 | | 0.016 | 0.014 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.009 | 0.000 | 3 | A | 1 | | 0.015 | 0.013 | |
| 20:4 undifferentiated.....g | 0.015 | 0.001 | 3 | A | 1 | | 0.026 | 0.022 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.001 | 3 | A | 1 | | 0.004 | 0.003 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.008 | 0.006 | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.001 | 3 | A | 1 | | 0.007 | 0.006 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.222 | | 0 | NC | 4 | | 0.388 | 0.331 | |
| Fatty acids, total trans-monoenoic.....g | 0.154 | | 0 | NC | 4 | | 0.269 | 0.229 | |
| Fatty acids, total trans-polyenoic.....g | 0.068 | | 0 | NC | 4 | | 0.120 | 0.102 | |
| Cholesterol.....mg | 18 | 0.463 | 3 | A | 1 | | 31 | 27 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.070 | | 0 | A | 1 | | 0.123 | 0.104 | |
| Threonine.....g | 0.180 | | 0 | A | 1 | | 0.315 | 0.268 | |

NDB No. 36040
 CRACKER BARREL, macaroni n' 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 |
| | | | | | | | | | |
| Isoleucine.....g | 0.310 | | 0 | A | 1 | | 0.543 | 0.462 | |
| Leucine.....g | 0.660 | | 0 | A | 1 | | 1.155 | 0.983 | |
| Lysine.....g | 0.590 | | 0 | A | 1 | | 1.032 | 0.879 | |
| Methionine.....g | 0.170 | | 0 | A | 1 | | 0.298 | 0.253 | |
| Cystine.....g | 0.100 | | 0 | A | 1 | | 0.175 | 0.149 | |
| Phenylalanine.....g | 0.380 | | 0 | A | 1 | | 0.665 | 0.566 | |
| Tyrosine.....g | 0.260 | | 0 | A | 1 | | 0.455 | 0.387 | |
| Valine.....g | 0.380 | | 0 | A | 1 | | 0.665 | 0.566 | |
| Arginine.....g | 0.290 | | 0 | A | 1 | | 0.507 | 0.432 | |
| Histidine.....g | 0.220 | | 0 | A | 1 | | 0.385 | 0.328 | |
| Alanine.....g | 0.200 | | 0 | A | 1 | | 0.350 | 0.298 | |
| Aspartic acid.....g | 0.380 | | 0 | A | 1 | | 0.665 | 0.566 | |
| Glutamic acid.....g | 1.850 | | 0 | A | 1 | | 3.238 | 2.757 | |
| Glycine.....g | 0.190 | | 0 | A | 1 | | 0.332 | 0.283 | |
| Proline.....g | 0.840 | | 0 | A | 1 | | 1.470 | 1.251 | |
| Serine.....g | 0.360 | | 0 | A | 1 | | 0.630 | 0.536 | |
| 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 = 175g: 1 serving

Measure 2 = 149g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36609

CRACKER BARREL, macaroni n' cheese plate, from kid's menu

Cracker Barrel

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 64.80 | 1.498 | 6 | A | 1 | | 166.53 | 96.55 | |
| Energy.....kcal | 192 | | 0 | NC | 4 | | 493 | 286 | |
| Energy.....kJ | 802 | | 0 | NC | 4 | | 2061 | 1195 | |
| Protein.....g | 6.46 | 0.203 | 6 | A | 1 | | 16.61 | 9.63 | |
| Total lipid (fat).....g | 11.51 | 0.284 | 6 | A | 1 | | 29.58 | 17.15 | |
| Ash.....g | 1.64 | 0.030 | 6 | A | 1 | | 4.23 | 2.45 | |
| Carbohydrate, by difference.....g | 15.58 | | 0 | NC | 4 | | 40.05 | 23.22 | |
| Fiber, total dietary.....g | 0.7 | 0.097 | 3 | A | 1 | | 1.9 | 1.1 | |
| Sugars, total.....g | 2.83 | 0.088 | 3 | A | 1 | | 7.28 | 4.22 | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 2.70 | 0.058 | 3 | A | 1 | | 6.94 | 4.02 | |
| Maltose.....g | 0.13 | 0.033 | 3 | A | 1 | | 0.34 | 0.20 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 11.70 | 1.106 | 3 | A | 1 | | 30.07 | 17.43 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 146 | 4.991 | 6 | A | 1 | | 374 | 217 | |
| Iron, Fe.....mg | 0.55 | 0.052 | 6 | A | 1 | | 1.42 | 0.82 | |
| Magnesium, Mg.....mg | 17 | 0.749 | 6 | A | 1 | | 42 | 25 | |
| Phosphorus, P.....mg | 202 | 5.974 | 6 | A | 1 | | 520 | 301 | |
| Potassium, K.....mg | 125 | 1.857 | 6 | A | 1 | | 320 | 186 | |
| Sodium, Na.....mg | 374 | 7.428 | 6 | A | 1 | | 962 | 558 | |
| Zinc, Zn.....mg | 0.83 | 0.037 | 6 | A | 1 | | 2.12 | 1.23 | |
| Copper, Cu.....mg | 0.060 | 0.003 | 6 | A | 1 | | 0.153 | 0.089 | |
| Manganese, Mn.....mg | 0.127 | 0.009 | 6 | A | 1 | | 0.327 | 0.189 | |
| Selenium, Se.....µg | 16.2 | 1.058 | 3 | A | 1 | | 41.6 | 24.1 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.093 | 0.012 | 3 | A | 1 | | 0.240 | 0.139 | |
| Riboflavin.....mg | 0.243 | 0.012 | 3 | A | 1 | | 0.625 | 0.362 | |
| Niacin.....mg | 0.677 | 0.088 | 3 | A | 1 | | 1.739 | 1.008 | |
| Pantothenic acid.....mg | 0.450 | | 2 | A | 1 | | 1.156 | 0.670 | |
| Vitamin B-6.....mg | 0.054 | 0.003 | 3 | A | 1 | | 0.138 | 0.080 | |
| Folate, total.....µg | 31 | 4.193 | 3 | A | 1 | | 81 | 47 | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 31 | 4.193 | 3 | A | 1 | | 81 | 47 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.15 | 0.015 | 3 | A | 1 | | 0.39 | 0.23 | |
| Vitamin A, RAE.....µg | 67 | | 0 | AS | 1 | | 172 | 100 | |
| Retinol.....µg | 65 | | 1 | A | 1 | | 167 | 97 | |
| Carotene, beta.....µg | 22 | | 1 | A | 1 | | 55 | 32 | |
| Carotene, alpha.....µg | 0 | | 1 | A | 1 | | 1 | 1 | |
| Cryptoxanthin, beta.....µg | 1 | | 1 | A | 1 | | 2 | 1 | |
| Vitamin A, IU.....IU | 254 | | 0 | AS | 1 | | 652 | 378 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 37 | | 1 | A | 1 | | 94 | 55 | |
| Vitamin E (alpha-tocopherol).....mg | 0.75 | 0.030 | 3 | A | 1 | | 1.92 | 1.11 | |
| Tocopherol, beta.....mg | 0.09 | 0.001 | 3 | A | 1 | | 0.23 | 0.13 | |
| Tocopherol, gamma.....mg | 4.33 | 0.107 | 3 | A | 1 | | 11.12 | 6.45 | |
| Tocopherol, delta.....mg | 1.43 | 0.046 | 3 | A | 1 | | 3.67 | 2.13 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.16 | 0.078 | 3 | A | 1 | | 0.40 | 0.23 | |
| Tocotrienol, gamma.....mg | 0.01 | 0.015 | 3 | A | 1 | | 0.04 | 0.02 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |

CRACKER BARREL, macaroni n' cheese plate, from kid's menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 9.9 | | 1 | A | 1 | 25.3 | 14.7 | | |
| Dihydrophyloquinone.....µg | 6.4 | | 1 | A | 1 | 16.4 | 9.5 | | |
| Menaquinone-4.....µg | 1.1 | | 1 | A | 1 | 2.8 | 1.6 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.197 | | 0 | NC | 4 | 10.787 | 6.254 | | |
| 4:0.....g | 0.114 | 0.002 | 3 | A | 1 | 0.292 | 0.169 | | |
| 6:0.....g | 0.090 | 0.003 | 3 | A | 1 | 0.230 | 0.134 | | |
| 8:0.....g | 0.056 | 0.002 | 3 | A | 1 | 0.145 | 0.084 | | |
| 10:0.....g | 0.139 | 0.005 | 3 | A | 1 | 0.358 | 0.208 | | |
| 12:0.....g | 0.160 | 0.005 | 3 | A | 1 | 0.410 | 0.238 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.520 | 0.013 | 3 | A | 1 | 1.337 | 0.775 | | |
| 15:0.....g | 0.056 | 0.001 | 3 | A | 1 | 0.144 | 0.083 | | |
| 16:0.....g | 2.127 | 0.044 | 3 | A | 1 | 5.466 | 3.169 | | |
| 17:0.....g | 0.039 | 0.001 | 3 | A | 1 | 0.099 | 0.057 | | |
| 18:0.....g | 0.827 | 0.013 | 3 | A | 1 | 2.124 | 1.232 | | |
| 20:0.....g | 0.029 | 0.001 | 3 | A | 1 | 0.075 | 0.044 | | |
| 22:0.....g | 0.028 | 0.002 | 3 | A | 1 | 0.072 | 0.042 | | |
| 24:0.....g | 0.012 | 0.001 | 3 | A | 1 | 0.031 | 0.018 | | |
| Fatty acids, total monounsaturated.....g | 2.824 | | 0 | NC | 4 | 7.259 | 4.208 | | |
| 14:1.....g | 0.053 | 0.001 | 3 | A | 1 | 0.135 | 0.078 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 16:1 undifferentiated.....g | 0.093 | 0.003 | 3 | AS | 1 | 0.238 | 0.138 | | |
| 16:1 c.....g | 0.073 | 0.003 | 3 | A | 1 | 0.188 | 0.109 | | |
| 16:1 t.....g | 0.020 | 0.001 | 3 | A | 1 | 0.050 | 0.029 | | |
| 17:1.....g | 0.014 | 0.000 | 3 | A | 1 | 0.037 | 0.021 | | |
| 18:1 undifferentiated.....g | 2.616 | 0.038 | 3 | AS | 1 | 6.722 | 3.897 | | |
| 18:1 c.....g | 2.477 | 0.040 | 3 | A | 1 | 6.366 | 3.691 | | |
| 18:1 t.....g | 0.139 | 0.002 | 3 | A | 1 | 0.356 | 0.207 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.049 | 0.002 | 3 | A | 1 | 0.126 | 0.073 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | 0.001 | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | 0.001 | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 3.925 | | 0 | NC | 4 | 10.087 | 5.848 | | |
| 18:2 undifferentiated.....g | 3.438 | 0.064 | 3 | AS | 1 | 8.835 | 5.122 | | |
| 18:2 n-6 c,c.....g | 3.335 | 0.062 | 3 | A | 1 | 8.570 | 4.969 | | |
| 18:2 CLAs.....g | 0.036 | 0.001 | 3 | A | 1 | 0.092 | 0.053 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.068 | 0.001 | 3 | A | 1 | 0.174 | 0.101 | | |
| 18:3 undifferentiated.....g | 0.453 | 0.013 | 3 | AS | 1 | 1.163 | 0.674 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.429 | 0.012 | 3 | A | 1 | 1.102 | 0.639 | | |
| 18:3 n-6 c,c,c.....g | 0.023 | 0.001 | 3 | A | 1 | 0.059 | 0.034 | | |
| 18:3i.....g | 0.001 | 0.001 | 3 | A | 1 | 0.002 | 0.001 | | |
| 18:4.....g | 0.001 | 0.001 | 3 | A | 1 | 0.003 | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.000 | 3 | A | 1 | 0.012 | 0.007 | | |
| 20:3 undifferentiated.....g | 0.007 | 0.000 | 3 | AS | 1 | 0.017 | 0.010 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 20:3 n-6.....g | 0.007 | 0.000 | 3 | A | 1 | 0.017 | 0.010 | | |
| 20:4 undifferentiated.....g | 0.013 | 0.000 | 3 | A | 1 | 0.033 | 0.019 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | 0.003 | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.000 | 3 | A | 1 | 0.009 | 0.005 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.000 | 3 | A | 1 | 0.011 | 0.006 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total trans.....g | 0.227 | | 0 | NC | 4 | 0.582 | 0.337 | | |

NDB No. 36609

CRACKER BARREL, macaroni n' cheese plate, from kid's menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total trans-monoenoic.....g | 0.158 | | 0 | NC | 4 | | 0.407 | 0.236 | |
| Fatty acids, total trans-polyenoic.....g | 0.068 | | 0 | NC | 4 | | 0.176 | 0.102 | |
| Cholesterol.....mg | 16 | 0.636 | 3 | A | 1 | | 41 | 24 | |
| Phytosterols.....mg | | | | | | | | | |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | 0.085 | | 0 | A | 1 | | 0.219 | 0.127 | |
| Threonine.....g | 0.181 | | 0 | A | 1 | | 0.465 | 0.270 | |
| Isoleucine.....g | 0.330 | | 0 | A | 1 | | 0.849 | 0.492 | |
| Leucine.....g | 0.692 | | 0 | A | 1 | | 1.779 | 1.032 | |
| Lysine.....g | 0.586 | | 0 | A | 1 | | 1.506 | 0.873 | |
| Methionine.....g | 0.181 | | 0 | A | 1 | | 0.465 | 0.270 | |
| Cystine.....g | 0.107 | | 0 | A | 1 | | 0.274 | 0.159 | |
| Phenylalanine.....g | 0.394 | | 0 | A | 1 | | 1.013 | 0.587 | |
| Tyrosine.....g | 0.266 | | 0 | A | 1 | | 0.684 | 0.397 | |
| Valine.....g | 0.405 | | 0 | A | 1 | | 1.040 | 0.603 | |
| Arginine.....g | 0.298 | | 0 | A | 1 | | 0.767 | 0.444 | |
| Histidine.....g | 0.224 | | 0 | A | 1 | | 0.575 | 0.333 | |
| Alanine.....g | 0.213 | | 0 | A | 1 | | 0.548 | 0.317 | |
| Aspartic acid.....g | 0.415 | | 0 | A | 1 | | 1.067 | 0.619 | |
| Glutamic acid.....g | 1.971 | | 0 | A | 1 | | 5.065 | 2.937 | |
| Glycine.....g | 0.192 | | 0 | A | 1 | | 0.493 | 0.286 | |
| Proline.....g | 0.820 | | 0 | A | 1 | | 2.108 | 1.222 | |
| Serine.....g | 0.384 | | 0 | A | 1 | | 0.986 | 0.571 | |
| 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 = 257g: 1 serving

Measure 2 = 149g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36026
CRACKER BARREL, onion rings, thick-cut

Cracker Barrel

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 36.68 | 0.514 | 6 | A | 1 | | 95.73 | | |
| Energy.....kcal | 327 | | 0 | NC | 4 | | 853 | | |
| Energy.....kJ | 1368 | | 0 | NC | 4 | | 3570 | | |
| Protein.....g | 4.78 | 0.063 | 6 | A | 1 | | 12.48 | | |
| Total lipid (fat).....g | 16.00 | 0.619 | 6 | A | 1 | | 41.76 | | |
| Ash.....g | 1.59 | 0.021 | 6 | A | 1 | | 4.14 | | |
| Carbohydrate, by difference.....g | 40.95 | | 0 | NC | 4 | | 106.89 | | |
| Fiber, total dietary.....g | 2.2 | 0.486 | 3 | A | 1 | | 5.8 | | |
| Sugars, total.....g | 4.82 | 0.093 | 3 | A | 1 | | 12.58 | | |
| Sucrose.....g | 1.49 | 0.093 | 3 | A | 1 | | 3.89 | | |
| Glucose (dextrose).....g | 1.36 | 0.048 | 3 | A | 1 | | 3.54 | | |
| Fructose.....g | 1.15 | 0.052 | 3 | A | 1 | | 2.99 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.83 | 0.037 | 3 | A | 1 | | 2.16 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 33.50 | 0.306 | 3 | A | 1 | | 87.43 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 19 | 0.214 | 6 | A | 1 | | 50 | | |
| Iron, Fe.....mg | 0.73 | 0.021 | 6 | A | 1 | | 1.91 | | |
| Magnesium, Mg.....mg | 21 | 0.161 | 6 | A | 1 | | 54 | | |
| Phosphorus, P.....mg | 100 | 0.631 | 6 | A | 1 | | 260 | | |
| Potassium, K.....mg | 141 | 1.740 | 6 | A | 1 | | 368 | | |
| Sodium, Na.....mg | 463 | 5.745 | 6 | A | 1 | | 1208 | | |
| Zinc, Zn.....mg | 0.55 | 0.010 | 6 | A | 1 | | 1.45 | | |
| Copper, Cu.....mg | 0.087 | 0.001 | 6 | A | 1 | | 0.227 | | |
| Manganese, Mn.....mg | 0.531 | 0.008 | 6 | A | 1 | | 1.386 | | |
| Selenium, Se.....µg | 3.6 | 0.233 | 3 | A | 1 | | 9.5 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.123 | 0.003 | 3 | A | 1 | | 0.322 | | |
| Riboflavin.....mg | 0.073 | 0.003 | 3 | A | 1 | | 0.190 | | |
| Niacin.....mg | 0.860 | 0.047 | 3 | A | 1 | | 2.244 | | |
| Pantothenic acid.....mg | 0.355 | | 2 | A | 1 | | 0.926 | | |
| Vitamin B-6.....mg | 0.084 | 0.002 | 3 | A | 1 | | 0.219 | | |
| Folate, total.....µg | 14 | | 1 | A | 1 | | 37 | | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 14 | | 1 | A | 1 | | 37 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 4 | | 0 | AS | 1 | | 10 | | |
| Retinol.....µg | 2 | | 1 | A | 1 | | 6 | | |
| Carotene, beta.....µg | 15 | | 1 | A | 1 | | 39 | | |
| Carotene, alpha.....µg | 1 | | 1 | A | 1 | | 4 | | |
| Cryptoxanthin, beta.....µg | 9 | | 1 | A | 1 | | 23 | | |
| Vitamin A, IU.....IU | 41 | | 0 | AS | 1 | | 107 | | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 69 | | 1 | A | 1 | | 180 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.31 | 0.057 | 3 | A | 1 | | 3.42 | | |
| Tocopherol, beta.....mg | 0.15 | 0.076 | 3 | A | 1 | | 0.39 | | |
| Tocopherol, gamma.....mg | 7.97 | 1.097 | 3 | A | 1 | | 20.79 | | |
| Tocopherol, delta.....mg | 3.02 | 0.537 | 3 | A | 1 | | 7.88 | | |
| Tocotrienol, alpha.....mg | 0.03 | 0.003 | 3 | A | 1 | | 0.08 | | |
| Tocotrienol, beta.....mg | 0.22 | 0.017 | 3 | A | 1 | | 0.57 | | |
| Tocotrienol, gamma.....mg | 0.02 | 0.013 | 3 | A | 1 | | 0.07 | | |

NDB No. 36026

CRACKER BARREL, onion rings, thick-cut

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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..... | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3)..... | | | | | | | | | |
| Vitamin D2 (ergocalciferol)..... | | | | | | | | | |
| Vitamin D3 (cholecalciferol)..... | | | | | | | | | |
| Vitamin D..... | | | | | | | | | |
| Vitamin K (phylloquinone)..... | 36.1 | 6.552 | 3 | A | 1 | | 94.3 | | |
| Dihydrophyloquinone..... | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Menaquinone-4..... | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated..... | 2.941 | | 0 | NC | 4 | | 7.677 | | |
| 4:0..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0..... | 0.006 | 0.002 | 3 | A | 1 | | 0.016 | | |
| 10:0..... | 0.009 | 0.001 | 3 | A | 1 | | 0.023 | | |
| 12:0..... | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 13:0..... | | | | | | | | | |
| 14:0..... | 0.016 | 0.002 | 3 | A | 1 | | 0.042 | | |
| 15:0..... | 0.004 | 0.001 | 3 | A | 1 | | 0.010 | | |
| 16:0..... | 1.763 | 0.017 | 3 | A | 1 | | 4.602 | | |
| 17:0..... | 0.018 | 0.000 | 3 | A | 1 | | 0.046 | | |
| 18:0..... | 1.000 | 0.023 | 3 | A | 1 | | 2.609 | | |
| 20:0..... | 0.054 | 0.001 | 3 | A | 1 | | 0.140 | | |
| 22:0..... | 0.052 | 0.002 | 3 | A | 1 | | 0.135 | | |
| 24:0..... | 0.020 | 0.000 | 3 | A | 1 | | 0.051 | | |
| Fatty acids, total monounsaturated..... | 3.630 | | 0 | NC | 4 | | 9.475 | | |
| 14:1..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated..... | 0.024 | 0.002 | 3 | AS | 1 | | 0.063 | | |
| 16:1 c..... | 0.023 | 0.002 | 3 | A | 1 | | 0.061 | | |
| 16:1 t..... | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 17:1..... | 0.009 | 0.001 | 3 | A | 1 | | 0.023 | | |
| 18:1 undifferentiated..... | 3.542 | 0.038 | 3 | AS | 1 | | 9.243 | | |
| 18:1 c..... | 3.448 | 0.038 | 3 | A | 1 | | 8.998 | | |
| 18:1 t..... | 0.094 | 0.001 | 3 | A | 1 | | 0.245 | | |
| 18:1-11 t (18:1t n-7)..... | | | | | | | | | |
| 20:1..... | 0.046 | 0.002 | 3 | A | 1 | | 0.120 | | |
| 22:1 undifferentiated..... | 0.010 | 0.002 | 3 | AS | 1 | | 0.025 | | |
| 22:1 c..... | 0.006 | 0.002 | 3 | A | 1 | | 0.015 | | |
| 22:1 t..... | 0.004 | 0.001 | 3 | A | 1 | | 0.010 | | |
| 24:1 c..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated..... | 8.675 | | 0 | NC | 4 | | 22.642 | | |
| 18:2 undifferentiated..... | 7.673 | 0.268 | 3 | AS | 1 | | 20.027 | | |
| 18:2 n-6 c,c..... | 7.547 | 0.285 | 3 | A | 1 | | 19.697 | | |
| 18:2 CLAs..... | 0.024 | 0.003 | 3 | A | 1 | | 0.062 | | |
| 18:2 t,t..... | | | | | | | | | |
| 18:2 i..... | | | | | | | | | |
| 18:2 t not further defined..... | 0.103 | 0.016 | 3 | A | 1 | | 0.269 | | |
| 18:3 undifferentiated..... | 0.985 | 0.068 | 3 | AS | 1 | | 2.572 | | |
| 18:3 n-3 c,c,c (ALA)..... | 0.916 | 0.077 | 3 | A | 1 | | 2.392 | | |
| 18:3 n-6 c,c,c..... | 0.069 | 0.009 | 3 | A | 1 | | 0.180 | | |
| 18:3i..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c..... | 0.008 | 0.002 | 3 | A | 1 | | 0.021 | | |
| 20:3 undifferentiated..... | 0.000 | 0.000 | 3 | AS | 1 | | 0.001 | | |
| 20:3 n-3..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6..... | 0.000 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 20:4 undifferentiated..... | 0.008 | 0.000 | 3 | A | 1 | | 0.022 | | |
| 20:4 n-6..... | | | | | | | | | |
| 20:5 n-3 (EPA)..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 21:5..... | | | | | | | | | |
| 22:4..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA)..... | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |

NDB No. 36026

CRACKER BARREL, onion rings, thick-cut

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.202 | | 0 | NC | 4 | | 0.527 | | |
| Fatty acids, total trans-monoenoic.....g | 0.099 | | 0 | NC | 4 | | 0.258 | | |
| Fatty acids, total trans-polyenoic.....g | 0.103 | | 0 | NC | 4 | | 0.269 | | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.050 | | 0 | A | 1 | | 0.131 | | |
| Threonine.....g | 0.100 | | 0 | A | 1 | | 0.261 | | |
| Isoleucine.....g | 0.160 | | 0 | A | 1 | | 0.417 | | |
| Leucine.....g | 0.350 | | 0 | A | 1 | | 0.913 | | |
| Lysine.....g | 0.140 | | 0 | A | 1 | | 0.365 | | |
| Methionine.....g | 0.080 | | 0 | A | 1 | | 0.209 | | |
| Cystine.....g | 0.120 | | 0 | A | 1 | | 0.313 | | |
| Phenylalanine.....g | 0.240 | | 0 | A | 1 | | 0.626 | | |
| Tyrosine.....g | 0.110 | | 0 | A | 1 | | 0.287 | | |
| Valine.....g | 0.200 | | 0 | A | 1 | | 0.522 | | |
| Arginine.....g | 0.250 | | 0 | A | 1 | | 0.653 | | |
| Histidine.....g | 0.120 | | 0 | A | 1 | | 0.313 | | |
| Alanine.....g | 0.150 | | 0 | A | 1 | | 0.392 | | |
| Aspartic acid.....g | 0.210 | | 0 | A | 1 | | 0.548 | | |
| Glutamic acid.....g | 1.490 | | 0 | A | 1 | | 3.889 | | |
| Glycine.....g | 0.200 | | 0 | A | 1 | | 0.522 | | |
| Proline.....g | 0.710 | | 0 | A | 1 | | 1.853 | | |
| Serine.....g | 0.200 | | 0 | A | 1 | | 0.522 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

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

Common Measures:

Measure 1 = 261g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36607
CRACKER BARREL, steak fries

Cracker Barrel
 french, family style
 Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 51.32 | 0.571 | 6 | A | 1 | | 101.61 | | |
| Energy.....kcal | 255 | | 0 | NC | 4 | | 505 | | |
| Energy.....kJ | 1068 | | 0 | NC | 4 | | 2115 | | |
| Protein.....g | 3.26 | 0.097 | 6 | A | 1 | | 6.45 | | |
| Total lipid (fat).....g | 13.18 | 0.317 | 6 | A | 1 | | 26.10 | | |
| Ash.....g | 1.37 | 0.032 | 6 | A | 1 | | 2.71 | | |
| Carbohydrate, by difference.....g | 30.87 | | 0 | NC | 4 | | 61.13 | | |
| Fiber, total dietary.....g | 3.5 | 0.165 | 3 | A | 1 | | 7.0 | | |
| Sugars, total.....g | 0.86 | 0.107 | 3 | A | 1 | | 1.71 | | |
| Sucrose.....g | 0.28 | 0.006 | 3 | A | 1 | | 0.55 | | |
| Glucose (dextrose).....g | 0.33 | 0.072 | 3 | A | 1 | | 0.65 | | |
| Fructose.....g | 0.25 | 0.036 | 3 | A | 1 | | 0.50 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 27.60 | 0.529 | 3 | A | 1 | | 54.65 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 19 | 0.819 | 6 | A | 1 | | 39 | | |
| Iron, Fe.....mg | 0.69 | 0.025 | 6 | A | 1 | | 1.38 | | |
| Magnesium, Mg.....mg | 32 | 0.848 | 6 | A | 1 | | 63 | | |
| Phosphorus, P.....mg | 117 | 4.661 | 6 | A | 1 | | 232 | | |
| Potassium, K.....mg | 551 | 11.461 | 6 | A | 1 | | 1091 | | |
| Sodium, Na.....mg | 43 | 3.554 | 6 | A | 1 | | 85 | | |
| Zinc, Zn.....mg | 0.42 | 0.019 | 6 | A | 1 | | 0.83 | | |
| Copper, Cu.....mg | 0.123 | 0.007 | 6 | A | 1 | | 0.244 | | |
| Manganese, Mn.....mg | 0.182 | 0.004 | 6 | A | 1 | | 0.361 | | |
| Selenium, Se.....µg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.9 | 0.154 | 3 | A | 1 | | 1.8 | | |
| Thiamin.....mg | 0.117 | 0.003 | 3 | A | 1 | | 0.231 | | |
| Riboflavin.....mg | 0.056 | 0.003 | 3 | A | 1 | | 0.110 | | |
| Niacin.....mg | 2.417 | 0.058 | 3 | A | 1 | | 4.785 | | |
| Pantothenic acid.....mg | 0.625 | | 2 | A | 1 | | 1.237 | | |
| Vitamin B-6.....mg | 0.236 | 0.009 | 3 | A | 1 | | 0.468 | | |
| Folate, total.....µg | 29 | | 1 | A | 1 | | 58 | | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 29 | | 1 | A | 1 | | 58 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Retinol.....µg | | | | | | | | | |
| Carotene, beta.....µg | | | | | | | | | |
| Carotene, alpha.....µg | | | | | | | | | |
| Cryptoxanthin, beta.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 1.34 | 0.069 | 3 | A | 1 | | 2.66 | | |
| Tocopherol, beta.....mg | 0.12 | 0.023 | 3 | A | 1 | | 0.25 | | |
| Tocopherol, gamma.....mg | 5.84 | 0.334 | 3 | A | 1 | | 11.57 | | |
| Tocopherol, delta.....mg | 2.25 | 0.312 | 3 | A | 1 | | 4.45 | | |
| Tocotrienol, alpha.....mg | 0.02 | 0.015 | 3 | A | 1 | | 0.03 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |

NDB No. 36607
 CRACKER BARREL, steak fries

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 32.1 | 1.084 | 3 | A | 1 | | 63.6 | | |
| Dihydrophyllquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.369 | | 0 | NC | 4 | | 4.690 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.018 | | |
| 10:0.....g | 0.009 | 0.000 | 3 | A | 1 | | 0.018 | | |
| 12:0.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.036 | | |
| 15:0.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.007 | | |
| 16:0.....g | 1.435 | 0.044 | 3 | A | 1 | | 2.841 | | |
| 17:0.....g | 0.014 | 0.000 | 3 | A | 1 | | 0.027 | | |
| 18:0.....g | 0.774 | 0.052 | 3 | A | 1 | | 1.533 | | |
| 20:0.....g | 0.046 | 0.001 | 3 | A | 1 | | 0.090 | | |
| 22:0.....g | 0.042 | 0.001 | 3 | A | 1 | | 0.082 | | |
| 24:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.036 | | |
| Fatty acids, total monounsaturated.....g | 3.156 | | 0 | NC | 4 | | 6.248 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.022 | 0.001 | 3 | AS | 1 | | 0.043 | | |
| 16:1 c.....g | 0.022 | 0.001 | 3 | A | 1 | | 0.043 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.008 | 0.000 | 3 | A | 1 | | 0.015 | | |
| 18:1 undifferentiated.....g | 3.075 | 0.112 | 3 | AS | 1 | | 6.088 | | |
| 18:1 c.....g | 3.044 | 0.113 | 3 | A | 1 | | 6.027 | | |
| 18:1 t.....g | 0.031 | 0.002 | 3 | A | 1 | | 0.061 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.047 | 0.003 | 3 | A | 1 | | 0.092 | | |
| 22:1 undifferentiated.....g | 0.005 | 0.002 | 3 | AS | 1 | | 0.009 | | |
| 22:1 c.....g | 0.003 | 0.002 | 3 | A | 1 | | 0.006 | | |
| 22:1 t.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 6.833 | | 0 | NC | 4 | | 13.530 | | |
| 18:2 undifferentiated.....g | 6.008 | 0.184 | 3 | AS | 1 | | 11.896 | | |
| 18:2 n-6 c,c.....g | 5.914 | 0.169 | 3 | A | 1 | | 11.710 | | |
| 18:2 CLAs.....g | 0.021 | 0.003 | 3 | A | 1 | | 0.042 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.073 | 0.015 | 3 | A | 1 | | 0.144 | | |
| 18:3 undifferentiated.....g | 0.810 | 0.018 | 3 | AS | 1 | | 1.604 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.754 | 0.016 | 3 | A | 1 | | 1.492 | | |
| 18:3 n-6 c,c,c.....g | 0.057 | 0.011 | 3 | A | 1 | | 0.112 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.008 | 0.002 | 3 | A | 1 | | 0.016 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.015 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |

NDB No. 36607
 CRACKER BARREL, steak fries

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total trans.....g | 0.105 | | 0 | NC | 4 | | 0.208 | | |
| Fatty acids, total trans-monoenoic.....g | 0.033 | | 0 | NC | 4 | | 0.065 | | |
| Fatty acids, total trans-polyenoic.....g | 0.073 | | 0 | NC | 4 | | 0.144 | | |
| Cholesterol.....mg | 0 | | 1 | A | 1 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 5 | | 1 | A | 1 | | 10 | | |
| Campesterol.....mg | 7 | | 1 | A | 1 | | 14 | | |
| Beta-sitosterol.....mg | 19 | | 1 | A | 1 | | 38 | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.040 | | 0 | A | 1 | | 0.079 | | |
| Threonine.....g | 0.090 | | 0 | A | 1 | | 0.179 | | |
| Isoleucine.....g | 0.100 | | 0 | A | 1 | | 0.199 | | |
| Leucine.....g | 0.140 | | 0 | A | 1 | | 0.278 | | |
| Lysine.....g | 0.120 | | 0 | A | 1 | | 0.238 | | |
| Methionine.....g | 0.040 | | 0 | A | 1 | | 0.079 | | |
| Cystine.....g | 0.030 | | 0 | A | 1 | | 0.059 | | |
| Phenylalanine.....g | 0.130 | | 0 | A | 1 | | 0.258 | | |
| Tyrosine.....g | 0.090 | | 0 | A | 1 | | 0.179 | | |
| Valine.....g | 0.150 | | 0 | A | 1 | | 0.298 | | |
| Arginine.....g | 0.170 | | 0 | A | 1 | | 0.337 | | |
| Histidine.....g | 0.050 | | 0 | A | 1 | | 0.099 | | |
| Alanine.....g | 0.090 | | 0 | A | 1 | | 0.179 | | |
| Aspartic acid.....g | 0.652 | | 0 | A | 1 | | 1.290 | | |
| Glutamic acid.....g | 0.471 | | 0 | A | 1 | | 0.933 | | |
| Glycine.....g | 0.080 | | 0 | A | 1 | | 0.159 | | |
| Proline.....g | 0.090 | | 0 | A | 1 | | 0.179 | | |
| Serine.....g | 0.100 | | 0 | A | 1 | | 0.199 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

Common Measures:

Measure 1 = 198g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36614

DENNY'S, chicken nuggets, star shaped, from kid's menu

Denny's

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 39.25 | 1.440 | 6 | A | 1 | | 26.30 | 6.28 | |
| Energy.....kcal | 377 | | 0 | NC | 4 | | 252 | 60 | |
| Energy.....kJ | 1575 | | 0 | NC | 4 | | 1055 | 252 | |
| Protein.....g | 16.27 | 0.390 | 6 | A | 1 | | 10.90 | 2.60 | |
| Total lipid (fat).....g | 28.57 | 0.911 | 6 | A | 1 | | 19.14 | 4.57 | |
| Ash.....g | 2.33 | 0.067 | 6 | A | 1 | | 1.56 | 0.37 | |
| Carbohydrate, by difference.....g | 13.59 | | 0 | NC | 4 | | 9.11 | 2.17 | |
| Fiber, total dietary.....g | 0.8 | 0.157 | 3 | A | 1 | | 0.6 | 0.1 | |
| Sugars, total.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 12.60 | 0.764 | 3 | A | 1 | | 8.44 | 2.02 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 16 | 0.631 | 6 | A | 1 | | 11 | 3 | |
| Iron, Fe.....mg | 1.34 | 0.042 | 6 | A | 1 | | 0.90 | 0.21 | |
| Magnesium, Mg.....mg | 22 | 0.483 | 6 | A | 1 | | 15 | 4 | |
| Phosphorus, P.....mg | 254 | 6.772 | 6 | A | 1 | | 170 | 41 | |
| Potassium, K.....mg | 244 | 4.700 | 6 | A | 1 | | 164 | 39 | |
| Sodium, Na.....mg | 644 | 17.829 | 6 | A | 1 | | 431 | 103 | |
| Zinc, Zn.....mg | 0.73 | 0.021 | 6 | A | 1 | | 0.49 | 0.12 | |
| Copper, Cu.....mg | 0.059 | 0.002 | 6 | A | 1 | | 0.040 | 0.010 | |
| Manganese, Mn.....mg | 0.212 | 0.010 | 6 | A | 1 | | 0.142 | 0.034 | |
| Selenium, Se.....µg | 17.3 | 1.286 | 3 | A | 1 | | 11.6 | 2.8 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.137 | 0.009 | 3 | A | 1 | | 0.092 | 0.022 | |
| Riboflavin.....mg | 0.193 | 0.007 | 3 | A | 1 | | 0.130 | 0.031 | |
| Niacin.....mg | 6.353 | 0.124 | 3 | A | 1 | | 4.257 | 1.017 | |
| Pantothenic acid.....mg | 1.155 | | 2 | A | 1 | | 0.774 | 0.185 | |
| Vitamin B-6.....mg | 0.382 | 0.021 | 3 | A | 1 | | 0.256 | 0.061 | |
| Folate, total.....µg | 29 | 3.384 | 3 | A | 1 | | 20 | 5 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.16 | 0.003 | 3 | A | 1 | | 0.11 | 0.03 | |
| Vitamin A, RAE.....µg | 17 | | 1 | AS | 1 | | 12 | 3 | |
| Vitamin A, IU.....IU | 58 | | 1 | AS | 1 | | 39 | 9 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 15 | | 1 | A | 1 | | 10 | 2 | |
| Vitamin E (alpha-tocopherol).....mg | 1.91 | 0.070 | 3 | A | 1 | | 1.28 | 0.31 | |
| Tocopherol, beta.....mg | 0.06 | 0.031 | 3 | A | 1 | | 0.04 | 0.01 | |
| Tocopherol, gamma.....mg | 8.29 | 0.996 | 3 | A | 1 | | 5.56 | 1.33 | |
| Tocopherol, delta.....mg | 2.48 | 0.637 | 3 | A | 1 | | 1.66 | 0.40 | |
| Tocotrienol, alpha.....mg | 0.02 | 0.018 | 3 | A | 1 | | 0.01 | 0.00 | |
| Tocotrienol, beta.....mg | 0.03 | 0.028 | 3 | A | 1 | | 0.02 | 0.00 | |
| Tocotrienol, gamma.....mg | 0.05 | 0.008 | 3 | A | 1 | | 0.03 | 0.01 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 36.6 | | 1 | A | 1 | | 24.5 | 5.9 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 12.6 | | 1 | A | 1 | | 8.4 | 2.0 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.606 | | 0 | NC | 4 | | 3.756 | 0.897 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.006 | 0.001 | |
| 10:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.005 | 0.001 | |
| 12:0.....g | 0.019 | 0.003 | 3 | A | 1 | | 0.013 | 0.003 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.078 | 0.004 | 3 | A | 1 | | 0.052 | 0.012 | |
| 15:0.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.008 | 0.002 | |
| 16:0.....g | 3.791 | 0.149 | 3 | A | 1 | | 2.540 | 0.607 | |
| 17:0.....g | 0.031 | 0.002 | 3 | A | 1 | | 0.021 | 0.005 | |
| 18:0.....g | 1.484 | 0.087 | 3 | A | 1 | | 0.994 | 0.237 | |
| 20:0.....g | 0.083 | 0.003 | 3 | A | 1 | | 0.055 | 0.013 | |
| 22:0.....g | 0.067 | 0.004 | 3 | A | 1 | | 0.045 | 0.011 | |
| 24:0.....g | 0.027 | 0.001 | 3 | A | 1 | | 0.018 | 0.004 | |
| Fatty acids, total monounsaturated.....g | 9.817 | | 0 | NC | 4 | | 6.577 | 1.571 | |
| 14:1.....g | 0.022 | 0.001 | 3 | A | 1 | | 0.015 | 0.004 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.556 | 0.034 | 3 | AS | 1 | | 0.372 | 0.089 | |
| 16:1 c.....g | 0.551 | 0.034 | 3 | A | 1 | | 0.369 | 0.088 | |
| 16:1 t.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.003 | 0.001 | |
| 17:1.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.014 | 0.003 | |
| 18:1 undifferentiated.....g | 9.056 | 0.334 | 3 | AS | 1 | | 6.067 | 1.449 | |
| 18:1 c.....g | 8.968 | 0.341 | 3 | A | 1 | | 6.009 | 1.435 | |
| 18:1 t.....g | 0.087 | 0.010 | 3 | A | 1 | | 0.059 | 0.014 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.158 | 0.004 | 3 | A | 1 | | 0.106 | 0.025 | |
| 22:1 undifferentiated.....g | 0.004 | 0.001 | 3 | AS | 1 | | 0.003 | 0.001 | |
| 22:1 c.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.002 | 0.001 | |
| 22:1 t.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 10.701 | | 0 | NC | 4 | | 7.170 | 1.712 | |
| 18:2 undifferentiated.....g | 9.175 | 0.612 | 3 | AS | 1 | | 6.147 | 1.468 | |
| 18:2 n-6 c,c.....g | 9.017 | 0.621 | 3 | A | 1 | | 6.042 | 1.443 | |
| 18:2 CLAs.....g | 0.038 | 0.002 | 3 | A | 1 | | 0.025 | 0.006 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.120 | 0.011 | 3 | A | 1 | | 0.080 | 0.019 | |
| 18:3 undifferentiated.....g | 1.387 | 0.115 | 3 | AS | 1 | | 0.929 | 0.222 | |
| 18:3 n-3 c,c,c (ALA).....g | 1.290 | 0.112 | 3 | A | 1 | | 0.864 | 0.206 | |
| 18:3 n-6 c,c,c.....g | 0.098 | 0.003 | 3 | A | 1 | | 0.065 | 0.016 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.002 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.020 | 0.001 | 3 | A | 1 | | 0.014 | 0.003 | |
| 20:3 undifferentiated.....g | 0.023 | 0.001 | 3 | AS | 1 | | 0.015 | 0.004 | |
| 20:3 n-3.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.002 | 0.000 | |
| 20:3 n-6.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.014 | 0.003 | |
| 20:4 undifferentiated.....g | 0.064 | 0.003 | 3 | A | 1 | | 0.043 | 0.010 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 3 | A | 1 | | 0.002 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.016 | 0.001 | 3 | A | 1 | | 0.011 | 0.003 | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.000 | 3 | A | 1 | | 0.004 | 0.001 | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.000 | 3 | A | 1 | | 0.002 | 0.001 | |
| Fatty acids, total trans.....g | 0.213 | | 0 | NC | 4 | | 0.143 | 0.034 | |
| Fatty acids, total trans-monoenoic.....g | 0.093 | | 0 | NC | 4 | | 0.062 | 0.015 | |
| Fatty acids, total trans-polyenoic.....g | 0.120 | | 0 | NC | 4 | | 0.080 | 0.019 | |
| Cholesterol.....mg | 57 | 0.953 | 3 | A | 1 | | 38 | 9 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | 0.576 | | 0 | A | 1 | | 0.386 | 0.092 | |

NDB No. 36614

DENNY'S, chicken nuggets, star shaped, from kid's menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|---------|--------|---|------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | Deriv | Source | Confidence | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data | Points | Code | | | | |
| Isoleucine.....g | 0.676 | | 0 | A | 1 | | 0.453 | 0.108 | |
| Leucine.....g | 1.340 | | 0 | A | 1 | | 0.898 | 0.214 | |
| Lysine.....g | 2.005 | | 0 | A | 1 | | 1.343 | 0.321 | |
| Methionine.....g | 0.443 | | 0 | A | 1 | | 0.297 | 0.071 | |
| Cystine.....g | 0.210 | | 0 | A | 1 | | 0.141 | 0.034 | |
| Phenylalanine.....g | 0.642 | | 0 | A | 1 | | 0.430 | 0.103 | |
| Tyrosine.....g | 0.510 | | 0 | A | 1 | | 0.341 | 0.082 | |
| Valine.....g | 0.742 | | 0 | A | 1 | | 0.497 | 0.119 | |
| Arginine.....g | 1.219 | | 0 | A | 1 | | 0.816 | 0.195 | |
| Histidine.....g | 0.631 | | 0 | A | 1 | | 0.423 | 0.101 | |
| Alanine.....g | 0.886 | | 0 | A | 1 | | 0.594 | 0.142 | |
| Aspartic acid.....g | 1.208 | | 0 | A | 1 | | 0.809 | 0.193 | |
| Glutamic acid.....g | 2.792 | | 0 | A | 1 | | 1.870 | 0.447 | |
| Glycine.....g | 0.942 | | 0 | A | 1 | | 0.631 | 0.151 | |
| Proline.....g | 1.008 | | 0 | A | 1 | | 0.675 | 0.161 | |
| Serine.....g | 0.676 | | 0 | A | 1 | | 0.453 | 0.108 | |
| Hydroxyproline.....g | 0.110 | | 1 | A | 1 | | 0.074 | 0.018 | |

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

Common Measures:

Measure 1 = 67g: 1 serving 4 pieces in serving

Measure 2 = 16g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.210 | | 0 | A | 1 | | 0.407 | | |
| Threonine.....g | 0.630 | | 0 | A | 1 | | 1.222 | | |
| Isoleucine.....g | 0.760 | | 0 | A | 1 | | 1.474 | | |
| Leucine.....g | 1.480 | | 0 | A | 1 | | 2.871 | | |
| Lysine.....g | 2.210 | | 0 | A | 1 | | 4.287 | | |
| Methionine.....g | 0.490 | | 0 | A | 1 | | 0.951 | | |
| Cystine.....g | 0.220 | | 0 | A | 1 | | 0.427 | | |
| Phenylalanine.....g | 0.700 | | 0 | A | 1 | | 1.358 | | |
| Tyrosine.....g | 0.530 | | 0 | A | 1 | | 1.028 | | |
| Valine.....g | 0.810 | | 0 | A | 1 | | 1.571 | | |
| Arginine.....g | 1.230 | | 0 | A | 1 | | 2.386 | | |
| Histidine.....g | 0.690 | | 0 | A | 1 | | 1.338 | | |
| Alanine.....g | 0.900 | | 0 | A | 1 | | 1.746 | | |
| Aspartic acid.....g | 1.310 | | 0 | A | 1 | | 2.541 | | |
| Glutamic acid.....g | 3.060 | | 0 | A | 1 | | 5.936 | | |
| Glycine.....g | 0.800 | | 0 | A | 1 | | 1.552 | | |
| Proline.....g | 1.130 | | 0 | A | 1 | | 2.192 | | |
| Serine.....g | 0.720 | | 0 | A | 1 | | 1.397 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

Common Measures:

Measure 1 = 194g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36028
 DENNY'S, coleslaw

Denny's

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 71.77 | 1.062 | 6 | A | 1 | | 65.31 | | |
| Energy.....kcal | 183 | | 0 | NC | 4 | | 166 | | |
| Energy.....kJ | 764 | | 0 | NC | 4 | | 695 | | |
| Protein.....g | 0.97 | 0.116 | 6 | A | 1 | | 0.88 | | |
| Total lipid (fat).....g | 15.03 | 0.822 | 6 | A | 1 | | 13.68 | | |
| Ash.....g | 1.35 | 0.070 | 6 | A | 1 | | 1.23 | | |
| Carbohydrate, by difference.....g | 10.88 | | 0 | NC | 4 | | 9.90 | | |
| Fiber, total dietary.....g | 1.3 | 0.295 | 3 | A | 1 | | 1.2 | | |
| Sugars, total.....g | 8.16 | 0.543 | 3 | A | 1 | | 7.42 | | |
| Sucrose.....g | 2.97 | 0.524 | 3 | A | 1 | | 2.70 | | |
| Glucose (dextrose).....g | 2.81 | 0.178 | 3 | A | 1 | | 2.56 | | |
| Fructose.....g | 2.37 | 0.057 | 3 | A | 1 | | 2.16 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 0.15 | 0.075 | 3 | A | 1 | | 0.14 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 32 | 1.178 | 6 | A | 1 | | 29 | | |
| Iron, Fe.....mg | 0.34 | 0.008 | 6 | A | 1 | | 0.31 | | |
| Magnesium, Mg.....mg | 9 | 0.261 | 6 | A | 1 | | 9 | | |
| Phosphorus, P.....mg | 29 | 0.927 | 6 | A | 1 | | 27 | | |
| Potassium, K.....mg | 141 | 4.078 | 6 | A | 1 | | 128 | | |
| Sodium, Na.....mg | 376 | 24.817 | 6 | A | 1 | | 342 | | |
| Zinc, Zn.....mg | 0.20 | 0.008 | 6 | A | 1 | | 0.18 | | |
| Copper, Cu.....mg | 0.019 | 0.000 | 6 | A | 1 | | 0.017 | | |
| Manganese, Mn.....mg | 0.151 | 0.019 | 6 | A | 1 | | 0.137 | | |
| Selenium, Se.....µg | 2.9 | | 1 | A | 1 | | 2.6 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 13.2 | 1.434 | 3 | A | 1 | | 12.0 | | |
| Thiamin.....mg | 0.027 | 0.003 | 3 | A | 1 | | 0.024 | | |
| Riboflavin.....mg | 0.059 | 0.001 | 3 | A | 1 | | 0.053 | | |
| Niacin.....mg | 0.263 | 0.035 | 3 | A | 1 | | 0.240 | | |
| Pantothenic acid.....mg | 0.315 | | 2 | A | 1 | | 0.287 | | |
| Vitamin B-6.....mg | 0.102 | 0.007 | 3 | A | 1 | | 0.093 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 42 | | 0 | AS | 1 | | 38 | | |
| Vitamin A, IU.....IU | 707 | | 0 | AS | 1 | | 643 | | |
| Lycopene.....µg | 7 | | 1 | A | 1 | | 6 | | |
| Lutein + zeaxanthin.....µg | 78 | | 1 | A | 1 | | 71 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.93 | 0.095 | 3 | A | 1 | | 0.85 | | |
| Tocopherol, beta.....mg | 0.14 | 0.025 | 3 | A | 1 | | 0.13 | | |
| Tocopherol, gamma.....mg | 9.46 | 1.046 | 3 | A | 1 | | 8.61 | | |
| Tocopherol, delta.....mg | 3.55 | 0.597 | 3 | A | 1 | | 3.23 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.02 | 0.017 | 3 | A | 1 | | 0.02 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 86.1 | | 2 | A | 1 | | 78.4 | | |

| 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 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.010 | | 0 | A | 1 | | 0.009 | | |
| Threonine.....g | 0.030 | | 0 | A | 1 | | 0.027 | | |
| Isoleucine.....g | 0.040 | | 0 | A | 1 | | 0.036 | | |
| Leucine.....g | 0.060 | | 0 | A | 1 | | 0.055 | | |
| Lysine.....g | 0.070 | | 0 | A | 1 | | 0.064 | | |
| Methionine.....g | 0.020 | | 0 | A | 1 | | 0.018 | | |
| Cystine.....g | 0.020 | | 0 | A | 1 | | 0.018 | | |
| Phenylalanine.....g | 0.030 | | 0 | A | 1 | | 0.027 | | |
| Tyrosine.....g | 0.020 | | 0 | A | 1 | | 0.018 | | |
| Valine.....g | 0.050 | | 0 | A | 1 | | 0.046 | | |
| Arginine.....g | 0.080 | | 0 | A | 1 | | 0.073 | | |
| Histidine.....g | 0.030 | | 0 | A | 1 | | 0.027 | | |
| Alanine.....g | 0.060 | | 0 | A | 1 | | 0.055 | | |
| Aspartic acid.....g | 0.090 | | 0 | A | 1 | | 0.082 | | |
| Glutamic acid.....g | 0.180 | | 0 | A | 1 | | 0.164 | | |
| Glycine.....g | 0.030 | | 0 | A | 1 | | 0.027 | | |
| Proline.....g | 0.007 | | 0 | A | 1 | | 0.007 | | |
| Serine.....g | 0.060 | | 0 | A | 1 | | 0.055 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

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

Common Measures:

Measure 1 = 91g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36029

DENNY'S, fish fillet, battered or breaded, fried

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.150 | | 0 | A | 1 | | 0.302 | | |
| Threonine.....g | 0.470 | | 0 | A | 1 | | 0.944 | | |
| Isoleucine.....g | 0.570 | | 0 | A | 1 | | 1.145 | | |
| Leucine.....g | 1.060 | | 0 | A | 1 | | 2.130 | | |
| Lysine.....g | 1.190 | | 0 | A | 1 | | 2.392 | | |
| Methionine.....g | 0.380 | | 0 | A | 1 | | 0.764 | | |
| Cystine.....g | 0.190 | | 0 | A | 1 | | 0.382 | | |
| Phenylalanine.....g | 0.500 | | 0 | A | 1 | | 1.005 | | |
| Tyrosine.....g | 0.420 | | 0 | A | 1 | | 0.844 | | |
| Valine.....g | 0.660 | | 0 | A | 1 | | 1.327 | | |
| Arginine.....g | 0.810 | | 0 | A | 1 | | 1.628 | | |
| Histidine.....g | 0.310 | | 0 | A | 1 | | 0.623 | | |
| Alanine.....g | 0.730 | | 0 | A | 1 | | 1.467 | | |
| Aspartic acid.....g | 1.190 | | 0 | A | 1 | | 2.392 | | |
| Glutamic acid.....g | 2.100 | | 0 | A | 1 | | 4.221 | | |
| Glycine.....g | 0.610 | | 0 | A | 1 | | 1.226 | | |
| Proline.....g | 0.760 | | 0 | A | 1 | | 1.527 | | |
| Serine.....g | 0.580 | | 0 | A | 1 | | 1.166 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

Common Measures:

Measure 1 = 201g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 28.8 | | 2 | A | 1 | | 47.6 | | |
| 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 | 2.534 | | 0 | NC | 4 | | 4.182 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.009 | 0.000 | 3 | A | 1 | | 0.014 | | |
| 10:0.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.017 | | |
| 12:0.....g | 0.014 | 0.003 | 3 | A | 1 | | 0.022 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.025 | 0.002 | 3 | A | 1 | | 0.042 | | |
| 15:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.009 | | |
| 16:0.....g | 1.554 | 0.068 | 3 | A | 1 | | 2.564 | | |
| 17:0.....g | 0.016 | 0.001 | 3 | A | 1 | | 0.026 | | |
| 18:0.....g | 0.795 | 0.025 | 3 | A | 1 | | 1.312 | | |
| 20:0.....g | 0.049 | 0.003 | 3 | A | 1 | | 0.081 | | |
| 22:0.....g | 0.040 | 0.001 | 3 | A | 1 | | 0.066 | | |
| 24:0.....g | 0.017 | 0.001 | 3 | A | 1 | | 0.028 | | |
| Fatty acids, total monounsaturated.....g | 3.408 | | 0 | NC | 4 | | 5.624 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.021 | 0.001 | 3 | AS | 1 | | 0.034 | | |
| 16:1 c.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.034 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.015 | | |
| 18:1 undifferentiated.....g | 3.312 | 0.212 | 3 | AS | 1 | | 5.465 | | |
| 18:1 c.....g | 3.270 | 0.204 | 3 | A | 1 | | 5.395 | | |
| 18:1 t.....g | 0.042 | 0.009 | 3 | A | 1 | | 0.070 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.059 | 0.000 | 3 | A | 1 | | 0.097 | | |
| 22:1 undifferentiated.....g | 0.008 | 0.001 | 3 | AS | 1 | | 0.013 | | |
| 22:1 c.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.006 | | |
| 22:1 t.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.007 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 6.548 | | 0 | NC | 4 | | 10.804 | | |
| 18:2 undifferentiated.....g | 5.731 | 0.175 | 3 | AS | 1 | | 9.456 | | |
| 18:2 n-6 c,c.....g | 5.631 | 0.162 | 3 | A | 1 | | 9.291 | | |
| 18:2 CLAs.....g | 0.019 | 0.002 | 3 | A | 1 | | 0.031 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.081 | 0.013 | 3 | A | 1 | | 0.134 | | |
| 18:3 undifferentiated.....g | 0.805 | 0.014 | 3 | AS | 1 | | 1.329 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.758 | 0.012 | 3 | A | 1 | | 1.251 | | |
| 18:3 n-6 c,c,c.....g | 0.047 | 0.024 | 3 | A | 1 | | 0.078 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.011 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.128 | | 0 | NC | 4 | | 0.211 | | |
| Fatty acids, total trans-monoenoic.....g | 0.047 | | 0 | NC | 4 | | 0.077 | | |

NDB No. 36610
 DENNY'S, french fries

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Fatty acids, total trans-polyenoic.....g | 0.081 | | 0 | NC | 4 | 0.134 | | |
| Cholesterol.....mg | 0 | | 1 | A | 1 | 0 | | |
| Phytosterols.....mg | | | | | | | | |
| Stigmasterol.....mg | 8 | | 1 | A | 1 | 13 | | |
| Campesterol.....mg | 11 | | 1 | A | 1 | 18 | | |
| Beta-sitosterol.....mg | 27 | | 1 | A | 1 | 45 | | |
| Amino Acids: | | | | | | | | |
| Tryptophan.....g | 0.050 | | 0 | A | 1 | 0.083 | | |
| Threonine.....g | 0.111 | | 0 | A | 1 | 0.183 | | |
| Isoleucine.....g | 0.121 | | 0 | A | 1 | 0.200 | | |
| Leucine.....g | 0.192 | | 0 | A | 1 | 0.316 | | |
| Lysine.....g | 0.141 | | 0 | A | 1 | 0.233 | | |
| Methionine.....g | 0.040 | | 0 | A | 1 | 0.066 | | |
| Cystine.....g | 0.030 | | 0 | A | 1 | 0.050 | | |
| Phenylalanine.....g | 0.151 | | 0 | A | 1 | 0.250 | | |
| Tyrosine.....g | 0.091 | | 0 | A | 1 | 0.150 | | |
| Valine.....g | 0.303 | | 0 | A | 1 | 0.499 | | |
| Arginine.....g | 0.182 | | 0 | A | 1 | 0.300 | | |
| Histidine.....g | 0.050 | | 0 | A | 1 | 0.083 | | |
| Alanine.....g | 0.111 | | 0 | A | 1 | 0.183 | | |
| Aspartic acid.....g | 0.747 | | 0 | A | 1 | 1.232 | | |
| Glutamic acid.....g | 0.505 | | 0 | A | 1 | 0.832 | | |
| Glycine.....g | 0.101 | | 0 | A | 1 | 0.166 | | |
| Proline.....g | 0.111 | | 0 | A | 1 | 0.183 | | |
| Serine.....g | 0.131 | | 0 | A | 1 | 0.216 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 165g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36612
DENNY'S, golden fried shrimp
 Denny's
 family style
 Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 41.05 | | 1 | A | 1 | | 6.57 | 41.05 | |
| Energy.....kcal | 319 | | 0 | NC | 4 | | 51 | 319 | |
| Energy.....kJ | 1336 | | 0 | NC | 4 | | 214 | 1336 | |
| Protein.....g | 13.88 | | 1 | A | 1 | | 2.22 | 13.88 | |
| Total lipid (fat).....g | 20.01 | | 1 | A | 1 | | 3.20 | 20.01 | |
| Ash.....g | 4.14 | | 1 | A | 1 | | 0.66 | 4.14 | |
| Carbohydrate, by difference.....g | 20.93 | | 0 | NC | 4 | | 3.35 | 20.93 | |
| Fiber, total dietary.....g | 1.5 | | 1 | A | 1 | | 0.2 | 1.5 | |
| Sugars, total.....g | 0.75 | | 1 | A | 1 | | 0.12 | 0.75 | |
| Sucrose.....g | 0.40 | | 1 | A | 1 | | 0.06 | 0.40 | |
| Glucose (dextrose).....g | 0.20 | | 1 | A | 1 | | 0.03 | 0.20 | |
| Fructose.....g | 0.07 | | 1 | A | 1 | | 0.01 | 0.07 | |
| Lactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.07 | | 1 | A | 1 | | 0.01 | 0.07 | |
| Galactose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 18.60 | | 1 | A | 1 | | 2.98 | 18.60 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 47 | | 1 | A | 1 | | 8 | 47 | |
| Iron, Fe.....mg | 1.54 | | 1 | A | 1 | | 0.25 | 1.54 | |
| Magnesium, Mg.....mg | 26 | | 1 | A | 1 | | 4 | 26 | |
| Phosphorus, P.....mg | 498 | | 1 | A | 1 | | 80 | 498 | |
| Potassium, K.....mg | 128 | | 1 | A | 1 | | 20 | 128 | |
| Sodium, Na.....mg | 1400 | | 1 | A | 1 | | 224 | 1400 | |
| Zinc, Zn.....mg | 0.85 | | 1 | A | 1 | | 0.14 | 0.85 | |
| Copper, Cu.....mg | 0.183 | | 1 | A | 1 | | 0.029 | 0.183 | |
| Manganese, Mn.....mg | 0.247 | | 1 | A | 1 | | 0.040 | 0.247 | |
| Selenium, Se.....µg | 18.5 | | 1 | A | 1 | | 3.0 | 18.5 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.180 | | 1 | A | 1 | | 0.029 | 0.180 | |
| Riboflavin.....mg | 0.250 | | 1 | A | 1 | | 0.040 | 0.250 | |
| Niacin.....mg | 2.467 | | 1 | A | 1 | | 0.395 | 2.467 | |
| Pantothenic acid.....mg | 0.360 | | 1 | A | 1 | | 0.058 | 0.360 | |
| Vitamin B-6.....mg | 0.085 | | 1 | A | 1 | | 0.014 | 0.085 | |
| Folate, total.....µg | 54 | | 1 | A | 1 | | 9 | 54 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.40 | | 1 | A | 1 | | 0.06 | 0.40 | |
| Vitamin A, RAE.....µg | 2 | | 0 | AS | 1 | | 0 | 2 | |
| Vitamin A, IU.....IU | 6 | | 0 | AS | 1 | | 1 | 6 | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 2.61 | | 1 | A | 1 | | 0.42 | 2.61 | |
| Tocopherol, beta.....mg | 0.23 | | 1 | A | 1 | | 0.04 | 0.23 | |
| Tocopherol, gamma.....mg | 7.74 | | 1 | A | 1 | | 1.24 | 7.74 | |
| Tocopherol, delta.....mg | 2.78 | | 1 | A | 1 | | 0.45 | 2.78 | |
| Tocotrienol, alpha.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.06 | | 1 | A | 1 | | 0.01 | 0.06 | |
| Tocotrienol, gamma.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.50 | | 1 | A | 1 | | 0.08 | 0.50 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 35.3 | | 1 | A | 1 | | 5.6 | 35.3 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.515 | | 0 | NC | 4 | | 0.562 | 3.515 | |
| 4:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.023 | | 1 | A | 1 | | 0.004 | 0.023 | |
| 15:0.....g | 0.005 | | 1 | A | 1 | | 0.001 | 0.005 | |
| 16:0.....g | 2.044 | | 1 | A | 1 | | 0.327 | 2.044 | |
| 17:0.....g | 0.023 | | 1 | A | 1 | | 0.004 | 0.023 | |
| 18:0.....g | 1.264 | | 1 | A | 1 | | 0.202 | 1.264 | |
| 20:0.....g | 0.068 | | 1 | A | 1 | | 0.011 | 0.068 | |
| 22:0.....g | 0.062 | | 1 | A | 1 | | 0.010 | 0.062 | |
| 24:0.....g | 0.026 | | 1 | A | 1 | | 0.004 | 0.026 | |
| Fatty acids, total monounsaturated.....g | 4.772 | | 0 | NC | 4 | | 0.763 | 4.772 | |
| 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 | 0.024 | | 0 | AS | 1 | | 0.004 | 0.024 | |
| 16:1 c.....g | 0.023 | | 1 | A | 1 | | 0.004 | 0.023 | |
| 16:1 t.....g | 0.001 | | 1 | A | 1 | | 0.000 | 0.001 | |
| 17:1.....g | 0.011 | | 1 | A | 1 | | 0.002 | 0.011 | |
| 18:1 undifferentiated.....g | 4.611 | | 0 | AS | 1 | | 0.738 | 4.611 | |
| 18:1 c.....g | 4.533 | | 1 | A | 1 | | 0.725 | 4.533 | |
| 18:1 t.....g | 0.078 | | 1 | A | 1 | | 0.012 | 0.078 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.126 | | 1 | A | 1 | | 0.020 | 0.126 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 9.516 | | 0 | NC | 4 | | 1.523 | 9.516 | |
| 18:2 undifferentiated.....g | 8.431 | | 0 | AS | 1 | | 1.349 | 8.431 | |
| 18:2 n-6 c,c.....g | 8.294 | | 1 | A | 1 | | 1.327 | 8.294 | |
| 18:2 CLAs.....g | 0.038 | | 1 | A | 1 | | 0.006 | 0.038 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.099 | | 1 | A | 1 | | 0.016 | 0.099 | |
| 18:3 undifferentiated.....g | 0.951 | | 0 | AS | 1 | | 0.152 | 0.951 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.830 | | 1 | A | 1 | | 0.133 | 0.830 | |
| 18:3 n-6 c,c,c.....g | 0.121 | | 1 | A | 1 | | 0.019 | 0.121 | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.012 | | 1 | A | 1 | | 0.002 | 0.012 | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.026 | | 1 | A | 1 | | 0.004 | 0.026 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.051 | | 1 | A | 1 | | 0.008 | 0.051 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA).....g | 0.003 | | 1 | A | 1 | | 0.000 | 0.003 | |
| 22:6 n-3 (DHA).....g | 0.043 | | 1 | A | 1 | | 0.007 | 0.043 | |
| Fatty acids, total trans.....g | 0.178 | | 0 | NC | 4 | | 0.028 | 0.178 | |
| Fatty acids, total trans-monoenoic.....g | 0.079 | | 0 | NC | 4 | | 0.013 | 0.079 | |
| Fatty acids, total trans-polyenoic.....g | 0.099 | | 0 | NC | 4 | | 0.016 | 0.099 | |
| Cholesterol.....mg | 83 | | 1 | A | 1 | | 13 | 83 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.157 | | 0 | A | 1 | | 0.025 | 0.157 | |
| Threonine.....g | 0.495 | | 0 | A | 1 | | 0.079 | 0.495 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.615 | | 0 | A | 1 | 0.098 | 0.615 | |
| Leucine.....g | 1.110 | | 0 | A | 1 | 0.178 | 1.110 | |
| Lysine.....g | 0.941 | | 0 | A | 1 | 0.151 | 0.941 | |
| Methionine.....g | 0.338 | | 0 | A | 1 | 0.054 | 0.338 | |
| Cystine.....g | 0.193 | | 0 | A | 1 | 0.031 | 0.193 | |
| Phenylalanine.....g | 0.627 | | 0 | A | 1 | 0.100 | 0.627 | |
| Tyrosine.....g | 0.398 | | 0 | A | 1 | 0.064 | 0.398 | |
| Valine.....g | 1.098 | | 0 | A | 1 | 0.176 | 1.098 | |
| Arginine.....g | 1.013 | | 0 | A | 1 | 0.162 | 1.013 | |
| Histidine.....g | 0.278 | | 0 | A | 1 | 0.044 | 0.278 | |
| Alanine.....g | 0.736 | | 0 | A | 1 | 0.118 | 0.736 | |
| Aspartic acid.....g | 1.291 | | 0 | A | 1 | 0.207 | 1.291 | |
| Glutamic acid.....g | 2.751 | | 0 | A | 1 | 0.440 | 2.751 | |
| Glycine.....g | 0.603 | | 0 | A | 1 | 0.097 | 0.603 | |
| Proline.....g | 0.676 | | 0 | A | 1 | 0.108 | 0.676 | |
| Serine.....g | 0.591 | | 0 | A | 1 | 0.095 | 0.591 | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 16g: 1 piece

Measure 2 = 100g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 32.6 | 4.711 | 3 | A | 1 | 40.4 | 30.6 | | |
| Dihydrophyloquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | 0.0 | 0.0 | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.689 | | 0 | NC | 4 | 2.095 | 1.588 | | |
| 4:0.....g | 0.001 | 0.001 | 3 | A | 1 | 0.001 | 0.001 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 8:0.....g | 0.003 | 0.002 | 3 | A | 1 | 0.004 | 0.003 | | |
| 10:0.....g | 0.008 | 0.001 | 3 | A | 1 | 0.010 | 0.008 | | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.010 | 0.001 | 3 | A | 1 | 0.012 | 0.009 | | |
| 15:0.....g | 0.003 | 0.000 | 3 | A | 1 | 0.004 | 0.003 | | |
| 16:0.....g | 0.964 | 0.054 | 3 | A | 1 | 1.195 | 0.906 | | |
| 17:0.....g | 0.011 | 0.001 | 3 | A | 1 | 0.014 | 0.011 | | |
| 18:0.....g | 0.618 | 0.029 | 3 | A | 1 | 0.766 | 0.581 | | |
| 20:0.....g | 0.031 | 0.001 | 3 | A | 1 | 0.038 | 0.029 | | |
| 22:0.....g | 0.029 | 0.003 | 3 | A | 1 | 0.036 | 0.027 | | |
| 24:0.....g | 0.011 | 0.001 | 3 | A | 1 | 0.014 | 0.011 | | |
| Fatty acids, total monounsaturated.....g | 2.035 | | 0 | NC | 4 | 2.523 | 1.913 | | |
| 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 | 0.010 | 0.001 | 3 | AS | 1 | 0.012 | 0.009 | | |
| 16:1 c.....g | 0.010 | 0.001 | 3 | A | 1 | 0.012 | 0.009 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 17:1.....g | 0.005 | 0.001 | 3 | A | 1 | 0.007 | 0.005 | | |
| 18:1 undifferentiated.....g | 1.993 | 0.100 | 3 | AS | 1 | 2.471 | 1.873 | | |
| 18:1 c.....g | 1.979 | 0.100 | 3 | A | 1 | 2.454 | 1.860 | | |
| 18:1 t.....g | 0.014 | 0.002 | 3 | A | 1 | 0.017 | 0.013 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.023 | 0.001 | 3 | A | 1 | 0.029 | 0.022 | | |
| 22:1 undifferentiated.....g | 0.004 | 0.002 | 3 | AS | 1 | 0.005 | 0.004 | | |
| 22:1 c.....g | 0.003 | 0.002 | 3 | A | 1 | 0.004 | 0.003 | | |
| 22:1 t.....g | 0.001 | 0.001 | 3 | A | 1 | 0.001 | 0.001 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 5.029 | | 0 | NC | 4 | 6.236 | 4.727 | | |
| 18:2 undifferentiated.....g | 4.372 | 0.291 | 3 | AS | 1 | 5.421 | 4.110 | | |
| 18:2 n-6 c,c.....g | 4.331 | 0.284 | 3 | A | 1 | 5.371 | 4.071 | | |
| 18:2 CLAs.....g | 0.008 | 0.001 | 3 | A | 1 | 0.009 | 0.007 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.033 | 0.005 | 3 | A | 1 | 0.041 | 0.031 | | |
| 18:3 undifferentiated.....g | 0.651 | 0.030 | 3 | AS | 1 | 0.807 | 0.612 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.623 | 0.023 | 3 | A | 1 | 0.773 | 0.586 | | |
| 18:3 n-6 c,c,c.....g | 0.027 | 0.007 | 3 | A | 1 | 0.034 | 0.026 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 18:4.....g | 0.001 | 0.001 | 3 | A | 1 | 0.001 | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 3 | A | 1 | 0.003 | 0.003 | | |
| 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 | 0.003 | 0.002 | 3 | A | 1 | 0.004 | 0.003 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total trans.....g | 0.048 | | 0 | NC | 4 | 0.059 | 0.045 | | |
| Fatty acids, total trans-monoenoic.....g | 0.015 | | 0 | NC | 4 | 0.018 | 0.014 | | |

NDB No. 36030
 DENNY'S, hash browns

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | |
|--|--|------------|----------------|------------|--|-----------|-----------|
| | Mean | Std. Error | Number | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | | | |
| Fatty acids, total trans-polyenoic.....g | 0.033 | | 0 | NC | 4 | 0.041 | 0.031 |
| Cholesterol.....mg | | | | | | | |
| Phytosterols.....mg | | | | | | | |

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

Common Measures:

Measure 1 = 124g: 1 serving

Measure 2 = 94g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36613

DENNY'S, macaroni & cheese, from kid's menu

Denny's

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 67.38 | 0.571 | 6 | A | 1 | | 121.29 | 90.29 | |
| Energy.....kcal | 150 | | 0 | NC | 4 | | 269 | 201 | |
| Energy.....kJ | 626 | | 0 | NC | 4 | | 1127 | 839 | |
| Protein.....g | 5.19 | 0.143 | 6 | A | 1 | | 9.34 | 6.95 | |
| Total lipid (fat).....g | 4.92 | 0.544 | 6 | A | 1 | | 8.85 | 6.59 | |
| Ash.....g | 1.35 | 0.020 | 6 | A | 1 | | 2.43 | 1.81 | |
| Carbohydrate, by difference.....g | 21.16 | | 0 | NC | 4 | | 38.09 | 28.35 | |
| Fiber, total dietary.....g | 1.2 | 0.102 | 3 | A | 1 | | 2.2 | 1.7 | |
| Sugars, total.....g | 4.20 | 0.115 | 3 | A | 1 | | 7.56 | 5.63 | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 4.07 | 0.120 | 3 | A | 1 | | 7.32 | 5.45 | |
| Maltose.....g | 0.13 | 0.033 | 3 | A | 1 | | 0.24 | 0.18 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 14.90 | 0.153 | 3 | A | 1 | | 26.82 | 19.97 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 83 | 3.866 | 6 | A | 1 | | 150 | 111 | |
| Iron, Fe.....mg | 0.79 | 0.020 | 6 | A | 1 | | 1.42 | 1.06 | |
| Magnesium, Mg.....mg | 23 | 0.574 | 6 | A | 1 | | 41 | 30 | |
| Phosphorus, P.....mg | 113 | 7.010 | 6 | A | 1 | | 203 | 151 | |
| Potassium, K.....mg | 165 | 9.461 | 6 | A | 1 | | 298 | 222 | |
| Sodium, Na.....mg | 300 | 8.469 | 6 | A | 1 | | 539 | 401 | |
| Zinc, Zn.....mg | 0.58 | 0.039 | 6 | A | 1 | | 1.05 | 0.78 | |
| Copper, Cu.....mg | 0.066 | 0.002 | 6 | A | 1 | | 0.119 | 0.089 | |
| Manganese, Mn.....mg | 0.260 | 0.012 | 6 | A | 1 | | 0.469 | 0.349 | |
| Selenium, Se.....µg | 20.8 | 0.990 | 3 | A | 1 | | 37.5 | 27.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.100 | 0.006 | 3 | A | 1 | | 0.180 | 0.134 | |
| Riboflavin.....mg | 0.283 | 0.007 | 3 | A | 1 | | 0.510 | 0.380 | |
| Niacin.....mg | 0.870 | 0.015 | 3 | A | 1 | | 1.566 | 1.166 | |
| Pantothenic acid.....mg | 0.490 | | 2 | A | 1 | | 0.882 | 0.657 | |
| Vitamin B-6.....mg | 0.077 | 0.011 | 3 | A | 1 | | 0.139 | 0.104 | |
| Folate, total.....µg | 36 | 1.484 | 3 | A | 1 | | 65 | 49 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.19 | 0.032 | 3 | A | 1 | | 0.35 | 0.26 | |
| Vitamin A, RAE.....µg | 15 | | 0 | AS | 1 | | 28 | 21 | |
| Vitamin A, IU.....IU | 58 | | 0 | AS | 1 | | 105 | 78 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 110 | | 1 | A | 1 | | 198 | 148 | |
| Vitamin E (alpha-tocopherol).....mg | 0.53 | 0.020 | 3 | A | 1 | | 0.96 | 0.72 | |
| Tocopherol, beta.....mg | 0.01 | 0.014 | 3 | A | 1 | | 0.03 | 0.02 | |
| Tocopherol, gamma.....mg | 0.99 | 0.017 | 3 | A | 1 | | 1.78 | 1.33 | |
| Tocopherol, delta.....mg | 0.03 | 0.016 | 3 | A | 1 | | 0.06 | 0.04 | |
| Tocotrienol, alpha.....mg | 0.05 | 0.004 | 3 | A | 1 | | 0.10 | 0.07 | |
| Tocotrienol, beta.....mg | 0.29 | 0.147 | 3 | A | 1 | | 0.52 | 0.39 | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 3.0 | | 1 | A | 1 | | 5.4 | 4.0 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.384 | | 0 | NC | 4 | | 2.492 | 1.855 | |
| 4:0.....g | 0.034 | 0.001 | 3 | A | 1 | | 0.062 | 0.046 | |
| 6:0.....g | 0.026 | 0.002 | 3 | A | 1 | | 0.047 | 0.035 | |
| 8:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.032 | 0.024 | |
| 10:0.....g | 0.045 | 0.003 | 3 | A | 1 | | 0.081 | 0.060 | |
| 12:0.....g | 0.049 | 0.003 | 3 | A | 1 | | 0.088 | 0.066 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.162 | 0.008 | 3 | A | 1 | | 0.291 | 0.217 | |
| 15:0.....g | 0.021 | 0.001 | 3 | A | 1 | | 0.037 | 0.028 | |
| 16:0.....g | 0.676 | 0.029 | 3 | A | 1 | | 1.217 | 0.906 | |
| 17:0.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.023 | 0.017 | |
| 18:0.....g | 0.302 | 0.012 | 3 | A | 1 | | 0.543 | 0.405 | |
| 20:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.033 | 0.024 | |
| 22:0.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.023 | 0.017 | |
| 24:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.013 | 0.010 | |
| Fatty acids, total monounsaturated.....g | 2.046 | | 0 | NC | 4 | | 3.683 | 2.742 | |
| 14:1.....g | 0.016 | 0.001 | 3 | A | 1 | | 0.029 | 0.021 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.034 | 0.002 | 3 | AS | 1 | | 0.061 | 0.045 | |
| 16:1 c.....g | 0.028 | 0.001 | 3 | A | 1 | | 0.051 | 0.038 | |
| 16:1 t.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.010 | 0.008 | |
| 17:1.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.009 | 0.007 | |
| 18:1 undifferentiated.....g | 1.946 | 0.088 | 3 | AS | 1 | | 3.503 | 2.608 | |
| 18:1 c.....g | 1.901 | 0.085 | 3 | A | 1 | | 3.422 | 2.547 | |
| 18:1 t.....g | 0.045 | 0.005 | 3 | A | 1 | | 0.081 | 0.061 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.044 | 0.002 | 3 | A | 1 | | 0.079 | 0.058 | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.002 | 0.002 | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | 0.002 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 1.010 | | 0 | NC | 4 | | 1.819 | 1.354 | |
| 18:2 undifferentiated.....g | 0.759 | 0.031 | 3 | AS | 1 | | 1.366 | 1.017 | |
| 18:2 n-6 c,c.....g | 0.731 | 0.030 | 3 | A | 1 | | 1.315 | 0.979 | |
| 18:2 CLAs.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.017 | 0.013 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.019 | 0.001 | 3 | A | 1 | | 0.034 | 0.025 | |
| 18:3 undifferentiated.....g | 0.240 | 0.009 | 3 | AS | 1 | | 0.432 | 0.321 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.230 | 0.009 | 3 | A | 1 | | 0.414 | 0.308 | |
| 18:3 n-6 c,c,c.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.018 | 0.013 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.005 | 0.004 | |
| 20:3 undifferentiated.....g | 0.003 | 0.002 | 3 | AS | 1 | | 0.006 | 0.004 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.004 | 0.003 | |
| 20:4 undifferentiated.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.010 | 0.007 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.070 | | 0 | NC | 4 | | 0.126 | 0.094 | |
| Fatty acids, total trans-monoenoic.....g | 0.051 | | 0 | NC | 4 | | 0.092 | 0.068 | |
| Fatty acids, total trans-polyenoic.....g | 0.019 | | 0 | NC | 4 | | 0.034 | 0.025 | |
| Cholesterol.....mg | 7 | 1.270 | 3 | A | 1 | | 12 | 9 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.067 | | 0 | A | 1 | | 0.121 | 0.090 | |
| Threonine.....g | 0.124 | | 0 | A | 1 | | 0.222 | 0.166 | |

NDB No. 36613

DENNY'S, macaroni & cheese, from kid's menu

| Nutrients and Units | <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 | 0.259 | | 0 | A | 1 | 0.465 | 0.346 | |
| Leucine.....g | 0.517 | | 0 | A | 1 | 0.931 | 0.693 | |
| Lysine.....g | 0.371 | | 0 | A | 1 | 0.668 | 0.497 | |
| Methionine.....g | 0.124 | | 0 | A | 1 | 0.222 | 0.166 | |
| Cystine.....g | 0.101 | | 0 | A | 1 | 0.182 | 0.136 | |
| Phenylalanine.....g | 0.292 | | 0 | A | 1 | 0.526 | 0.392 | |
| Tyrosine.....g | 0.169 | | 0 | A | 1 | 0.304 | 0.226 | |
| Valine.....g | 0.292 | | 0 | A | 1 | 0.526 | 0.392 | |
| Arginine.....g | 0.247 | | 0 | A | 1 | 0.445 | 0.331 | |
| Histidine.....g | 0.169 | | 0 | A | 1 | 0.304 | 0.226 | |
| Alanine.....g | 0.180 | | 0 | A | 1 | 0.324 | 0.241 | |
| Aspartic acid.....g | 0.281 | | 0 | A | 1 | 0.506 | 0.377 | |
| Glutamic acid.....g | 1.619 | | 0 | A | 1 | 2.914 | 2.169 | |
| Glycine.....g | 0.180 | | 0 | A | 1 | 0.324 | 0.241 | |
| Proline.....g | 0.753 | | 0 | A | 1 | 1.356 | 1.009 | |
| Serine.....g | 0.270 | | 0 | A | 1 | 0.485 | 0.361 | |
| 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 = 180g: 1 serving

Measure 2 = 134g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36611

DENNY'S, mozzarella cheese sticks

Denny's

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 37.63 | 0.222 | 6 | A | 1 | | 85.80 | 10.16 | |
| Energy.....kcal | 324 | | 0 | NC | 4 | | 739 | 87 | |
| Energy.....kJ | 1355 | | 0 | NC | 4 | | 3089 | 366 | |
| Protein.....g | 13.56 | 0.136 | 6 | A | 1 | | 30.91 | 3.66 | |
| Total lipid (fat).....g | 17.87 | 0.198 | 6 | A | 1 | | 40.74 | 4.82 | |
| Ash.....g | 3.72 | 0.067 | 6 | A | 1 | | 8.48 | 1.00 | |
| Carbohydrate, by difference.....g | 27.22 | | 0 | NC | 4 | | 62.07 | 7.35 | |
| Fiber, total dietary.....g | 1.6 | 0.182 | 3 | A | 1 | | 3.7 | 0.4 | |
| Sugars, total.....g | 2.83 | 0.145 | 3 | A | 1 | | 6.46 | 0.76 | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.63 | 0.033 | 3 | A | 1 | | 1.44 | 0.17 | |
| Fructose.....g | 0.20 | 0.000 | 3 | A | 1 | | 0.46 | 0.05 | |
| Lactose.....g | 1.17 | 0.033 | 3 | A | 1 | | 2.66 | 0.32 | |
| Maltose.....g | 0.60 | 0.058 | 3 | A | 1 | | 1.37 | 0.16 | |
| Galactose.....g | 0.23 | 0.033 | 3 | A | 1 | | 0.53 | 0.06 | |
| Starch.....g | 21.67 | 0.448 | 3 | A | 1 | | 49.40 | 5.85 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 331 | 3.461 | 6 | A | 1 | | 754 | 89 | |
| Iron, Fe.....mg | 0.84 | 0.024 | 6 | A | 1 | | 1.92 | 0.23 | |
| Magnesium, Mg.....mg | 21 | 0.120 | 6 | A | 1 | | 48 | 6 | |
| Phosphorus, P.....mg | 358 | 4.110 | 6 | A | 1 | | 817 | 97 | |
| Potassium, K.....mg | 121 | 3.565 | 6 | A | 1 | | 277 | 33 | |
| Sodium, Na.....mg | 1008 | 18.469 | 6 | A | 1 | | 2297 | 272 | |
| Zinc, Zn.....mg | 1.98 | 0.025 | 6 | A | 1 | | 4.51 | 0.53 | |
| Copper, Cu.....mg | 0.067 | 0.001 | 6 | A | 1 | | 0.154 | 0.018 | |
| Manganese, Mn.....mg | 0.363 | 0.005 | 6 | A | 1 | | 0.827 | 0.098 | |
| Selenium, Se.....µg | 16.2 | 1.572 | 3 | A | 1 | | 36.9 | 4.4 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.150 | 0.006 | 3 | A | 1 | | 0.342 | 0.040 | |
| Riboflavin.....mg | 0.257 | 0.015 | 3 | A | 1 | | 0.585 | 0.069 | |
| Niacin.....mg | 0.980 | 0.050 | 3 | A | 1 | | 2.234 | 0.265 | |
| Pantothenic acid.....mg | 0.380 | | 2 | A | 1 | | 0.866 | 0.103 | |
| Vitamin B-6.....mg | 0.084 | 0.002 | 3 | A | 1 | | 0.192 | 0.023 | |
| Folate, total.....µg | 26 | 1.859 | 3 | A | 1 | | 60 | 7 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.95 | 0.029 | 3 | A | 1 | | 2.16 | 0.26 | |
| Vitamin A, RAE.....µg | 96 | | 0 | AS | 1 | | 219 | 26 | |
| Vitamin A, IU.....IU | 343 | | 0 | AS | 1 | | 781 | 92 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 35 | | 1 | A | 1 | | 81 | 10 | |
| Vitamin E (alpha-tocopherol).....mg | 0.74 | 0.037 | 3 | A | 1 | | 1.68 | 0.20 | |
| Tocopherol, beta.....mg | 0.08 | 0.004 | 3 | A | 1 | | 0.19 | 0.02 | |
| Tocopherol, gamma.....mg | 3.97 | 0.151 | 3 | A | 1 | | 9.05 | 1.07 | |
| Tocopherol, delta.....mg | 1.37 | 0.203 | 3 | A | 1 | | 3.13 | 0.37 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.12 | 0.003 | 3 | A | 1 | | 0.28 | 0.03 | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 25.4 | | 1 | A | 1 | | 57.8 | 6.8 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 2.1 | | 1 | A | 1 | | 4.8 | 0.6 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.643 | | 0 | NC | 4 | | 15.146 | 1.794 | |
| 4:0.....g | 0.165 | 0.005 | 3 | A | 1 | | 0.377 | 0.045 | |
| 6:0.....g | 0.132 | 0.003 | 3 | A | 1 | | 0.302 | 0.036 | |
| 8:0.....g | 0.091 | 0.003 | 3 | A | 1 | | 0.208 | 0.025 | |
| 10:0.....g | 0.226 | 0.005 | 3 | A | 1 | | 0.515 | 0.061 | |
| 12:0.....g | 0.268 | 0.005 | 3 | A | 1 | | 0.610 | 0.072 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.839 | 0.011 | 3 | A | 1 | | 1.912 | 0.226 | |
| 15:0.....g | 0.088 | 0.001 | 3 | A | 1 | | 0.201 | 0.024 | |
| 16:0.....g | 3.223 | 0.060 | 3 | A | 1 | | 7.349 | 0.870 | |
| 17:0.....g | 0.060 | 0.000 | 3 | A | 1 | | 0.137 | 0.016 | |
| 18:0.....g | 1.460 | 0.065 | 3 | A | 1 | | 3.329 | 0.394 | |
| 20:0.....g | 0.042 | 0.002 | 3 | A | 1 | | 0.096 | 0.011 | |
| 22:0.....g | 0.033 | 0.001 | 3 | A | 1 | | 0.076 | 0.009 | |
| 24:0.....g | 0.015 | 0.001 | 3 | A | 1 | | 0.034 | 0.004 | |
| Fatty acids, total monounsaturated.....g | 4.287 | | 0 | NC | 4 | | 9.774 | 1.157 | |
| 14:1.....g | 0.081 | 0.001 | 3 | A | 1 | | 0.185 | 0.022 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.146 | 0.002 | 3 | AS | 1 | | 0.332 | 0.039 | |
| 16:1 c.....g | 0.118 | 0.002 | 3 | A | 1 | | 0.268 | 0.032 | |
| 16:1 t.....g | 0.028 | 0.001 | 3 | A | 1 | | 0.064 | 0.008 | |
| 17:1.....g | 0.021 | 0.000 | 3 | A | 1 | | 0.048 | 0.006 | |
| 18:1 undifferentiated.....g | 3.956 | 0.166 | 3 | AS | 1 | | 9.020 | 1.068 | |
| 18:1 c.....g | 3.726 | 0.150 | 3 | A | 1 | | 8.496 | 1.006 | |
| 18:1 t.....g | 0.230 | 0.019 | 3 | A | 1 | | 0.524 | 0.062 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.082 | 0.006 | 3 | A | 1 | | 0.186 | 0.022 | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 3 | AS | 1 | | 0.003 | 0.000 | |
| 22:1 c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.003 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 5.104 | | 0 | NC | 4 | | 11.638 | 1.378 | |
| 18:2 undifferentiated.....g | 4.474 | 0.148 | 3 | AS | 1 | | 10.201 | 1.208 | |
| 18:2 n-6 c,c.....g | 4.306 | 0.140 | 3 | A | 1 | | 9.818 | 1.163 | |
| 18:2 CLAs.....g | 0.056 | 0.004 | 3 | A | 1 | | 0.128 | 0.015 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.112 | 0.012 | 3 | A | 1 | | 0.255 | 0.030 | |
| 18:3 undifferentiated.....g | 0.571 | 0.024 | 3 | AS | 1 | | 1.303 | 0.154 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.524 | 0.026 | 3 | A | 1 | | 1.195 | 0.142 | |
| 18:3 n-6 c,c,c.....g | 0.045 | 0.003 | 3 | A | 1 | | 0.103 | 0.012 | |
| 18:3i.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.005 | 0.001 | |
| 18:4.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.005 | 0.001 | |
| 20:2 n-6 c,c.....g | 0.006 | 0.000 | 3 | A | 1 | | 0.014 | 0.002 | |
| 20:3 undifferentiated.....g | 0.012 | 0.002 | 3 | AS | 1 | | 0.028 | 0.003 | |
| 20:3 n-3.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | 0.000 | |
| 20:3 n-6.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.026 | 0.003 | |
| 20:4 undifferentiated.....g | 0.022 | 0.001 | 3 | A | 1 | | 0.050 | 0.006 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.000 | 3 | A | 1 | | 0.008 | 0.001 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.010 | 0.001 | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 3 | A | 1 | | 0.014 | 0.002 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.372 | | 0 | NC | 4 | | 0.847 | 0.100 | |
| Fatty acids, total trans-monoenoic.....g | 0.258 | | 0 | NC | 4 | | 0.588 | 0.070 | |
| Fatty acids, total trans-polyenoic.....g | 0.114 | | 0 | NC | 4 | | 0.259 | 0.031 | |
| Cholesterol.....mg | 32 | 0.100 | 3 | A | 1 | | 73 | 9 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.175 | | 0 | A | 1 | | 0.398 | 0.047 | |
| Threonine.....g | 0.472 | | 0 | A | 1 | | 1.077 | 0.127 | |

NDB No. 36611

DENNY'S, mozzarella cheese sticks

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|---------|--------|---|------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | Deriv | Source | Confidence | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data | Points | Code | | | | |
| Isoleucine.....g | 0.718 | | 0 | A | 1 | | 1.638 | 0.194 | |
| Leucine.....g | 1.468 | | 0 | A | 1 | | 3.347 | 0.396 | |
| Lysine.....g | 1.211 | | 0 | A | 1 | | 2.762 | 0.327 | |
| Methionine.....g | 0.411 | | 0 | A | 1 | | 0.936 | 0.111 | |
| Cystine.....g | 0.175 | | 0 | A | 1 | | 0.398 | 0.047 | |
| Phenylalanine.....g | 0.811 | | 0 | A | 1 | | 1.849 | 0.219 | |
| Tyrosine.....g | 0.606 | | 0 | A | 1 | | 1.381 | 0.163 | |
| Valine.....g | 0.934 | | 0 | A | 1 | | 2.130 | 0.252 | |
| Arginine.....g | 0.606 | | 0 | A | 1 | | 1.381 | 0.163 | |
| Histidine.....g | 0.441 | | 0 | A | 1 | | 1.006 | 0.119 | |
| Alanine.....g | 0.462 | | 0 | A | 1 | | 1.053 | 0.125 | |
| Aspartic acid.....g | 1.006 | | 0 | A | 1 | | 2.294 | 0.272 | |
| Glutamic acid.....g | 4.034 | | 0 | A | 1 | | 9.198 | 1.089 | |
| Glycine.....g | 0.349 | | 0 | A | 1 | | 0.796 | 0.094 | |
| Proline.....g | 2.628 | | 0 | A | 1 | | 5.991 | 0.710 | |
| Serine.....g | 0.780 | | 0 | A | 1 | | 1.779 | 0.211 | |
| 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 = 228g: 1 serving

Measure 2 = 27g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36031
 DENNY'S, onion rings

Denny's

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 28.92 | 1.001 | 6 | A | 1 | | 48.01 | | |
| Energy.....kcal | 385 | | 0 | NC | 4 | | 640 | | |
| Energy.....kJ | 1613 | | 0 | NC | 4 | | 2678 | | |
| Protein.....g | 5.29 | 0.050 | 6 | A | 1 | | 8.78 | | |
| Total lipid (fat).....g | 22.23 | 0.581 | 6 | A | 1 | | 36.90 | | |
| Ash.....g | 2.51 | 0.057 | 6 | A | 1 | | 4.17 | | |
| Carbohydrate, by difference.....g | 41.05 | | 0 | NC | 4 | | 68.14 | | |
| Fiber, total dietary.....g | 2.4 | 0.072 | 3 | A | 1 | | 4.0 | | |
| Sugars, total.....g | 4.76 | 0.229 | 3 | A | 1 | | 7.90 | | |
| Sucrose.....g | 0.95 | 0.030 | 3 | A | 1 | | 1.57 | | |
| Glucose (dextrose).....g | 1.22 | 0.064 | 3 | A | 1 | | 2.03 | | |
| Fructose.....g | 1.24 | 0.067 | 3 | A | 1 | | 2.06 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 1.35 | 0.118 | 3 | A | 1 | | 2.24 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 33.83 | 0.067 | 3 | A | 1 | | 56.16 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 22 | 0.382 | 6 | A | 1 | | 36 | | |
| Iron, Fe.....mg | 0.74 | 0.027 | 6 | A | 1 | | 1.22 | | |
| Magnesium, Mg.....mg | 20 | 0.433 | 6 | A | 1 | | 33 | | |
| Phosphorus, P.....mg | 92 | 1.398 | 6 | A | 1 | | 153 | | |
| Potassium, K.....mg | 150 | 6.274 | 6 | A | 1 | | 249 | | |
| Sodium, Na.....mg | 780 | 17.302 | 6 | A | 1 | | 1295 | | |
| Zinc, Zn.....mg | 0.55 | 0.021 | 6 | A | 1 | | 0.91 | | |
| Copper, Cu.....mg | 0.088 | 0.003 | 6 | A | 1 | | 0.146 | | |
| Manganese, Mn.....mg | 0.397 | 0.009 | 6 | A | 1 | | 0.660 | | |
| Selenium, Se.....µg | 5.2 | 0.536 | 3 | A | 1 | | 8.7 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.120 | 0.006 | 3 | A | 1 | | 0.199 | | |
| Riboflavin.....mg | 0.070 | 0.003 | 3 | A | 1 | | 0.117 | | |
| Niacin.....mg | 0.863 | 0.035 | 3 | A | 1 | | 1.433 | | |
| Pantothenic acid.....mg | 0.380 | | 2 | A | 1 | | 0.631 | | |
| Vitamin B-6.....mg | 0.089 | 0.004 | 3 | A | 1 | | 0.147 | | |
| Folate, total.....µg | 13 | | 1 | A | 1 | | 22 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 0 | | 0 | AS | 1 | | 0 | | |
| Vitamin A, IU.....IU | 5 | | 0 | AS | 1 | | 8 | | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 44 | | 1 | A | 1 | | 72 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.23 | 0.029 | 3 | A | 1 | | 2.03 | | |
| Tocopherol, beta.....mg | 0.18 | 0.013 | 3 | A | 1 | | 0.30 | | |
| Tocopherol, gamma.....mg | 8.33 | 0.442 | 3 | A | 1 | | 13.82 | | |
| Tocopherol, delta.....mg | 3.23 | 0.521 | 3 | A | 1 | | 5.37 | | |
| Tocotrienol, alpha.....mg | 0.04 | 0.003 | 3 | A | 1 | | 0.07 | | |
| Tocotrienol, beta.....mg | 0.15 | 0.005 | 3 | A | 1 | | 0.25 | | |
| Tocotrienol, gamma.....mg | 0.04 | 0.004 | 3 | A | 1 | | 0.07 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 50.6 | 1.778 | 3 | A | 1 | | 84.1 | | |

| 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 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.049 | | 0 | A | 1 | | 0.082 | | |
| Threonine.....g | 0.138 | | 0 | A | 1 | | 0.229 | | |
| Isoleucine.....g | 0.177 | | 0 | A | 1 | | 0.294 | | |
| Leucine.....g | 0.364 | | 0 | A | 1 | | 0.605 | | |
| Lysine.....g | 0.138 | | 0 | A | 1 | | 0.229 | | |
| Methionine.....g | 0.079 | | 0 | A | 1 | | 0.131 | | |
| Cystine.....g | 0.128 | | 0 | A | 1 | | 0.212 | | |
| Phenylalanine.....g | 0.246 | | 0 | A | 1 | | 0.409 | | |
| Tyrosine.....g | 0.108 | | 0 | A | 1 | | 0.180 | | |
| Valine.....g | 0.216 | | 0 | A | 1 | | 0.359 | | |
| Arginine.....g | 0.236 | | 0 | A | 1 | | 0.392 | | |
| Histidine.....g | 0.118 | | 0 | A | 1 | | 0.196 | | |
| Alanine.....g | 0.167 | | 0 | A | 1 | | 0.278 | | |
| Aspartic acid.....g | 0.236 | | 0 | A | 1 | | 0.392 | | |
| Glutamic acid.....g | 1.742 | | 0 | A | 1 | | 2.892 | | |
| Glycine.....g | 0.187 | | 0 | A | 1 | | 0.310 | | |
| Proline.....g | 0.601 | | 0 | A | 1 | | 0.997 | | |
| Serine.....g | 0.216 | | 0 | A | 1 | | 0.359 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

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

Common Measures:

Measure 1 = 166g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.090 | | 0 | A | 1 | | 0.509 | 0.121 | |
| Threonine.....g | 0.330 | | 0 | A | 1 | | 1.865 | 0.442 | |
| Isoleucine.....g | 0.370 | | 0 | A | 1 | | 2.091 | 0.496 | |
| Leucine.....g | 0.710 | | 0 | A | 1 | | 4.011 | 0.951 | |
| Lysine.....g | 0.560 | | 0 | A | 1 | | 3.164 | 0.750 | |
| Methionine.....g | 0.190 | | 0 | A | 1 | | 1.073 | 0.254 | |
| Cystine.....g | 0.140 | | 0 | A | 1 | | 0.791 | 0.188 | |
| Phenylalanine.....g | 0.400 | | 0 | A | 1 | | 2.260 | 0.536 | |
| Tyrosine.....g | 0.250 | | 0 | A | 1 | | 1.413 | 0.335 | |
| Valine.....g | 0.450 | | 0 | A | 1 | | 2.542 | 0.603 | |
| Arginine.....g | 0.500 | | 0 | A | 1 | | 2.825 | 0.670 | |
| Histidine.....g | 0.270 | | 0 | A | 1 | | 1.526 | 0.362 | |
| Alanine.....g | 0.440 | | 0 | A | 1 | | 2.485 | 0.589 | |
| Aspartic acid.....g | 0.690 | | 0 | A | 1 | | 3.898 | 0.924 | |
| Glutamic acid.....g | 2.240 | | 0 | A | 1 | | 12.656 | 3.002 | |
| Glycine.....g | 0.460 | | 0 | A | 1 | | 2.599 | 0.616 | |
| Proline.....g | 0.790 | | 0 | A | 1 | | 4.464 | 1.059 | |
| Serine.....g | 0.390 | | 0 | A | 1 | | 2.203 | 0.522 | |
| Hydroxyproline.....g | 0.060 | | 1 | A | 1 | | 0.338 | 0.080 | |

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

Common Measures:

Measure 1 = 565g: 1 serving
 Measure 2 = 134g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36615
 DENNY'S, top sirloin steak
 Denny's
 family style
 Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 61.82 | 0.504 | 6 | A | 1 | | 66.15 | | |
| Energy.....kcal | 182 | | 0 | NC | 4 | | 195 | | |
| Energy.....kJ | 762 | | 0 | NC | 4 | | 816 | | |
| Protein.....g | 28.90 | 0.421 | 6 | A | 1 | | 30.92 | | |
| Total lipid (fat).....g | 7.34 | 0.401 | 6 | A | 1 | | 7.85 | | |
| Ash.....g | 1.80 | 0.080 | 6 | A | 1 | | 1.92 | | |
| Carbohydrate, by difference.....g | 0.14 | | 0 | NC | 4 | | 0.15 | | |
| Fiber, total dietary.....g | | | | | | | | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 6 | 0.231 | 6 | A | 1 | | 7 | | |
| Iron, Fe.....mg | 3.27 | 0.240 | 6 | A | 1 | | 3.50 | | |
| Magnesium, Mg.....mg | 24 | 0.309 | 6 | A | 1 | | 25 | | |
| Phosphorus, P.....mg | 264 | 3.807 | 6 | A | 1 | | 283 | | |
| Potassium, K.....mg | 341 | 4.256 | 6 | A | 1 | | 364 | | |
| Sodium, Na.....mg | 349 | 12.323 | 6 | A | 1 | | 374 | | |
| Zinc, Zn.....mg | 5.26 | 0.136 | 6 | A | 1 | | 5.63 | | |
| Copper, Cu.....mg | 0.118 | 0.004 | 6 | A | 1 | | 0.127 | | |
| Manganese, Mn.....mg | 0.017 | 0.003 | 6 | A | 1 | | 0.018 | | |
| Selenium, Se.....µg | 0.0 | 0.001 | 6 | A | 1 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.050 | | 1 | A | 1 | | 0.054 | | |
| Riboflavin.....mg | 0.220 | | 1 | A | 1 | | 0.235 | | |
| Niacin.....mg | 5.310 | | 1 | A | 1 | | 5.682 | | |
| Pantothenic acid.....mg | 0.740 | | 1 | A | 1 | | 0.792 | | |
| Vitamin B-6.....mg | 0.613 | | 1 | A | 1 | | 0.656 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 2.70 | | 1 | A | 1 | | 2.89 | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | | | | | | | | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Tocotrienol, alpha.....mg | | | | | | | | | |
| Tocotrienol, beta.....mg | | | | | | | | | |
| Tocotrienol, gamma.....mg | | | | | | | | | |
| Tocotrienol, delta.....mg | | | | | | | | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 1.0 | | 1 | A | 1 | | 1.1 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 3.5 | | 1 | A | 1 | | 3.8 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.595 | | 0 | NC | 4 | | 2.777 | | |
| 4:0.....g | | | | | | | | | |
| 6:0.....g | | | | | | | | | |
| 8:0.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 10:0.....g | 0.013 | 0.002 | 6 | A | 1 | | 0.014 | | |
| 12:0.....g | 0.005 | 0.000 | 6 | A | 1 | | 0.005 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.150 | 0.015 | 6 | A | 1 | | 0.160 | | |
| 15:0.....g | 0.026 | 0.002 | 6 | A | 1 | | 0.028 | | |
| 16:0.....g | 1.440 | 0.120 | 6 | A | 1 | | 1.541 | | |
| 17:0.....g | 0.070 | 0.005 | 6 | A | 1 | | 0.075 | | |
| 18:0.....g | 0.874 | 0.075 | 6 | A | 1 | | 0.936 | | |
| 20:0.....g | 0.007 | 0.000 | 6 | A | 1 | | 0.008 | | |
| 22:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 24:0.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| Fatty acids, total monounsaturated.....g | 2.840 | | 0 | NC | 4 | | 3.039 | | |
| 14:1.....g | 0.032 | 0.003 | 6 | A | 1 | | 0.034 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.212 | 0.016 | 6 | AS | 1 | | 0.227 | | |
| 16:1 c.....g | 0.193 | 0.015 | 6 | A | 1 | | 0.206 | | |
| 16:1 t.....g | 0.019 | 0.001 | 6 | A | 1 | | 0.020 | | |
| 17:1.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 18:1 undifferentiated.....g | 2.570 | 0.199 | 6 | AS | 1 | | 2.750 | | |
| 18:1 c.....g | 2.345 | 0.183 | 6 | A | 1 | | 2.510 | | |
| 18:1 t.....g | 0.225 | 0.028 | 6 | A | 1 | | 0.241 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.020 | 0.001 | 6 | A | 1 | | 0.021 | | |
| 22:1 undifferentiated.....g | 0.003 | 0.000 | 6 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 0.672 | | 0 | NC | 4 | | 0.719 | | |
| 18:2 undifferentiated.....g | 0.486 | 0.038 | 6 | AS | 1 | | 0.520 | | |
| 18:2 n-6 c,c.....g | 0.428 | 0.036 | 6 | A | 1 | | 0.458 | | |
| 18:2 CLAs.....g | 0.027 | 0.003 | 6 | A | 1 | | 0.029 | | |
| 18:2 t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.032 | 0.004 | 6 | A | 1 | | 0.034 | | |
| 18:3 undifferentiated.....g | 0.036 | 0.004 | 6 | AS | 1 | | 0.039 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.034 | 0.004 | 6 | A | 1 | | 0.037 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.000 | 6 | A | 1 | | 0.005 | | |
| 20:3 undifferentiated.....g | 0.024 | 0.002 | 6 | AS | 1 | | 0.026 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 20:3 n-6.....g | 0.023 | 0.002 | 6 | A | 1 | | 0.025 | | |
| 20:4 undifferentiated.....g | 0.079 | 0.003 | 6 | A | 1 | | 0.084 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.010 | 0.001 | 6 | A | 1 | | 0.011 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.009 | | |
| 22:5 n-3 (DPA).....g | 0.020 | 0.001 | 6 | A | 1 | | 0.021 | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.000 | 6 | A | 1 | | 0.003 | | |
| Fatty acids, total trans.....g | 0.276 | | 0 | NC | 4 | | 0.295 | | |
| Fatty acids, total trans-monoenoic.....g | 0.244 | | 0 | NC | 4 | | 0.261 | | |
| Fatty acids, total trans-polyenoic.....g | 0.032 | | 0 | NC | 4 | | 0.034 | | |
| Cholesterol.....mg | 82 | 1.610 | 6 | A | 1 | | 88 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.380 | | 0 | A | 1 | | 0.407 | | |
| Threonine.....g | 1.371 | | 0 | A | 1 | | 1.467 | | |
| Isoleucine.....g | 1.401 | | 0 | A | 1 | | 1.499 | | |
| Leucine.....g | 2.432 | | 0 | A | 1 | | 2.602 | | |
| Lysine.....g | 2.021 | | 0 | A | 1 | | 2.163 | | |
| Methionine.....g | 0.741 | | 0 | A | 1 | | 0.792 | | |
| Cystine.....g | 0.280 | | 0 | A | 1 | | 0.300 | | |
| Phenylalanine.....g | 1.221 | | 0 | A | 1 | | 1.306 | | |
| Tyrosine.....g | 0.991 | | 0 | A | 1 | | 1.060 | | |

NDB No. 36615
 DENNY'S, top sirloin steak

| Nutrients and Units | <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 | | | |
| Valine.....g | 1.491 | | 0 | A | 1 | 1.595 | | |
| Arginine.....g | 1.981 | | 0 | A | 1 | 2.120 | | |
| Histidine.....g | 0.991 | | 0 | A | 1 | 1.060 | | |
| Alanine.....g | 1.721 | | 0 | A | 1 | 1.842 | | |
| Aspartic acid.....g | 2.842 | | 0 | A | 1 | 3.041 | | |
| Glutamic acid.....g | 4.573 | | 0 | A | 1 | 4.894 | | |
| Glycine.....g | 1.491 | | 0 | A | 1 | 1.595 | | |
| Proline.....g | 1.111 | | 0 | A | 1 | 1.189 | | |
| Serine.....g | 1.151 | | 0 | A | 1 | 1.231 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 107g: 1 steak

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 2.531 | | 0 | NC | 4 | | 11.490 | | |
| 4:0.....g | 0.085 | 0.004 | 6 | A | 1 | | 0.385 | | |
| 6:0.....g | 0.067 | 0.003 | 6 | A | 1 | | 0.303 | | |
| 8:0.....g | 0.041 | 0.002 | 6 | A | 1 | | 0.185 | | |
| 10:0.....g | 0.102 | 0.005 | 6 | A | 1 | | 0.464 | | |
| 12:0.....g | 0.117 | 0.005 | 6 | A | 1 | | 0.533 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.384 | 0.015 | 6 | A | 1 | | 1.745 | | |
| 15:0.....g | 0.041 | 0.001 | 6 | A | 1 | | 0.187 | | |
| 16:0.....g | 1.220 | 0.039 | 6 | A | 1 | | 5.539 | | |
| 17:0.....g | 0.025 | 0.001 | 6 | A | 1 | | 0.114 | | |
| 18:0.....g | 0.434 | 0.019 | 6 | A | 1 | | 1.972 | | |
| 20:0.....g | 0.008 | 0.000 | 6 | A | 1 | | 0.037 | | |
| 22:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.015 | | |
| 24:0.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.009 | | |
| Fatty acids, total monounsaturated.....g | 1.428 | | 0 | NC | 4 | | 6.481 | | |
| 14:1.....g | 0.037 | 0.002 | 6 | A | 1 | | 0.166 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.075 | 0.005 | 6 | AS | 1 | | 0.341 | | |
| 16:1 c.....g | 0.063 | 0.004 | 6 | A | 1 | | 0.287 | | |
| 16:1 t.....g | 0.012 | 0.001 | 6 | A | 1 | | 0.054 | | |
| 17:1.....g | 0.008 | 0.000 | 6 | A | 1 | | 0.038 | | |
| 18:1 undifferentiated.....g | 1.293 | 0.041 | 6 | AS | 1 | | 5.871 | | |
| 18:1 c.....g | 1.210 | 0.038 | 6 | A | 1 | | 5.495 | | |
| 18:1 t.....g | 0.083 | 0.004 | 6 | A | 1 | | 0.377 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.014 | 0.001 | 6 | A | 1 | | 0.064 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 6 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.547 | | 0 | NC | 4 | | 2.483 | | |
| 18:2 undifferentiated.....g | 0.462 | 0.011 | 6 | AS | 1 | | 2.096 | | |
| 18:2 n-6 c,c.....g | 0.418 | 0.010 | 6 | A | 1 | | 1.898 | | |
| 18:2 CLAs.....g | 0.017 | 0.001 | 6 | A | 1 | | 0.079 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.026 | 0.001 | 6 | A | 1 | | 0.119 | | |
| 18:3 undifferentiated.....g | 0.067 | 0.004 | 6 | AS | 1 | | 0.305 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.066 | 0.004 | 6 | A | 1 | | 0.299 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 6 | A | 1 | | 0.006 | | |
| 18:3i.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.006 | | |
| 20:3 undifferentiated.....g | 0.005 | 0.000 | 6 | AS | 1 | | 0.022 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.005 | 0.000 | 6 | A | 1 | | 0.022 | | |
| 20:4 undifferentiated.....g | 0.010 | 0.000 | 6 | A | 1 | | 0.045 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.001 | 6 | A | 1 | | 0.008 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.121 | | 0 | NC | 4 | | 0.549 | | |
| Fatty acids, total trans-monoenoic.....g | 0.095 | | 0 | NC | 4 | | 0.430 | | |
| Fatty acids, total trans-polyenoic.....g | 0.026 | | 0 | NC | 4 | | 0.119 | | |
| Cholesterol.....mg | 23 | 0.334 | 3 | A | 1 | | 103 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.165 | | 0 | A | 1 | | 0.751 | | |
| Threonine.....g | 0.279 | | 0 | A | 1 | | 1.268 | | |

NDB No. 36054

OLIVE GARDEN, cheese ravioli with marinara sauce

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|----------------------|--|------------|----------------|------------|-------------|--|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.321 | | 0 | A | 1 | 1.456 | | |
| Leucine.....g | 0.673 | | 0 | A | 1 | 3.053 | | |
| Lysine.....g | 0.507 | | 0 | A | 1 | 2.302 | | |
| Methionine.....g | 0.176 | | 0 | A | 1 | 0.799 | | |
| Cystine.....g | 0.124 | | 0 | A | 1 | 0.563 | | |
| Phenylalanine.....g | 0.362 | | 0 | A | 1 | 1.644 | | |
| Tyrosine.....g | 0.259 | | 0 | A | 1 | 1.175 | | |
| Valine.....g | 0.383 | | 0 | A | 1 | 1.738 | | |
| Arginine.....g | 0.310 | | 0 | A | 1 | 1.409 | | |
| Histidine.....g | 0.165 | | 0 | A | 1 | 0.751 | | |
| Alanine.....g | 0.259 | | 0 | A | 1 | 1.175 | | |
| Aspartic acid.....g | 0.538 | | 0 | A | 1 | 2.443 | | |
| Glutamic acid.....g | 1.976 | | 0 | A | 1 | 8.973 | | |
| Glycine.....g | 0.197 | | 0 | A | 1 | 0.892 | | |
| Proline.....g | 1.014 | | 0 | A | 1 | 4.604 | | |
| Serine.....g | 0.403 | | 0 | A | 1 | 1.832 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 454g: 1 serving varied from 7-9 ravioli per serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 2.113 | | 0 | NC | 4 | | 6.424 | | |
| 4:0.....g | 0.049 | 0.001 | 6 | A | 1 | | 0.148 | | |
| 6:0.....g | 0.033 | 0.001 | 6 | A | 1 | | 0.099 | | |
| 8:0.....g | 0.022 | 0.001 | 6 | A | 1 | | 0.066 | | |
| 10:0.....g | 0.052 | 0.002 | 6 | A | 1 | | 0.157 | | |
| 12:0.....g | 0.062 | 0.003 | 6 | A | 1 | | 0.188 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.206 | 0.008 | 6 | A | 1 | | 0.626 | | |
| 15:0.....g | 0.022 | 0.001 | 6 | A | 1 | | 0.067 | | |
| 16:0.....g | 1.117 | 0.040 | 6 | A | 1 | | 3.396 | | |
| 17:0.....g | 0.017 | 0.001 | 6 | A | 1 | | 0.053 | | |
| 18:0.....g | 0.444 | 0.016 | 6 | A | 1 | | 1.350 | | |
| 20:0.....g | 0.048 | 0.001 | 6 | A | 1 | | 0.146 | | |
| 22:0.....g | 0.027 | 0.001 | 6 | A | 1 | | 0.083 | | |
| 24:0.....g | 0.015 | 0.001 | 6 | A | 1 | | 0.047 | | |
| Fatty acids, total monounsaturated.....g | 5.803 | | 0 | NC | 4 | | 17.640 | | |
| 14:1.....g | 0.019 | 0.001 | 6 | A | 1 | | 0.058 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.094 | 0.004 | 6 | AS | 1 | | 0.287 | | |
| 16:1 c.....g | 0.088 | 0.004 | 6 | A | 1 | | 0.267 | | |
| 16:1 t.....g | 0.006 | 0.000 | 6 | A | 1 | | 0.019 | | |
| 17:1.....g | 0.010 | 0.000 | 6 | A | 1 | | 0.030 | | |
| 18:1 undifferentiated.....g | 5.562 | 0.153 | 6 | AS | 1 | | 16.909 | | |
| 18:1 c.....g | 5.500 | 0.154 | 6 | A | 1 | | 16.719 | | |
| 18:1 t.....g | 0.062 | 0.004 | 6 | A | 1 | | 0.189 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.105 | 0.003 | 6 | A | 1 | | 0.319 | | |
| 22:1 undifferentiated.....g | 0.003 | 0.000 | 6 | AS | 1 | | 0.009 | | |
| 22:1 c.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.009 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.010 | 0.000 | 6 | A | 1 | | 0.030 | | |
| Fatty acids, total polyunsaturated.....g | 2.020 | | 0 | NC | 4 | | 6.142 | | |
| 18:2 undifferentiated.....g | 1.733 | 0.061 | 6 | AS | 1 | | 5.267 | | |
| 18:2 n-6 c,c.....g | 1.691 | 0.060 | 6 | A | 1 | | 5.142 | | |
| 18:2 CLAs.....g | 0.015 | 0.001 | 6 | A | 1 | | 0.045 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.026 | 0.002 | 6 | A | 1 | | 0.080 | | |
| 18:3 undifferentiated.....g | 0.233 | 0.009 | 6 | AS | 1 | | 0.709 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.221 | 0.008 | 6 | A | 1 | | 0.673 | | |
| 18:3 n-6 c,c,c.....g | 0.012 | 0.001 | 6 | A | 1 | | 0.036 | | |
| 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 | 0.000 | 6 | A | 1 | | 0.022 | | |
| 20:3 undifferentiated.....g | 0.008 | 0.001 | 6 | AS | 1 | | 0.023 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.023 | | |
| 20:4 undifferentiated.....g | 0.027 | 0.002 | 6 | A | 1 | | 0.083 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.023 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 6 | A | 1 | | 0.010 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.003 | | |
| Fatty acids, total trans.....g | 0.095 | | 0 | NC | 4 | | 0.288 | | |
| Fatty acids, total trans-monoenoic.....g | 0.069 | | 0 | NC | 4 | | 0.208 | | |
| Fatty acids, total trans-polyenoic.....g | 0.026 | | 0 | NC | 4 | | 0.080 | | |
| Cholesterol.....mg | 40 | 1.988 | 3 | A | 1 | | 122 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.188 | | 0 | A | 1 | | 0.571 | | |
| Threonine.....g | 0.603 | | 0 | A | 1 | | 1.834 | | |

NDB No. 36058

OLIVE GARDEN, chicken parmigiana without pasta

| Nutrients and Units | <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 | 0.663 | | 0 | A | 1 | 2.015 | | |
| Leucine.....g | 1.227 | | 0 | A | 1 | 3.729 | | |
| Lysine.....g | 1.266 | | 0 | A | 1 | 3.849 | | |
| Methionine.....g | 0.376 | | 0 | A | 1 | 1.142 | | |
| Cystine.....g | 0.188 | | 0 | A | 1 | 0.571 | | |
| Phenylalanine.....g | 0.999 | | 0 | A | 1 | 3.037 | | |
| Tyrosine.....g | 0.475 | | 0 | A | 1 | 1.443 | | |
| Valine.....g | 0.742 | | 0 | A | 1 | 2.255 | | |
| Arginine.....g | 0.870 | | 0 | A | 1 | 2.646 | | |
| Histidine.....g | 0.485 | | 0 | A | 1 | 1.474 | | |
| Alanine.....g | 0.732 | | 0 | A | 1 | 2.225 | | |
| Aspartic acid.....g | 1.246 | | 0 | A | 1 | 3.789 | | |
| Glutamic acid.....g | 2.641 | | 0 | A | 1 | 8.029 | | |
| Glycine.....g | 0.584 | | 0 | A | 1 | 1.774 | | |
| Proline.....g | 1.088 | | 0 | A | 1 | 3.308 | | |
| Serine.....g | 0.643 | | 0 | A | 1 | 1.954 | | |
| Hydroxyproline.....g | 0.020 | | 1 | A | 1 | 0.060 | | |

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

Common Measures:

Measure 1 = 304g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36042
OLIVE GARDEN, lasagna classico
Darden Group

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 65.29 | 0.220 | 6 | A | 1 | | 275.52 | | |
| Energy.....kcal | 184 | | 0 | NC | 4 | | 777 | | |
| Energy.....kJ | 770 | | 0 | NC | 4 | | 3249 | | |
| Protein.....g | 11.28 | 0.321 | 6 | A | 1 | | 47.61 | | |
| Total lipid (fat).....g | 10.84 | 0.310 | 6 | A | 1 | | 45.76 | | |
| Ash.....g | 2.25 | 0.041 | 6 | A | 1 | | 9.51 | | |
| Carbohydrate, by difference.....g | 10.33 | | 0 | NC | 4 | | 43.61 | | |
| Fiber, total dietary.....g | 1.6 | 0.142 | 3 | A | 1 | | 6.9 | | |
| Sugars, total.....g | 3.53 | 0.151 | 3 | A | 1 | | 14.91 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 1.02 | 0.069 | 3 | A | 1 | | 4.29 | | |
| Fructose.....g | 1.11 | 0.124 | 3 | A | 1 | | 4.70 | | |
| Lactose.....g | 1.22 | 0.054 | 3 | A | 1 | | 5.16 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.18 | 0.017 | 3 | A | 1 | | 0.76 | | |
| Starch.....g | 4.83 | 0.384 | 3 | A | 1 | | 20.40 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 211 | 7.361 | 6 | A | 1 | | 888 | | |
| Iron, Fe.....mg | 0.75 | 0.028 | 6 | A | 1 | | 3.17 | | |
| Magnesium, Mg.....mg | 22 | 0.174 | 6 | A | 1 | | 92 | | |
| Phosphorus, P.....mg | 183 | 4.347 | 6 | A | 1 | | 772 | | |
| Potassium, K.....mg | 258 | 11.932 | 6 | A | 1 | | 1088 | | |
| Sodium, Na.....mg | 450 | 9.854 | 6 | A | 1 | | 1898 | | |
| Zinc, Zn.....mg | 1.31 | 0.041 | 6 | A | 1 | | 5.55 | | |
| Copper, Cu.....mg | 0.061 | 0.004 | 6 | A | 1 | | 0.258 | | |
| Manganese, Mn.....mg | 0.113 | 0.004 | 6 | A | 1 | | 0.477 | | |
| Selenium, Se.....µg | 15.2 | 0.436 | 3 | A | 1 | | 64.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | 0.243 | 3 | A | 1 | | 3.0 | | |
| Thiamin.....mg | 0.160 | 0.006 | 3 | A | 1 | | 0.675 | | |
| Riboflavin.....mg | 0.273 | 0.003 | 3 | A | 1 | | 1.153 | | |
| Niacin.....mg | 1.930 | 0.189 | 3 | A | 1 | | 8.144 | | |
| Pantothenic acid.....mg | 0.515 | | 2 | A | 1 | | 2.173 | | |
| Vitamin B-6.....mg | | | | | | | | | |
| Folate, total.....µg | 35 | 1.877 | 3 | A | 1 | | 148 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 33.5 | | 0 | AS | 1 | | 141.6 | | |
| Betaine.....mg | 594.4 | | 1 | A | 1 | | 2508.4 | | |
| Vitamin B-12.....µg | 0.55 | 0.015 | 3 | A | 1 | | 2.32 | | |
| Vitamin A, RAE.....µg | 60 | | 0 | AS | 1 | | 255 | | |
| Vitamin A, IU.....IU | 414 | | 0 | AS | 1 | | 1749 | | |
| Lycopene.....µg | 2177 | 331.087 | 3 | A | 1 | | 9188 | | |
| Lutein + zeaxanthin.....µg | 105 | 3.883 | 3 | A | 1 | | 441 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.86 | 0.039 | 3 | A | 1 | | 3.61 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.20 | 0.043 | 3 | A | 1 | | 0.83 | | |
| Tocopherol, delta.....mg | 0.01 | 0.014 | 3 | A | 1 | | 0.06 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.014 | 3 | A | 1 | | 0.06 | | |
| Tocotrienol, beta.....mg | 0.04 | 0.035 | 3 | A | 1 | | 0.15 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 6.8 | | 2 | A | 1 | | 28.8 | | |
| Dihydrophyloquinone.....µg | 0.3 | | 2 | A | 1 | | 1.1 | | |
| Menaquinone-4.....µg | 3.2 | | 2 | A | 1 | | 13.6 | | |

NDB No. 36042
 OLIVE GARDEN, lasagna classico

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 3.2 | | | A | 1 | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.347 | | 0 | NC | 4 | | 22.563 | | |
| 4:0.....g | 0.138 | 0.008 | 6 | A | 1 | | 0.582 | | |
| 6:0.....g | 0.112 | 0.006 | 6 | A | 1 | | 0.475 | | |
| 8:0.....g | 0.075 | 0.004 | 6 | A | 1 | | 0.316 | | |
| 10:0.....g | 0.194 | 0.007 | 6 | A | 1 | | 0.817 | | |
| 12:0.....g | 0.214 | 0.006 | 6 | A | 1 | | 0.904 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.747 | 0.017 | 6 | A | 1 | | 3.152 | | |
| 15:0.....g | 0.081 | 0.002 | 6 | A | 1 | | 0.340 | | |
| 16:0.....g | 2.586 | 0.047 | 6 | A | 1 | | 10.914 | | |
| 17:0.....g | 0.067 | 0.002 | 6 | A | 1 | | 0.281 | | |
| 18:0.....g | 1.104 | 0.036 | 6 | A | 1 | | 4.658 | | |
| 20:0.....g | 0.016 | 0.001 | 6 | A | 1 | | 0.067 | | |
| 22:0.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.034 | | |
| 24:0.....g | 0.005 | 0.000 | 6 | A | 1 | | 0.022 | | |
| Fatty acids, total monounsaturated.....g | 3.203 | | 0 | NC | 4 | | 13.515 | | |
| 14:1.....g | 0.079 | 0.002 | 6 | A | 1 | | 0.332 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.194 | 0.006 | 6 | AS | 1 | | 0.818 | | |
| 16:1 c.....g | 0.164 | 0.005 | 6 | A | 1 | | 0.693 | | |
| 16:1 t.....g | 0.030 | 0.001 | 6 | A | 1 | | 0.126 | | |
| 17:1.....g | 0.029 | 0.001 | 6 | A | 1 | | 0.124 | | |
| 18:1 undifferentiated.....g | 2.871 | 0.079 | 6 | AS | 1 | | 12.114 | | |
| 18:1 c.....g | 2.636 | 0.070 | 6 | A | 1 | | 11.122 | | |
| 18:1 t.....g | 0.235 | 0.010 | 6 | A | 1 | | 0.991 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.030 | 0.001 | 6 | A | 1 | | 0.126 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 6 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.789 | | 0 | NC | 4 | | 3.332 | | |
| 18:2 undifferentiated.....g | 0.664 | 0.026 | 6 | AS | 1 | | 2.804 | | |
| 18:2 n-6 c,c.....g | 0.552 | 0.024 | 6 | A | 1 | | 2.329 | | |
| 18:2 CLAs.....g | 0.043 | 0.003 | 6 | A | 1 | | 0.183 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.069 | 0.002 | 6 | A | 1 | | 0.291 | | |
| 18:3 undifferentiated.....g | 0.060 | 0.003 | 6 | AS | 1 | | 0.253 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.058 | 0.002 | 6 | A | 1 | | 0.243 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.006 | | |
| 18:3i.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.004 | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.010 | 0.001 | 6 | A | 1 | | 0.044 | | |
| 20:3 undifferentiated.....g | 0.012 | 0.001 | 6 | AS | 1 | | 0.052 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.006 | | |
| 20:3 n-6.....g | 0.011 | 0.000 | 6 | A | 1 | | 0.046 | | |
| 20:4 undifferentiated.....g | 0.025 | 0.001 | 6 | A | 1 | | 0.108 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.000 | 6 | A | 1 | | 0.013 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.000 | 6 | A | 1 | | 0.019 | | |
| 22:5 n-3 (DPA).....g | 0.007 | 0.000 | 6 | A | 1 | | 0.030 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.005 | | |
| Fatty acids, total trans.....g | 0.335 | | 0 | NC | 4 | | 1.412 | | |
| Fatty acids, total trans-monoenoic.....g | 0.265 | | 0 | NC | 4 | | 1.117 | | |
| Fatty acids, total trans-polyenoic.....g | 0.070 | | 0 | NC | 4 | | 0.295 | | |
| Cholesterol.....mg | 40 | 0.954 | 3 | A | 1 | | 171 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.125 | | 0 | A | 1 | | 0.528 | | |

NDB No. 36042
 OLIVE GARDEN, lasagna classico

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.393 | | 0 | A | 1 | 1.659 | | |
| Isoleucine.....g | 0.429 | | 0 | A | 1 | 1.810 | | |
| Leucine.....g | 0.902 | | 0 | A | 1 | 3.808 | | |
| Lysine.....g | 0.840 | | 0 | A | 1 | 3.544 | | |
| Methionine.....g | 0.250 | | 0 | A | 1 | 1.056 | | |
| Cystine.....g | 0.116 | | 0 | A | 1 | 0.490 | | |
| Phenylalanine.....g | 0.500 | | 0 | A | 1 | 2.112 | | |
| Tyrosine.....g | 0.348 | | 0 | A | 1 | 1.470 | | |
| Valine.....g | 0.483 | | 0 | A | 1 | 2.036 | | |
| Arginine.....g | 0.456 | | 0 | A | 1 | 1.923 | | |
| Histidine.....g | 0.277 | | 0 | A | 1 | 1.169 | | |
| Alanine.....g | 0.429 | | 0 | A | 1 | 1.810 | | |
| Aspartic acid.....g | 0.804 | | 0 | A | 1 | 3.393 | | |
| Glutamic acid.....g | 2.019 | | 0 | A | 1 | 8.522 | | |
| Glycine.....g | 0.366 | | 0 | A | 1 | 1.546 | | |
| Proline.....g | 1.081 | | 0 | A | 1 | 4.563 | | |
| Serine.....g | 0.509 | | 0 | A | 1 | 2.149 | | |
| Hydroxyproline.....g | 0.090 | | 1 | A | 1 | 0.380 | | |

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

Common Measures:

Measure 1 = 422g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36631

OLIVE GARDEN, spaghetti with meat sauce

Darden Group

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 72.75 | 0.300 | 6 | A | 1 | | 381.95 | | |
| Energy.....kcal | 121 | | 0 | NC | 4 | | 638 | | |
| Energy.....kJ | 508 | | 0 | NC | 4 | | 2667 | | |
| Protein.....g | 5.80 | 0.086 | 6 | A | 1 | | 30.46 | | |
| Total lipid (fat).....g | 3.28 | 0.201 | 6 | A | 1 | | 17.20 | | |
| Ash.....g | 0.98 | 0.025 | 6 | A | 1 | | 5.16 | | |
| Carbohydrate, by difference.....g | 17.19 | | 0 | NC | 4 | | 90.23 | | |
| Fiber, total dietary.....g | 1.7 | 0.103 | 3 | A | 1 | | 8.7 | | |
| Sugars, total.....g | 1.67 | 0.164 | 3 | A | 1 | | 8.78 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.75 | 0.079 | 3 | A | 1 | | 3.94 | | |
| Fructose.....g | 0.92 | 0.085 | 3 | A | 1 | | 4.85 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 12.80 | 0.361 | 3 | A | 1 | | 67.20 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 15 | 0.568 | 6 | A | 1 | | 76 | | |
| Iron, Fe.....mg | 1.03 | 0.058 | 6 | A | 1 | | 5.43 | | |
| Magnesium, Mg.....mg | 18 | 0.402 | 6 | A | 1 | | 94 | | |
| Phosphorus, P.....mg | 60 | 1.307 | 6 | A | 1 | | 314 | | |
| Potassium, K.....mg | 164 | 8.770 | 6 | A | 1 | | 863 | | |
| Sodium, Na.....mg | 209 | 4.856 | 6 | A | 1 | | 1099 | | |
| Zinc, Zn.....mg | 0.68 | 0.022 | 6 | A | 1 | | 3.58 | | |
| Copper, Cu.....mg | 0.098 | 0.004 | 6 | A | 1 | | 0.515 | | |
| Manganese, Mn.....mg | 0.221 | 0.004 | 6 | A | 1 | | 1.158 | | |
| Selenium, Se.....µg | 16.8 | 2.051 | 3 | A | 1 | | 88.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.6 | 0.206 | 3 | A | 1 | | 3.3 | | |
| Thiamin.....mg | 0.090 | 0.006 | 3 | A | 1 | | 0.472 | | |
| Riboflavin.....mg | 0.143 | 0.003 | 3 | A | 1 | | 0.752 | | |
| Niacin.....mg | 1.690 | 0.040 | 3 | A | 1 | | 8.872 | | |
| Pantothenic acid.....mg | 0.250 | | 2 | A | 1 | | 1.312 | | |
| Vitamin B-6.....mg | 0.098 | 0.005 | 3 | A | 1 | | 0.512 | | |
| Folate, total.....µg | 30 | 2.350 | 3 | A | 1 | | 158 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 15.0 | | 0 | AS | 1 | | 79.0 | | |
| Betaine.....mg | 500.9 | | 1 | A | 1 | | 2629.7 | | |
| Vitamin B-12.....µg | 0.13 | 0.022 | 3 | A | 1 | | 0.70 | | |
| Vitamin A, RAE.....µg | 10 | | 0 | AS | 1 | | 50 | | |
| Vitamin A, IU.....IU | 191 | | 0 | AS | 1 | | 1005 | | |
| Lycopene.....µg | 2015 | | 2 | A | 1 | | 10577 | | |
| Lutein + zeaxanthin.....µg | 132 | | 2 | A | 1 | | 694 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.58 | 0.031 | 3 | A | 1 | | 3.07 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.11 | 0.023 | 3 | A | 1 | | 0.60 | | |
| Tocopherol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, alpha.....mg | 0.06 | 0.011 | 3 | A | 1 | | 0.29 | | |
| Tocotrienol, beta.....mg | 0.33 | 0.039 | 3 | A | 1 | | 1.72 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 4.3 | | 2 | A | 1 | | 22.7 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 2 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.8 | | 2 | A | 1 | | 4.2 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.024 | | 0 | NC | 4 | | 5.374 | | |
| 4:0.....g | 0.005 | 0.003 | 3 | A | 1 | | 0.028 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.053 | 0.000 | 3 | A | 1 | | 0.276 | | |
| 15:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.042 | | |
| 16:0.....g | 0.620 | 0.009 | 3 | A | 1 | | 3.256 | | |
| 17:0.....g | 0.017 | 0.002 | 3 | A | 1 | | 0.091 | | |
| 18:0.....g | 0.312 | 0.004 | 3 | A | 1 | | 1.638 | | |
| 20:0.....g | 0.006 | 0.000 | 3 | A | 1 | | 0.030 | | |
| 22:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.009 | | |
| 24:0.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.005 | | |
| Fatty acids, total monounsaturated.....g | 1.242 | | 0 | NC | 4 | | 6.519 | | |
| 14:1.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.061 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.068 | 0.004 | 3 | AS | 1 | | 0.356 | | |
| 16:1 c.....g | 0.064 | 0.003 | 3 | A | 1 | | 0.337 | | |
| 16:1 t.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.019 | | |
| 17:1.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.068 | | |
| 18:1 undifferentiated.....g | 1.131 | 0.064 | 3 | AS | 1 | | 5.938 | | |
| 18:1 c.....g | 1.079 | 0.070 | 3 | A | 1 | | 5.665 | | |
| 18:1 t.....g | 0.052 | 0.006 | 3 | A | 1 | | 0.273 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.094 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.002 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.530 | | 0 | NC | 4 | | 2.785 | | |
| 18:2 undifferentiated.....g | 0.465 | 0.020 | 3 | AS | 1 | | 2.439 | | |
| 18:2 n-6 c,c.....g | 0.449 | 0.021 | 3 | A | 1 | | 2.355 | | |
| 18:2 CLAs.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.038 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.045 | | |
| 18:3 undifferentiated.....g | 0.039 | 0.006 | 3 | AS | 1 | | 0.203 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.038 | 0.006 | 3 | A | 1 | | 0.199 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.004 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.042 | | |
| 20:3 undifferentiated.....g | 0.003 | 0.000 | 3 | AS | 1 | | 0.017 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.016 | | |
| 20:4 undifferentiated.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.047 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.007 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.014 | | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.000 | 3 | A | 1 | | 0.011 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.005 | | |
| Fatty acids, total trans.....g | 0.064 | | 0 | NC | 4 | | 0.338 | | |
| Fatty acids, total trans-monoenoic.....g | 0.056 | | 0 | NC | 4 | | 0.292 | | |
| Fatty acids, total trans-polyenoic.....g | 0.009 | | 0 | NC | 4 | | 0.045 | | |
| Cholesterol.....mg | 8 | 0.756 | 3 | A | 1 | | 43 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.061 | | 0 | A | 1 | | 0.321 | | |

NDB No. 36631

OLIVE GARDEN, spaghetti with meat sauce

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.204 | | 0 | A | 1 | 1.071 | | |
| Isoleucine.....g | 0.214 | | 0 | A | 1 | 1.124 | | |
| Leucine.....g | 0.398 | | 0 | A | 1 | 2.088 | | |
| Lysine.....g | 0.235 | | 0 | A | 1 | 1.232 | | |
| Methionine.....g | 0.122 | | 0 | A | 1 | 0.642 | | |
| Cystine.....g | 0.102 | | 0 | A | 1 | 0.536 | | |
| Phenylalanine.....g | 0.286 | | 0 | A | 1 | 1.500 | | |
| Tyrosine.....g | 0.143 | | 0 | A | 1 | 0.750 | | |
| Valine.....g | 0.245 | | 0 | A | 1 | 1.285 | | |
| Arginine.....g | 0.286 | | 0 | A | 1 | 1.500 | | |
| Histidine.....g | 0.153 | | 0 | A | 1 | 0.803 | | |
| Alanine.....g | 0.255 | | 0 | A | 1 | 1.339 | | |
| Aspartic acid.....g | 0.459 | | 0 | A | 1 | 2.410 | | |
| Glutamic acid.....g | 1.704 | | 0 | A | 1 | 8.943 | | |
| Glycine.....g | 0.245 | | 0 | A | 1 | 1.285 | | |
| Proline.....g | 0.571 | | 0 | A | 1 | 2.999 | | |
| Serine.....g | 0.265 | | 0 | A | 1 | 1.392 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 525g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36047

OLIVE GARDEN, spaghetti with pomodoro sauce

Darden Group

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 75.92 | 0.584 | 5 | A | 1 | | 362.91 | | |
| Energy.....kcal | 102 | | 0 | NC | 4 | | 489 | | |
| Energy.....kJ | 428 | | 0 | NC | 4 | | 2046 | | |
| Protein.....g | 4.26 | 0.329 | 6 | A | 1 | | 20.36 | | |
| Total lipid (fat).....g | 1.85 | 0.101 | 6 | A | 1 | | 8.87 | | |
| Ash.....g | 0.82 | 0.024 | 6 | A | 1 | | 3.92 | | |
| Carbohydrate, by difference.....g | 17.14 | | 0 | NC | 4 | | 81.94 | | |
| Fiber, total dietary.....g | 1.7 | 0.078 | 3 | A | 1 | | 8.2 | | |
| Sugars, total.....g | 1.77 | 0.043 | 3 | A | 1 | | 8.44 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.89 | 0.030 | 3 | A | 1 | | 4.27 | | |
| Fructose.....g | 0.87 | 0.017 | 3 | A | 1 | | 4.17 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 11.57 | 0.970 | 3 | A | 1 | | 55.29 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 11 | 0.453 | 6 | A | 1 | | 52 | | |
| Iron, Fe.....mg | 0.98 | 0.038 | 6 | A | 1 | | 4.67 | | |
| Magnesium, Mg.....mg | 16 | 0.425 | 6 | A | 1 | | 78 | | |
| Phosphorus, P.....mg | 44 | 1.854 | 6 | A | 1 | | 209 | | |
| Potassium, K.....mg | 124 | 5.129 | 6 | A | 1 | | 591 | | |
| Sodium, Na.....mg | 183 | 6.884 | 6 | A | 1 | | 872 | | |
| Zinc, Zn.....mg | 0.34 | 0.016 | 6 | A | 1 | | 1.62 | | |
| Copper, Cu.....mg | 0.067 | 0.007 | 6 | A | 1 | | 0.319 | | |
| Manganese, Mn.....mg | 0.213 | 0.008 | 6 | A | 1 | | 1.018 | | |
| Selenium, Se.....µg | 13.3 | 0.970 | 3 | A | 1 | | 63.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.2 | 0.219 | 3 | A | 1 | | 5.7 | | |
| Thiamin.....mg | 0.067 | 0.007 | 3 | A | 1 | | 0.318 | | |
| Riboflavin.....mg | 0.117 | 0.012 | 3 | A | 1 | | 0.558 | | |
| Niacin.....mg | 1.140 | 0.006 | 3 | A | 1 | | 5.449 | | |
| Pantothenic acid.....mg | 0.180 | | 2 | A | 1 | | 0.860 | | |
| Vitamin B-6.....mg | 0.082 | 0.002 | 3 | A | 1 | | 0.390 | | |
| Folate, total.....µg | 27 | 2.136 | 3 | A | 1 | | 127 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 7.8 | | 0 | AS | 1 | | 37.3 | | |
| Betaine.....mg | 469.4 | | 1 | A | 1 | | 2243.6 | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 11 | | 0 | AS | 1 | | 52 | | |
| Vitamin A, IU.....IU | 218 | | 0 | AS | 1 | | 1040 | | |
| Lycopene.....µg | 1781 | | 2 | A | 1 | | 8511 | | |
| Lutein + zeaxanthin.....µg | 128 | | 2 | A | 1 | | 612 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.79 | 0.116 | 3 | A | 1 | | 3.78 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.54 | 0.097 | 3 | A | 1 | | 2.59 | | |
| Tocopherol, delta.....mg | 0.05 | 0.003 | 3 | A | 1 | | 0.22 | | |
| Tocotrienol, alpha.....mg | 0.03 | 0.014 | 3 | A | 1 | | 0.13 | | |
| Tocotrienol, beta.....mg | 0.26 | 0.049 | 3 | A | 1 | | 1.26 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 4.2 | | 2 | A | 1 | | 20.1 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | | 2 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.0 | | | A | 1 | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.336 | | 0 | NC | 4 | | 1.605 | | |
| 4:0.....g | 0.003 | 0.003 | 3 | A | 1 | | 0.016 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 12:0.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.011 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.013 | 0.000 | 3 | A | 1 | | 0.064 | | |
| 15:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.014 | | |
| 16:0.....g | 0.226 | 0.013 | 3 | A | 1 | | 1.082 | | |
| 17:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 18:0.....g | 0.068 | 0.006 | 3 | A | 1 | | 0.325 | | |
| 20:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.040 | | |
| 22:0.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.021 | | |
| 24:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.014 | | |
| Fatty acids, total monounsaturated.....g | 0.836 | | 0 | NC | 4 | | 3.994 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.007 | 0.000 | 3 | AS | 1 | | 0.035 | | |
| 16:1 c.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.035 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.005 | | |
| 18:1 undifferentiated.....g | 0.806 | 0.099 | 3 | AS | 1 | | 3.854 | | |
| 18:1 c.....g | 0.801 | 0.100 | 3 | A | 1 | | 3.829 | | |
| 18:1 t.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.025 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.019 | 0.002 | 3 | A | 1 | | 0.092 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.008 | | |
| Fatty acids, total polyunsaturated.....g | 0.645 | | 0 | NC | 4 | | 3.083 | | |
| 18:2 undifferentiated.....g | 0.526 | 0.066 | 3 | AS | 1 | | 2.514 | | |
| 18:2 n-6 c,c.....g | 0.522 | 0.066 | 3 | A | 1 | | 2.497 | | |
| 18:2 CLAs.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 18:3 undifferentiated.....g | 0.119 | 0.015 | 3 | AS | 1 | | 0.567 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.115 | 0.014 | 3 | A | 1 | | 0.548 | | |
| 18:3 n-6 c,c,c.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.019 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.007 | | 0 | NC | 4 | | 0.033 | | |
| Fatty acids, total trans-monoenoic.....g | 0.005 | | 0 | NC | 4 | | 0.025 | | |
| Fatty acids, total trans-polyenoic.....g | 0.002 | | 0 | NC | 4 | | 0.008 | | |
| Cholesterol.....mg | 0 | 0.012 | 3 | A | 1 | | 1 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.035 | | 0 | A | 1 | | 0.165 | | |

NDB No. 36047

OLIVE GARDEN, spaghetti with pomodoro sauce

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.104 | | 0 | A | 1 | 0.497 | | |
| Isoleucine.....g | 0.127 | | 0 | A | 1 | 0.607 | | |
| Leucine.....g | 0.243 | | 0 | A | 1 | 1.159 | | |
| Lysine.....g | 0.081 | | 0 | A | 1 | 0.387 | | |
| Methionine.....g | 0.058 | | 0 | A | 1 | 0.276 | | |
| Cystine.....g | 0.069 | | 0 | A | 1 | 0.331 | | |
| Phenylalanine.....g | 0.173 | | 0 | A | 1 | 0.828 | | |
| Tyrosine.....g | 0.092 | | 0 | A | 1 | 0.441 | | |
| Valine.....g | 0.150 | | 0 | A | 1 | 0.717 | | |
| Arginine.....g | 0.150 | | 0 | A | 1 | 0.717 | | |
| Histidine.....g | 0.081 | | 0 | A | 1 | 0.387 | | |
| Alanine.....g | 0.127 | | 0 | A | 1 | 0.607 | | |
| Aspartic acid.....g | 0.254 | | 0 | A | 1 | 1.215 | | |
| Glutamic acid.....g | 1.444 | | 0 | A | 1 | 6.904 | | |
| Glycine.....g | 0.104 | | 0 | A | 1 | 0.497 | | |
| Proline.....g | 0.416 | | 0 | A | 1 | 1.988 | | |
| Serine.....g | 0.173 | | 0 | A | 1 | 0.828 | | |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 478g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36044
ON THE BORDER, Mexican rice

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 55.20 | 0.461 | 4 | A | 1 | | 62.93 | | |
| Energy.....kcal | 195 | | 0 | NC | 4 | | 222 | | |
| Energy.....kJ | 814 | | 0 | NC | 4 | | 928 | | |
| Protein.....g | 3.56 | 0.044 | 4 | A | 1 | | 4.06 | | |
| Total lipid (fat).....g | 4.86 | 0.265 | 4 | A | 1 | | 5.55 | | |
| Ash.....g | 2.23 | 0.095 | 4 | A | 1 | | 2.54 | | |
| Carbohydrate, by difference.....g | 34.15 | | 0 | NC | 4 | | 38.93 | | |
| Fiber, total dietary.....g | 1.1 | | 2 | A | 1 | | 1.2 | | |
| Sugars, total.....g | 1.38 | | 2 | A | 1 | | 1.58 | | |
| Sucrose.....g | 0.68 | | 2 | A | 1 | | 0.78 | | |
| Glucose (dextrose).....g | 0.37 | | 2 | A | 1 | | 0.42 | | |
| Fructose.....g | 0.33 | | 2 | A | 1 | | 0.38 | | |
| Lactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Starch.....g | 28.90 | | 2 | A | 1 | | 32.95 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 39 | 0.649 | 4 | A | 1 | | 45 | | |
| Iron, Fe.....mg | 1.18 | 0.049 | 4 | A | 1 | | 1.35 | | |
| Magnesium, Mg.....mg | 15 | 0.185 | 4 | A | 1 | | 17 | | |
| Phosphorus, P.....mg | 74 | 0.989 | 4 | A | 1 | | 84 | | |
| Potassium, K.....mg | 131 | 2.021 | 4 | A | 1 | | 149 | | |
| Sodium, Na.....mg | 677 | 31.925 | 4 | A | 1 | | 772 | | |
| Zinc, Zn.....mg | 0.38 | 0.013 | 4 | A | 1 | | 0.43 | | |
| Copper, Cu.....mg | 0.073 | 0.011 | 4 | A | 1 | | 0.083 | | |
| Manganese, Mn.....mg | 0.350 | 0.015 | 4 | A | 1 | | 0.399 | | |
| Selenium, Se.....µg | 7.3 | | 2 | A | 1 | | 8.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.3 | | 2 | A | 1 | | 0.3 | | |
| Thiamin.....mg | 0.280 | | 2 | A | 1 | | 0.319 | | |
| Riboflavin.....mg | 0.086 | | 2 | A | 1 | | 0.097 | | |
| Niacin.....mg | 2.750 | | 2 | A | 1 | | 3.135 | | |
| Pantothenic acid.....mg | 0.510 | | 1 | A | 1 | | 0.581 | | |
| Vitamin B-6.....mg | | | | | | | | | |
| Folate, total.....µg | 52 | | 2 | A | 1 | | 60 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 9.1 | | 0 | AS | 1 | | 10.4 | | |
| Betaine.....mg | 19.9 | | 1 | A | 1 | | 22.7 | | |
| Vitamin B-12.....µg | 0.09 | | 2 | A | 1 | | 0.11 | | |
| Vitamin A, RAE.....µg | 3 | | 0 | AS | 1 | | 3 | | |
| Vitamin A, IU.....IU | 61 | | 0 | AS | 1 | | 69 | | |
| Lycopene.....µg | 208 | | 2 | A | 1 | | 238 | | |
| Lutein + zeaxanthin.....µg | 100 | | 2 | A | 1 | | 114 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.59 | | 2 | A | 1 | | 0.67 | | |
| Tocopherol, beta.....mg | 0.05 | | 2 | A | 1 | | 0.06 | | |
| Tocopherol, gamma.....mg | 2.82 | | 2 | A | 1 | | 3.22 | | |
| Tocopherol, delta.....mg | 0.91 | | 2 | A | 1 | | 1.03 | | |
| Tocotrienol, alpha.....mg | 0.14 | | 2 | A | 1 | | 0.16 | | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.20 | | 2 | A | 1 | | 0.23 | | |
| Tocotrienol, delta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 12.3 | | 1 | A | 1 | | 14.0 | | |
| Dihydrophyloquinone.....µg | 0.2 | | 1 | A | 1 | | 0.2 | | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.0 | | | A | 1 | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.886 | | 0 | NC | 4 | | 1.010 | | |
| 4:0.....g | 0.002 | 0.002 | 4 | A | 1 | | 0.002 | | |
| 6:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 12:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.010 | 0.003 | 4 | A | 1 | | 0.011 | | |
| 15:0.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 16:0.....g | 0.550 | 0.012 | 4 | A | 1 | | 0.627 | | |
| 17:0.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.003 | | |
| 18:0.....g | 0.292 | 0.012 | 4 | A | 1 | | 0.333 | | |
| 20:0.....g | 0.013 | 0.005 | 4 | A | 1 | | 0.015 | | |
| 22:0.....g | 0.010 | 0.003 | 4 | A | 1 | | 0.012 | | |
| 24:0.....g | 0.006 | 0.002 | 4 | A | 1 | | 0.006 | | |
| Fatty acids, total monounsaturated.....g | 1.155 | | 0 | NC | 4 | | 1.317 | | |
| 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 | 0.002 | 0.001 | 4 | AS | 1 | | 0.003 | | |
| 16:1 c.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.003 | | |
| 16:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 18:1 undifferentiated.....g | 1.139 | 0.063 | 4 | AS | 1 | | 1.299 | | |
| 18:1 c.....g | 1.121 | 0.056 | 4 | A | 1 | | 1.278 | | |
| 18:1 t.....g | 0.018 | 0.007 | 4 | A | 1 | | 0.020 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.013 | 0.005 | 4 | A | 1 | | 0.014 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 2.298 | | 0 | NC | 4 | | 2.620 | | |
| 18:2 undifferentiated.....g | 2.055 | 0.072 | 4 | AS | 1 | | 2.342 | | |
| 18:2 n-6 c,c.....g | 2.046 | 0.069 | 4 | A | 1 | | 2.333 | | |
| 18:2 CLAs.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.007 | 0.003 | 4 | A | 1 | | 0.008 | | |
| 18:3 undifferentiated.....g | 0.242 | 0.013 | 4 | AS | 1 | | 0.276 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.233 | 0.010 | 4 | A | 1 | | 0.266 | | |
| 18:3 n-6 c,c,c.....g | 0.009 | 0.003 | 4 | A | 1 | | 0.010 | | |
| 18:3i.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.025 | | 0 | NC | 4 | | 0.028 | | |
| Fatty acids, total trans-monoenoic.....g | 0.018 | | 0 | NC | 4 | | 0.020 | | |
| Fatty acids, total trans-polyenoic.....g | 0.007 | | 0 | NC | 4 | | 0.008 | | |
| Cholesterol.....mg | 0 | | 2 | A | 1 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |

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

NDB No. 36044
ON THE BORDER, Mexican rice

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

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

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36049
ON THE BORDER, cheese enchilada

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 7.520 | | 0 | NC | 4 | | 18.799 | 18.122 | 9.324 |
| 4:0.....g | 0.230 | 0.020 | 4 | A | 1 | | 0.576 | 0.555 | 0.285 |
| 6:0.....g | 0.190 | 0.017 | 4 | A | 1 | | 0.474 | 0.457 | 0.235 |
| 8:0.....g | 0.120 | 0.010 | 4 | A | 1 | | 0.299 | 0.288 | 0.148 |
| 10:0.....g | 0.290 | 0.024 | 4 | A | 1 | | 0.725 | 0.699 | 0.360 |
| 12:0.....g | 0.330 | 0.028 | 4 | A | 1 | | 0.824 | 0.795 | 0.409 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.078 | 0.099 | 4 | A | 1 | | 2.695 | 2.598 | 1.337 |
| 15:0.....g | 0.116 | 0.009 | 4 | A | 1 | | 0.290 | 0.279 | 0.144 |
| 16:0.....g | 3.522 | 0.284 | 4 | A | 1 | | 8.804 | 8.487 | 4.367 |
| 17:0.....g | 0.080 | 0.009 | 4 | A | 1 | | 0.200 | 0.193 | 0.099 |
| 18:0.....g | 1.515 | 0.122 | 4 | A | 1 | | 3.787 | 3.650 | 1.878 |
| 20:0.....g | 0.028 | 0.001 | 4 | A | 1 | | 0.070 | 0.067 | 0.035 |
| 22:0.....g | 0.015 | 0.000 | 4 | A | 1 | | 0.037 | 0.035 | 0.018 |
| 24:0.....g | 0.007 | 0.000 | 4 | A | 1 | | 0.018 | 0.017 | 0.009 |
| Fatty acids, total monounsaturated.....g | 4.088 | | 0 | NC | 4 | | 10.220 | 9.852 | 5.069 |
| 14:1.....g | 0.105 | 0.009 | 4 | A | 1 | | 0.263 | 0.254 | 0.131 |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.209 | 0.029 | 4 | AS | 1 | | 0.522 | 0.503 | 0.259 |
| 16:1 c.....g | 0.171 | 0.027 | 4 | A | 1 | | 0.429 | 0.413 | 0.213 |
| 16:1 t.....g | 0.037 | 0.004 | 4 | A | 1 | | 0.094 | 0.090 | 0.046 |
| 17:1.....g | 0.028 | 0.004 | 4 | A | 1 | | 0.071 | 0.069 | 0.035 |
| 18:1 undifferentiated.....g | 3.711 | 0.274 | 4 | AS | 1 | | 9.277 | 8.943 | 4.601 |
| 18:1 c.....g | 3.414 | 0.248 | 4 | A | 1 | | 8.535 | 8.228 | 4.233 |
| 18:1 t.....g | 0.297 | 0.027 | 4 | A | 1 | | 0.742 | 0.715 | 0.368 |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.035 | 0.003 | 4 | A | 1 | | 0.087 | 0.084 | 0.043 |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 2.107 | | 0 | NC | 4 | | 5.267 | 5.078 | 2.613 |
| 18:2 undifferentiated.....g | 1.848 | 0.048 | 4 | AS | 1 | | 4.621 | 4.455 | 2.292 |
| 18:2 n-6 c,c.....g | 1.699 | 0.051 | 4 | A | 1 | | 4.249 | 4.096 | 2.107 |
| 18:2 CLAs.....g | 0.062 | 0.006 | 4 | A | 1 | | 0.154 | 0.149 | 0.077 |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.087 | 0.006 | 4 | A | 1 | | 0.218 | 0.210 | 0.108 |
| 18:3 undifferentiated.....g | 0.205 | 0.013 | 4 | AS | 1 | | 0.514 | 0.495 | 0.255 |
| 18:3 n-3 c,c,c (ALA).....g | 0.193 | 0.013 | 4 | A | 1 | | 0.483 | 0.466 | 0.240 |
| 18:3 n-6 c,c,c.....g | 0.012 | 0.001 | 4 | A | 1 | | 0.031 | 0.029 | 0.015 |
| 18:3i.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.004 | 0.000 | 4 | A | 1 | | 0.009 | 0.009 | 0.005 |
| 20:3 undifferentiated.....g | 0.013 | 0.001 | 4 | AS | 1 | | 0.034 | 0.032 | 0.017 |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.001 | 0.001 | 0.000 |
| 20:3 n-6.....g | 0.013 | 0.001 | 4 | A | 1 | | 0.033 | 0.032 | 0.016 |
| 20:4 undifferentiated.....g | 0.022 | 0.002 | 4 | A | 1 | | 0.056 | 0.054 | 0.028 |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.000 | 4 | A | 1 | | 0.008 | 0.008 | 0.004 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.001 | 4 | A | 1 | | 0.009 | 0.009 | 0.005 |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 4 | A | 1 | | 0.016 | 0.016 | 0.008 |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.421 | | 0 | NC | 4 | | 1.053 | 1.016 | 0.523 |
| Fatty acids, total trans-monoenoic.....g | 0.334 | | 0 | NC | 4 | | 0.835 | 0.805 | 0.414 |
| Fatty acids, total trans-polyenoic.....g | 0.087 | | 0 | NC | 4 | | 0.218 | 0.210 | 0.108 |
| Cholesterol.....mg | 41 | | 2 | A | 1 | | 103 | 99 | 51 |
| Phytosterols.....mg | | | | | | | | | |

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

NDB No. 36049
ON THE BORDER, cheese enchilada

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

food, or similar food.

Common Measures:

Measure 1 = 250g: 1 serving serving size varied from 1 to 3 enchiladas

Measure 2 = 241g: 2 enchilada

Measure 3 = 124g: 1 enchilada

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36051
ON THE BORDER, cheese quesadilla

| 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 | 12.976 | | 0 | NC | 4 | | | 26.342 | | |
| 4:0.....g | 0.393 | 0.015 | 4 | A | 1 | | | 0.797 | | |
| 6:0.....g | 0.329 | 0.014 | 4 | A | 1 | | | 0.669 | | |
| 8:0.....g | 0.210 | 0.009 | 4 | A | 1 | | | 0.426 | | |
| 10:0.....g | 0.504 | 0.021 | 4 | A | 1 | | | 1.024 | | |
| 12:0.....g | 0.581 | 0.022 | 4 | A | 1 | | | 1.180 | | |
| 13:0.....g | | | | | | | | | | |
| 14:0.....g | 1.810 | 0.072 | 4 | A | 1 | | | 3.675 | | |
| 15:0.....g | 0.190 | 0.008 | 4 | A | 1 | | | 0.385 | | |
| 16:0.....g | 6.202 | 0.198 | 4 | A | 1 | | | 12.589 | | |
| 17:0.....g | 0.118 | 0.006 | 4 | A | 1 | | | 0.240 | | |
| 18:0.....g | 2.567 | 0.058 | 4 | A | 1 | | | 5.211 | | |
| 20:0.....g | 0.043 | 0.002 | 4 | A | 1 | | | 0.088 | | |
| 22:0.....g | 0.019 | 0.001 | 4 | A | 1 | | | 0.038 | | |
| 24:0.....g | 0.010 | 0.000 | 4 | A | 1 | | | 0.020 | | |
| Fatty acids, total monounsaturated.....g | 6.309 | | 0 | NC | 4 | | | 12.807 | | |
| 14:1.....g | 0.161 | 0.007 | 4 | A | 1 | | | 0.327 | | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.313 | 0.024 | 4 | AS | 1 | | | 0.635 | | |
| 16:1 c.....g | 0.254 | 0.021 | 4 | A | 1 | | | 0.516 | | |
| 16:1 t.....g | 0.058 | 0.003 | 4 | A | 1 | | | 0.119 | | |
| 17:1.....g | 0.035 | 0.002 | 4 | A | 1 | | | 0.072 | | |
| 18:1 undifferentiated.....g | 5.752 | 0.162 | 4 | AS | 1 | | | 11.676 | | |
| 18:1 c.....g | 5.312 | 0.148 | 4 | A | 1 | | | 10.784 | | |
| 18:1 t.....g | 0.439 | 0.020 | 4 | A | 1 | | | 0.892 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | | |
| 20:1.....g | 0.047 | 0.002 | 4 | A | 1 | | | 0.095 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 4 | AS | 1 | | | 0.002 | | |
| 22:1 c.....g | 0.001 | 0.001 | 4 | A | 1 | | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 2.361 | | 0 | NC | 4 | | | 4.793 | | |
| 18:2 undifferentiated.....g | 2.072 | 0.129 | 4 | AS | 1 | | | 4.206 | | |
| 18:2 n-6 c,c.....g | 1.842 | 0.136 | 4 | A | 1 | | | 3.739 | | |
| 18:2 CLAs.....g | 0.094 | 0.005 | 4 | A | 1 | | | 0.190 | | |
| 18:2 t,t.....g | | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | | |
| 18:2 t not further defined.....g | 0.136 | 0.010 | 4 | A | 1 | | | 0.277 | | |
| 18:3 undifferentiated.....g | 0.208 | 0.016 | 4 | AS | 1 | | | 0.422 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.199 | 0.015 | 4 | A | 1 | | | 0.403 | | |
| 18:3 n-6 c,c,c.....g | 0.008 | 0.001 | 4 | A | 1 | | | 0.016 | | |
| 18:3i.....g | 0.001 | 0.000 | 4 | A | 1 | | | 0.003 | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.006 | 0.001 | 4 | A | 1 | | | 0.012 | | |
| 20:3 undifferentiated.....g | 0.023 | 0.002 | 4 | AS | 1 | | | 0.047 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 4 | A | 1 | | | 0.001 | | |
| 20:3 n-6.....g | 0.022 | 0.001 | 4 | A | 1 | | | 0.046 | | |
| 20:4 undifferentiated.....g | 0.033 | 0.002 | 4 | A | 1 | | | 0.066 | | |
| 20:4 n-6.....g | | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 4 | A | 1 | | | 0.009 | | |
| 21:5.....g | | | | | | | | | | |
| 22:4.....g | 0.005 | 0.000 | 4 | A | 1 | | | 0.011 | | |
| 22:5 n-3 (DPA).....g | 0.010 | 0.001 | 4 | A | 1 | | | 0.021 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | | |
| Fatty acids, total trans.....g | 0.635 | | 0 | NC | 4 | | | 1.290 | | |
| Fatty acids, total trans-monoenoic.....g | 0.498 | | 0 | NC | 4 | | | 1.011 | | |
| Fatty acids, total trans-polyenoic.....g | 0.137 | | 0 | NC | 4 | | | 0.279 | | |
| Cholesterol.....mg | 59 | | 2 | A | 1 | | | 120 | | |
| Phytosterols.....mg | | | | | | | | | | |

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

NDB No. 36051
ON THE BORDER, cheese quesadilla

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

food, or similar food.

Common Measures:

Measure 1 = 203g: 1 serving 1 quesadilla

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36045
 ON THE BORDER, refried beans

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 2.1 | | 1 | A | 1 | | | 2.8 | |
| Dihydrophyloquinone.....µg | 0.0 | | 1 | A | 1 | | | 0.0 | |
| Menaquinone-4.....µg | 1.0 | | 1 | A | 1 | | | 1.4 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.819 | | 0 | NC | 4 | | | 2.456 | |
| 4:0.....g | 0.028 | 0.002 | 4 | A | 1 | | | 0.037 | |
| 6:0.....g | 0.017 | 0.002 | 4 | A | 1 | | | 0.023 | |
| 8:0.....g | 0.014 | 0.001 | 4 | A | 1 | | | 0.019 | |
| 10:0.....g | 0.042 | 0.007 | 4 | A | 1 | | | 0.057 | |
| 12:0.....g | 0.036 | 0.004 | 4 | A | 1 | | | 0.048 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.137 | 0.014 | 4 | A | 1 | | | 0.185 | |
| 15:0.....g | 0.014 | 0.001 | 4 | A | 1 | | | 0.018 | |
| 16:0.....g | 1.048 | 0.081 | 4 | A | 1 | | | 1.415 | |
| 17:0.....g | 0.017 | 0.001 | 4 | A | 1 | | | 0.023 | |
| 18:0.....g | 0.449 | 0.033 | 4 | A | 1 | | | 0.606 | |
| 20:0.....g | 0.009 | 0.001 | 4 | A | 1 | | | 0.013 | |
| 22:0.....g | 0.004 | 0.000 | 4 | A | 1 | | | 0.006 | |
| 24:0.....g | 0.005 | 0.000 | 4 | A | 1 | | | 0.006 | |
| Fatty acids, total monounsaturated.....g | 1.648 | | 0 | NC | 4 | | | 2.225 | |
| 14:1.....g | 0.009 | 0.001 | 4 | A | 1 | | | 0.013 | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| 16:1 undifferentiated.....g | 0.079 | 0.008 | 4 | AS | 1 | | | 0.107 | |
| 16:1 c.....g | 0.076 | 0.007 | 4 | A | 1 | | | 0.103 | |
| 16:1 t.....g | 0.003 | 0.000 | 4 | A | 1 | | | 0.004 | |
| 17:1.....g | 0.010 | 0.001 | 4 | A | 1 | | | 0.013 | |
| 18:1 undifferentiated.....g | 1.525 | 0.127 | 4 | AS | 1 | | | 2.058 | |
| 18:1 c.....g | 1.489 | 0.125 | 4 | A | 1 | | | 2.011 | |
| 18:1 t.....g | 0.035 | 0.003 | 4 | A | 1 | | | 0.047 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.025 | 0.003 | 4 | A | 1 | | | 0.034 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 1.034 | | 0 | NC | 4 | | | 1.396 | |
| 18:2 undifferentiated.....g | 0.764 | 0.063 | 4 | AS | 1 | | | 1.032 | |
| 18:2 n-6 c,c.....g | 0.751 | 0.061 | 4 | A | 1 | | | 1.013 | |
| 18:2 CLAs.....g | 0.007 | 0.001 | 4 | A | 1 | | | 0.009 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.007 | 0.001 | 4 | A | 1 | | | 0.009 | |
| 18:3 undifferentiated.....g | 0.227 | 0.002 | 4 | AS | 1 | | | 0.306 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.226 | 0.001 | 4 | A | 1 | | | 0.305 | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 4 | A | 1 | | | 0.001 | |
| 18:3i.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| 20:2 n-6 c,c.....g | 0.022 | 0.002 | 4 | A | 1 | | | 0.030 | |
| 20:3 undifferentiated.....g | 0.007 | 0.003 | 4 | AS | 1 | | | 0.009 | |
| 20:3 n-3.....g | 0.004 | 0.001 | 4 | A | 1 | | | 0.005 | |
| 20:3 n-6.....g | 0.003 | 0.001 | 4 | A | 1 | | | 0.005 | |
| 20:4 undifferentiated.....g | 0.011 | 0.002 | 4 | A | 1 | | | 0.014 | |
| 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 | 0.003 | 0.001 | 4 | A | 1 | | | 0.003 | |
| 22:5 n-3 (DPA).....g | 0.001 | 0.001 | 4 | A | 1 | | | 0.001 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | | 0.000 | |
| Fatty acids, total trans.....g | 0.045 | | 0 | NC | 4 | | | 0.061 | |
| Fatty acids, total trans-monoenoic.....g | 0.038 | | 0 | NC | 4 | | | 0.051 | |

NDB No. 36045
ON THE BORDER, refried beans

| Nutrients and Units | <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-polyenoic.....g | 0.007 | | 0 | NC | 4 | 0.009 | | |
| Cholesterol.....mg | 6 | | 2 | A | 1 | 8 | | |
| Phytosterols.....mg | | | | | | | | |

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

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 4.848 | | 0 | NC | 4 | | 15.708 | | |
| 4:0.....g | 0.080 | 0.008 | 4 | A | 1 | | 0.261 | | |
| 6:0.....g | 0.058 | 0.006 | 4 | A | 1 | | 0.187 | | |
| 8:0.....g | 0.036 | 0.003 | 4 | A | 1 | | 0.117 | | |
| 10:0.....g | 0.092 | 0.009 | 4 | A | 1 | | 0.299 | | |
| 12:0.....g | 0.110 | 0.010 | 4 | A | 1 | | 0.358 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.477 | 0.034 | 4 | A | 1 | | 1.545 | | |
| 15:0.....g | 0.058 | 0.004 | 4 | A | 1 | | 0.189 | | |
| 16:0.....g | 2.390 | 0.097 | 4 | A | 1 | | 7.743 | | |
| 17:0.....g | 0.080 | 0.004 | 4 | A | 1 | | 0.258 | | |
| 18:0.....g | 1.425 | 0.055 | 4 | A | 1 | | 4.617 | | |
| 20:0.....g | 0.021 | 0.001 | 4 | A | 1 | | 0.067 | | |
| 22:0.....g | 0.014 | 0.001 | 4 | A | 1 | | 0.044 | | |
| 24:0.....g | 0.007 | 0.000 | 4 | A | 1 | | 0.023 | | |
| Fatty acids, total monounsaturated.....g | 4.464 | | 0 | NC | 4 | | 14.462 | | |
| 14:1.....g | 0.067 | 0.005 | 4 | A | 1 | | 0.219 | | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.219 | 0.018 | 4 | AS | 1 | | 0.710 | | |
| 16:1 c.....g | 0.193 | 0.017 | 4 | A | 1 | | 0.624 | | |
| 16:1 t.....g | 0.026 | 0.003 | 4 | A | 1 | | 0.086 | | |
| 17:1.....g | 0.045 | 0.003 | 4 | A | 1 | | 0.146 | | |
| 18:1 undifferentiated.....g | 4.105 | 0.121 | 4 | AS | 1 | | 13.299 | | |
| 18:1 c.....g | 3.448 | 0.103 | 4 | A | 1 | | 11.171 | | |
| 18:1 t.....g | 0.657 | 0.026 | 4 | A | 1 | | 2.128 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.027 | 0.001 | 4 | A | 1 | | 0.087 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 4 | AS | 1 | | 0.002 | | |
| 22:1 c.....g | 0.001 | 0.000 | 4 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 1.015 | | 0 | NC | 4 | | 3.288 | | |
| 18:2 undifferentiated.....g | 0.915 | 0.052 | 4 | AS | 1 | | 2.966 | | |
| 18:2 n-6 c,c.....g | 0.742 | 0.045 | 4 | A | 1 | | 2.403 | | |
| 18:2 CLAs.....g | 0.043 | 0.003 | 4 | A | 1 | | 0.139 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.131 | 0.009 | 4 | A | 1 | | 0.424 | | |
| 18:3 undifferentiated.....g | 0.058 | 0.002 | 4 | AS | 1 | | 0.187 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.055 | 0.003 | 4 | A | 1 | | 0.180 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.005 | | |
| 18:3i.....g | 0.001 | 0.000 | 4 | A | 1 | | 0.002 | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 4 | A | 1 | | 0.009 | | |
| 20:3 undifferentiated.....g | 0.009 | 0.000 | 4 | AS | 1 | | 0.031 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.009 | 0.000 | 4 | A | 1 | | 0.031 | | |
| 20:4 undifferentiated.....g | 0.019 | 0.001 | 4 | A | 1 | | 0.061 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 4 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.000 | 4 | A | 1 | | 0.015 | | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.001 | 4 | A | 1 | | 0.017 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.815 | | 0 | NC | 4 | | 2.640 | | |
| Fatty acids, total trans-monoenoic.....g | 0.683 | | 0 | NC | 4 | | 2.213 | | |
| Fatty acids, total trans-polyenoic.....g | 0.132 | | 0 | NC | 4 | | 0.426 | | |
| Cholesterol.....mg | 30 | | 2 | A | 1 | | 98 | | |
| Phytosterols.....mg | | | | | | | | | |

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

NDB No. 36060

ON THE BORDER, soft taco with ground beef, cheese and lettuce

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

food, or similar food.

Common Measures:

Measure 1 = 324g: 1 serving varied from 2-3 tacos per serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36603

Restaurant, Chinese, beef and vegetables (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 78.82 | 0.268 | 18 | A | 1 | | 452.44 | | |
| Energy.....kcal | 105 | | 0 | NC | 4 | | 604 | | |
| Energy.....kJ | 440 | | 0 | NC | 4 | | 2526 | | |
| Protein.....g | 7.08 | 0.431 | 6 | A | 1 | | 40.66 | | |
| Total lipid (fat).....g | 5.30 | 0.347 | 12 | A | 1 | | 30.42 | | |
| Ash.....g | 1.50 | 0.093 | 6 | A | 1 | | 8.64 | | |
| Carbohydrate, by difference.....g | 7.29 | | 0 | NC | 4 | | 41.84 | | |
| Fiber, total dietary.....g | 1.5 | 0.099 | 6 | A | 1 | | 8.9 | | |
| Sugars, total.....g | 2.41 | 0.121 | 6 | A | 1 | | 13.82 | | |
| Sucrose.....g | 1.17 | 0.130 | 6 | A | 1 | | 6.73 | | |
| Glucose (dextrose).....g | 0.69 | 0.075 | 6 | A | 1 | | 3.94 | | |
| Fructose.....g | 0.55 | 0.046 | 6 | A | 1 | | 3.15 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 1.82 | 0.218 | 6 | A | 1 | | 10.43 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 22 | 0.847 | 24 | A | 1 | | 127 | | |
| Iron, Fe.....mg | 1.11 | 0.080 | 24 | A | 1 | | 6.40 | | |
| Magnesium, Mg.....mg | 15 | 0.355 | 24 | A | 1 | | 85 | | |
| Phosphorus, P.....mg | 76 | 4.370 | 24 | A | 1 | | 434 | | |
| Potassium, K.....mg | 204 | 5.308 | 24 | A | 1 | | 1170 | | |
| Sodium, Na.....mg | 409 | 20.756 | 24 | A | 1 | | 2349 | | |
| Zinc, Zn.....mg | 1.50 | 0.083 | 24 | A | 1 | | 8.59 | | |
| Copper, Cu.....mg | 0.049 | 0.002 | 24 | A | 1 | | 0.282 | | |
| Manganese, Mn.....mg | 0.147 | 0.010 | 24 | A | 1 | | 0.847 | | |
| Selenium, Se.....µg | 6.7 | 0.612 | 15 | A | 1 | | 38.7 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 11.6 | 2.000 | 6 | A | 1 | | 66.5 | | |
| Thiamin.....mg | 0.033 | 0.005 | 6 | A | 1 | | 0.191 | | |
| Riboflavin.....mg | 0.055 | 0.004 | 6 | A | 1 | | 0.316 | | |
| Niacin.....mg | 1.320 | 0.106 | 6 | A | 1 | | 7.577 | | |
| Pantothenic acid.....mg | 0.443 | 0.064 | 3 | A | 1 | | 2.545 | | |
| Vitamin B-6.....mg | 0.161 | 0.012 | 6 | A | 1 | | 0.923 | | |
| Folate, total.....µg | 45 | | 1 | A | 1 | | 258 | | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....µg | 45 | | 1 | A | 1 | | 258 | | |
| Folate, DFE.....µg | 45 | | 0 | NC | 4 | | 258 | | |
| Choline, total.....mg | 34.5 | | 0 | AS | 1 | | 197.9 | | |
| Betaine.....mg | 3.1 | | 1 | A | 1 | | 17.7 | | |
| Vitamin B-12.....µg | 0.48 | 0.043 | 6 | A | 1 | | 2.76 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 63 | | 0 | AS | 1 | | 362 | | |
| Retinol.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Carotene, beta.....µg | 595 | 127.585 | 3 | A | 1 | | 3415 | | |
| Carotene, alpha.....µg | 323 | 31.458 | 3 | A | 1 | | 1854 | | |
| Cryptoxanthin, beta.....µg | 1 | 1.317 | 3 | A | 1 | | 8 | | |
| Vitamin A, IU.....IU | 1262 | | 0 | AS | 1 | | 7243 | | |
| Lycopene.....µg | 4 | 4.083 | 3 | A | 1 | | 23 | | |
| Lutein + zeaxanthin.....µg | 268 | 53.079 | 3 | A | 1 | | 1539 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.82 | 0.055 | 3 | A | 1 | | 4.71 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.04 | 0.009 | 3 | A | 1 | | 0.22 | | |
| Tocopherol, gamma.....mg | 1.79 | 0.324 | 3 | A | 1 | | 10.28 | | |
| Tocopherol, delta.....mg | 0.65 | 0.177 | 3 | A | 1 | | 3.73 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.004 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.01 | 0.001 | 3 | A | 1 | | 0.03 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.1 | | 0 | FLA | 4 | | 0.4 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 3 | | 0 | FLA | 4 | | 17 | | |
| Vitamin K (phylloquinone).....µg | 51.3 | 3.599 | 3 | A | 1 | | 294.4 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.0 | | 2 | A | 1 | | 11.3 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.978 | | 0 | NC | 4 | | 5.611 | | |
| 4:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.016 | | |
| 6:0.....g | 0.008 | 0.008 | 12 | A | 1 | | 0.047 | | |
| 8:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.014 | | |
| 10:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.010 | | |
| 12:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.010 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.028 | 0.002 | 12 | A | 1 | | 0.160 | | |
| 15:0.....g | 0.005 | 0.000 | 12 | A | 1 | | 0.031 | | |
| 16:0.....g | 0.634 | 0.033 | 12 | A | 1 | | 3.638 | | |
| 17:0.....g | 0.013 | 0.001 | 12 | A | 1 | | 0.073 | | |
| 18:0.....g | 0.253 | 0.014 | 12 | A | 1 | | 1.451 | | |
| 20:0.....g | 0.012 | 0.001 | 12 | A | 1 | | 0.068 | | |
| 22:0.....g | 0.012 | 0.002 | 12 | A | 1 | | 0.066 | | |
| 24:0.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.026 | | |
| Fatty acids, total monounsaturated.....g | 1.217 | | 0 | NC | 4 | | 6.986 | | |
| 14:1.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.033 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.053 | 0.006 | 12 | AS | 1 | | 0.307 | | |
| 16:1 c.....g | 0.049 | 0.005 | 12 | A | 1 | | 0.281 | | |
| 16:1 t.....g | 0.004 | 0.001 | 12 | A | 1 | | 0.025 | | |
| 17:1.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.058 | | |
| 18:1 undifferentiated.....g | 1.125 | 0.079 | 12 | AS | 1 | | 6.456 | | |
| 18:1 c.....g | 1.092 | 0.079 | 12 | A | 1 | | 6.269 | | |
| 18:1 t.....g | 0.032 | 0.006 | 12 | A | 1 | | 0.186 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.020 | 0.003 | 12 | A | 1 | | 0.117 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.000 | 12 | AS | 1 | | 0.010 | | |
| 22:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | | |
| 22:1 t.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.003 | | |
| 24:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | | |
| Fatty acids, total polyunsaturated.....g | 2.130 | | 0 | NC | 4 | | 12.225 | | |
| 18:2 undifferentiated.....g | 1.834 | 0.161 | 12 | AS | 1 | | 10.526 | | |
| 18:2 n-6 c,c.....g | 1.803 | 0.158 | 12 | A | 1 | | 10.349 | | |
| 18:2 CLAs.....g | 0.011 | 0.001 | 12 | A | 1 | | 0.061 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.020 | 0.003 | 12 | A | 1 | | 0.116 | | |
| 18:3 undifferentiated.....g | 0.264 | 0.022 | 12 | AS | 1 | | 1.517 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.264 | 0.022 | 12 | A | 1 | | 1.514 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.003 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.013 | | |
| 20:3 undifferentiated.....g | 0.004 | 0.000 | 12 | AS | 1 | | 0.022 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.022 | | |
| 20:4 undifferentiated.....g | 0.014 | 0.001 | 12 | A | 1 | | 0.078 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 12 | A | 1 | | 0.024 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.011 | | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.001 | 12 | A | 1 | | 0.027 | | |

NDB No. 36603

Restaurant, Chinese, beef and vegetables (1, 2)

| 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 | 0.001 | 0.000 | 12 | A | | 1 | | 0.006 | | |
| Fatty acids, total trans.....g | 0.058 | | 0 | NC | | 4 | | 0.330 | | |
| Fatty acids, total trans-monoenoic.....g | 0.037 | | 0 | NC | | 4 | | 0.215 | | |
| Fatty acids, total trans-polyenoic.....g | 0.020 | | 0 | NC | | 4 | | 0.116 | | |
| Cholesterol.....mg | 14 | 1.874 | 6 | A | | 1 | | 79 | | |
| Phytosterols.....mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.083 | | 0 | A | | 1 | | 0.474 | | |
| Threonine.....g | 0.313 | | 0 | A | | 1 | | 1.796 | | |
| Isoleucine.....g | 0.314 | | 0 | A | | 1 | | 1.802 | | |
| Leucine.....g | 0.525 | | 0 | A | | 1 | | 3.014 | | |
| Lysine.....g | 0.552 | | 0 | A | | 1 | | 3.168 | | |
| Methionine.....g | 0.158 | | 0 | A | | 1 | | 0.907 | | |
| Cystine.....g | 0.073 | | 0 | A | | 1 | | 0.417 | | |
| Phenylalanine.....g | 0.317 | | 0 | A | | 1 | | 1.822 | | |
| Tyrosine.....g | 0.274 | | 0 | A | | 1 | | 1.571 | | |
| Valine.....g | 0.327 | | 0 | A | | 1 | | 1.877 | | |
| Arginine.....g | 0.519 | | 0 | A | | 1 | | 2.977 | | |
| Histidine.....g | 0.207 | | 0 | A | | 1 | | 1.191 | | |
| Alanine.....g | 0.381 | | 0 | A | | 1 | | 2.186 | | |
| Aspartic acid.....g | 0.668 | | 0 | A | | 1 | | 3.835 | | |
| Glutamic acid.....g | 1.345 | | 0 | A | | 1 | | 7.723 | | |
| Glycine.....g | 0.276 | | 0 | A | | 1 | | 1.584 | | |
| Proline.....g | 0.263 | | 0 | A | | 1 | | 1.507 | | |
| Serine.....g | 0.291 | | 0 | A | | 1 | | 1.669 | | |
| 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 = 574g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. Most dishes analyzed had broccoli and carrots. Some also included onion, mushroom, bell pepper, baby corn, bamboo shoots and/or snow peas.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36626

Restaurant, Chinese, chicken and vegetables (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 80.24 | 0.534 | 11 | A | 1 | | 556.04 | 122.76 | |
| Energy.....kcal | 95 | | 0 | NC | 4 | | 660 | 146 | |
| Energy.....kJ | 399 | | 0 | NC | 4 | | 2765 | 610 | |
| Protein.....g | 8.18 | 0.308 | 11 | A | 1 | | 56.66 | 12.51 | |
| Total lipid (fat).....g | 4.56 | 0.432 | 11 | A | 1 | | 31.60 | 6.98 | |
| Ash.....g | 1.65 | 0.142 | 11 | A | 1 | | 11.42 | 2.52 | |
| Carbohydrate, by difference.....g | 5.38 | | 0 | NC | 4 | | 37.29 | 8.23 | |
| Fiber, total dietary.....g | 0.9 | 0.163 | 3 | A | 1 | | 5.9 | 1.3 | |
| Sugars, total.....g | 2.93 | 0.260 | 3 | A | 1 | | 20.33 | 4.49 | |
| Sucrose.....g | 1.97 | 0.233 | 3 | A | 1 | | 13.63 | 3.01 | |
| Glucose (dextrose).....g | 0.47 | 0.033 | 3 | A | 1 | | 3.23 | 0.71 | |
| Fructose.....g | 0.50 | 0.000 | 3 | A | 1 | | 3.47 | 0.77 | |
| 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 | 1.63 | 0.167 | 3 | A | 1 | | 11.32 | 2.50 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 20 | 0.475 | 23 | A | 1 | | 140 | 31 | |
| Iron, Fe.....mg | 0.56 | 0.026 | 23 | A | 1 | | 3.91 | 0.86 | |
| Magnesium, Mg.....mg | 15 | 0.384 | 23 | A | 1 | | 104 | 23 | |
| Phosphorus, P.....mg | 73 | 3.154 | 23 | A | 1 | | 504 | 111 | |
| Potassium, K.....mg | 185 | 2.902 | 23 | A | 1 | | 1284 | 283 | |
| Sodium, Na.....mg | 413 | 7.781 | 23 | A | 1 | | 2859 | 631 | |
| Zinc, Zn.....mg | 0.43 | 0.036 | 23 | A | 1 | | 2.95 | 0.65 | |
| Copper, Cu.....mg | 0.044 | 0.003 | 23 | A | 1 | | 0.303 | 0.067 | |
| Manganese, Mn.....mg | 0.126 | 0.017 | 23 | A | 1 | | 0.872 | 0.193 | |
| Selenium, Se.....µg | 8.1 | 0.897 | 3 | A | 1 | | 55.9 | 12.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 8.1 | 1.490 | 3 | A | 1 | | 56.4 | 12.4 | |
| Thiamin.....mg | 0.030 | 0.000 | 3 | A | 1 | | 0.207 | 0.046 | |
| Riboflavin.....mg | 0.120 | 0.000 | 3 | A | 1 | | 0.831 | 0.183 | |
| Niacin.....mg | 1.690 | 0.114 | 3 | A | 1 | | 11.712 | 2.586 | |
| Pantothenic acid.....mg | 0.440 | | 2 | A | 1 | | 3.049 | 0.673 | |
| Vitamin B-6.....mg | 0.232 | 0.022 | 3 | A | 1 | | 1.605 | 0.354 | |
| Folate, total.....µg | 40 | 1.124 | 3 | A | 1 | | 274 | 61 | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....µg | 40 | 1.124 | 3 | A | 1 | | 274 | 61 | |
| Folate, DFE.....µg | 40 | | 0 | NC | 4 | | 274 | 61 | |
| Choline, total.....mg | 41.8 | | 0 | AS | 1 | | 289.5 | 63.9 | |
| Betaine.....mg | 2.6 | | 1 | A | 1 | | 18.2 | 4.0 | |
| Vitamin B-12.....µg | 0.07 | 0.003 | 3 | A | 1 | | 0.51 | 0.11 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 56 | | 0 | AS | 1 | | 389 | 86 | |
| Retinol.....µg | 30 | | 1 | A | 1 | | 205 | 45 | |
| Carotene, beta.....µg | 286 | 49.447 | 3 | A | 1 | | 1980 | 437 | |
| Carotene, alpha.....µg | 66 | 21.457 | 3 | A | 1 | | 458 | 101 | |
| Cryptoxanthin, beta.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 630 | | 0 | AS | 1 | | 4365 | 964 | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 301 | 34.285 | 3 | A | 1 | | 2084 | 460 | |
| Vitamin E (alpha-tocopherol).....mg | 0.77 | 0.072 | 3 | A | 1 | | 5.33 | 1.18 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.04 | 0.022 | 3 | A | 1 | | 0.30 | 0.07 | |
| Tocopherol, gamma.....mg | 1.54 | 0.316 | 3 | A | 1 | | 10.66 | 2.35 | |
| Tocopherol, delta.....mg | 0.53 | 0.115 | 3 | A | 1 | | 3.71 | 0.82 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 2 | AS | 1 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol).....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Vitamin D3 (cholecalciferol).....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Vitamin D.....IU | 0 | | 2 | A | 1 | | 0 | 0 | |
| Vitamin K (phylloquinone).....µg | 54.7 | | 0 | FLA | 4 | | 379.1 | 83.7 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.770 | | 0 | NC | 4 | | 5.334 | 1.178 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.046 | 0.010 | |
| 15:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.014 | 0.003 | |
| 16:0.....g | 0.503 | 0.071 | 3 | A | 1 | | 3.487 | 0.770 | |
| 17:0.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.030 | 0.007 | |
| 18:0.....g | 0.222 | 0.034 | 3 | A | 1 | | 1.540 | 0.340 | |
| 20:0.....g | 0.014 | 0.002 | 3 | A | 1 | | 0.094 | 0.021 | |
| 22:0.....g | 0.012 | 0.002 | 3 | A | 1 | | 0.085 | 0.019 | |
| 24:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.037 | 0.008 | |
| Fatty acids, total monounsaturated.....g | 1.087 | | 0 | NC | 4 | | 7.532 | 1.663 | |
| 14:1.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.005 | 0.001 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.029 | 0.003 | 3 | AS | 1 | | 0.201 | 0.044 | |
| 16:1 c.....g | 0.029 | 0.003 | 3 | A | 1 | | 0.201 | 0.044 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.014 | 0.003 | |
| 18:1 undifferentiated.....g | 1.037 | 0.172 | 3 | AS | 1 | | 7.188 | 1.587 | |
| 18:1 c.....g | 1.032 | 0.172 | 3 | A | 1 | | 7.154 | 1.579 | |
| 18:1 t.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.034 | 0.008 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.018 | 0.003 | 3 | A | 1 | | 0.122 | 0.027 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.002 | 0.001 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | 0.001 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 2.080 | | 0 | NC | 4 | | 14.412 | 3.182 | |
| 18:2 undifferentiated.....g | 1.781 | 0.317 | 3 | AS | 1 | | 12.342 | 2.725 | |
| 18:2 n-6 c,c.....g | 1.769 | 0.315 | 3 | A | 1 | | 12.261 | 2.707 | |
| 18:2 CLAs.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.021 | 0.005 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.060 | 0.013 | |
| 18:3 undifferentiated.....g | 0.262 | 0.043 | 3 | AS | 1 | | 1.818 | 0.401 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.257 | 0.041 | 3 | A | 1 | | 1.783 | 0.394 | |
| 18:3 n-6 c,c,c.....g | 0.005 | 0.005 | 3 | A | 1 | | 0.035 | 0.008 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.021 | 0.005 | |
| 20:3 undifferentiated.....g | 0.004 | 0.001 | 3 | AS | 1 | | 0.027 | 0.006 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.027 | 0.006 | |
| 20:4 undifferentiated.....g | 0.020 | 0.001 | 3 | A | 1 | | 0.138 | 0.030 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.044 | 0.010 | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.000 | 3 | A | 1 | | 0.014 | 0.003 | |

NDB No. 36626

Restaurant, Chinese, chicken and vegetables (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.000 | 3 | A | 1 | | 0.009 | 0.002 | |
| Fatty acids, total trans.....g | 0.014 | | 0 | NC | 4 | | 0.094 | 0.021 | |
| Fatty acids, total trans-monoenoic.....g | 0.005 | | 0 | NC | 4 | | 0.034 | 0.008 | |
| Fatty acids, total trans-polyenoic.....g | 0.009 | | 0 | NC | 4 | | 0.060 | 0.013 | |
| Cholesterol.....mg | 21 | 1.730 | 3 | A | 1 | | 148 | 33 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.074 | | 0 | A | 1 | | 0.511 | 0.113 | |
| Threonine.....g | 0.306 | | 0 | A | 1 | | 2.119 | 0.468 | |
| Isoleucine.....g | 0.306 | | 0 | A | 1 | | 2.119 | 0.468 | |
| Leucine.....g | 0.517 | | 0 | A | 1 | | 3.581 | 0.791 | |
| Lysine.....g | 0.454 | | 0 | A | 1 | | 3.143 | 0.694 | |
| Methionine.....g | 0.163 | | 0 | A | 1 | | 1.132 | 0.250 | |
| Cystine.....g | 0.095 | | 0 | A | 1 | | 0.657 | 0.145 | |
| Phenylalanine.....g | 0.264 | | 0 | A | 1 | | 1.826 | 0.403 | |
| Tyrosine.....g | 0.205 | | 0 | A | 1 | | 1.424 | 0.314 | |
| Valine.....g | 0.322 | | 0 | A | 1 | | 2.229 | 0.492 | |
| Arginine.....g | 0.422 | | 0 | A | 1 | | 2.924 | 0.646 | |
| Histidine.....g | 0.179 | | 0 | A | 1 | | 1.240 | 0.274 | |
| Alanine.....g | 0.374 | | 0 | A | 1 | | 2.595 | 0.573 | |
| Aspartic acid.....g | 0.701 | | 0 | A | 1 | | 4.859 | 1.073 | |
| Glutamic acid.....g | 1.620 | | 0 | A | 1 | | 11.224 | 2.478 | |
| Glycine.....g | 0.264 | | 0 | A | 1 | | 1.826 | 0.403 | |
| Proline.....g | 0.258 | | 0 | A | 1 | | 1.786 | 0.394 | |
| Serine.....g | 0.295 | | 0 | A | 1 | | 2.046 | 0.452 | |
| Hydroxyproline.....g | 0.007 | | 2 | A | 1 | | 0.051 | 0.011 | |
| 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 = 693g: 1 order

Measure 2 = 153g: 1 cup

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. Most dishes analyzed had broccoli and carrots. Some also included snow peas, scallion, water chestnuts, and/or baby corn.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36623

Restaurant, Chinese, chicken chow mein (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 81.01 | 3.221 | 4 | A | 1 | | 489.32 | | |
| Energy.....kcal | 85 | | 0 | NC | 4 | | 516 | | |
| Energy.....kJ | 357 | | 0 | NC | 4 | | 2156 | | |
| Protein.....g | 6.76 | 0.538 | 6 | A | 1 | | 40.83 | | |
| Total lipid (fat).....g | 2.80 | 0.406 | 12 | A | 1 | | 16.91 | | |
| Ash.....g | 1.13 | 0.092 | 6 | A | 1 | | 6.85 | | |
| Carbohydrate, by difference.....g | 8.29 | | 0 | NC | 4 | | 50.09 | | |
| Fiber, total dietary.....g | 1.0 | 0.075 | 6 | A | 1 | | 6.1 | | |
| Sugars, total.....g | 1.74 | 0.163 | 6 | A | 1 | | 10.53 | | |
| Sucrose.....g | 0.60 | 0.101 | 6 | A | 1 | | 3.64 | | |
| Glucose (dextrose).....g | 0.65 | 0.077 | 6 | A | 1 | | 3.93 | | |
| Fructose.....g | 0.49 | 0.062 | 6 | A | 1 | | 2.96 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 3.99 | 1.612 | 6 | A | 1 | | 24.10 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | 1.614 | 12 | A | 1 | | 129 | | |
| Iron, Fe.....mg | 0.67 | 0.151 | 12 | A | 1 | | 4.04 | | |
| Magnesium, Mg.....mg | 11 | 0.880 | 12 | A | 1 | | 65 | | |
| Phosphorus, P.....mg | 54 | 4.663 | 12 | A | 1 | | 326 | | |
| Potassium, K.....mg | 124 | 8.601 | 12 | A | 1 | | 751 | | |
| Sodium, Na.....mg | 311 | 36.558 | 12 | A | 1 | | 1877 | | |
| Zinc, Zn.....mg | 0.32 | 0.045 | 12 | A | 1 | | 1.95 | | |
| Copper, Cu.....mg | 0.029 | 0.005 | 12 | A | 1 | | 0.175 | | |
| Manganese, Mn.....mg | 0.099 | 0.019 | 12 | A | 1 | | 0.596 | | |
| Selenium, Se.....µg | 6.1 | 1.532 | 3 | A | 1 | | 36.6 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 2.0 | 0.503 | 6 | A | 1 | | 12.1 | | |
| Thiamin.....mg | 0.031 | 0.010 | 6 | A | 1 | | 0.186 | | |
| Riboflavin.....mg | 0.023 | 0.006 | 6 | A | 1 | | 0.140 | | |
| Niacin.....mg | 1.468 | 0.209 | 6 | A | 1 | | 8.869 | | |
| Pantothenic acid.....mg | 0.260 | 0.061 | 3 | A | 1 | | 1.570 | | |
| Vitamin B-6.....mg | 0.175 | 0.014 | 6 | A | 1 | | 1.059 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 24.0 | | 0 | AS | 1 | | 144.8 | | |
| Betaine.....mg | 0.8 | | 1 | A | 1 | | 4.8 | | |
| Vitamin B-12.....µg | 0.07 | 0.000 | 6 | A | 1 | | 0.45 | | |
| Vitamin A, RAE.....µg | 19 | | 0 | AS | 1 | | 113 | | |
| Vitamin A, IU.....IU | 362 | | 0 | AS | 1 | | 2187 | | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 66 | 15.417 | 3 | A | 1 | | 400 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.43 | 0.186 | 3 | A | 1 | | 2.57 | | |
| Tocopherol, beta.....mg | 0.03 | 0.006 | 3 | A | 1 | | 0.16 | | |
| Tocopherol, gamma.....mg | 0.93 | 0.189 | 3 | A | 1 | | 5.60 | | |
| Tocopherol, delta.....mg | 0.25 | 0.094 | 3 | A | 1 | | 1.54 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.001 | 3 | A | 1 | | 0.04 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.001 | 3 | A | 1 | | 0.01 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.003 | 3 | A | 1 | | 0.03 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 22.0 | 9.310 | 3 | A | 1 | | 133.1 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 1.2 | 0.088 | 3 | A | 1 | | 7.3 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.490 | | 0 | NC | 4 | | 2.959 | | |
| 4:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.018 | | |
| 6:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | | |
| 8:0.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | | |
| 10:0.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.013 | | |
| 12:0.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.007 | 0.002 | 12 | A | 1 | | 0.042 | | |
| 15:0.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.009 | | |
| 16:0.....g | 0.347 | 0.061 | 12 | A | 1 | | 2.095 | | |
| 17:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.017 | | |
| 18:0.....g | 0.110 | 0.015 | 12 | A | 1 | | 0.664 | | |
| 20:0.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.035 | | |
| 22:0.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.037 | | |
| 24:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.016 | | |
| Fatty acids, total monounsaturated.....g | 0.613 | | 0 | NC | 4 | | 3.705 | | |
| 14:1.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.030 | 0.005 | 12 | AS | 1 | | 0.179 | | |
| 16:1 c.....g | 0.029 | 0.005 | 12 | A | 1 | | 0.177 | | |
| 16:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.003 | | |
| 17:1.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.017 | | |
| 18:1 undifferentiated.....g | 0.569 | 0.082 | 12 | AS | 1 | | 3.436 | | |
| 18:1 c.....g | 0.560 | 0.079 | 12 | A | 1 | | 3.381 | | |
| 18:1 t.....g | 0.009 | 0.005 | 12 | A | 1 | | 0.055 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.060 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 12 | AS | 1 | | 0.004 | | |
| 22:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 24:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.004 | | |
| Fatty acids, total polyunsaturated.....g | 1.226 | | 0 | NC | 4 | | 7.405 | | |
| 18:2 undifferentiated.....g | 1.066 | 0.175 | 12 | AS | 1 | | 6.437 | | |
| 18:2 n-6 c,c.....g | 1.057 | 0.173 | 12 | A | 1 | | 6.382 | | |
| 18:2 CLAs.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.010 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.007 | 0.002 | 12 | A | 1 | | 0.044 | | |
| 18:3 undifferentiated.....g | 0.129 | 0.023 | 12 | AS | 1 | | 0.779 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.128 | 0.023 | 12 | A | 1 | | 0.774 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.014 | | |
| 20:3 undifferentiated.....g | 0.003 | 0.000 | 12 | AS | 1 | | 0.020 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.020 | | |
| 20:4 undifferentiated.....g | 0.016 | 0.002 | 12 | A | 1 | | 0.099 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 12 | A | 1 | | 0.009 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.026 | | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.000 | 12 | A | 1 | | 0.012 | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.000 | 12 | A | 1 | | 0.010 | | |
| Fatty acids, total trans.....g | 0.017 | | 0 | NC | 4 | | 0.104 | | |
| Fatty acids, total trans-monoenoic.....g | 0.010 | | 0 | NC | 4 | | 0.059 | | |
| Fatty acids, total trans-polyenoic.....g | 0.007 | | 0 | NC | 4 | | 0.044 | | |
| Cholesterol.....mg | 16 | 1.666 | 6 | A | 1 | | 94 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.083 | | 0 | A | 1 | | 0.500 | | |
| Threonine.....g | 0.268 | | 0 | A | 1 | | 1.617 | | |

NDB No. 36623

Restaurant, Chinese, chicken chow mein (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Isoleucine.....g | 0.280 | | 0 | A | 1 | | 1.691 | | |
| Leucine.....g | 0.502 | | 0 | A | 1 | | 3.033 | | |
| Lysine.....g | 0.475 | | 0 | A | 1 | | 2.869 | | |
| Methionine.....g | 0.163 | | 0 | A | 1 | | 0.987 | | |
| Cystine.....g | 0.077 | | 0 | A | 1 | | 0.463 | | |
| Phenylalanine.....g | 0.252 | | 0 | A | 1 | | 1.525 | | |
| Tyrosine.....g | 0.218 | | 0 | A | 1 | | 1.314 | | |
| Valine.....g | 0.307 | | 0 | A | 1 | | 1.857 | | |
| Arginine.....g | 0.424 | | 0 | A | 1 | | 2.558 | | |
| Histidine.....g | 0.184 | | 0 | A | 1 | | 1.112 | | |
| Alanine.....g | 0.356 | | 0 | A | 1 | | 2.152 | | |
| Aspartic acid.....g | 0.604 | | 0 | A | 1 | | 3.645 | | |
| Glutamic acid.....g | 1.380 | | 0 | A | 1 | | 8.333 | | |
| Glycine.....g | 0.237 | | 0 | A | 1 | | 1.431 | | |
| Proline.....g | 0.355 | | 0 | A | 1 | | 2.147 | | |
| Serine.....g | 0.252 | | 0 | A | 1 | | 1.525 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

Common Measures:

Measure 1 = 604g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. May include onions, cabbage, carrots and/or broccoli.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36601

Restaurant, Chinese, egg rolls, assorted

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 50.60 | 1.632 | 4 | A | 1 | | 45.03 | | |
| Energy.....kcal | 250 | | 0 | NC | 4 | | 222 | | |
| Energy.....kJ | 1045 | | 0 | NC | 4 | | 930 | | |
| Protein.....g | 8.28 | 1.420 | 4 | A | 1 | | 7.37 | | |
| Total lipid (fat).....g | 11.94 | 0.671 | 4 | A | 1 | | 10.63 | | |
| Ash.....g | 1.89 | 0.148 | 4 | A | 1 | | 1.68 | | |
| Carbohydrate, by difference.....g | 27.29 | | 0 | NC | 4 | | 24.29 | | |
| Fiber, total dietary.....g | 2.6 | 0.284 | 4 | A | 1 | | 2.3 | | |
| Sugars, total.....g | | | | | | | | | |
| Sucrose.....g | 0.52 | 0.168 | 4 | A | 1 | | 0.46 | | |
| Glucose (dextrose).....g | 1.40 | 0.337 | 4 | A | 1 | | 1.24 | | |
| Fructose.....g | 0.73 | 0.123 | 4 | A | 1 | | 0.65 | | |
| Lactose.....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Maltose.....g | 1.14 | 0.161 | 4 | A | 1 | | 1.01 | | |
| Galactose.....g | | | | | | | | | |
| Starch.....g | 19.80 | 1.064 | 4 | A | 1 | | 17.62 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 40 | 5.074 | 4 | A | 1 | | 35 | | |
| Iron, Fe.....mg | 1.41 | 0.245 | 4 | A | 1 | | 1.26 | | |
| Magnesium, Mg.....mg | 18 | 0.816 | 4 | A | 1 | | 16 | | |
| Phosphorus, P.....mg | 85 | 10.061 | 4 | A | 1 | | 76 | | |
| Potassium, K.....mg | 165 | 5.000 | 4 | A | 1 | | 147 | | |
| Sodium, Na.....mg | 468 | 54.371 | 4 | A | 1 | | 416 | | |
| Zinc, Zn.....mg | 0.62 | 0.110 | 4 | A | 1 | | 0.56 | | |
| Copper, Cu.....mg | 0.148 | 0.000 | 4 | A | 1 | | 0.132 | | |
| Manganese, Mn.....mg | 0.245 | 0.034 | 4 | A | 1 | | 0.218 | | |
| Selenium, Se.....µg | 0.0 | 0.002 | 4 | A | 1 | | 0.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Thiamin.....mg | 0.165 | 0.040 | 4 | A | 1 | | 0.147 | | |
| Riboflavin.....mg | 0.077 | 0.011 | 4 | A | 1 | | 0.069 | | |
| Niacin.....mg | 2.725 | 0.511 | 4 | A | 1 | | 2.425 | | |
| Pantothenic acid.....mg | 0.380 | 0.047 | 4 | A | 1 | | 0.338 | | |
| Vitamin B-6.....mg | 0.167 | 0.029 | 4 | A | 1 | | 0.149 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 17.9 | | 0 | AS | 1 | | 15.9 | | |
| Betaine.....mg | 21.9 | | 1 | A | 1 | | 19.5 | | |
| Vitamin B-12.....µg | 0.44 | 0.112 | 4 | A | 1 | | 0.39 | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | | | | | | | | | |
| Tocopherol, beta.....mg | | | | | | | | | |
| Tocopherol, gamma.....mg | | | | | | | | | |
| Tocopherol, delta.....mg | | | | | | | | | |
| Tocotrienol, alpha.....mg | | | | | | | | | |
| Tocotrienol, beta.....mg | | | | | | | | | |
| Tocotrienol, gamma.....mg | | | | | | | | | |
| Tocotrienol, delta.....mg | | | | | | | | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 58.9 | 11.834 | 4 | A | 1 | | 52.4 | | |
| Dihydrophylloquinone.....µg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | | |
| Menquinone-4.....µg | 3.3 | 1.311 | 4 | A | 1 | | 2.9 | | |
| Lipids: | | | | | | | | | |

NDB No. 36601

Restaurant, Chinese, egg rolls, assorted

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.116 | | 0 | NC | 4 | | 1.883 | | |
| 4:0.....g | | | | | | | | | |
| 6:0.....g | | | | | | | | | |
| 8:0.....g | 0.007 | 0.004 | 4 | A | 1 | | 0.006 | | |
| 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 | 0.029 | 0.009 | 4 | A | 1 | | 0.026 | | |
| 15:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:0.....g | 1.459 | 0.160 | 4 | A | 1 | | 1.298 | | |
| 17:0.....g | 0.016 | 0.003 | 4 | A | 1 | | 0.014 | | |
| 18:0.....g | 0.535 | 0.053 | 4 | A | 1 | | 0.476 | | |
| 20:0.....g | 0.034 | 0.003 | 4 | A | 1 | | 0.030 | | |
| 22:0.....g | 0.036 | 0.002 | 4 | A | 1 | | 0.032 | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 3.036 | | 0 | NC | 4 | | 2.702 | | |
| 14:1.....g | 0.007 | 0.001 | 4 | A | 1 | | 0.006 | | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.093 | 0.061 | 4 | A | 1 | | 0.083 | | |
| 17:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated.....g | 2.889 | 0.255 | 4 | AS | 1 | | 2.571 | | |
| 18:1 c.....g | 2.844 | 0.245 | 4 | A | 1 | | 2.531 | | |
| 18:1 t.....g | 0.046 | 0.019 | 4 | A | 1 | | 0.041 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.048 | 0.003 | 4 | A | 1 | | 0.042 | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 5.601 | | 0 | NC | 4 | | 4.985 | | |
| 18:2 undifferentiated.....g | 4.928 | 0.325 | 4 | AS | 1 | | 4.386 | | |
| 18:2 n-6 c,c.....g | 4.871 | 0.322 | 4 | A | 1 | | 4.335 | | |
| 18:2 CLAs.....g | | | | | | | | | |
| 18:2 t,t.....g | 0.057 | 0.006 | 4 | A | 1 | | 0.051 | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | 0.656 | 0.066 | 4 | AS | 1 | | 0.584 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.636 | 0.058 | 4 | A | 1 | | 0.566 | | |
| 18:3 n-6 c,c,c.....g | 0.020 | 0.009 | 4 | A | 1 | | 0.018 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | 0.007 | 0.001 | 4 | A | 1 | | 0.007 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 n-3.....g | | | | | | | | | |
| 20:3 n-6.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.009 | 0.005 | 4 | A | 1 | | 0.008 | | |
| 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 | 0.103 | | 0 | NC | 4 | | 0.091 | | |
| Fatty acids, total trans-monoenoic.....g | 0.046 | | 0 | NC | 4 | | 0.041 | | |
| Fatty acids, total trans-polyenoic.....g | 0.057 | | 0 | NC | 4 | | 0.051 | | |
| Cholesterol.....mg | 16 | 4.851 | 4 | A | 1 | | 14 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.066 | | 0 | A | 1 | | 0.059 | | |
| Threonine.....g | 0.339 | | 0 | A | 1 | | 0.302 | | |
| Isoleucine.....g | 0.296 | | 0 | A | 1 | | 0.264 | | |
| Leucine.....g | 0.581 | | 0 | A | 1 | | 0.517 | | |
| Lysine.....g | 0.368 | | 0 | A | 1 | | 0.328 | | |
| Methionine.....g | 0.147 | | 0 | A | 1 | | 0.131 | | |
| Cystine.....g | 0.159 | | 0 | A | 1 | | 0.141 | | |

NDB No. 36601

Restaurant, Chinese, egg rolls, assorted

| Nutrients and Units | <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 | | | |
| Phenylalanine.....g | 0.360 | | 0 | A | 1 | 0.321 | | |
| Tyrosine.....g | 0.249 | | 0 | A | 1 | 0.221 | | |
| Valine.....g | 0.331 | | 0 | A | 1 | 0.295 | | |
| Arginine.....g | 0.412 | | 0 | A | 1 | 0.367 | | |
| Histidine.....g | 0.183 | | 0 | A | 1 | 0.163 | | |
| Alanine.....g | 0.296 | | 0 | A | 1 | 0.263 | | |
| Aspartic acid.....g | 0.564 | | 0 | A | 1 | 0.502 | | |
| Glutamic acid.....g | 2.747 | | 0 | A | 1 | 2.445 | | |
| Glycine.....g | 0.361 | | 0 | A | 1 | 0.321 | | |
| Proline.....g | 0.778 | | 0 | A | 1 | 0.692 | | |
| Serine.....g | 0.323 | | 0 | A | 1 | 0.288 | | |
| Hydroxyproline.....g | 0.000 | 0.000 | 4 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 89g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36602

Restaurant, Chinese, fried rice, without meat

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 59.09 | 1.145 | 16 | A | 1 | | 80.95 | | |
| Energy.....kcal | 174 | | 0 | NC | 4 | | 238 | | |
| Energy.....kJ | 728 | | 0 | NC | 4 | | 997 | | |
| Protein.....g | 4.05 | 0.132 | 16 | A | 1 | | 5.54 | | |
| Total lipid (fat).....g | 2.96 | 0.307 | 16 | A | 1 | | 4.05 | | |
| Ash.....g | 1.12 | 0.071 | 16 | A | 1 | | 1.53 | | |
| Carbohydrate, by difference.....g | 32.79 | | 0 | NC | 4 | | 44.92 | | |
| Fiber, total dietary.....g | 1.1 | 0.149 | 4 | A | 1 | | 1.5 | | |
| Sugars, total.....g | 0.56 | 0.139 | 7 | A | 1 | | 0.76 | | |
| Sucrose.....g | 0.37 | 0.125 | 7 | A | 1 | | 0.51 | | |
| Glucose (dextrose).....g | 0.13 | 0.041 | 7 | A | 1 | | 0.18 | | |
| Fructose.....g | 0.05 | 0.016 | 7 | A | 1 | | 0.07 | | |
| Lactose.....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | | |
| Starch.....g | 30.80 | 1.770 | 4 | A | 1 | | 42.20 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 12 | 0.651 | 28 | A | 1 | | 16 | | |
| Iron, Fe.....mg | 0.66 | 0.074 | 28 | A | 1 | | 0.91 | | |
| Magnesium, Mg.....mg | 10 | 0.431 | 28 | A | 1 | | 13 | | |
| Phosphorus, P.....mg | 51 | 2.279 | 28 | A | 1 | | 70 | | |
| Potassium, K.....mg | 76 | 5.656 | 28 | A | 1 | | 104 | | |
| Sodium, Na.....mg | 387 | 17.145 | 28 | A | 1 | | 530 | | |
| Zinc, Zn.....mg | 0.72 | 0.017 | 28 | A | 1 | | 0.99 | | |
| Copper, Cu.....mg | 0.095 | 0.005 | 28 | A | 1 | | 0.130 | | |
| Manganese, Mn.....mg | 0.433 | 0.007 | 28 | A | 1 | | 0.593 | | |
| Selenium, Se.....µg | 8.3 | 0.734 | 12 | A | 1 | | 11.3 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 3.8 | | 0 | FLA | 4 | | 5.2 | | |
| Thiamin.....mg | 0.015 | 0.000 | 4 | A | 1 | | 0.020 | | |
| Riboflavin.....mg | 0.026 | 0.006 | 4 | A | 1 | | 0.036 | | |
| Niacin.....mg | 0.637 | 0.123 | 4 | A | 1 | | 0.872 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.032 | 0.003 | 4 | A | 1 | | 0.044 | | |
| Folate, total.....µg | 6 | 1.936 | 4 | A | 1 | | 8 | | |
| Folic acid.....µg | 0 | 0.000 | 4 | A | 1 | | 0 | | |
| Folate, food.....µg | 6 | 1.936 | 4 | AS | 1 | | 8 | | |
| Folate, DFE.....µg | 6 | | 0 | NC | 4 | | 8 | | |
| Choline, total.....mg | 5.5 | | 0 | AS | 1 | | 7.5 | | |
| Betaine.....mg | 0.2 | | 1 | A | 1 | | 0.3 | | |
| Vitamin B-12.....µg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 22 | | 0 | AS | 1 | | 30 | | |
| Retinol.....µg | 10 | | 1 | A | 1 | | 14 | | |
| Carotene, beta.....µg | 128 | | 1 | A | 1 | | 176 | | |
| Carotene, alpha.....µg | 38 | | 1 | A | 1 | | 52 | | |
| Cryptoxanthin, beta.....µg | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin A, IU.....IU | 279 | | 0 | AS | 1 | | 382 | | |
| Lycopene.....µg | 3 | | 1 | A | 1 | | 4 | | |
| Lutein + zeaxanthin.....µg | 103 | | 1 | A | 1 | | 141 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.13 | 0.043 | 4 | A | 1 | | 0.18 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.03 | 0.010 | 4 | A | 1 | | 0.04 | | |
| Tocopherol, gamma.....mg | 1.30 | 0.661 | 4 | A | 1 | | 1.78 | | |
| Tocopherol, delta.....mg | 0.28 | 0.057 | 4 | A | 1 | | 0.39 | | |
| Tocotrienol, alpha.....mg | 0.31 | 0.283 | 4 | A | 1 | | 0.43 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.16 | 0.077 | 4 | A | 1 | | 0.22 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 2 | AS | 1 | | 0.0 | | |
| Vitamin D2 (ergocalciferol).....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Vitamin D3 (cholecalciferol).....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Vitamin D.....IU | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin K (phylloquinone).....µg | 2.8 | | 2 | A | 1 | | 3.8 | | |
| 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 | 0.540 | | 0 | NC | 4 | | 0.740 | | |
| 4:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 12:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.012 | 0.001 | 7 | A | 1 | | 0.016 | | |
| 15:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.001 | | |
| 16:0.....g | 0.386 | 0.030 | 7 | A | 1 | | 0.529 | | |
| 17:0.....g | 0.002 | 0.000 | 7 | A | 1 | | 0.003 | | |
| 18:0.....g | 0.121 | 0.013 | 7 | A | 1 | | 0.166 | | |
| 20:0.....g | 0.007 | 0.001 | 7 | A | 1 | | 0.010 | | |
| 22:0.....g | 0.006 | 0.001 | 7 | A | 1 | | 0.009 | | |
| 24:0.....g | 0.004 | 0.001 | 7 | A | 1 | | 0.006 | | |
| Fatty acids, total monounsaturated.....g | 0.649 | | 0 | NC | 4 | | 0.889 | | |
| 14:1.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.013 | 0.003 | 7 | AS | 1 | | 0.018 | | |
| 16:1 c.....g | 0.013 | 0.003 | 7 | A | 1 | | 0.018 | | |
| 16:1 t.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.001 | | |
| 18:1 undifferentiated.....g | 0.625 | 0.062 | 7 | AS | 1 | | 0.857 | | |
| 18:1 c.....g | 0.621 | 0.061 | 7 | A | 1 | | 0.850 | | |
| 18:1 t.....g | 0.005 | 0.001 | 7 | A | 1 | | 0.006 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.009 | 0.002 | 7 | A | 1 | | 0.012 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 7 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 1.111 | | 0 | NC | 4 | | 1.522 | | |
| 18:2 undifferentiated.....g | 0.989 | 0.091 | 7 | AS | 1 | | 1.355 | | |
| 18:2 n-6 c,c.....g | 0.981 | 0.090 | 7 | A | 1 | | 1.344 | | |
| 18:2 CLAs.....g | 0.001 | 0.001 | 7 | A | 1 | | 0.002 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.007 | 0.001 | 7 | A | 1 | | 0.009 | | |
| 18:3 undifferentiated.....g | 0.113 | 0.011 | 7 | AS | 1 | | 0.155 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.111 | 0.011 | 7 | A | 1 | | 0.152 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.000 | 7 | A | 1 | | 0.003 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.001 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 7 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.006 | 0.002 | 7 | A | 1 | | 0.009 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | | |

NDB No. 36602

Restaurant, Chinese, fried rice, without meat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Deriv Code | Code | | | | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.001 | 7 | A | 1 | | 0.003 | | | |
| Fatty acids, total trans.....g | 0.011 | | 0 | NC | 4 | | 0.016 | | | |
| Fatty acids, total trans-monoenoic.....g | 0.005 | | 0 | NC | 4 | | 0.006 | | | |
| Fatty acids, total trans-polyenoic.....g | 0.007 | | 0 | NC | 4 | | 0.009 | | | |
| Cholesterol.....mg | 18 | 5.326 | 4 | A | 1 | | 25 | | | |
| Phytosterols.....mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.052 | | 0 | A | 1 | | 0.071 | | | |
| Threonine.....g | 0.173 | | 0 | A | 1 | | 0.237 | | | |
| Isoleucine.....g | 0.173 | | 0 | A | 1 | | 0.237 | | | |
| Leucine.....g | 0.335 | | 0 | A | 1 | | 0.460 | | | |
| Lysine.....g | 0.173 | | 0 | A | 1 | | 0.237 | | | |
| Methionine.....g | 0.114 | | 0 | A | 1 | | 0.156 | | | |
| Cystine.....g | 0.084 | | 0 | A | 1 | | 0.114 | | | |
| Phenylalanine.....g | 0.225 | | 0 | A | 1 | | 0.308 | | | |
| Tyrosine.....g | 0.154 | | 0 | A | 1 | | 0.212 | | | |
| Valine.....g | 0.251 | | 0 | A | 1 | | 0.343 | | | |
| Arginine.....g | 0.335 | | 0 | A | 1 | | 0.460 | | | |
| Histidine.....g | 0.094 | | 0 | A | 1 | | 0.129 | | | |
| Alanine.....g | 0.241 | | 0 | A | 1 | | 0.331 | | | |
| Aspartic acid.....g | 0.407 | | 0 | A | 1 | | 0.558 | | | |
| Glutamic acid.....g | 1.073 | | 0 | A | 1 | | 1.470 | | | |
| Glycine.....g | 0.178 | | 0 | A | 1 | | 0.243 | | | |
| Proline.....g | 0.188 | | 0 | A | 1 | | 0.258 | | | |
| Serine.....g | 0.210 | | 0 | A | 1 | | 0.287 | | | |
| 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 = 137g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36618

Restaurant, Chinese, general tso's chicken (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 45.15 | 1.099 | 6 | A | 1 | | 241.58 | 23.93 | |
| Energy.....kcal | 295 | | 0 | NC | 4 | | 1577 | 156 | |
| Energy.....kJ | 1233 | | 0 | NC | 4 | | 6599 | 654 | |
| Protein.....g | 12.90 | 1.115 | 6 | A | 1 | | 68.99 | 6.83 | |
| Total lipid (fat).....g | 16.36 | 1.062 | 12 | A | 1 | | 87.54 | 8.67 | |
| Ash.....g | 1.60 | 0.056 | 6 | A | 1 | | 8.54 | 0.85 | |
| Carbohydrate, by difference.....g | 23.99 | | 0 | NC | 4 | | 128.34 | 12.71 | |
| Fiber, total dietary.....g | 0.9 | 0.049 | 6 | A | 1 | | 4.6 | 0.5 | |
| Sugars, total.....g | 11.60 | 1.542 | 6 | A | 1 | | 62.05 | 6.15 | |
| Sucrose.....g | 10.46 | 1.548 | 6 | A | 1 | | 55.99 | 5.55 | |
| Glucose (dextrose).....g | 0.62 | 0.205 | 6 | A | 1 | | 3.33 | 0.33 | |
| Fructose.....g | 0.51 | 0.196 | 6 | A | 1 | | 2.73 | 0.27 | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 11.83 | 0.613 | 6 | A | 1 | | 63.31 | 6.27 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 12 | 0.579 | 12 | A | 1 | | 66 | 7 | |
| Iron, Fe.....mg | 1.16 | 0.139 | 12 | A | 1 | | 6.18 | 0.61 | |
| Magnesium, Mg.....mg | 18 | 1.074 | 12 | A | 1 | | 95 | 9 | |
| Phosphorus, P.....mg | 127 | 10.605 | 12 | A | 1 | | 677 | 67 | |
| Potassium, K.....mg | 201 | 14.941 | 12 | A | 1 | | 1075 | 107 | |
| Sodium, Na.....mg | 435 | 15.817 | 12 | A | 1 | | 2325 | 230 | |
| Zinc, Zn.....mg | 1.30 | 0.137 | 12 | A | 1 | | 6.93 | 0.69 | |
| Copper, Cu.....mg | 0.046 | 0.004 | 12 | A | 1 | | 0.249 | 0.025 | |
| Manganese, Mn.....mg | 0.075 | 0.010 | 12 | A | 1 | | 0.402 | 0.040 | |
| Selenium, Se.....µg | 14.4 | 1.738 | 3 | A | 1 | | 76.9 | 7.6 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.6 | 0.273 | 6 | A | 1 | | 8.7 | 0.9 | |
| Thiamin.....mg | 0.027 | 0.007 | 6 | A | 1 | | 0.147 | 0.015 | |
| Riboflavin.....mg | 0.118 | 0.009 | 6 | A | 1 | | 0.633 | 0.063 | |
| Niacin.....mg | 2.853 | 0.336 | 6 | A | 1 | | 15.265 | 1.512 | |
| Pantothenic acid.....mg | 0.617 | 0.030 | 3 | A | 1 | | 3.299 | 0.327 | |
| Vitamin B-6.....mg | 0.202 | 0.012 | 6 | A | 1 | | 1.080 | 0.107 | |
| Folate, total.....µg | 11 | | 0 | BFZN | 4 | | 59 | 6 | |
| Folic acid.....µg | 5 | | 0 | BFZN | 4 | | 28 | 3 | |
| Folate, food.....µg | 6 | | 0 | NC | 4 | | 31 | 3 | |
| Folate, DFE.....µg | 15 | | 0 | NC | 4 | | 79 | 8 | |
| Choline, total.....mg | 41.5 | | 0 | AS | 1 | | 222.0 | 22.0 | |
| Betaine.....mg | 5.5 | | 1 | A | 1 | | 29.4 | 2.9 | |
| Vitamin B-12.....µg | 0.22 | 0.013 | 6 | A | 1 | | 1.18 | 0.12 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 11 | | 0 | AS | 1 | | 57 | 6 | |
| Retinol.....µg | 7 | 0.384 | 3 | A | 1 | | 39 | 4 | |
| Carotene, beta.....µg | 37 | 9.895 | 3 | A | 1 | | 196 | 19 | |
| Carotene, alpha.....µg | 2 | 1.291 | 3 | A | 1 | | 10 | 1 | |
| Cryptoxanthin, beta.....µg | 9 | 2.285 | 3 | A | 1 | | 49 | 5 | |
| Vitamin A, IU.....IU | 94 | | 0 | AS | 1 | | 505 | 50 | |
| Lycopene.....µg | 20 | 19.573 | 3 | A | 1 | | 105 | 10 | |
| Lutein + zeaxanthin.....µg | 99 | 18.487 | 3 | A | 1 | | 530 | 52 | |
| Vitamin E (alpha-tocopherol).....mg | 1.21 | 0.181 | 3 | A | 1 | | 6.45 | 0.64 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.15 | 0.014 | 3 | A | 1 | | 0.79 | 0.08 | |
| Tocopherol, gamma.....mg | 6.14 | 0.613 | 3 | A | 1 | | 32.83 | 3.25 | |
| Tocopherol, delta.....mg | 2.75 | 0.289 | 3 | A | 1 | | 14.72 | 1.46 | |
| Tocotrienol, alpha.....mg | 0.02 | 0.002 | 3 | A | 1 | | 0.13 | 0.01 | |
| Tocotrienol, beta.....mg | 0.00 | 0.004 | 3 | A | 1 | | 0.02 | 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 | 0.02 | 0.008 | 3 | A | 1 | | 0.12 | 0.01 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.2 | | 0 | AS | 1 | | 0.8 | 0.1 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | 0.2 | | 0 | BFFN | 4 | | 0.8 | 0.1 | |
| Vitamin D.....IU | 6 | | 0 | BFFN | 4 | | 34 | 3 | |
| Vitamin K (phylloquinone).....µg | 38.2 | 7.882 | 3 | A | 1 | | 204.2 | 20.2 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 7.2 | 1.493 | 3 | A | 1 | | 38.6 | 3.8 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.760 | | 0 | NC | 4 | | 14.767 | 1.463 | |
| 4:0.....g | 0.007 | 0.005 | 12 | A | 1 | | 0.040 | 0.004 | |
| 6:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | 0.000 | |
| 8:0.....g | 0.008 | 0.002 | 12 | A | 1 | | 0.045 | 0.004 | |
| 10:0.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | 0.001 | |
| 12:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.016 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.029 | 0.002 | 12 | A | 1 | | 0.153 | 0.015 | |
| 15:0.....g | 0.005 | 0.000 | 12 | A | 1 | | 0.025 | 0.003 | |
| 16:0.....g | 1.920 | 0.115 | 12 | A | 1 | | 10.271 | 1.017 | |
| 17:0.....g | 0.016 | 0.001 | 12 | A | 1 | | 0.083 | 0.008 | |
| 18:0.....g | 0.681 | 0.040 | 12 | A | 1 | | 3.645 | 0.361 | |
| 20:0.....g | 0.038 | 0.003 | 12 | A | 1 | | 0.204 | 0.020 | |
| 22:0.....g | 0.039 | 0.003 | 12 | A | 1 | | 0.207 | 0.021 | |
| 24:0.....g | 0.013 | 0.001 | 12 | A | 1 | | 0.070 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 3.879 | | 0 | NC | 4 | | 20.755 | 2.056 | |
| 14:1.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.033 | 0.003 | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.187 | 0.023 | 12 | AS | 1 | | 1.000 | 0.099 | |
| 16:1 c.....g | 0.185 | 0.023 | 12 | A | 1 | | 0.992 | 0.098 | |
| 16:1 t.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.009 | 0.001 | |
| 17:1.....g | 0.013 | 0.001 | 12 | A | 1 | | 0.069 | 0.007 | |
| 18:1 undifferentiated.....g | 3.591 | 0.226 | 12 | AS | 1 | | 19.211 | 1.903 | |
| 18:1 c.....g | 3.562 | 0.226 | 12 | A | 1 | | 19.055 | 1.888 | |
| 18:1 t.....g | 0.029 | 0.010 | 12 | A | 1 | | 0.156 | 0.015 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.072 | 0.006 | 12 | A | 1 | | 0.386 | 0.038 | |
| 22:1 undifferentiated.....g | 0.007 | 0.001 | 12 | AS | 1 | | 0.039 | 0.004 | |
| 22:1 c.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.023 | 0.002 | |
| 22:1 t.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.016 | 0.002 | |
| 24:1 c.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.016 | 0.002 | |
| Fatty acids, total polyunsaturated.....g | 7.501 | | 0 | NC | 4 | | 40.131 | 3.976 | |
| 18:2 undifferentiated.....g | 6.541 | 0.450 | 12 | AS | 1 | | 34.997 | 3.467 | |
| 18:2 n-6 c,c.....g | 6.470 | 0.444 | 12 | A | 1 | | 34.613 | 3.429 | |
| 18:2 CLAs.....g | 0.016 | 0.001 | 12 | A | 1 | | 0.085 | 0.008 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.056 | 0.007 | 12 | A | 1 | | 0.299 | 0.030 | |
| 18:3 undifferentiated.....g | 0.845 | 0.054 | 12 | AS | 1 | | 4.521 | 0.448 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.840 | 0.054 | 12 | A | 1 | | 4.492 | 0.445 | |
| 18:3 n-6 c,c,c.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.029 | 0.003 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | 0.001 | |
| 20:2 n-6 c,c.....g | 0.011 | 0.001 | 12 | A | 1 | | 0.060 | 0.006 | |
| 20:3 undifferentiated.....g | 0.011 | 0.001 | 12 | AS | 1 | | 0.058 | 0.006 | |
| 20:3 n-3.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | 0.001 | |
| 20:3 n-6.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.052 | 0.005 | |
| 20:4 undifferentiated.....g | 0.060 | 0.006 | 12 | A | 1 | | 0.319 | 0.032 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.005 | 0.001 | 12 | A | 1 | | 0.027 | 0.003 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.015 | 0.001 | 12 | A | 1 | | 0.081 | 0.008 | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 12 | A | 1 | | 0.031 | 0.003 | |

NDB No. 36618

Restaurant, Chinese, general tso's chicken (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.005 | 0.001 | 12 | A | 1 | | 0.029 | 0.003 | |
| Fatty acids, total trans.....g | 0.090 | | 0 | NC | 4 | | 0.480 | 0.048 | |
| Fatty acids, total trans-monoenoic.....g | 0.034 | | 0 | NC | 4 | | 0.181 | 0.018 | |
| Fatty acids, total trans-polyenoic.....g | 0.056 | | 0 | NC | 4 | | 0.299 | 0.030 | |
| Cholesterol.....mg | 53 | 3.489 | 6 | A | 1 | | 282 | 28 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.142 | | 0 | A | 1 | | 0.762 | 0.075 | |
| Threonine.....g | 0.552 | | 0 | A | 1 | | 2.955 | 0.293 | |
| Isoleucine.....g | 0.564 | | 0 | A | 1 | | 3.018 | 0.299 | |
| Leucine.....g | 1.026 | | 0 | A | 1 | | 5.487 | 0.544 | |
| Lysine.....g | 1.089 | | 0 | A | 1 | | 5.826 | 0.577 | |
| Methionine.....g | 0.332 | | 0 | A | 1 | | 1.774 | 0.176 | |
| Cystine.....g | 0.144 | | 0 | A | 1 | | 0.769 | 0.076 | |
| Phenylalanine.....g | 0.563 | | 0 | A | 1 | | 3.012 | 0.298 | |
| Tyrosine.....g | 0.389 | | 0 | A | 1 | | 2.081 | 0.206 | |
| Valine.....g | 0.607 | | 0 | A | 1 | | 3.247 | 0.322 | |
| Arginine.....g | 0.688 | | 0 | A | 1 | | 3.681 | 0.365 | |
| Histidine.....g | 0.333 | | 0 | A | 1 | | 1.779 | 0.176 | |
| Alanine.....g | 0.752 | | 0 | A | 1 | | 4.023 | 0.398 | |
| Aspartic acid.....g | 1.202 | | 0 | A | 1 | | 6.430 | 0.637 | |
| Glutamic acid.....g | 2.399 | | 0 | A | 1 | | 12.833 | 1.271 | |
| Glycine.....g | 0.606 | | 0 | A | 1 | | 3.244 | 0.321 | |
| Proline.....g | 0.493 | | 0 | A | 1 | | 2.637 | 0.261 | |
| Serine.....g | 0.529 | | 0 | A | 1 | | 2.828 | 0.280 | |
| 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 = 535g: 1 order

Measure 2 = 53g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant. Most dishes analyzed only had breaded chicken and sauce. A few had broccoli and/or red pepper.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36619

Restaurant, Chinese, kung pao chicken (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 74.78 | 0.698 | 6 | A | 1 | | 451.66 | | |
| Energy.....kcal | 129 | | 0 | NC | 4 | | 781 | | |
| Energy.....kJ | 541 | | 0 | NC | 4 | | 3268 | | |
| Protein.....g | 9.76 | 0.643 | 6 | A | 1 | | 58.95 | | |
| Total lipid (fat).....g | 6.98 | 0.842 | 12 | A | 1 | | 42.16 | | |
| Ash.....g | 1.61 | 0.070 | 6 | A | 1 | | 9.70 | | |
| Carbohydrate, by difference.....g | 6.87 | | 0 | NC | 4 | | 41.52 | | |
| Fiber, total dietary.....g | 1.5 | 0.085 | 6 | A | 1 | | 9.4 | | |
| Sugars, total.....g | 3.03 | 0.332 | 6 | A | 1 | | 18.31 | | |
| Sucrose.....g | 1.86 | 0.270 | 6 | A | 1 | | 11.22 | | |
| Glucose (dextrose).....g | 0.63 | 0.073 | 6 | A | 1 | | 3.83 | | |
| Fructose.....g | 0.54 | 0.043 | 6 | A | 1 | | 3.26 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 2.53 | 0.264 | 6 | A | 1 | | 15.30 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 20 | 1.999 | 12 | A | 1 | | 123 | | |
| Iron, Fe.....mg | 0.76 | 0.107 | 12 | A | 1 | | 4.61 | | |
| Magnesium, Mg.....mg | 24 | 1.805 | 12 | A | 1 | | 148 | | |
| Phosphorus, P.....mg | 94 | 6.610 | 12 | A | 1 | | 570 | | |
| Potassium, K.....mg | 218 | 12.658 | 12 | A | 1 | | 1318 | | |
| Sodium, Na.....mg | 402 | 25.712 | 12 | A | 1 | | 2425 | | |
| Zinc, Zn.....mg | 0.74 | 0.089 | 12 | A | 1 | | 4.47 | | |
| Copper, Cu.....mg | 0.073 | 0.008 | 12 | A | 1 | | 0.443 | | |
| Manganese, Mn.....mg | 0.256 | 0.028 | 12 | A | 1 | | 1.547 | | |
| Selenium, Se.....µg | 8.1 | 0.379 | 3 | A | 1 | | 48.9 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 7.1 | 1.954 | 6 | A | 1 | | 43.0 | | |
| Thiamin.....mg | 0.032 | 0.005 | 6 | A | 1 | | 0.191 | | |
| Riboflavin.....mg | 0.055 | 0.011 | 6 | A | 1 | | 0.332 | | |
| Niacin.....mg | 2.757 | 0.193 | 6 | A | 1 | | 16.650 | | |
| Pantothenic acid.....mg | 0.500 | 0.062 | 3 | A | 1 | | 3.020 | | |
| Vitamin B-6.....mg | 0.243 | 0.024 | 6 | A | 1 | | 1.466 | | |
| Folate, total.....µg | 16 | | 1 | A | 1 | | 95 | | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....µg | 16 | | 1 | A | 1 | | 95 | | |
| Folate, DFE.....µg | 16 | | 0 | NC | 4 | | 95 | | |
| Choline, total.....mg | 37.4 | | 0 | AS | 1 | | 226.0 | | |
| Betaine.....mg | 3.7 | | 1 | A | 1 | | 22.5 | | |
| Vitamin B-12.....µg | 0.11 | 0.013 | 6 | A | 1 | | 0.69 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 65 | | 0 | AS | 1 | | 392 | | |
| Retinol.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Carotene, beta.....µg | 601 | 273.981 | 3 | A | 1 | | 3631 | | |
| Carotene, alpha.....µg | 341 | 177.387 | 3 | A | 1 | | 2061 | | |
| Cryptoxanthin, beta.....µg | 16 | 4.056 | 3 | A | 1 | | 94 | | |
| Vitamin A, IU.....IU | 1299 | | 0 | AS | 1 | | 7847 | | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 226 | 26.481 | 3 | A | 1 | | 1367 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.02 | 0.078 | 3 | A | 1 | | 6.18 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.05 | 0.002 | 3 | A | 1 | | 0.27 | | |
| Tocopherol, gamma.....mg | 1.97 | 0.351 | 3 | A | 1 | | 11.88 | | |
| Tocopherol, delta.....mg | 0.61 | 0.175 | 3 | A | 1 | | 3.68 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.001 | 3 | A | 1 | | 0.01 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.01 | 0.001 | 3 | A | 1 | | 0.04 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone).....µg | 13.6 | 1.691 | 3 | A | 1 | | 82.2 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.2 | 0.309 | 3 | A | 1 | | 13.2 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.352 | | 0 | NC | 4 | | 8.168 | | |
| 4:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.019 | | |
| 6:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.012 | | |
| 10:0.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | | |
| 12:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.011 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.014 | 0.003 | 12 | A | 1 | | 0.084 | | |
| 15:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.013 | | |
| 16:0.....g | 0.904 | 0.110 | 12 | A | 1 | | 5.459 | | |
| 17:0.....g | 0.007 | 0.001 | 12 | A | 1 | | 0.041 | | |
| 18:0.....g | 0.295 | 0.035 | 12 | A | 1 | | 1.783 | | |
| 20:0.....g | 0.040 | 0.004 | 12 | A | 1 | | 0.240 | | |
| 22:0.....g | 0.056 | 0.006 | 12 | A | 1 | | 0.339 | | |
| 24:0.....g | 0.027 | 0.003 | 12 | A | 1 | | 0.162 | | |
| Fatty acids, total monounsaturated.....g | 2.173 | | 0 | NC | 4 | | 13.126 | | |
| 14:1.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.015 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.077 | 0.015 | 12 | AS | 1 | | 0.463 | | |
| 16:1 c.....g | 0.076 | 0.015 | 12 | A | 1 | | 0.458 | | |
| 16:1 t.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.005 | | |
| 17:1.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.034 | | |
| 18:1 undifferentiated.....g | 2.044 | 0.234 | 12 | AS | 1 | | 12.347 | | |
| 18:1 c.....g | 2.032 | 0.233 | 12 | A | 1 | | 12.273 | | |
| 18:1 t.....g | 0.012 | 0.004 | 12 | A | 1 | | 0.074 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.040 | 0.006 | 12 | A | 1 | | 0.240 | | |
| 22:1 undifferentiated.....g | 0.003 | 0.001 | 12 | AS | 1 | | 0.019 | | |
| 22:1 c.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.014 | | |
| 22:1 t.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.005 | | |
| 24:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.008 | | |
| Fatty acids, total polyunsaturated.....g | 3.020 | | 0 | NC | 4 | | 18.239 | | |
| 18:2 undifferentiated.....g | 2.714 | 0.324 | 12 | AS | 1 | | 16.393 | | |
| 18:2 n-6 c,c.....g | 2.688 | 0.320 | 12 | A | 1 | | 16.237 | | |
| 18:2 CLAs.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.033 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.020 | 0.005 | 12 | A | 1 | | 0.123 | | |
| 18:3 undifferentiated.....g | 0.246 | 0.039 | 12 | AS | 1 | | 1.486 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.244 | 0.039 | 12 | A | 1 | | 1.472 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.014 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.032 | | |
| 20:3 undifferentiated.....g | 0.005 | 0.001 | 12 | AS | 1 | | 0.033 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.031 | | |
| 20:4 undifferentiated.....g | 0.031 | 0.004 | 12 | A | 1 | | 0.188 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.000 | 12 | A | 1 | | 0.018 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.008 | 0.001 | 12 | A | 1 | | 0.048 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.000 | 12 | A | 1 | | 0.022 | | |

NDB No. 36619

Restaurant, Chinese, kung pao chicken (1, 2)

| 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 | 0.003 | 0.000 | 12 | A | | 1 | | 0.017 | | |
| Fatty acids, total trans.....g | 0.034 | | 0 | NC | | 4 | | 0.208 | | |
| Fatty acids, total trans-monoenoic.....g | 0.014 | | 0 | NC | | 4 | | 0.085 | | |
| Fatty acids, total trans-polyenoic.....g | 0.020 | | 0 | NC | | 4 | | 0.123 | | |
| Cholesterol.....mg | 26 | 3.727 | 6 | A | | 1 | | 158 | | |
| Phytosterols.....mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.118 | | 0 | A | | 1 | | 0.711 | | |
| Threonine.....g | 0.407 | | 0 | A | | 1 | | 2.457 | | |
| Isoleucine.....g | 0.431 | | 0 | A | | 1 | | 2.605 | | |
| Leucine.....g | 0.775 | | 0 | A | | 1 | | 4.679 | | |
| Lysine.....g | 0.449 | | 0 | A | | 1 | | 2.709 | | |
| Methionine.....g | 0.240 | | 0 | A | | 1 | | 1.452 | | |
| Cystine.....g | 0.105 | | 0 | A | | 1 | | 0.637 | | |
| Phenylalanine.....g | 0.402 | | 0 | A | | 1 | | 2.425 | | |
| Tyrosine.....g | 0.347 | | 0 | A | | 1 | | 2.098 | | |
| Valine.....g | 0.470 | | 0 | A | | 1 | | 2.841 | | |
| Arginine.....g | 0.640 | | 0 | A | | 1 | | 3.866 | | |
| Histidine.....g | 0.265 | | 0 | A | | 1 | | 1.599 | | |
| Alanine.....g | 0.573 | | 0 | A | | 1 | | 3.461 | | |
| Aspartic acid.....g | 0.967 | | 0 | A | | 1 | | 5.843 | | |
| Glutamic acid.....g | 1.783 | | 0 | A | | 1 | | 10.771 | | |
| Glycine.....g | 0.396 | | 0 | A | | 1 | | 2.391 | | |
| Proline.....g | 0.341 | | 0 | A | | 1 | | 2.063 | | |
| Serine.....g | 0.395 | | 0 | A | | 1 | | 2.385 | | |
| 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 = 604g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant. Most dishes analyzed had carrots. Some had broccoli, red or green pepper, mushrooms, onion, and/or celery.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36617

Restaurant, Chinese, lemon chicken (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 52.69 | 2.951 | 8 | A | 1 | | 328.26 | 38.46 | |
| Energy.....kcal | 252 | | 0 | NC | 4 | | 1569 | 184 | |
| Energy.....kJ | 1054 | | 0 | NC | 4 | | 6566 | 769 | |
| Protein.....g | 11.87 | 0.898 | 8 | A | 1 | | 73.93 | 8.66 | |
| Total lipid (fat).....g | 13.55 | 1.748 | 14 | A | 1 | | 84.39 | 9.89 | |
| Ash.....g | 1.28 | 0.140 | 8 | A | 1 | | 8.00 | 0.94 | |
| Carbohydrate, by difference.....g | 20.61 | | 0 | NC | 4 | | 128.42 | 15.05 | |
| Fiber, total dietary.....g | 1.0 | 0.116 | 7 | A | 1 | | 6.3 | 0.7 | |
| Sugars, total.....g | 8.18 | 1.695 | 7 | A | 1 | | 50.94 | 5.97 | |
| Sucrose.....g | 5.05 | 1.524 | 7 | A | 1 | | 31.43 | 3.68 | |
| Glucose (dextrose).....g | 1.58 | 0.267 | 7 | A | 1 | | 9.87 | 1.16 | |
| Fructose.....g | 1.52 | 0.263 | 7 | A | 1 | | 9.46 | 1.11 | |
| Lactose.....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.03 | 0.000 | 7 | A | 1 | | 0.18 | 0.02 | |
| Galactose.....g | 0.00 | 0.000 | 7 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 10.27 | 0.787 | 6 | A | 1 | | 63.96 | 7.49 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 40 | 5.861 | 14 | A | 1 | | 248 | 29 | |
| Iron, Fe.....mg | 1.22 | 0.149 | 14 | A | 1 | | 7.57 | 0.89 | |
| Magnesium, Mg.....mg | 16 | 0.770 | 14 | A | 1 | | 98 | 11 | |
| Phosphorus, P.....mg | 136 | 8.583 | 14 | A | 1 | | 846 | 99 | |
| Potassium, K.....mg | 161 | 10.193 | 14 | A | 1 | | 1001 | 117 | |
| Sodium, Na.....mg | 252 | 38.412 | 14 | A | 1 | | 1569 | 184 | |
| Zinc, Zn.....mg | 0.51 | 0.077 | 14 | A | 1 | | 3.17 | 0.37 | |
| Copper, Cu.....mg | 0.040 | 0.002 | 14 | A | 1 | | 0.250 | 0.029 | |
| Manganese, Mn.....mg | 0.089 | 0.008 | 14 | A | 1 | | 0.554 | 0.065 | |
| Selenium, Se.....µg | 13.0 | 2.384 | 4 | A | 1 | | 81.3 | 9.5 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 2.3 | 0.454 | 7 | A | 1 | | 14.5 | 1.7 | |
| Thiamin.....mg | 0.053 | 0.005 | 7 | A | 1 | | 0.329 | 0.039 | |
| Riboflavin.....mg | 0.070 | 0.006 | 7 | A | 1 | | 0.436 | 0.051 | |
| Niacin.....mg | 3.776 | 0.323 | 7 | A | 1 | | 23.523 | 2.756 | |
| Pantothenic acid.....mg | 0.520 | 0.059 | 4 | A | 1 | | 3.240 | 0.380 | |
| Vitamin B-6.....mg | 0.250 | 0.026 | 7 | A | 1 | | 1.555 | 0.182 | |
| Folate, total.....µg | 9 | | 1 | A | 1 | | 55 | 6 | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....µg | 9 | | 1 | A | 1 | | 55 | 6 | |
| Folate, DFE.....µg | 9 | | 0 | NC | 4 | | 55 | 6 | |
| Choline, total.....mg | 28.6 | | 0 | AS | 1 | | 178.4 | 20.9 | |
| Betaine.....mg | 7.5 | | 1 | A | 1 | | 46.5 | 5.5 | |
| Vitamin B-12.....µg | 0.11 | 0.009 | 7 | A | 1 | | 0.67 | 0.08 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 3 | | 0 | AS | 1 | | 16 | 2 | |
| Retinol.....µg | 2 | 1.480 | 3 | A | 1 | | 15 | 2 | |
| Carotene, beta.....µg | 1 | 0.268 | 3 | A | 1 | | 6 | 1 | |
| Carotene, alpha.....µg | 0 | 0.057 | 3 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta.....µg | 1 | 0.134 | 3 | A | 1 | | 9 | 1 | |
| Vitamin A, IU.....IU | 11 | | 0 | AS | 1 | | 67 | 8 | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 36 | 4.956 | 3 | A | 1 | | 226 | 26 | |
| Vitamin E (alpha-tocopherol).....mg | 1.28 | 0.270 | 4 | A | 1 | | 8.00 | 0.94 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.11 | 0.030 | 4 | A | 1 | | 0.71 | 0.08 | |
| Tocopherol, gamma.....mg | 5.95 | 0.721 | 4 | A | 1 | | 37.07 | 4.34 | |
| Tocopherol, delta.....mg | 2.32 | 0.296 | 4 | A | 1 | | 14.48 | 1.70 | |
| Tocotrienol, alpha.....mg | 0.01 | 0.001 | 4 | A | 1 | | 0.05 | 0.01 | |
| Tocotrienol, beta.....mg | 0.01 | 0.008 | 4 | A | 1 | | 0.08 | 0.01 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.01 | 0.002 | 4 | A | 1 | | 0.07 | 0.01 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.1 | | 0 | AS | 1 | | 0.7 | 0.1 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | 0.1 | | 0 | BFFN | 4 | | 0.7 | 0.1 | |
| Vitamin D.....IU | 5 | | 0 | BFFN | 4 | | 28 | 3 | |
| Vitamin K (phylloquinone).....µg | 24.4 | 5.005 | 3 | A | 1 | | 152.1 | 17.8 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.6 | 0.529 | 3 | A | 1 | | 16.3 | 1.9 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.033 | | 0 | NC | 4 | | 12.665 | 1.484 | |
| 4:0.....g | 0.003 | 0.000 | 13 | A | 1 | | 0.017 | 0.002 | |
| 6:0.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.004 | 0.001 | 13 | A | 1 | | 0.026 | 0.003 | |
| 10:0.....g | 0.001 | 0.000 | 13 | A | 1 | | 0.009 | 0.001 | |
| 12:0.....g | 0.002 | 0.000 | 13 | A | 1 | | 0.011 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.021 | 0.006 | 13 | A | 1 | | 0.133 | 0.016 | |
| 15:0.....g | 0.003 | 0.000 | 13 | A | 1 | | 0.019 | 0.002 | |
| 16:0.....g | 1.402 | 0.148 | 13 | A | 1 | | 8.734 | 1.023 | |
| 17:0.....g | 0.012 | 0.001 | 13 | A | 1 | | 0.074 | 0.009 | |
| 18:0.....g | 0.510 | 0.056 | 13 | A | 1 | | 3.177 | 0.372 | |
| 20:0.....g | 0.033 | 0.004 | 13 | A | 1 | | 0.203 | 0.024 | |
| 22:0.....g | 0.031 | 0.004 | 13 | A | 1 | | 0.193 | 0.023 | |
| 24:0.....g | 0.011 | 0.001 | 13 | A | 1 | | 0.068 | 0.008 | |
| Fatty acids, total monounsaturated.....g | 2.749 | | 0 | NC | 4 | | 17.127 | 2.007 | |
| 14:1.....g | 0.002 | 0.001 | 13 | A | 1 | | 0.013 | 0.002 | |
| 15:1.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.070 | 0.017 | 13 | AS | 1 | | 0.435 | 0.051 | |
| 16:1 c.....g | 0.069 | 0.017 | 13 | A | 1 | | 0.433 | 0.051 | |
| 16:1 t.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.003 | 0.000 | |
| 17:1.....g | 0.009 | 0.001 | 13 | A | 1 | | 0.057 | 0.007 | |
| 18:1 undifferentiated.....g | 2.609 | 0.290 | 13 | AS | 1 | | 16.254 | 1.905 | |
| 18:1 c.....g | 2.585 | 0.283 | 13 | A | 1 | | 16.107 | 1.887 | |
| 18:1 t.....g | 0.024 | 0.014 | 13 | A | 1 | | 0.147 | 0.017 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.051 | 0.007 | 13 | A | 1 | | 0.318 | 0.037 | |
| 22:1 undifferentiated.....g | 0.005 | 0.001 | 13 | AS | 1 | | 0.033 | 0.004 | |
| 22:1 c.....g | 0.003 | 0.001 | 13 | A | 1 | | 0.019 | 0.002 | |
| 22:1 t.....g | 0.002 | 0.000 | 13 | A | 1 | | 0.014 | 0.002 | |
| 24:1 c.....g | 0.003 | 0.001 | 13 | A | 1 | | 0.018 | 0.002 | |
| Fatty acids, total polyunsaturated.....g | 6.086 | | 0 | NC | 4 | | 37.917 | 4.443 | |
| 18:2 undifferentiated.....g | 5.353 | 0.568 | 13 | AS | 1 | | 33.349 | 3.908 | |
| 18:2 n-6 c,c.....g | 5.301 | 0.562 | 13 | A | 1 | | 33.027 | 3.870 | |
| 18:2 CLAs.....g | 0.010 | 0.001 | 13 | A | 1 | | 0.065 | 0.008 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.041 | 0.005 | 13 | A | 1 | | 0.258 | 0.030 | |
| 18:3 undifferentiated.....g | 0.669 | 0.089 | 13 | AS | 1 | | 4.166 | 0.488 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.663 | 0.089 | 13 | A | 1 | | 4.130 | 0.484 | |
| 18:3 n-6 c,c,c.....g | 0.006 | 0.001 | 13 | A | 1 | | 0.035 | 0.004 | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 13 | A | 1 | | 0.003 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.008 | 0.001 | 13 | A | 1 | | 0.047 | 0.006 | |
| 20:3 undifferentiated.....g | 0.006 | 0.001 | 13 | AS | 1 | | 0.039 | 0.005 | |
| 20:3 n-3.....g | 0.001 | 0.000 | 13 | A | 1 | | 0.004 | 0.000 | |
| 20:3 n-6.....g | 0.006 | 0.001 | 13 | A | 1 | | 0.035 | 0.004 | |
| 20:4 undifferentiated.....g | 0.032 | 0.004 | 13 | A | 1 | | 0.197 | 0.023 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.000 | 13 | A | 1 | | 0.021 | 0.002 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.008 | 0.001 | 13 | A | 1 | | 0.051 | 0.006 | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 13 | A | 1 | | 0.021 | 0.002 | |

NDB No. 36617

Restaurant, Chinese, lemon chicken (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.000 | 13 | A | 1 | | 0.021 | 0.002 | |
| Fatty acids, total trans.....g | 0.068 | | 0 | NC | 4 | | 0.421 | 0.049 | |
| Fatty acids, total trans-monoenoic.....g | 0.026 | | 0 | NC | 4 | | 0.163 | 0.019 | |
| Fatty acids, total trans-polyenoic.....g | 0.041 | | 0 | NC | 4 | | 0.258 | 0.030 | |
| Cholesterol.....mg | 32 | 2.976 | 7 | A | 1 | | 198 | 23 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.141 | | 0 | A | 1 | | 0.881 | 0.103 | |
| Threonine.....g | 0.513 | | 0 | A | 1 | | 3.199 | 0.375 | |
| Isoleucine.....g | 0.537 | | 0 | A | 1 | | 3.348 | 0.392 | |
| Leucine.....g | 0.978 | | 0 | A | 1 | | 6.096 | 0.714 | |
| Lysine.....g | 0.958 | | 0 | A | 1 | | 5.971 | 0.700 | |
| Methionine.....g | 0.330 | | 0 | A | 1 | | 2.057 | 0.241 | |
| Cystine.....g | 0.142 | | 0 | A | 1 | | 0.882 | 0.103 | |
| Phenylalanine.....g | 0.478 | | 0 | A | 1 | | 2.976 | 0.349 | |
| Tyrosine.....g | 0.369 | | 0 | A | 1 | | 2.302 | 0.270 | |
| Valine.....g | 0.570 | | 0 | A | 1 | | 3.552 | 0.416 | |
| Arginine.....g | 0.521 | | 0 | A | 1 | | 3.248 | 0.381 | |
| Histidine.....g | 0.365 | | 0 | A | 1 | | 2.275 | 0.267 | |
| Alanine.....g | 0.671 | | 0 | A | 1 | | 4.182 | 0.490 | |
| Aspartic acid.....g | 1.102 | | 0 | A | 1 | | 6.863 | 0.804 | |
| Glutamic acid.....g | 2.265 | | 0 | A | 1 | | 14.110 | 1.653 | |
| Glycine.....g | 0.506 | | 0 | A | 1 | | 3.153 | 0.369 | |
| Proline.....g | 0.524 | | 0 | A | 1 | | 3.262 | 0.382 | |
| Serine.....g | 0.513 | | 0 | A | 1 | | 3.193 | 0.374 | |
| 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 = 623g: 1 order

Measure 2 = 73g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant. Most dishes analyzed only had breaded chicken and sauce. A few had broccoli, celery and/or hot red pepper.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36629

Restaurant, Chinese, orange chicken (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 | 48.43 | 2.132 | 9 | A | 1 | | 313.80 | 30.51 | |
| Energy.....kcal | 262 | | 0 | NC | 4 | | 1697 | 165 | |
| Energy.....kJ | 1096 | | 0 | NC | 4 | | 7102 | 690 | |
| Protein.....g | 14.46 | 0.843 | 9 | A | 1 | | 93.73 | 9.11 | |
| Total lipid (fat).....g | 12.68 | 0.932 | 9 | A | 1 | | 82.19 | 7.99 | |
| Ash.....g | 1.96 | 0.173 | 9 | A | 1 | | 12.71 | 1.24 | |
| Carbohydrate, by difference.....g | 22.46 | | 0 | NC | 4 | | 145.57 | 14.15 | |
| Fiber, total dietary.....g | 0.8 | 0.149 | 3 | A | 1 | | 5.4 | 0.5 | |
| Sugars, total.....g | 13.60 | 2.722 | 3 | A | 1 | | 88.13 | 8.57 | |
| Sucrose.....g | 12.30 | 2.196 | 3 | A | 1 | | 79.70 | 7.75 | |
| Glucose (dextrose).....g | 0.63 | 0.285 | 3 | A | 1 | | 4.10 | 0.40 | |
| Fructose.....g | 0.67 | 0.318 | 3 | A | 1 | | 4.32 | 0.42 | |
| 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 | 10.50 | 0.651 | 3 | A | 1 | | 68.04 | 6.61 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | 1.056 | 9 | A | 1 | | 88 | 9 | |
| Iron, Fe.....mg | 0.94 | 0.108 | 9 | A | 1 | | 6.10 | 0.59 | |
| Magnesium, Mg.....mg | 20 | 1.233 | 9 | A | 1 | | 126 | 12 | |
| Phosphorus, P.....mg | 130 | 9.432 | 9 | A | 1 | | 842 | 82 | |
| Potassium, K.....mg | 209 | 12.325 | 9 | A | 1 | | 1357 | 132 | |
| Sodium, Na.....mg | 553 | 60.892 | 9 | A | 1 | | 3581 | 348 | |
| Zinc, Zn.....mg | 1.13 | 0.093 | 9 | A | 1 | | 7.29 | 0.71 | |
| Copper, Cu.....mg | 0.042 | 0.002 | 9 | A | 1 | | 0.275 | 0.027 | |
| Manganese, Mn.....mg | 0.087 | 0.030 | 9 | A | 1 | | 0.567 | 0.055 | |
| Selenium, Se.....µg | 17.1 | 1.267 | 3 | A | 1 | | 110.6 | 10.8 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.9 | | 2 | A | 1 | | 6.0 | 0.6 | |
| Thiamin.....mg | 0.043 | 0.003 | 3 | A | 1 | | 0.280 | 0.027 | |
| Riboflavin.....mg | 0.220 | 0.020 | 3 | A | 1 | | 1.425 | 0.139 | |
| Niacin.....mg | 3.590 | 0.559 | 3 | A | 1 | | 23.263 | 2.262 | |
| Pantothenic acid.....mg | 1.000 | | 1 | A | 1 | | 6.480 | 0.630 | |
| Vitamin B-6.....mg | 0.230 | 0.021 | 3 | A | 1 | | 1.488 | 0.145 | |
| Folate, total.....µg | 10 | 0.569 | 3 | A | 1 | | 65 | 6 | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....µg | 10 | 0.569 | 3 | A | 1 | | 65 | 6 | |
| Folate, DFE.....µg | 10 | | 0 | NC | 4 | | 65 | 6 | |
| Choline, total.....mg | 66.1 | | 0 | AS | 1 | | 428.0 | 41.6 | |
| Betaine.....mg | 7.9 | | 1 | A | 1 | | 51.1 | 5.0 | |
| Vitamin B-12.....µg | 0.20 | 0.087 | 3 | A | 1 | | 1.32 | 0.13 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 75 | | 0 | AS | 1 | | 485 | 47 | |
| Retinol.....µg | 74 | | 1 | A | 1 | | 479 | 47 | |
| Carotene, beta.....µg | 9 | | 1 | A | 1 | | 59 | 6 | |
| Carotene, alpha.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta.....µg | 3 | | 1 | A | 1 | | 18 | 2 | |
| Vitamin A, IU.....IU | 264 | | 0 | AS | 1 | | 1711 | 166 | |
| Lycopene.....µg | 25 | | 1 | A | 1 | | 162 | 16 | |
| Lutein + zeaxanthin.....µg | 81 | | 1 | A | 1 | | 524 | 51 | |
| Vitamin E (alpha-tocopherol).....mg | 1.07 | 0.020 | 3 | A | 1 | | 6.94 | 0.68 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.09 | 0.004 | 3 | A | 1 | | 0.56 | 0.05 | |
| Tocopherol, gamma.....mg | 3.96 | 0.246 | 3 | A | 1 | | 25.65 | 2.49 | |
| Tocopherol, delta.....mg | 1.70 | 0.095 | 3 | A | 1 | | 11.01 | 1.07 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.1 | | 0 | BFZN | 4 | | 0.7 | 0.1 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 5 | | 0 | BFZN | 4 | | 29 | 3 | |
| Vitamin K (phylloquinone).....µg | 24.4 | | 0 | BFZN | 4 | | 158.2 | 15.4 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.422 | | 0 | NC | 4 | | 15.694 | 1.526 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.030 | 0.003 | |
| 10:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.030 | 0.003 | |
| 12:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.019 | 0.002 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | 0.001 | 3 | A | 1 | | 0.144 | 0.014 | |
| 15:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.024 | 0.002 | |
| 16:0.....g | 1.602 | 0.081 | 3 | A | 1 | | 10.379 | 1.009 | |
| 17:0.....g | 0.012 | 0.000 | 3 | A | 1 | | 0.080 | 0.008 | |
| 18:0.....g | 0.678 | 0.030 | 3 | A | 1 | | 4.395 | 0.427 | |
| 20:0.....g | 0.039 | 0.001 | 3 | A | 1 | | 0.252 | 0.025 | |
| 22:0.....g | 0.038 | 0.001 | 3 | A | 1 | | 0.248 | 0.024 | |
| 24:0.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.092 | 0.009 | |
| Fatty acids, total monounsaturated.....g | 3.474 | | 0 | NC | 4 | | 22.510 | 2.189 | |
| 14:1.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.026 | 0.002 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.136 | 0.019 | 3 | AS | 1 | | 0.881 | 0.086 | |
| 16:1 c.....g | 0.136 | 0.019 | 3 | A | 1 | | 0.879 | 0.085 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | 0.000 | |
| 17:1.....g | 0.007 | 0.000 | 3 | A | 1 | | 0.045 | 0.004 | |
| 18:1 undifferentiated.....g | 3.284 | 0.095 | 3 | AS | 1 | | 21.280 | 2.069 | |
| 18:1 c.....g | 3.266 | 0.092 | 3 | A | 1 | | 21.161 | 2.057 | |
| 18:1 t.....g | 0.018 | 0.003 | 3 | A | 1 | | 0.119 | 0.012 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.043 | 0.002 | 3 | A | 1 | | 0.278 | 0.027 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 6.086 | | 0 | NC | 4 | | 39.439 | 3.834 | |
| 18:2 undifferentiated.....g | 5.329 | 0.035 | 3 | AS | 1 | | 34.531 | 3.357 | |
| 18:2 n-6 c,c.....g | 5.284 | 0.037 | 3 | A | 1 | | 34.238 | 3.329 | |
| 18:2 CLAs.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.071 | 0.007 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.034 | 0.003 | 3 | A | 1 | | 0.222 | 0.022 | |
| 18:3 undifferentiated.....g | 0.647 | 0.011 | 3 | AS | 1 | | 4.190 | 0.407 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.619 | 0.011 | 3 | A | 1 | | 4.009 | 0.390 | |
| 18:3 n-6 c,c,c.....g | 0.028 | 0.001 | 3 | A | 1 | | 0.181 | 0.018 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.054 | 0.005 | |
| 20:3 undifferentiated.....g | 0.010 | 0.001 | 3 | AS | 1 | | 0.064 | 0.006 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.010 | 0.001 | 3 | A | 1 | | 0.064 | 0.006 | |
| 20:4 undifferentiated.....g | 0.067 | 0.007 | 3 | A | 1 | | 0.436 | 0.042 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 3 | A | 1 | | 0.009 | 0.001 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.016 | 0.002 | 3 | A | 1 | | 0.103 | 0.010 | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.002 | 3 | A | 1 | | 0.022 | 0.002 | |

NDB No. 36629

Restaurant, Chinese, orange chicken (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 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.005 | 0.001 | 3 | A | 1 | | 0.030 | 0.003 | |
| Fatty acids, total trans.....g | 0.053 | | 0 | NC | 4 | | 0.343 | 0.033 | |
| Fatty acids, total trans-monoenoic.....g | 0.019 | | 0 | NC | 4 | | 0.121 | 0.012 | |
| Fatty acids, total trans-polyenoic.....g | 0.034 | | 0 | NC | 4 | | 0.222 | 0.022 | |
| Cholesterol.....mg | 61 | 4.563 | 3 | A | 1 | | 394 | 38 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.113 | | 0 | A | 1 | | 0.734 | 0.071 | |
| Threonine.....g | 0.576 | | 0 | A | 1 | | 3.734 | 0.363 | |
| Isoleucine.....g | 0.576 | | 0 | A | 1 | | 3.734 | 0.363 | |
| Leucine.....g | 1.001 | | 0 | A | 1 | | 6.488 | 0.631 | |
| Lysine.....g | 1.058 | | 0 | A | 1 | | 6.856 | 0.667 | |
| Methionine.....g | 0.340 | | 0 | A | 1 | | 2.204 | 0.214 | |
| Cystine.....g | 0.161 | | 0 | A | 1 | | 1.041 | 0.101 | |
| Phenylalanine.....g | 0.510 | | 0 | A | 1 | | 3.306 | 0.321 | |
| Tyrosine.....g | 0.321 | | 0 | A | 1 | | 2.081 | 0.202 | |
| Valine.....g | 0.614 | | 0 | A | 1 | | 3.978 | 0.387 | |
| Arginine.....g | 0.803 | | 0 | A | 1 | | 5.203 | 0.506 | |
| Histidine.....g | 0.359 | | 0 | A | 1 | | 2.325 | 0.226 | |
| Alanine.....g | 0.775 | | 0 | A | 1 | | 5.019 | 0.488 | |
| Aspartic acid.....g | 1.247 | | 0 | A | 1 | | 8.080 | 0.786 | |
| Glutamic acid.....g | 2.475 | | 0 | A | 1 | | 16.037 | 1.559 | |
| Glycine.....g | 0.614 | | 0 | A | 1 | | 3.978 | 0.387 | |
| Proline.....g | 0.604 | | 0 | A | 1 | | 3.917 | 0.381 | |
| Serine.....g | 0.548 | | 0 | A | 1 | | 3.550 | 0.345 | |
| Hydroxyproline.....g | 0.100 | | 1 | A | 1 | | 0.648 | 0.063 | |
| 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 = 648g: 1 order

Measure 2 = 63g: 3 pieces

Footnotes:

1 Rice and broccoli were not included in analyses.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36633

Restaurant, Chinese, sesame chicken

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 42.80 | 2.481 | 12 | A | 1 | | 234.10 | | |
| Energy.....kcal | 293 | | 0 | NC | 4 | | 1603 | | |
| Energy.....kJ | 1226 | | 0 | NC | 4 | | 6706 | | |
| Protein.....g | 14.33 | 0.858 | 12 | A | 1 | | 78.37 | | |
| Total lipid (fat).....g | 14.25 | 1.203 | 12 | A | 1 | | 77.97 | | |
| Ash.....g | 1.74 | 0.137 | 12 | A | 1 | | 9.53 | | |
| Carbohydrate, by difference.....g | 26.88 | | 0 | NC | 4 | | 147.04 | | |
| Fiber, total dietary.....g | 0.7 | | 2 | A | 1 | | 4.0 | | |
| Sugars, total.....g | 15.98 | | 2 | A | 1 | | 87.44 | | |
| Sucrose.....g | 11.79 | | 2 | A | 1 | | 64.52 | | |
| Glucose (dextrose).....g | 2.18 | | 2 | A | 1 | | 11.95 | | |
| Fructose.....g | 2.01 | | 2 | A | 1 | | 10.97 | | |
| Lactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Starch.....g | 10.70 | | 2 | A | 1 | | 58.53 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 12 | 1.324 | 12 | A | 1 | | 64 | | |
| Iron, Fe.....mg | 1.09 | 0.143 | 12 | A | 1 | | 5.98 | | |
| Magnesium, Mg.....mg | 22 | 1.295 | 12 | A | 1 | | 120 | | |
| Phosphorus, P.....mg | 130 | 8.366 | 12 | A | 1 | | 712 | | |
| Potassium, K.....mg | 204 | 12.195 | 12 | A | 1 | | 1115 | | |
| Sodium, Na.....mg | 482 | 56.055 | 12 | A | 1 | | 2637 | | |
| Zinc, Zn.....mg | 0.91 | 0.110 | 12 | A | 1 | | 4.97 | | |
| Copper, Cu.....mg | 0.051 | 0.003 | 12 | A | 1 | | 0.280 | | |
| Manganese, Mn.....mg | 0.083 | 0.011 | 12 | A | 1 | | 0.451 | | |
| Selenium, Se.....µg | 16.7 | | 2 | A | 1 | | 91.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.0 | | 0 | BFSN | 4 | | 5.6 | | |
| Thiamin.....mg | 0.040 | | 2 | A | 1 | | 0.219 | | |
| Riboflavin.....mg | 0.225 | | 2 | A | 1 | | 1.230 | | |
| Niacin.....mg | 3.960 | | 2 | A | 1 | | 21.661 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.267 | | 2 | A | 1 | | 1.463 | | |
| Folate, total.....µg | 8 | | 2 | A | 1 | | 42 | | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....µg | 8 | | 2 | A | 1 | | 42 | | |
| Folate, DFE.....µg | 8 | | 0 | NC | 4 | | 42 | | |
| Choline, total.....mg | 73.3 | | 0 | BFSN | 4 | | 400.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.25 | | 2 | A | 1 | | 1.37 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 83 | | 0 | NC | 4 | | 454 | | |
| Retinol.....µg | 82 | | 0 | BFSN | 4 | | 449 | | |
| Carotene, beta.....µg | 10 | | 0 | BFSN | 4 | | 55 | | |
| Carotene, alpha.....µg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Cryptoxanthin, beta.....µg | 3 | | 0 | BFSN | 4 | | 17 | | |
| Vitamin A, IU.....IU | 293 | | 0 | NC | 4 | | 1602 | | |
| Lycopene.....µg | 28 | | 0 | BFSN | 4 | | 152 | | |
| Lutein + zeaxanthin.....µg | 90 | | 0 | BFSN | 4 | | 490 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.31 | | 2 | A | 1 | | 7.19 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.20 | | 2 | A | 1 | | 1.09 | | |
| Tocopherol, gamma.....mg | 6.48 | | 2 | A | 1 | | 35.45 | | |
| Tocopherol, delta.....mg | 2.65 | | 2 | A | 1 | | 14.52 | | |
| Tocotrienol, alpha.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |

NDB No. 36633

Restaurant, Chinese, sesame chicken

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.1 | | 0 | BFSN | 4 | | 0.7 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 5 | | 0 | BFSN | 4 | | 27 | | |
| Vitamin K (phylloquinone).....µg | 27.1 | | 0 | BFSN | 4 | | 148.1 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.410 | | 0 | NC | 4 | | 13.182 | | |
| 4:0.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.001 | 0.001 | 11 | A | 1 | | 0.003 | | |
| 10:0.....g | 0.005 | 0.002 | 11 | A | 1 | | 0.029 | | |
| 12:0.....g | 0.002 | 0.001 | 11 | A | 1 | | 0.013 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.021 | 0.001 | 11 | A | 1 | | 0.114 | | |
| 15:0.....g | 0.005 | 0.000 | 11 | A | 1 | | 0.025 | | |
| 16:0.....g | 1.651 | 0.154 | 11 | A | 1 | | 9.029 | | |
| 17:0.....g | 0.013 | 0.001 | 11 | A | 1 | | 0.071 | | |
| 18:0.....g | 0.632 | 0.087 | 11 | A | 1 | | 3.459 | | |
| 20:0.....g | 0.030 | 0.006 | 11 | A | 1 | | 0.165 | | |
| 22:0.....g | 0.036 | 0.004 | 11 | A | 1 | | 0.199 | | |
| 24:0.....g | 0.014 | 0.001 | 11 | A | 1 | | 0.075 | | |
| Fatty acids, total monounsaturated.....g | 3.546 | | 0 | NC | 4 | | 19.398 | | |
| 14:1.....g | 0.003 | 0.000 | 11 | A | 1 | | 0.017 | | |
| 15:1.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.002 | | |
| 16:1 undifferentiated.....g | 0.113 | 0.014 | 11 | AS | 1 | | 0.616 | | |
| 16:1 c.....g | 0.112 | 0.013 | 11 | A | 1 | | 0.612 | | |
| 16:1 t.....g | 0.001 | 0.000 | 11 | A | 1 | | 0.004 | | |
| 17:1.....g | 0.007 | 0.001 | 11 | A | 1 | | 0.038 | | |
| 18:1 undifferentiated.....g | 3.342 | 0.244 | 11 | AS | 1 | | 18.279 | | |
| 18:1 c.....g | 3.328 | 0.243 | 11 | A | 1 | | 18.202 | | |
| 18:1 t.....g | 0.014 | 0.002 | 11 | A | 1 | | 0.077 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.076 | 0.005 | 11 | A | 1 | | 0.414 | | |
| 22:1 undifferentiated.....g | 0.005 | 0.001 | 11 | AS | 1 | | 0.027 | | |
| 22:1 c.....g | 0.002 | 0.001 | 11 | A | 1 | | 0.013 | | |
| 22:1 t.....g | 0.003 | 0.000 | 11 | A | 1 | | 0.014 | | |
| 24:1 c.....g | 0.001 | 0.001 | 11 | A | 1 | | 0.005 | | |
| Fatty acids, total polyunsaturated.....g | 6.885 | | 0 | NC | 4 | | 37.659 | | |
| 18:2 undifferentiated.....g | 5.966 | 0.684 | 11 | AS | 1 | | 32.633 | | |
| 18:2 n-6 c,c.....g | 5.925 | 0.680 | 11 | A | 1 | | 32.411 | | |
| 18:2 CLAs.....g | 0.013 | 0.002 | 11 | A | 1 | | 0.068 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.028 | 0.003 | 11 | A | 1 | | 0.153 | | |
| 18:3 undifferentiated.....g | 0.812 | 0.103 | 11 | AS | 1 | | 4.443 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.774 | 0.098 | 11 | A | 1 | | 4.231 | | |
| 18:3 n-6 c,c,c.....g | 0.039 | 0.004 | 11 | A | 1 | | 0.212 | | |
| 18:3i.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.002 | | |
| 20:2 n-6 c,c.....g | 0.009 | 0.001 | 11 | A | 1 | | 0.050 | | |
| 20:3 undifferentiated.....g | 0.010 | 0.001 | 11 | AS | 1 | | 0.053 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 11 | A | 1 | | 0.003 | | |
| 20:3 n-6.....g | 0.009 | 0.001 | 11 | A | 1 | | 0.050 | | |
| 20:4 undifferentiated.....g | 0.060 | 0.004 | 11 | A | 1 | | 0.329 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.001 | 11 | A | 1 | | 0.018 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.014 | 0.001 | 11 | A | 1 | | 0.075 | | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.000 | 11 | A | 1 | | 0.032 | | |

NDB No. 36633

Restaurant, Chinese, sesame chicken

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | | <u>Amount in edible portion of common measures of food</u> | | |
|--|--|------------|----------------|------------|-------------|--|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| 22:6 n-3 (DHA).....g | 0.005 | 0.000 | 11 | A | 1 | 0.026 | | |
| Fatty acids, total trans.....g | 0.045 | | 0 | NC | 4 | 0.248 | | |
| Fatty acids, total trans-monoenoic.....g | 0.017 | | 0 | NC | 4 | 0.095 | | |
| Fatty acids, total trans-polyenoic.....g | 0.028 | | 0 | NC | 4 | 0.153 | | |
| Cholesterol.....mg | 59 | 6.393 | 3 | A | 1 | 325 | | |
| 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 = 547g: 1 order

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36620

Restaurant, Chinese, shrimp and vegetables (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 84.06 | 0.617 | 6 | A | 1 | | 505.19 | | |
| Energy.....kcal | 78 | | 0 | NC | 4 | | 470 | | |
| Energy.....kJ | 327 | | 0 | NC | 4 | | 1965 | | |
| Protein.....g | 5.90 | 0.289 | 6 | A | 1 | | 35.43 | | |
| Total lipid (fat).....g | 4.05 | 0.545 | 12 | A | 1 | | 24.36 | | |
| Ash.....g | 1.47 | 0.088 | 6 | A | 1 | | 8.83 | | |
| Carbohydrate, by difference.....g | 4.52 | | 0 | NC | 4 | | 27.18 | | |
| Fiber, total dietary.....g | 1.4 | 0.031 | 6 | A | 1 | | 8.5 | | |
| Sugars, total.....g | 2.16 | 0.182 | 6 | A | 1 | | 12.98 | | |
| Sucrose.....g | 0.90 | 0.204 | 6 | A | 1 | | 5.42 | | |
| Glucose (dextrose).....g | 0.71 | 0.060 | 6 | A | 1 | | 4.28 | | |
| Fructose.....g | 0.55 | 0.024 | 6 | A | 1 | | 3.29 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 1.53 | 0.141 | 6 | A | 1 | | 9.22 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 36 | 1.486 | 12 | A | 1 | | 215 | | |
| Iron, Fe.....mg | 0.72 | 0.117 | 12 | A | 1 | | 4.35 | | |
| Magnesium, Mg.....mg | 16 | 0.671 | 12 | A | 1 | | 97 | | |
| Phosphorus, P.....mg | 74 | 4.092 | 12 | A | 1 | | 446 | | |
| Potassium, K.....mg | 192 | 10.602 | 12 | A | 1 | | 1151 | | |
| Sodium, Na.....mg | 375 | 28.157 | 12 | A | 1 | | 2251 | | |
| Zinc, Zn.....mg | 0.49 | 0.023 | 12 | A | 1 | | 2.93 | | |
| Copper, Cu.....mg | 0.084 | 0.008 | 12 | A | 1 | | 0.505 | | |
| Manganese, Mn.....mg | 0.158 | 0.012 | 12 | A | 1 | | 0.949 | | |
| Selenium, Se.....µg | 5.6 | 0.867 | 3 | A | 1 | | 33.5 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 11.3 | 1.698 | 6 | A | 1 | | 67.8 | | |
| Thiamin.....mg | 0.030 | 0.005 | 6 | A | 1 | | 0.180 | | |
| Riboflavin.....mg | 0.033 | 0.004 | 6 | A | 1 | | 0.200 | | |
| Niacin.....mg | 0.935 | 0.063 | 6 | A | 1 | | 5.619 | | |
| Pantothenic acid.....mg | 0.323 | 0.009 | 3 | A | 1 | | 1.943 | | |
| Vitamin B-6.....mg | 0.125 | 0.007 | 6 | A | 1 | | 0.752 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 42.1 | | 0 | AS | 1 | | 253.1 | | |
| Betaine.....mg | 28.0 | | 1 | A | 1 | | 168.4 | | |
| Vitamin B-12.....µg | 0.21 | 0.011 | 6 | A | 1 | | 1.28 | | |
| Vitamin A, RAE.....µg | 66 | 14.945 | 3 | A | 1 | | 397 | | |
| Vitamin A, IU.....IU | 1320 | 298.904 | 3 | A | 1 | | 7933 | | |
| Lycopene.....µg | 6 | 5.610 | 3 | A | 1 | | 34 | | |
| Lutein + zeaxanthin.....µg | 330 | 33.623 | 3 | A | 1 | | 1981 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.99 | 0.103 | 3 | A | 1 | | 5.97 | | |
| Tocopherol, beta.....mg | 0.05 | 0.019 | 3 | A | 1 | | 0.30 | | |
| Tocopherol, gamma.....mg | 1.67 | 0.236 | 3 | A | 1 | | 10.03 | | |
| Tocopherol, delta.....mg | 0.54 | 0.113 | 3 | A | 1 | | 3.24 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.005 | 3 | A | 1 | | 0.06 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.002 | 3 | A | 1 | | 0.01 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 52.0 | 6.075 | 3 | A | 1 | | 312.5 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.3 | 0.759 | 3 | A | 1 | | 14.1 | | |

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.633 | | 0 | NC | 4 | | 3.806 | | |
| 4:0.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.021 | | |
| 6:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.012 | | |
| 10:0.....g | 0.003 | 0.002 | 12 | A | 1 | | 0.020 | | |
| 12:0.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.007 | 0.001 | 12 | A | 1 | | 0.039 | | |
| 15:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.017 | | |
| 16:0.....g | 0.432 | 0.052 | 12 | A | 1 | | 2.596 | | |
| 17:0.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.038 | | |
| 18:0.....g | 0.151 | 0.019 | 12 | A | 1 | | 0.906 | | |
| 20:0.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.062 | | |
| 22:0.....g | 0.010 | 0.002 | 12 | A | 1 | | 0.061 | | |
| 24:0.....g | 0.004 | 0.001 | 12 | A | 1 | | 0.026 | | |
| Fatty acids, total monounsaturated.....g | 0.817 | | 0 | NC | 4 | | 4.907 | | |
| 14:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.021 | 0.005 | 12 | AS | 1 | | 0.124 | | |
| 16:1 c.....g | 0.020 | 0.005 | 12 | A | 1 | | 0.120 | | |
| 16:1 t.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.005 | | |
| 17:1.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.018 | | |
| 18:1 undifferentiated.....g | 0.772 | 0.105 | 12 | AS | 1 | | 4.642 | | |
| 18:1 c.....g | 0.765 | 0.106 | 12 | A | 1 | | 4.596 | | |
| 18:1 t.....g | 0.008 | 0.003 | 12 | A | 1 | | 0.046 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.018 | 0.003 | 12 | A | 1 | | 0.108 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.001 | 12 | AS | 1 | | 0.010 | | |
| 22:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | | |
| 22:1 t.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.004 | | |
| 24:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.005 | | |
| Fatty acids, total polyunsaturated.....g | 1.984 | | 0 | NC | 4 | | 11.924 | | |
| 18:2 undifferentiated.....g | 1.675 | 0.234 | 12 | AS | 1 | | 10.065 | | |
| 18:2 n-6 c,c.....g | 1.657 | 0.232 | 12 | A | 1 | | 9.959 | | |
| 18:2 CLAs.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.036 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.012 | 0.002 | 12 | A | 1 | | 0.069 | | |
| 18:3 undifferentiated.....g | 0.255 | 0.036 | 12 | AS | 1 | | 1.534 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.255 | 0.036 | 12 | A | 1 | | 1.533 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.023 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 12 | AS | 1 | | 0.003 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | | |
| 20:4 undifferentiated.....g | 0.007 | 0.001 | 12 | A | 1 | | 0.044 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.021 | 0.002 | 12 | A | 1 | | 0.129 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.003 | | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.000 | 12 | A | 1 | | 0.009 | | |
| 22:6 n-3 (DHA).....g | 0.019 | 0.001 | 12 | A | 1 | | 0.114 | | |
| Fatty acids, total trans.....g | 0.021 | | 0 | NC | 4 | | 0.123 | | |
| Fatty acids, total trans-monoenoic.....g | 0.009 | | 0 | NC | 4 | | 0.054 | | |
| Fatty acids, total trans-polyenoic.....g | 0.012 | | 0 | NC | 4 | | 0.069 | | |
| Cholesterol.....mg | 36 | 2.622 | 6 | A | 1 | | 215 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.059 | | 0 | A | 1 | | 0.354 | | |
| Threonine.....g | 0.206 | | 0 | A | 1 | | 1.239 | | |

NDB No. 36620

Restaurant, Chinese, shrimp and vegetables (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.216 | | 0 | A | 1 | 1.297 | | |
| Leucine.....g | 0.400 | | 0 | A | 1 | 2.402 | | |
| Lysine.....g | 0.435 | | 0 | A | 1 | 2.611 | | |
| Methionine.....g | 0.152 | | 0 | A | 1 | 0.915 | | |
| Cystine.....g | 0.058 | | 0 | A | 1 | 0.349 | | |
| Phenylalanine.....g | 0.212 | | 0 | A | 1 | 1.276 | | |
| Tyrosine.....g | 0.177 | | 0 | A | 1 | 1.063 | | |
| Valine.....g | 0.245 | | 0 | A | 1 | 1.471 | | |
| Arginine.....g | 0.469 | | 0 | A | 1 | 2.818 | | |
| Histidine.....g | 0.119 | | 0 | A | 1 | 0.715 | | |
| Alanine.....g | 0.310 | | 0 | A | 1 | 1.861 | | |
| Aspartic acid.....g | 0.589 | | 0 | A | 1 | 3.543 | | |
| Glutamic acid.....g | 1.207 | | 0 | A | 1 | 7.254 | | |
| Glycine.....g | 0.295 | | 0 | A | 1 | 1.774 | | |
| Proline.....g | 0.249 | | 0 | A | 1 | 1.496 | | |
| Serine.....g | 0.222 | | 0 | A | 1 | 1.335 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 601g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. Most dishes analyzed included carrots and broccoli.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36621

Restaurant, Chinese, sweet and sour chicken (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 52.17 | 1.495 | 3 | A | 1 | | 368.34 | 28.70 | |
| Energy.....kcal | 250 | | 0 | NC | 4 | | 1763 | 137 | |
| Energy.....kJ | 1045 | | 0 | NC | 4 | | 7378 | 575 | |
| Protein.....g | 10.10 | 0.543 | 3 | A | 1 | | 71.33 | 5.56 | |
| Total lipid (fat).....g | 12.65 | 1.516 | 7 | A | 1 | | 89.31 | 6.96 | |
| Ash.....g | 1.21 | 0.074 | 3 | A | 1 | | 8.54 | 0.67 | |
| Carbohydrate, by difference.....g | 23.86 | | 0 | NC | 4 | | 168.47 | 13.12 | |
| Fiber, total dietary.....g | 1.0 | 0.033 | 3 | A | 1 | | 6.8 | 0.5 | |
| Sugars, total.....g | 11.47 | 1.740 | 3 | A | 1 | | 80.98 | 6.31 | |
| Sucrose.....g | 5.18 | 2.210 | 3 | A | 1 | | 36.55 | 2.85 | |
| Glucose (dextrose).....g | 3.26 | 0.212 | 3 | A | 1 | | 23.02 | 1.79 | |
| Fructose.....g | 3.03 | 0.259 | 3 | A | 1 | | 21.42 | 1.67 | |
| 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 | 11.40 | 0.896 | 3 | A | 1 | | 80.48 | 6.27 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 45 | 15.083 | 7 | A | 1 | | 321 | 25 | |
| Iron, Fe.....mg | 2.12 | 0.508 | 7 | A | 1 | | 14.96 | 1.17 | |
| Magnesium, Mg.....mg | 15 | 0.532 | 7 | A | 1 | | 106 | 8 | |
| Phosphorus, P.....mg | 135 | 26.049 | 7 | A | 1 | | 952 | 74 | |
| Potassium, K.....mg | 158 | 8.038 | 7 | A | 1 | | 1113 | 87 | |
| Sodium, Na.....mg | 246 | 29.970 | 7 | A | 1 | | 1739 | 135 | |
| Zinc, Zn.....mg | 0.42 | 0.059 | 7 | A | 1 | | 2.99 | 0.23 | |
| Copper, Cu.....mg | 0.039 | 0.004 | 7 | A | 1 | | 0.275 | 0.021 | |
| Manganese, Mn.....mg | 0.152 | 0.027 | 7 | A | 1 | | 1.075 | 0.084 | |
| Selenium, Se.....µg | 11.5 | | 2 | A | 1 | | 81.2 | 6.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 2.4 | 0.651 | 3 | A | 1 | | 16.9 | 1.3 | |
| Thiamin.....mg | 0.053 | 0.003 | 3 | A | 1 | | 0.377 | 0.029 | |
| Riboflavin.....mg | 0.043 | 0.003 | 3 | A | 1 | | 0.306 | 0.024 | |
| Niacin.....mg | 3.657 | 0.216 | 3 | A | 1 | | 25.816 | 2.011 | |
| Pantothenic acid.....mg | 0.560 | | 1 | A | 1 | | 3.954 | 0.308 | |
| Vitamin B-6.....mg | 0.257 | 0.034 | 3 | A | 1 | | 1.812 | 0.141 | |
| Folate, total.....µg | 11 | | 0 | BFZN | 4 | | 78 | 6 | |
| Folic acid.....µg | 5 | | 0 | BFZN | 4 | | 37 | 3 | |
| Folate, food.....µg | 6 | | 0 | NC | 4 | | 41 | 3 | |
| Folate, DFE.....µg | 15 | | 0 | NC | 4 | | 104 | 8 | |
| Choline, total.....mg | 24.2 | | 0 | AS | 1 | | 171.0 | 13.3 | |
| Betaine.....mg | 8.3 | | 1 | A | 1 | | 58.3 | 4.5 | |
| Vitamin B-12.....µg | 0.09 | 0.015 | 3 | A | 1 | | 0.64 | 0.05 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 18 | | 0 | AS | 1 | | 129 | 10 | |
| Retinol.....µg | 3 | | 2 | A | 1 | | 21 | 2 | |
| Carotene, beta.....µg | 138 | | 1 | A | 1 | | 973 | 76 | |
| Carotene, alpha.....µg | 93 | | 1 | A | 1 | | 654 | 51 | |
| Cryptoxanthin, beta.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 317 | | 0 | AS | 1 | | 2236 | 174 | |
| Lycopene.....µg | 134 | | 1 | A | 1 | | 943 | 73 | |
| Lutein + zeaxanthin.....µg | 37 | | 1 | A | 1 | | 261 | 20 | |
| Vitamin E (alpha-tocopherol).....mg | 0.82 | | 2 | A | 1 | | 5.81 | 0.45 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.15 | | 2 | A | 1 | | 1.08 | 0.08 | |
| Tocopherol, gamma.....mg | 5.92 | | 2 | A | 1 | | 41.76 | 3.25 | |
| Tocopherol, delta.....mg | 2.39 | | 2 | A | 1 | | 16.91 | 1.32 | |
| Tocotrienol, alpha.....mg | 0.01 | | 2 | A | 1 | | 0.06 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.01 | | 2 | A | 1 | | 0.07 | 0.01 | |
| Tocotrienol, delta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.2 | | 0 | BFZN | 4 | | 1.3 | 0.1 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 7 | | 0 | BFZN | 4 | | 51 | 4 | |
| Vitamin K (phylloquinone).....µg | 22.5 | | 2 | A | 1 | | 159.2 | 12.4 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.4 | | 2 | A | 1 | | 16.9 | 1.3 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.933 | | 0 | NC | 4 | | 13.645 | 1.063 | |
| 4:0.....g | 0.002 | 0.000 | 7 | A | 1 | | 0.017 | 0.001 | |
| 6:0.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.004 | 0.001 | 7 | A | 1 | | 0.029 | 0.002 | |
| 10:0.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.008 | 0.001 | |
| 12:0.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.009 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.013 | 0.002 | 7 | A | 1 | | 0.090 | 0.007 | |
| 15:0.....g | 0.003 | 0.000 | 7 | A | 1 | | 0.021 | 0.002 | |
| 16:0.....g | 1.312 | 0.164 | 7 | A | 1 | | 9.265 | 0.722 | |
| 17:0.....g | 0.012 | 0.001 | 7 | A | 1 | | 0.084 | 0.007 | |
| 18:0.....g | 0.507 | 0.067 | 7 | A | 1 | | 3.577 | 0.279 | |
| 20:0.....g | 0.033 | 0.004 | 7 | A | 1 | | 0.236 | 0.018 | |
| 22:0.....g | 0.032 | 0.004 | 7 | A | 1 | | 0.229 | 0.018 | |
| 24:0.....g | 0.011 | 0.001 | 7 | A | 1 | | 0.080 | 0.006 | |
| Fatty acids, total monounsaturated.....g | 2.717 | | 0 | NC | 4 | | 19.179 | 1.494 | |
| 14:1.....g | 0.002 | 0.000 | 7 | A | 1 | | 0.012 | 0.001 | |
| 15:1.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.049 | 0.009 | 7 | AS | 1 | | 0.346 | 0.027 | |
| 16:1 c.....g | 0.049 | 0.009 | 7 | A | 1 | | 0.343 | 0.027 | |
| 16:1 t.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.003 | 0.000 | |
| 17:1.....g | 0.009 | 0.001 | 7 | A | 1 | | 0.064 | 0.005 | |
| 18:1 undifferentiated.....g | 2.594 | 0.347 | 7 | AS | 1 | | 18.313 | 1.427 | |
| 18:1 c.....g | 2.561 | 0.334 | 7 | A | 1 | | 18.080 | 1.408 | |
| 18:1 t.....g | 0.033 | 0.024 | 7 | A | 1 | | 0.233 | 0.018 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.054 | 0.007 | 7 | A | 1 | | 0.378 | 0.029 | |
| 22:1 undifferentiated.....g | 0.007 | 0.001 | 7 | AS | 1 | | 0.048 | 0.004 | |
| 22:1 c.....g | 0.004 | 0.001 | 7 | A | 1 | | 0.027 | 0.002 | |
| 22:1 t.....g | 0.003 | 0.000 | 7 | A | 1 | | 0.021 | 0.002 | |
| 24:1 c.....g | 0.003 | 0.001 | 7 | A | 1 | | 0.018 | 0.001 | |
| Fatty acids, total polyunsaturated.....g | 6.419 | | 0 | NC | 4 | | 45.318 | 3.530 | |
| 18:2 undifferentiated.....g | 5.595 | 0.720 | 7 | AS | 1 | | 39.502 | 3.077 | |
| 18:2 n-6 c,c.....g | 5.545 | 0.713 | 7 | A | 1 | | 39.148 | 3.050 | |
| 18:2 CLAs.....g | 0.010 | 0.002 | 7 | A | 1 | | 0.070 | 0.005 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.040 | 0.006 | 7 | A | 1 | | 0.284 | 0.022 | |
| 18:3 undifferentiated.....g | 0.772 | 0.100 | 7 | AS | 1 | | 5.452 | 0.425 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.771 | 0.100 | 7 | A | 1 | | 5.443 | 0.424 | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.009 | 0.001 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 7 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.007 | 0.001 | 7 | A | 1 | | 0.048 | 0.004 | |
| 20:3 undifferentiated.....g | 0.005 | 0.000 | 7 | AS | 1 | | 0.036 | 0.003 | |
| 20:3 n-3.....g | 0.001 | 0.000 | 7 | A | 1 | | 0.004 | 0.000 | |
| 20:3 n-6.....g | 0.005 | 0.000 | 7 | A | 1 | | 0.032 | 0.003 | |
| 20:4 undifferentiated.....g | 0.024 | 0.002 | 7 | A | 1 | | 0.167 | 0.013 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.001 | 7 | A | 1 | | 0.024 | 0.002 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.007 | 0.000 | 7 | A | 1 | | 0.046 | 0.004 | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 7 | A | 1 | | 0.021 | 0.002 | |

NDB No. 36621

Restaurant, Chinese, sweet and sour chicken (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.000 | 7 | A | 1 | | 0.018 | 0.001 | |
| Fatty acids, total trans.....g | 0.077 | | 0 | NC | 4 | | 0.542 | 0.042 | |
| Fatty acids, total trans-monoenoic.....g | 0.036 | | 0 | NC | 4 | | 0.257 | 0.020 | |
| Fatty acids, total trans-polyenoic.....g | 0.040 | | 0 | NC | 4 | | 0.284 | 0.022 | |
| Cholesterol.....mg | 27 | 1.436 | 3 | A | 1 | | 189 | 15 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.106 | | 0 | A | 1 | | 0.751 | 0.058 | |
| Threonine.....g | 0.394 | | 0 | A | 1 | | 2.778 | 0.216 | |
| Isoleucine.....g | 0.404 | | 0 | A | 1 | | 2.853 | 0.222 | |
| Leucine.....g | 0.734 | | 0 | A | 1 | | 5.181 | 0.404 | |
| Lysine.....g | 0.691 | | 0 | A | 1 | | 4.881 | 0.380 | |
| Methionine.....g | 0.234 | | 0 | A | 1 | | 1.652 | 0.129 | |
| Cystine.....g | 0.128 | | 0 | A | 1 | | 0.901 | 0.070 | |
| Phenylalanine.....g | 0.372 | | 0 | A | 1 | | 2.628 | 0.205 | |
| Tyrosine.....g | 0.255 | | 0 | A | 1 | | 1.802 | 0.140 | |
| Valine.....g | 0.425 | | 0 | A | 1 | | 3.004 | 0.234 | |
| Arginine.....g | 0.553 | | 0 | A | 1 | | 3.905 | 0.304 | |
| Histidine.....g | 0.287 | | 0 | A | 1 | | 2.027 | 0.158 | |
| Alanine.....g | 0.489 | | 0 | A | 1 | | 3.454 | 0.269 | |
| Aspartic acid.....g | 0.808 | | 0 | A | 1 | | 5.707 | 0.445 | |
| Glutamic acid.....g | 1.893 | | 0 | A | 1 | | 13.366 | 1.041 | |
| Glycine.....g | 0.394 | | 0 | A | 1 | | 2.778 | 0.216 | |
| Proline.....g | 0.468 | | 0 | A | 1 | | 3.304 | 0.257 | |
| Serine.....g | 0.383 | | 0 | A | 1 | | 2.703 | 0.211 | |
| 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 = 706g: 1 order

Measure 2 = 55g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36622

Restaurant, Chinese, sweet and sour pork (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 50.84 | 1.463 | 6 | A | 1 | | 309.64 | 21.35 | |
| Energy.....kcal | 270 | | 0 | NC | 4 | | 1644 | 113 | |
| Energy.....kJ | 1129 | | 0 | NC | 4 | | 6876 | 474 | |
| Protein.....g | 8.91 | 0.817 | 6 | A | 1 | | 54.24 | 3.74 | |
| Total lipid (fat).....g | 15.66 | 0.856 | 12 | A | 1 | | 95.36 | 6.58 | |
| Ash.....g | 1.25 | 0.105 | 6 | A | 1 | | 7.60 | 0.52 | |
| Carbohydrate, by difference.....g | 23.34 | | 0 | NC | 4 | | 142.16 | 9.80 | |
| Fiber, total dietary.....g | 1.0 | 0.115 | 6 | A | 1 | | 6.1 | 0.4 | |
| Sugars, total.....g | 10.34 | 0.604 | 6 | A | 1 | | 62.95 | 4.34 | |
| Sucrose.....g | 4.47 | 0.891 | 6 | A | 1 | | 27.23 | 1.88 | |
| Glucose (dextrose).....g | 3.01 | 0.424 | 6 | A | 1 | | 18.33 | 1.26 | |
| Fructose.....g | 2.85 | 0.429 | 6 | A | 1 | | 17.39 | 1.20 | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 11.75 | 0.689 | 6 | A | 1 | | 71.56 | 4.93 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 46 | 5.498 | 12 | A | 1 | | 280 | 19 | |
| Iron, Fe.....mg | 3.07 | 0.627 | 12 | A | 1 | | 18.70 | 1.29 | |
| Magnesium, Mg.....mg | 13 | 0.589 | 12 | A | 1 | | 79 | 5 | |
| Phosphorus, P.....mg | 133 | 12.087 | 12 | A | 1 | | 809 | 56 | |
| Potassium, K.....mg | 152 | 8.464 | 12 | A | 1 | | 928 | 64 | |
| Sodium, Na.....mg | 304 | 34.199 | 12 | A | 1 | | 1853 | 128 | |
| Zinc, Zn.....mg | 1.07 | 0.115 | 12 | A | 1 | | 6.52 | 0.45 | |
| Copper, Cu.....mg | 0.060 | 0.003 | 12 | A | 1 | | 0.368 | 0.025 | |
| Manganese, Mn.....mg | 0.173 | 0.029 | 12 | A | 1 | | 1.054 | 0.073 | |
| Selenium, Se.....µg | 9.7 | 2.832 | 3 | A | 1 | | 59.3 | 4.1 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 2.3 | 0.645 | 6 | A | 1 | | 14.1 | 1.0 | |
| Thiamin.....mg | 0.235 | 0.045 | 6 | A | 1 | | 1.431 | 0.099 | |
| Riboflavin.....mg | 0.103 | 0.014 | 6 | A | 1 | | 0.629 | 0.043 | |
| Niacin.....mg | 2.112 | 0.260 | 6 | A | 1 | | 12.860 | 0.887 | |
| Pantothenic acid.....mg | 0.443 | 0.047 | 3 | A | 1 | | 2.700 | 0.186 | |
| Vitamin B-6.....mg | 0.170 | 0.010 | 6 | A | 1 | | 1.033 | 0.071 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 32.5 | | 0 | AS | 1 | | 197.6 | 13.6 | |
| Betaine.....mg | 7.4 | | 1 | A | 1 | | 45.3 | 3.1 | |
| Vitamin B-12.....µg | 0.19 | 0.024 | 6 | A | 1 | | 1.18 | 0.08 | |
| Vitamin A, RAE.....µg | 29 | | 0 | AS | 1 | | 176 | 12 | |
| Vitamin A, IU.....IU | 553 | | 0 | AS | 1 | | 3367 | 232 | |
| Lycopene.....µg | 199 | 123.223 | 3 | A | 1 | | 1215 | 84 | |
| Lutein + zeaxanthin.....µg | 22 | 9.686 | 3 | A | 1 | | 136 | 9 | |
| Vitamin E (alpha-tocopherol).....mg | 0.89 | 0.454 | 3 | A | 1 | | 5.39 | 0.37 | |
| Tocopherol, beta.....mg | 0.06 | 0.022 | 3 | A | 1 | | 0.37 | 0.03 | |
| Tocopherol, gamma.....mg | 3.27 | 1.371 | 3 | A | 1 | | 19.94 | 1.38 | |
| Tocopherol, delta.....mg | 1.28 | 0.496 | 3 | A | 1 | | 7.77 | 0.54 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, gamma.....mg | 0.01 | 0.005 | 3 | A | 1 | | 0.03 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 27.9 | 3.141 | 3 | A | 1 | | 169.6 | 11.7 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.0 | 0.433 | 3 | A | 1 | | 12.5 | 0.9 | |

| 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 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.680 | | 0 | NC | 4 | | 16.320 | 1.125 | |
| 4:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.021 | 0.001 | |
| 6:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | 0.000 | |
| 8:0.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.034 | 0.002 | |
| 10:0.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.030 | 0.002 | |
| 12:0.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.019 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.042 | 0.007 | 12 | A | 1 | | 0.256 | 0.018 | |
| 15:0.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.024 | 0.002 | |
| 16:0.....g | 1.794 | 0.117 | 12 | A | 1 | | 10.923 | 0.753 | |
| 17:0.....g | 0.018 | 0.001 | 12 | A | 1 | | 0.110 | 0.008 | |
| 18:0.....g | 0.719 | 0.050 | 12 | A | 1 | | 4.378 | 0.302 | |
| 20:0.....g | 0.039 | 0.002 | 12 | A | 1 | | 0.236 | 0.016 | |
| 22:0.....g | 0.035 | 0.003 | 12 | A | 1 | | 0.215 | 0.015 | |
| 24:0.....g | 0.012 | 0.001 | 12 | A | 1 | | 0.074 | 0.005 | |
| Fatty acids, total monounsaturated.....g | 3.527 | | 0 | NC | 4 | | 21.478 | 1.481 | |
| 14:1.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.010 | 0.001 | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.074 | 0.010 | 12 | AS | 1 | | 0.453 | 0.031 | |
| 16:1 c.....g | 0.074 | 0.010 | 12 | A | 1 | | 0.449 | 0.031 | |
| 16:1 t.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.004 | 0.000 | |
| 17:1.....g | 0.015 | 0.001 | 12 | A | 1 | | 0.092 | 0.006 | |
| 18:1 undifferentiated.....g | 3.354 | 0.216 | 12 | AS | 1 | | 20.423 | 1.409 | |
| 18:1 c.....g | 3.323 | 0.210 | 12 | A | 1 | | 20.239 | 1.396 | |
| 18:1 t.....g | 0.030 | 0.016 | 12 | A | 1 | | 0.185 | 0.013 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.072 | 0.007 | 12 | A | 1 | | 0.438 | 0.030 | |
| 22:1 undifferentiated.....g | 0.007 | 0.001 | 12 | AS | 1 | | 0.044 | 0.003 | |
| 22:1 c.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.023 | 0.002 | |
| 22:1 t.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.021 | 0.001 | |
| 24:1 c.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.018 | 0.001 | |
| Fatty acids, total polyunsaturated.....g | 7.116 | | 0 | NC | 4 | | 43.335 | 2.989 | |
| 18:2 undifferentiated.....g | 6.271 | 0.365 | 12 | AS | 1 | | 38.188 | 2.634 | |
| 18:2 n-6 c,c.....g | 6.205 | 0.360 | 12 | A | 1 | | 37.786 | 2.606 | |
| 18:2 CLAs.....g | 0.014 | 0.001 | 12 | A | 1 | | 0.083 | 0.006 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.052 | 0.005 | 12 | A | 1 | | 0.319 | 0.022 | |
| 18:3 undifferentiated.....g | 0.787 | 0.085 | 12 | AS | 1 | | 4.791 | 0.330 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.785 | 0.085 | 12 | A | 1 | | 4.783 | 0.330 | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.007 | 0.000 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.013 | 0.001 | 12 | A | 1 | | 0.082 | 0.006 | |
| 20:3 undifferentiated.....g | 0.006 | 0.001 | 12 | AS | 1 | | 0.037 | 0.003 | |
| 20:3 n-3.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.012 | 0.001 | |
| 20:3 n-6.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.025 | 0.002 | |
| 20:4 undifferentiated.....g | 0.025 | 0.003 | 12 | A | 1 | | 0.151 | 0.010 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 12 | A | 1 | | 0.023 | 0.002 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.029 | 0.002 | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 12 | A | 1 | | 0.020 | 0.001 | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.000 | 12 | A | 1 | | 0.012 | 0.001 | |
| Fatty acids, total trans.....g | 0.087 | | 0 | NC | 4 | | 0.529 | 0.036 | |
| Fatty acids, total trans-monoenoic.....g | 0.034 | | 0 | NC | 4 | | 0.210 | 0.014 | |
| Fatty acids, total trans-polyenoic.....g | 0.052 | | 0 | NC | 4 | | 0.319 | 0.022 | |
| Cholesterol.....mg | 24 | 2.662 | 6 | A | 1 | | 147 | 10 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.104 | | 0 | A | 1 | | 0.632 | 0.044 | |
| Threonine.....g | 0.380 | | 0 | A | 1 | | 2.316 | 0.160 | |

NDB No. 36622

Restaurant, Chinese, sweet and sour pork (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|--------|-------|---|------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number | Deriv | Source | Confidence | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Code | Code | | | | |
| Isoleucine.....g | 0.384 | | 0 | A | 1 | | 2.340 | 0.161 | |
| Leucine.....g | 0.720 | | 0 | A | 1 | | 4.388 | 0.303 | |
| Lysine.....g | 0.675 | | 0 | A | 1 | | 4.111 | 0.284 | |
| Methionine.....g | 0.211 | | 0 | A | 1 | | 1.284 | 0.089 | |
| Cystine.....g | 0.113 | | 0 | A | 1 | | 0.685 | 0.047 | |
| Phenylalanine.....g | 0.350 | | 0 | A | 1 | | 2.134 | 0.147 | |
| Tyrosine.....g | 0.258 | | 0 | A | 1 | | 1.571 | 0.108 | |
| Valine.....g | 0.419 | | 0 | A | 1 | | 2.549 | 0.176 | |
| Arginine.....g | 0.549 | | 0 | A | 1 | | 3.342 | 0.231 | |
| Histidine.....g | 0.293 | | 0 | A | 1 | | 1.783 | 0.123 | |
| Alanine.....g | 0.482 | | 0 | A | 1 | | 2.933 | 0.202 | |
| Aspartic acid.....g | 0.781 | | 0 | A | 1 | | 4.755 | 0.328 | |
| Glutamic acid.....g | 1.921 | | 0 | A | 1 | | 11.698 | 0.807 | |
| Glycine.....g | 0.406 | | 0 | A | 1 | | 2.476 | 0.171 | |
| Proline.....g | 0.457 | | 0 | A | 1 | | 2.782 | 0.192 | |
| Serine.....g | 0.388 | | 0 | A | 1 | | 2.361 | 0.163 | |
| Hydroxyproline.....g | | | | | | | | | |

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

Common Measures:

Measure 1 = 609g: 1 order

Measure 2 = 42g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant.

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36624

Restaurant, Chinese, vegetable chow mein, without meat or noodles (1, 2)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 90.08 | 0.609 | 10 | A | 1 | | 699.94 | 175.66 | |
| Energy.....kcal | 43 | | 0 | NC | 4 | | 337 | 85 | |
| Energy.....kJ | 182 | | 0 | NC | 4 | | 1414 | 355 | |
| Protein.....g | 1.34 | 0.066 | 10 | A | 1 | | 10.39 | 2.61 | |
| Total lipid (fat).....g | 1.68 | 0.361 | 10 | A | 1 | | 13.03 | 3.27 | |
| Ash.....g | 1.16 | 0.068 | 10 | A | 1 | | 9.03 | 2.27 | |
| Carbohydrate, by difference.....g | 5.74 | | 0 | NC | 4 | | 44.61 | 11.19 | |
| Fiber, total dietary.....g | 1.2 | 0.180 | 3 | A | 1 | | 9.5 | 2.4 | |
| Sugars, total.....g | 2.63 | 0.371 | 3 | A | 1 | | 20.46 | 5.13 | |
| Sucrose.....g | 1.23 | 0.291 | 3 | A | 1 | | 9.58 | 2.40 | |
| Glucose (dextrose).....g | 0.70 | 0.058 | 3 | A | 1 | | 5.44 | 1.36 | |
| Fructose.....g | 0.70 | 0.058 | 3 | A | 1 | | 5.44 | 1.36 | |
| 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 | 1.27 | 0.406 | 3 | A | 1 | | 9.84 | 2.47 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 25 | 1.953 | 10 | A | 1 | | 197 | 50 | |
| Iron, Fe.....mg | 0.42 | 0.044 | 10 | A | 1 | | 3.29 | 0.83 | |
| Magnesium, Mg.....mg | 9 | 0.693 | 10 | A | 1 | | 71 | 18 | |
| Phosphorus, P.....mg | 30 | 1.045 | 10 | A | 1 | | 237 | 59 | |
| Potassium, K.....mg | 136 | 4.931 | 10 | A | 1 | | 1059 | 266 | |
| Sodium, Na.....mg | 344 | 29.021 | 10 | A | 1 | | 2671 | 670 | |
| Zinc, Zn.....mg | 0.19 | 0.009 | 10 | A | 1 | | 1.51 | 0.38 | |
| Copper, Cu.....mg | 0.032 | 0.002 | 10 | A | 1 | | 0.246 | 0.062 | |
| Manganese, Mn.....mg | 0.112 | 0.007 | 10 | A | 1 | | 0.870 | 0.218 | |
| Selenium, Se.....µg | 0.4 | 0.000 | 3 | A | 1 | | 3.5 | 0.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 7.2 | 1.929 | 3 | A | 1 | | 55.9 | 14.0 | |
| Thiamin.....mg | 0.020 | 0.000 | 3 | A | 1 | | 0.155 | 0.039 | |
| Riboflavin.....mg | 0.098 | 0.007 | 3 | A | 1 | | 0.763 | 0.192 | |
| Niacin.....mg | 0.507 | 0.029 | 3 | A | 1 | | 3.937 | 0.988 | |
| Pantothenic acid.....mg | 0.230 | | 2 | A | 1 | | 1.787 | 0.449 | |
| Vitamin B-6.....mg | 0.086 | 0.003 | 3 | A | 1 | | 0.666 | 0.167 | |
| Folate, total.....µg | 40 | 4.101 | 3 | A | 1 | | 313 | 79 | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....µg | 40 | 4.101 | 3 | A | 1 | | 313 | 79 | |
| Folate, DFE.....µg | 40 | | 0 | NC | 4 | | 313 | 79 | |
| Choline, total.....mg | 15.8 | | 0 | AS | 1 | | 122.9 | 30.8 | |
| Betaine.....mg | 1.3 | | 1 | A | 1 | | 10.1 | 2.5 | |
| Vitamin B-12.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 13 | | 0 | AS | 1 | | 105 | 26 | |
| Retinol.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....µg | 148 | 56.745 | 3 | A | 1 | | 1148 | 288 | |
| Carotene, alpha.....µg | 28 | 16.080 | 3 | A | 1 | | 218 | 55 | |
| Cryptoxanthin, beta.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 270 | | 0 | AS | 1 | | 2095 | 526 | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 178 | 50.929 | 3 | A | 1 | | 1381 | 347 | |
| Vitamin E (alpha-tocopherol).....mg | 0.50 | 0.114 | 3 | A | 1 | | 3.87 | 0.97 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 0.86 | 0.228 | 3 | A | 1 | | 6.69 | 1.68 | |
| Tocopherol, delta.....mg | 0.29 | 0.072 | 3 | A | 1 | | 2.25 | 0.56 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |

Restaurant, Chinese, vegetable chow mein, without meat or noodles (1, 2)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 0 | 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 | 18.9 | | 0 | FLA | 4 | | 146.6 | 36.8 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.293 | | 0 | NC | 4 | | 2.276 | 0.571 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.016 | 0.004 | |
| 15:0.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.008 | 0.002 | |
| 16:0.....g | 0.190 | 0.044 | 3 | A | 1 | | 1.473 | 0.370 | |
| 17:0.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.016 | 0.004 | |
| 18:0.....g | 0.082 | 0.023 | 3 | A | 1 | | 0.637 | 0.160 | |
| 20:0.....g | 0.007 | 0.002 | 3 | A | 1 | | 0.051 | 0.013 | |
| 22:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.048 | 0.012 | |
| 24:0.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.028 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 0.411 | | 0 | NC | 4 | | 3.193 | 0.801 | |
| 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 | 0.003 | 0.001 | 3 | AS | 1 | | 0.026 | 0.006 | |
| 16:1 c.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.026 | 0.006 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.010 | 0.003 | |
| 18:1 undifferentiated.....g | 0.402 | 0.115 | 3 | AS | 1 | | 3.124 | 0.784 | |
| 18:1 c.....g | 0.401 | 0.114 | 3 | A | 1 | | 3.113 | 0.781 | |
| 18:1 t.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.010 | 0.003 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.034 | 0.008 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 0.921 | | 0 | NC | 4 | | 7.155 | 1.796 | |
| 18:2 undifferentiated.....g | 0.788 | 0.220 | 3 | AS | 1 | | 6.119 | 1.536 | |
| 18:2 n-6 c,c.....g | 0.783 | 0.219 | 3 | A | 1 | | 6.086 | 1.527 | |
| 18:2 CLAs.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.005 | 0.001 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.028 | 0.007 | |
| 18:3 undifferentiated.....g | 0.133 | 0.031 | 3 | AS | 1 | | 1.033 | 0.259 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.129 | 0.030 | 3 | A | 1 | | 1.002 | 0.251 | |
| 18:3 n-6 c,c,c.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.031 | 0.008 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.003 | 0.001 | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |

NDB No. 36624

Restaurant, Chinese, vegetable chow mein, without meat or noodles (1, 2)

| Nutrients and Units | <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 | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.005 | | 0 | NC | 4 | 0.039 | 0.010 | |
| Fatty acids, total trans-monoenoic.....g | 0.001 | | 0 | NC | 4 | 0.010 | 0.003 | |
| Fatty acids, total trans-polyenoic.....g | 0.004 | | 0 | NC | 4 | 0.028 | 0.007 | |
| 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 | 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 = 777g: 1 order

Measure 2 = 195g: 1 cup

Footnotes:

- 1 Rice was not included in the analyses.
- 2 Ingredients and amount of sauce vary by restaurant. May include celery, onion, carrots, broccoli, snow peas, mushroom, baby corn, bamboo shoots and/or other vegetables.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36625

Restaurant, Chinese, vegetable lo mein, without meat (1)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 71.33 | 0.897 | 12 | A | 1 | | 528.54 | 97.01 | |
| Energy.....kcal | 121 | | 0 | NC | 4 | | 896 | 164 | |
| Energy.....kJ | 506 | | 0 | NC | 4 | | 3749 | 688 | |
| Protein.....g | 4.77 | 0.151 | 12 | A | 1 | | 35.35 | 6.49 | |
| Total lipid (fat).....g | 2.35 | 0.175 | 12 | A | 1 | | 17.43 | 3.20 | |
| Ash.....g | 1.39 | 0.052 | 12 | A | 1 | | 10.31 | 1.89 | |
| Carbohydrate, by difference.....g | 20.16 | | 0 | NC | 4 | | 149.37 | 27.41 | |
| Fiber, total dietary.....g | 1.3 | 0.038 | 3 | A | 1 | | 9.4 | 1.7 | |
| Sugars, total.....g | 2.63 | 0.291 | 3 | A | 1 | | 19.51 | 3.58 | |
| Sucrose.....g | 1.63 | 0.273 | 3 | A | 1 | | 12.10 | 2.22 | |
| Glucose (dextrose).....g | 0.37 | 0.033 | 3 | A | 1 | | 2.72 | 0.50 | |
| Fructose.....g | 0.33 | 0.033 | 3 | A | 1 | | 2.47 | 0.45 | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.30 | 0.058 | 3 | A | 1 | | 2.22 | 0.41 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 16.73 | 0.817 | 3 | A | 1 | | 123.99 | 22.76 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | 1.304 | 12 | A | 1 | | 155 | 28 | |
| Iron, Fe.....mg | 1.07 | 0.177 | 12 | A | 1 | | 7.90 | 1.45 | |
| Magnesium, Mg.....mg | 14 | 0.608 | 12 | A | 1 | | 107 | 20 | |
| Phosphorus, P.....mg | 45 | 1.702 | 12 | A | 1 | | 334 | 61 | |
| Potassium, K.....mg | 105 | 4.037 | 12 | A | 1 | | 781 | 143 | |
| Sodium, Na.....mg | 430 | 18.058 | 12 | A | 1 | | 3184 | 584 | |
| Zinc, Zn.....mg | 0.36 | 0.013 | 12 | A | 1 | | 2.66 | 0.49 | |
| Copper, Cu.....mg | 0.064 | 0.003 | 12 | A | 1 | | 0.476 | 0.087 | |
| Manganese, Mn.....mg | 0.240 | 0.022 | 12 | A | 1 | | 1.781 | 0.327 | |
| Selenium, Se.....µg | 11.7 | 2.550 | 3 | A | 1 | | 86.7 | 15.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.7 | 0.636 | 3 | A | 1 | | 12.8 | 2.4 | |
| Thiamin.....mg | 0.047 | 0.009 | 3 | A | 1 | | 0.345 | 0.063 | |
| Riboflavin.....mg | 0.124 | 0.024 | 3 | A | 1 | | 0.919 | 0.169 | |
| Niacin.....mg | 0.810 | 0.227 | 3 | A | 1 | | 6.001 | 1.101 | |
| Pantothenic acid.....mg | 0.270 | | 1 | A | 1 | | 2.001 | 0.367 | |
| Vitamin B-6.....mg | 0.068 | 0.006 | 3 | A | 1 | | 0.501 | 0.092 | |
| Folate, total.....µg | 28 | 9.745 | 3 | A | 1 | | 206 | 38 | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food.....µg | 28 | 9.745 | 3 | A | 1 | | 206 | 38 | |
| Folate, DFE.....µg | 28 | | 0 | NC | 4 | | 206 | 38 | |
| Choline, total.....mg | 8.9 | | 0 | AS | 1 | | 66.1 | 12.1 | |
| Betaine.....mg | 9.4 | | 1 | A | 1 | | 69.9 | 12.8 | |
| Vitamin B-12.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 9 | | 0 | AS | 1 | | 66 | 12 | |
| Retinol.....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta.....µg | 97 | 18.153 | 3 | A | 1 | | 719 | 132 | |
| Carotene, alpha.....µg | 21 | 6.498 | 3 | A | 1 | | 155 | 29 | |
| Cryptoxanthin, beta.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Vitamin A, IU.....IU | 179 | | 0 | AS | 1 | | 1328 | 244 | |
| Lycopene.....µg | 3 | 3.303 | 3 | A | 1 | | 24 | 4 | |
| Lutein + zeaxanthin.....µg | 112 | 10.659 | 3 | A | 1 | | 828 | 152 | |
| Vitamin E (alpha-tocopherol).....mg | 0.30 | 0.013 | 3 | A | 1 | | 2.26 | 0.41 | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma.....mg | 0.80 | 0.219 | 3 | A | 1 | | 5.93 | 1.09 | |
| Tocopherol, delta.....mg | 0.30 | 0.089 | 3 | A | 1 | | 2.21 | 0.41 | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.07 | 0.010 | 3 | A | 1 | | 0.50 | 0.09 | |

Restaurant, Chinese, vegetable lo mein, without meat (1)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.1 | | 0 | FLA | 4 | | 0.6 | 0.1 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 4 | | 0 | FLA | 4 | | 26 | 5 | |
| Vitamin K (phylloquinone).....µg | 12.7 | | 0 | FLA | 4 | | 93.8 | 17.2 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.464 | | 0 | NC | 4 | | 3.439 | 0.631 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.025 | 0.005 | |
| 15:0.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.007 | 0.001 | |
| 16:0.....g | 0.328 | 0.046 | 3 | A | 1 | | 2.430 | 0.446 | |
| 17:0.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.017 | 0.003 | |
| 18:0.....g | 0.111 | 0.018 | 3 | A | 1 | | 0.820 | 0.150 | |
| 20:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.057 | 0.010 | |
| 22:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.057 | 0.010 | |
| 24:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.027 | 0.005 | |
| Fatty acids, total monounsaturated.....g | 0.592 | | 0 | NC | 4 | | 4.386 | 0.805 | |
| 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 | 0.007 | 0.002 | 3 | AS | 1 | | 0.049 | 0.009 | |
| 16:1 c.....g | 0.007 | 0.002 | 3 | A | 1 | | 0.049 | 0.009 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.010 | 0.002 | |
| 18:1 undifferentiated.....g | 0.575 | 0.091 | 3 | AS | 1 | | 4.263 | 0.782 | |
| 18:1 c.....g | 0.573 | 0.091 | 3 | A | 1 | | 4.245 | 0.779 | |
| 18:1 t.....g | 0.002 | 0.000 | 3 | A | 1 | | 0.017 | 0.003 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.062 | 0.011 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.002 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 1.291 | | 0 | NC | 4 | | 9.563 | 1.755 | |
| 18:2 undifferentiated.....g | 1.142 | 0.218 | 3 | AS | 1 | | 8.459 | 1.553 | |
| 18:2 n-6 c,c.....g | 1.134 | 0.218 | 3 | A | 1 | | 8.403 | 1.542 | |
| 18:2 CLAs.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.015 | 0.003 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.041 | 0.008 | |
| 18:3 undifferentiated.....g | 0.145 | 0.027 | 3 | AS | 1 | | 1.074 | 0.197 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.141 | 0.026 | 3 | A | 1 | | 1.047 | 0.192 | |
| 18:3 n-6 c,c,c.....g | 0.004 | 0.002 | 3 | A | 1 | | 0.027 | 0.005 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.007 | 0.001 | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.012 | 0.002 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.007 | 0.001 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |

NDB No. 36625

Restaurant, Chinese, vegetable lo mein, without meat (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 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | 0.000 | |
| Fatty acids, total trans.....g | 0.008 | | 0 | NC | 4 | | 0.059 | 0.011 | |
| Fatty acids, total trans-monoenoic.....g | 0.002 | | 0 | NC | 4 | | 0.017 | 0.003 | |
| Fatty acids, total trans-polyenoic.....g | 0.006 | | 0 | NC | 4 | | 0.041 | 0.008 | |
| 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 | 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 = 741g: 1 order

Measure 2 = 136g: 1 cup

Footnotes:

1 Type and proportion of ingredients vary by restaurant.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 2.556 | | 0 | NC | 4 | | 10.915 | | |
| 4:0.....g | 0.084 | 0.002 | 12 | A | 1 | | 0.359 | | |
| 6:0.....g | 0.067 | 0.002 | 12 | A | 1 | | 0.285 | | |
| 8:0.....g | 0.043 | 0.002 | 12 | A | 1 | | 0.182 | | |
| 10:0.....g | 0.110 | 0.005 | 12 | A | 1 | | 0.472 | | |
| 12:0.....g | 0.119 | 0.004 | 12 | A | 1 | | 0.508 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.386 | 0.013 | 12 | A | 1 | | 1.648 | | |
| 15:0.....g | 0.042 | 0.001 | 12 | A | 1 | | 0.178 | | |
| 16:0.....g | 1.235 | 0.039 | 12 | A | 1 | | 5.273 | | |
| 17:0.....g | 0.026 | 0.001 | 12 | A | 1 | | 0.110 | | |
| 18:0.....g | 0.430 | 0.016 | 12 | A | 1 | | 1.835 | | |
| 20:0.....g | 0.009 | 0.001 | 12 | A | 1 | | 0.039 | | |
| 22:0.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.017 | | |
| 24:0.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.010 | | |
| Fatty acids, total monounsaturated.....g | 1.733 | | 0 | NC | 4 | | 7.401 | | |
| 14:1.....g | 0.037 | 0.001 | 12 | A | 1 | | 0.156 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.078 | 0.003 | 12 | AS | 1 | | 0.335 | | |
| 16:1 c.....g | 0.066 | 0.003 | 12 | A | 1 | | 0.281 | | |
| 16:1 t.....g | 0.013 | 0.001 | 12 | A | 1 | | 0.054 | | |
| 17:1.....g | 0.009 | 0.000 | 12 | A | 1 | | 0.037 | | |
| 18:1 undifferentiated.....g | 1.423 | 0.077 | 12 | AS | 1 | | 6.078 | | |
| 18:1 c.....g | 1.338 | 0.074 | 12 | A | 1 | | 5.714 | | |
| 18:1 t.....g | 0.085 | 0.003 | 12 | A | 1 | | 0.363 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.012 | 0.001 | 12 | A | 1 | | 0.052 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 12 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.560 | | 0 | NC | 4 | | 2.390 | | |
| 18:2 undifferentiated.....g | 0.446 | 0.032 | 12 | AS | 1 | | 1.905 | | |
| 18:2 n-6 c,c.....g | 0.401 | 0.032 | 12 | A | 1 | | 1.711 | | |
| 18:2 CLAs.....g | 0.020 | 0.001 | 12 | A | 1 | | 0.084 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.026 | 0.001 | 12 | A | 1 | | 0.109 | | |
| 18:3 undifferentiated.....g | 0.056 | 0.004 | 12 | AS | 1 | | 0.238 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.055 | 0.004 | 12 | A | 1 | | 0.234 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.004 | | |
| 18:3i.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.004 | | |
| 20:3 undifferentiated.....g | 0.006 | 0.001 | 12 | AS | 1 | | 0.025 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 12 | A | 1 | | 0.006 | | |
| 20:3 n-6.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.019 | | |
| 20:4 undifferentiated.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.042 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 12 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 12 | A | 1 | | 0.011 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.123 | | 0 | NC | 4 | | 0.527 | | |
| Fatty acids, total trans-monoenoic.....g | 0.098 | | 0 | NC | 4 | | 0.418 | | |
| Fatty acids, total trans-polyenoic.....g | 0.026 | | 0 | NC | 4 | | 0.109 | | |
| Cholesterol.....mg | 26 | 1.582 | 6 | A | 1 | | 112 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.131 | | 0 | A | 1 | | 0.558 | | |
| Threonine.....g | 0.281 | | 0 | A | 1 | | 1.198 | | |

NDB No. 36055

Restaurant, Italian, cheese ravioli with marinara sauce

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.322 | | 0 | A | 1 | 1.375 | | |
| Leucine.....g | 0.668 | | 0 | A | 1 | 2.850 | | |
| Lysine.....g | 0.506 | | 0 | A | 1 | 2.162 | | |
| Methionine.....g | 0.166 | | 0 | A | 1 | 0.710 | | |
| Cystine.....g | 0.120 | | 0 | A | 1 | 0.512 | | |
| Phenylalanine.....g | 0.355 | | 0 | A | 1 | 1.514 | | |
| Tyrosine.....g | 0.240 | | 0 | A | 1 | 1.026 | | |
| Valine.....g | 0.382 | | 0 | A | 1 | 1.631 | | |
| Arginine.....g | 0.291 | | 0 | A | 1 | 1.243 | | |
| Histidine.....g | 0.161 | | 0 | A | 1 | 0.688 | | |
| Alanine.....g | 0.262 | | 0 | A | 1 | 1.119 | | |
| Aspartic acid.....g | 0.551 | | 0 | A | 1 | 2.354 | | |
| Glutamic acid.....g | 1.922 | | 0 | A | 1 | 8.207 | | |
| Glycine.....g | 0.189 | | 0 | A | 1 | 0.807 | | |
| Proline.....g | 1.191 | | 0 | A | 1 | 5.085 | | |
| Serine.....g | 0.396 | | 0 | A | 1 | 1.691 | | |
| Hydroxyproline.....g | 0.000 | | 2 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 427g: 1 serving serving size varied by diameter and count of ravioli

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 2.550 | | 0 | NC | 4 | | 7.677 | | |
| 4:0.....g | 0.056 | 0.003 | 12 | A | 1 | | 0.170 | | |
| 6:0.....g | 0.040 | 0.003 | 12 | A | 1 | | 0.120 | | |
| 8:0.....g | 0.026 | 0.002 | 12 | A | 1 | | 0.079 | | |
| 10:0.....g | 0.065 | 0.005 | 12 | A | 1 | | 0.194 | | |
| 12:0.....g | 0.077 | 0.007 | 12 | A | 1 | | 0.232 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.257 | 0.022 | 12 | A | 1 | | 0.773 | | |
| 15:0.....g | 0.027 | 0.002 | 12 | A | 1 | | 0.082 | | |
| 16:0.....g | 1.384 | 0.115 | 12 | A | 1 | | 4.165 | | |
| 17:0.....g | 0.021 | 0.002 | 12 | A | 1 | | 0.064 | | |
| 18:0.....g | 0.526 | 0.032 | 12 | A | 1 | | 1.583 | | |
| 20:0.....g | 0.038 | 0.003 | 12 | A | 1 | | 0.114 | | |
| 22:0.....g | 0.022 | 0.002 | 12 | A | 1 | | 0.065 | | |
| 24:0.....g | 0.012 | 0.001 | 12 | A | 1 | | 0.036 | | |
| Fatty acids, total monounsaturated.....g | 4.870 | | 0 | NC | 4 | | 14.658 | | |
| 14:1.....g | 0.025 | 0.003 | 12 | A | 1 | | 0.075 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.117 | 0.013 | 12 | AS | 1 | | 0.352 | | |
| 16:1 c.....g | 0.109 | 0.012 | 12 | A | 1 | | 0.328 | | |
| 16:1 t.....g | 0.008 | 0.001 | 12 | A | 1 | | 0.025 | | |
| 17:1.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.031 | | |
| 18:1 undifferentiated.....g | 4.635 | 0.360 | 12 | AS | 1 | | 13.952 | | |
| 18:1 c.....g | 4.563 | 0.360 | 12 | A | 1 | | 13.736 | | |
| 18:1 t.....g | 0.072 | 0.006 | 12 | A | 1 | | 0.216 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.074 | 0.010 | 12 | A | 1 | | 0.222 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.000 | 12 | AS | 1 | | 0.006 | | |
| 22:1 c.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.006 | | |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.019 | | |
| Fatty acids, total polyunsaturated.....g | 1.951 | | 0 | NC | 4 | | 5.874 | | |
| 18:2 undifferentiated.....g | 1.658 | 0.102 | 12 | AS | 1 | | 4.991 | | |
| 18:2 n-6 c,c.....g | 1.615 | 0.103 | 12 | A | 1 | | 4.860 | | |
| 18:2 CLAs.....g | 0.016 | 0.001 | 12 | A | 1 | | 0.048 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.028 | 0.001 | 12 | A | 1 | | 0.083 | | |
| 18:3 undifferentiated.....g | 0.228 | 0.027 | 12 | AS | 1 | | 0.685 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.217 | 0.026 | 12 | A | 1 | | 0.654 | | |
| 18:3 n-6 c,c,c.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.031 | | |
| 18:3i.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.006 | 0.000 | 12 | A | 1 | | 0.019 | | |
| 20:3 undifferentiated.....g | 0.010 | 0.001 | 12 | AS | 1 | | 0.030 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 12 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.009 | 0.001 | 12 | A | 1 | | 0.028 | | |
| 20:4 undifferentiated.....g | 0.033 | 0.003 | 12 | A | 1 | | 0.100 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 12 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.009 | 0.001 | 12 | A | 1 | | 0.026 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.000 | 12 | A | 1 | | 0.012 | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.001 | 12 | A | 1 | | 0.007 | | |
| Fatty acids, total trans.....g | 0.108 | | 0 | NC | 4 | | 0.324 | | |
| Fatty acids, total trans-monoenoic.....g | 0.080 | | 0 | NC | 4 | | 0.241 | | |
| Fatty acids, total trans-polyenoic.....g | 0.028 | | 0 | NC | 4 | | 0.083 | | |
| Cholesterol.....mg | 54 | 6.891 | 6 | A | 1 | | 162 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.203 | | 0 | A | 1 | | 0.610 | | |
| Threonine.....g | 0.657 | | 0 | A | 1 | | 1.979 | | |

NDB No. 36059

Restaurant, Italian, chicken parmesan without pasta

| Nutrients and Units | <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 | 0.717 | | 0 | A | 1 | 2.157 | | |
| Leucine.....g | 1.317 | | 0 | A | 1 | 3.965 | | |
| Lysine.....g | 1.334 | | 0 | A | 1 | 4.015 | | |
| Methionine.....g | 0.406 | | 0 | A | 1 | 1.221 | | |
| Cystine.....g | 0.199 | | 0 | A | 1 | 0.598 | | |
| Phenylalanine.....g | 1.058 | | 0 | A | 1 | 3.183 | | |
| Tyrosine.....g | 0.526 | | 0 | A | 1 | 1.582 | | |
| Valine.....g | 0.806 | | 0 | A | 1 | 2.427 | | |
| Arginine.....g | 0.930 | | 0 | A | 1 | 2.799 | | |
| Histidine.....g | 0.503 | | 0 | A | 1 | 1.514 | | |
| Alanine.....g | 0.785 | | 0 | A | 1 | 2.363 | | |
| Aspartic acid.....g | 1.364 | | 0 | A | 1 | 4.104 | | |
| Glutamic acid.....g | 2.833 | | 0 | A | 1 | 8.528 | | |
| Glycine.....g | 0.615 | | 0 | A | 1 | 1.851 | | |
| Proline.....g | 1.308 | | 0 | A | 1 | 3.937 | | |
| Serine.....g | 0.698 | | 0 | A | 1 | 2.101 | | |
| Hydroxyproline.....g | 0.035 | | 2 | A | 1 | 0.105 | | |

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

Common Measures:

Measure 1 = 301g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36041

Restaurant, Italian, lasagna with meat

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 64.87 | 0.413 | 12 | A | 1 | | 296.47 | | |
| Energy.....kcal | 185 | | 0 | NC | 4 | | 845 | | |
| Energy.....kJ | 774 | | 0 | NC | 4 | | 3537 | | |
| Protein.....g | 10.83 | 0.218 | 12 | A | 1 | | 49.51 | | |
| Total lipid (fat).....g | 10.69 | 0.264 | 12 | A | 1 | | 48.85 | | |
| Ash.....g | 2.25 | 0.036 | 12 | A | 1 | | 10.27 | | |
| Carbohydrate, by difference.....g | 11.36 | | 0 | NC | 4 | | 51.91 | | |
| Fiber, total dietary.....g | 1.5 | 0.101 | 6 | A | 1 | | 6.7 | | |
| Sugars, total.....g | 3.15 | 0.210 | 6 | A | 1 | | 14.40 | | |
| Sucrose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 1.18 | 0.088 | 6 | A | 1 | | 5.38 | | |
| Fructose.....g | 1.18 | 0.080 | 6 | A | 1 | | 5.41 | | |
| Lactose.....g | 0.61 | 0.275 | 6 | A | 1 | | 2.80 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.18 | 0.014 | 6 | A | 1 | | 0.82 | | |
| Starch.....g | 6.13 | 0.869 | 6 | A | 1 | | 28.03 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 197 | 5.816 | 12 | A | 1 | | 901 | | |
| Iron, Fe.....mg | 0.79 | 0.025 | 12 | A | 1 | | 3.60 | | |
| Magnesium, Mg.....mg | 22 | 0.285 | 12 | A | 1 | | 102 | | |
| Phosphorus, P.....mg | 178 | 3.447 | 12 | A | 1 | | 812 | | |
| Potassium, K.....mg | 255 | 7.723 | 12 | A | 1 | | 1163 | | |
| Sodium, Na.....mg | 466 | 11.967 | 12 | A | 1 | | 2131 | | |
| Zinc, Zn.....mg | 1.32 | 0.023 | 12 | A | 1 | | 6.04 | | |
| Copper, Cu.....mg | 0.070 | 0.004 | 12 | A | 1 | | 0.322 | | |
| Manganese, Mn.....mg | 0.139 | 0.009 | 12 | A | 1 | | 0.634 | | |
| Selenium, Se.....µg | 18.0 | 1.728 | 6 | A | 1 | | 82.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | 0.116 | 6 | A | 1 | | 3.4 | | |
| Thiamin.....mg | 0.140 | 0.009 | 6 | A | 1 | | 0.639 | | |
| Riboflavin.....mg | 0.237 | 0.017 | 6 | A | 1 | | 1.081 | | |
| Niacin.....mg | 1.843 | 0.095 | 6 | A | 1 | | 8.424 | | |
| Pantothenic acid.....mg | 0.492 | 0.014 | 4 | A | 1 | | 2.250 | | |
| Vitamin B-6.....mg | 0.122 | | 0 | BFZN | 4 | | 0.556 | | |
| Folate, total.....µg | 26 | 4.267 | 6 | A | 1 | | 118 | | |
| Folic acid.....µg | 17 | | 0 | BFZN | 4 | | 80 | | |
| Folate, food.....µg | 8 | | 0 | NC | 4 | | 38 | | |
| Folate, DFE.....µg | 38 | | 0 | NC | 4 | | 174 | | |
| Choline, total.....mg | 33.5 | | 0 | AS | 1 | | 153.3 | | |
| Betaine.....mg | 594.4 | | 1 | A | 1 | | 2716.4 | | |
| Vitamin B-12.....µg | 0.66 | 0.057 | 6 | A | 1 | | 3.01 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE.....µg | 81 | | 0 | AS | 1 | | 371 | | |
| Retinol.....µg | 64 | | 2 | A | 1 | | 294 | | |
| Carotene, beta.....µg | 197 | 24.267 | 6 | A | 1 | | 898 | | |
| Carotene, alpha.....µg | 9 | 4.429 | 6 | A | 1 | | 42 | | |
| Cryptoxanthin, beta.....µg | 0 | 0.000 | 6 | A | 1 | | 0 | | |
| Vitamin A, IU.....IU | 550 | | 0 | AS | 1 | | 2512 | | |
| Lycopene.....µg | 2517 | 259.967 | 6 | A | 1 | | 11504 | | |
| Lutein + zeaxanthin.....µg | 97 | 4.289 | 6 | A | 1 | | 445 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.91 | 0.036 | 6 | A | 1 | | 4.17 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.14 | 0.034 | 6 | A | 1 | | 0.62 | | |
| Tocopherol, delta.....mg | 0.01 | 0.007 | 6 | A | 1 | | 0.03 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.007 | 6 | A | 1 | | 0.03 | | |
| Tocotrienol, beta.....mg | 0.05 | 0.022 | 6 | A | 1 | | 0.21 | | |

NDB No. 36041

Restaurant, Italian, lasagna with meat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.04 | 0.040 | 6 | A | 1 | | 0.18 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 0 | BFZN | 4 | | 0.1 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 1 | | 0 | BFZN | 4 | | 5 | | |
| Vitamin K (phylloquinone).....µg | 6.8 | | 2 | A | 1 | | 31.2 | | |
| Dihydrophyloquinone.....µg | 0.3 | | 2 | A | 1 | | 1.1 | | |
| Menaquinone-4.....µg | 3.2 | | 2 | A | 1 | | 14.7 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.941 | | 0 | NC | 4 | | 22.583 | | |
| 4:0.....g | 0.119 | 0.008 | 12 | A | 1 | | 0.544 | | |
| 6:0.....g | 0.097 | 0.006 | 12 | A | 1 | | 0.445 | | |
| 8:0.....g | 0.065 | 0.004 | 12 | A | 1 | | 0.295 | | |
| 10:0.....g | 0.167 | 0.010 | 12 | A | 1 | | 0.765 | | |
| 12:0.....g | 0.188 | 0.009 | 12 | A | 1 | | 0.859 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.664 | 0.028 | 12 | A | 1 | | 3.035 | | |
| 15:0.....g | 0.072 | 0.003 | 12 | A | 1 | | 0.330 | | |
| 16:0.....g | 2.435 | 0.060 | 12 | A | 1 | | 11.127 | | |
| 17:0.....g | 0.064 | 0.002 | 12 | A | 1 | | 0.290 | | |
| 18:0.....g | 1.042 | 0.033 | 12 | A | 1 | | 4.760 | | |
| 20:0.....g | 0.016 | 0.000 | 12 | A | 1 | | 0.075 | | |
| 22:0.....g | 0.008 | 0.000 | 12 | A | 1 | | 0.035 | | |
| 24:0.....g | 0.005 | 0.000 | 12 | A | 1 | | 0.022 | | |
| Fatty acids, total monounsaturated.....g | 3.313 | | 0 | NC | 4 | | 15.142 | | |
| 14:1.....g | 0.071 | 0.003 | 12 | A | 1 | | 0.325 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.183 | 0.006 | 12 | AS | 1 | | 0.838 | | |
| 16:1 c.....g | 0.156 | 0.005 | 12 | A | 1 | | 0.713 | | |
| 16:1 t.....g | 0.027 | 0.001 | 12 | A | 1 | | 0.125 | | |
| 17:1.....g | 0.029 | 0.001 | 12 | A | 1 | | 0.133 | | |
| 18:1 undifferentiated.....g | 2.999 | 0.085 | 12 | AS | 1 | | 13.706 | | |
| 18:1 c.....g | 2.773 | 0.082 | 12 | A | 1 | | 12.673 | | |
| 18:1 t.....g | 0.226 | 0.007 | 12 | A | 1 | | 1.033 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.030 | 0.001 | 12 | A | 1 | | 0.139 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 12 | AS | 1 | | 0.002 | | |
| 22:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.788 | | 0 | NC | 4 | | 3.599 | | |
| 18:2 undifferentiated.....g | 0.670 | 0.024 | 12 | AS | 1 | | 3.060 | | |
| 18:2 n-6 c,c.....g | 0.572 | 0.023 | 12 | A | 1 | | 2.614 | | |
| 18:2 CLAs.....g | 0.039 | 0.002 | 12 | A | 1 | | 0.180 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.058 | 0.004 | 12 | A | 1 | | 0.266 | | |
| 18:3 undifferentiated.....g | 0.057 | 0.003 | 12 | AS | 1 | | 0.261 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.055 | 0.003 | 12 | A | 1 | | 0.253 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.006 | | |
| 18:3i.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.044 | | |
| 20:3 undifferentiated.....g | 0.013 | 0.001 | 12 | AS | 1 | | 0.059 | | |
| 20:3 n-3.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.011 | | |
| 20:3 n-6.....g | 0.010 | 0.000 | 12 | A | 1 | | 0.048 | | |
| 20:4 undifferentiated.....g | 0.024 | 0.001 | 12 | A | 1 | | 0.111 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 12 | A | 1 | | 0.011 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.020 | | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 12 | A | 1 | | 0.027 | | |

NDB No. 36041

Restaurant, Italian, lasagna with meat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.000 | 12 | A | 1 | 0.004 | | |
| Fatty acids, total trans.....g | 0.312 | | 0 | NC | 4 | 1.426 | | |
| Fatty acids, total trans-monoenoic.....g | 0.253 | | 0 | NC | 4 | 1.158 | | |
| Fatty acids, total trans-polyenoic.....g | 0.059 | | 0 | NC | 4 | 0.268 | | |
| Cholesterol.....mg | 36 | 2.160 | 6 | A | 1 | 164 | | |
| Phytosterols.....mg | | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan.....g | 0.134 | | 0 | A | 1 | 0.610 | | |
| Threonine.....g | 0.375 | | 0 | A | 1 | 1.713 | | |
| Isoleucine.....g | 0.416 | | 0 | A | 1 | 1.903 | | |
| Leucine.....g | 0.864 | | 0 | A | 1 | 3.949 | | |
| Lysine.....g | 0.824 | | 0 | A | 1 | 3.767 | | |
| Methionine.....g | 0.247 | | 0 | A | 1 | 1.131 | | |
| Cystine.....g | 0.114 | | 0 | A | 1 | 0.523 | | |
| Phenylalanine.....g | 0.495 | | 0 | A | 1 | 2.261 | | |
| Tyrosine.....g | 0.358 | | 0 | A | 1 | 1.637 | | |
| Valine.....g | 0.457 | | 0 | A | 1 | 2.088 | | |
| Arginine.....g | 0.468 | | 0 | A | 1 | 2.141 | | |
| Histidine.....g | 0.275 | | 0 | A | 1 | 1.257 | | |
| Alanine.....g | 0.407 | | 0 | A | 1 | 1.858 | | |
| Aspartic acid.....g | 0.768 | | 0 | A | 1 | 3.510 | | |
| Glutamic acid.....g | 2.057 | | 0 | A | 1 | 9.399 | | |
| Glycine.....g | 0.347 | | 0 | A | 1 | 1.587 | | |
| Proline.....g | 1.121 | | 0 | A | 1 | 5.125 | | |
| Serine.....g | 0.499 | | 0 | A | 1 | 2.281 | | |
| Hydroxyproline.....g | 0.070 | | 2 | A | 1 | 0.320 | | |
| Others: | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 4 | 0 | | |

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

Common Measures:

Measure 1 = 457g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36630

Restaurant, Italian, spaghetti with meat sauce

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 73.16 | 0.481 | 12 | A | 1 | | 405.29 | | |
| Energy.....kcal | 121 | | 0 | NC | 4 | | 671 | | |
| Energy.....kJ | 507 | | 0 | NC | 4 | | 2809 | | |
| Protein.....g | 5.79 | 0.139 | 12 | A | 1 | | 32.06 | | |
| Total lipid (fat).....g | 3.59 | 0.226 | 12 | A | 1 | | 19.92 | | |
| Ash.....g | 1.06 | 0.034 | 12 | A | 1 | | 5.89 | | |
| Carbohydrate, by difference.....g | 16.40 | | 0 | NC | 4 | | 90.85 | | |
| Fiber, total dietary.....g | 1.6 | 0.067 | 6 | A | 1 | | 8.7 | | |
| Sugars, total.....g | 1.82 | 0.125 | 6 | A | 1 | | 10.06 | | |
| Sucrose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.87 | 0.077 | 6 | A | 1 | | 4.82 | | |
| Fructose.....g | 0.95 | 0.054 | 6 | A | 1 | | 5.24 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 12.15 | 0.391 | 6 | A | 1 | | 67.31 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 17 | 1.549 | 12 | A | 1 | | 94 | | |
| Iron, Fe.....mg | 0.97 | 0.040 | 12 | A | 1 | | 5.36 | | |
| Magnesium, Mg.....mg | 17 | 0.490 | 12 | A | 1 | | 95 | | |
| Phosphorus, P.....mg | 59 | 1.301 | 12 | A | 1 | | 328 | | |
| Potassium, K.....mg | 172 | 5.933 | 12 | A | 1 | | 951 | | |
| Sodium, Na.....mg | 230 | 10.962 | 12 | A | 1 | | 1275 | | |
| Zinc, Zn.....mg | 0.69 | 0.022 | 12 | A | 1 | | 3.80 | | |
| Copper, Cu.....mg | 0.097 | 0.004 | 12 | A | 1 | | 0.535 | | |
| Manganese, Mn.....mg | 0.212 | 0.006 | 12 | A | 1 | | 1.176 | | |
| Selenium, Se.....µg | 13.1 | 1.950 | 6 | A | 1 | | 72.8 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | 0.115 | 6 | A | 1 | | 4.1 | | |
| Thiamin.....mg | 0.090 | 0.008 | 6 | A | 1 | | 0.498 | | |
| Riboflavin.....mg | 0.147 | 0.007 | 6 | A | 1 | | 0.812 | | |
| Niacin.....mg | 1.643 | 0.069 | 6 | A | 1 | | 9.104 | | |
| Pantothenic acid.....mg | 0.247 | 0.015 | 4 | A | 1 | | 1.371 | | |
| Vitamin B-6.....mg | 0.109 | 0.006 | 6 | A | 1 | | 0.605 | | |
| Folate, total.....µg | 30 | 2.102 | 6 | A | 1 | | 167 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 15.6 | | 0 | AS | 1 | | 86.6 | | |
| Betaine.....mg | 546.1 | | 2 | A | 1 | | 3025.6 | | |
| Vitamin B-12.....µg | 0.17 | 0.023 | 6 | A | 1 | | 0.95 | | |
| Vitamin A, RAE.....µg | 12 | | 0 | AS | 1 | | 64 | | |
| Vitamin A, IU.....IU | 232 | | 0 | AS | 1 | | 1284 | | |
| Lycopene.....µg | 2236 | 289.106 | 4 | A | 1 | | 12390 | | |
| Lutein + zeaxanthin.....µg | 122 | 11.955 | 4 | A | 1 | | 678 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.63 | 0.029 | 6 | A | 1 | | 3.50 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.10 | 0.018 | 6 | A | 1 | | 0.54 | | |
| Tocopherol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Tocotrienol, alpha.....mg | 0.03 | 0.013 | 6 | A | 1 | | 0.15 | | |
| Tocotrienol, beta.....mg | 0.24 | 0.044 | 6 | A | 1 | | 1.32 | | |
| Tocotrienol, gamma.....mg | 0.03 | 0.033 | 6 | A | 1 | | 0.18 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 4.2 | 0.381 | 4 | A | 1 | | 23.5 | | |
| Dihydrophyloquinone.....µg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | | |

NDB No. 36630

Restaurant, Italian, spaghetti with meat sauce

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.5 | 0.201 | 4 | A | 1 | | 2.8 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.062 | | 0 | NC | 4 | | 5.882 | | |
| 4:0.....g | 0.007 | 0.004 | 6 | A | 1 | | 0.036 | | |
| 6:0.....g | 0.002 | 0.002 | 6 | A | 1 | | 0.013 | | |
| 8:0.....g | 0.002 | 0.002 | 6 | A | 1 | | 0.009 | | |
| 10:0.....g | 0.005 | 0.004 | 6 | A | 1 | | 0.030 | | |
| 12:0.....g | 0.007 | 0.005 | 6 | A | 1 | | 0.037 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.059 | 0.012 | 6 | A | 1 | | 0.328 | | |
| 15:0.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.047 | | |
| 16:0.....g | 0.647 | 0.037 | 6 | A | 1 | | 3.584 | | |
| 17:0.....g | 0.016 | 0.001 | 6 | A | 1 | | 0.087 | | |
| 18:0.....g | 0.298 | 0.018 | 6 | A | 1 | | 1.651 | | |
| 20:0.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.040 | | |
| 22:0.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.012 | | |
| 24:0.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.008 | | |
| Fatty acids, total monounsaturated.....g | 1.486 | | 0 | NC | 4 | | 8.233 | | |
| 14:1.....g | 0.009 | 0.002 | 6 | A | 1 | | 0.050 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.060 | 0.005 | 6 | AS | 1 | | 0.333 | | |
| 16:1 c.....g | 0.056 | 0.005 | 6 | A | 1 | | 0.313 | | |
| 16:1 t.....g | 0.004 | 0.000 | 6 | A | 1 | | 0.020 | | |
| 17:1.....g | 0.011 | 0.001 | 6 | A | 1 | | 0.059 | | |
| 18:1 undifferentiated.....g | 1.389 | 0.128 | 6 | AS | 1 | | 7.697 | | |
| 18:1 c.....g | 1.335 | 0.126 | 6 | A | 1 | | 7.396 | | |
| 18:1 t.....g | 0.054 | 0.005 | 6 | A | 1 | | 0.301 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.017 | 0.002 | 6 | A | 1 | | 0.092 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 6 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.512 | | 0 | NC | 4 | | 2.838 | | |
| 18:2 undifferentiated.....g | 0.448 | 0.024 | 6 | AS | 1 | | 2.481 | | |
| 18:2 n-6 c,c.....g | 0.433 | 0.023 | 6 | A | 1 | | 2.397 | | |
| 18:2 CLAs.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.040 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.045 | | |
| 18:3 undifferentiated.....g | 0.035 | 0.004 | 6 | AS | 1 | | 0.195 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.035 | 0.004 | 6 | A | 1 | | 0.192 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 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 | | 0.039 | | |
| 20:3 undifferentiated.....g | 0.007 | 0.002 | 6 | AS | 1 | | 0.037 | | |
| 20:3 n-3.....g | 0.004 | 0.002 | 6 | A | 1 | | 0.020 | | |
| 20:3 n-6.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.017 | | |
| 20:4 undifferentiated.....g | 0.010 | 0.001 | 6 | A | 1 | | 0.053 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.005 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.015 | | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.000 | 6 | A | 1 | | 0.009 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.005 | | |
| Fatty acids, total trans.....g | 0.066 | | 0 | NC | 4 | | 0.366 | | |
| Fatty acids, total trans-monoenoic.....g | 0.058 | | 0 | NC | 4 | | 0.321 | | |
| Fatty acids, total trans-polyenoic.....g | 0.008 | | 0 | NC | 4 | | 0.045 | | |
| Cholesterol.....mg | 9 | 0.783 | 6 | A | 1 | | 49 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.054 | | 0 | A | 1 | | 0.302 | | |

NDB No. 36630

Restaurant, Italian, spaghetti with meat sauce

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.192 | | 0 | A | 1 | 1.063 | | |
| Isoleucine.....g | 0.197 | | 0 | A | 1 | 1.091 | | |
| Leucine.....g | 0.373 | | 0 | A | 1 | 2.064 | | |
| Lysine.....g | 0.231 | | 0 | A | 1 | 1.281 | | |
| Methionine.....g | 0.109 | | 0 | A | 1 | 0.604 | | |
| Cystine.....g | 0.093 | | 0 | A | 1 | 0.515 | | |
| Phenylalanine.....g | 0.263 | | 0 | A | 1 | 1.455 | | |
| Tyrosine.....g | 0.137 | | 0 | A | 1 | 0.761 | | |
| Valine.....g | 0.224 | | 0 | A | 1 | 1.242 | | |
| Arginine.....g | 0.275 | | 0 | A | 1 | 1.522 | | |
| Histidine.....g | 0.142 | | 0 | A | 1 | 0.789 | | |
| Alanine.....g | 0.247 | | 0 | A | 1 | 1.371 | | |
| Aspartic acid.....g | 0.439 | | 0 | A | 1 | 2.433 | | |
| Glutamic acid.....g | 1.559 | | 0 | A | 1 | 8.636 | | |
| Glycine.....g | 0.230 | | 0 | A | 1 | 1.276 | | |
| Proline.....g | 0.507 | | 0 | A | 1 | 2.811 | | |
| Serine.....g | 0.240 | | 0 | A | 1 | 1.332 | | |
| Hydroxyproline.....g | 0.000 | | 2 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 554g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36046

Restaurant, Italian, spaghetti with pomodoro sauce (no meat)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 75.56 | 0.557 | 11 | A | 1 | | 385.34 | | |
| Energy.....kcal | 104 | | 0 | NC | 4 | | 529 | | |
| Energy.....kJ | 434 | | 0 | NC | 4 | | 2213 | | |
| Protein.....g | 3.90 | 0.203 | 12 | A | 1 | | 19.87 | | |
| Total lipid (fat).....g | 1.89 | 0.095 | 12 | A | 1 | | 9.63 | | |
| Ash.....g | 0.89 | 0.040 | 12 | A | 1 | | 4.52 | | |
| Carbohydrate, by difference.....g | 17.77 | | 0 | NC | 4 | | 90.64 | | |
| Fiber, total dietary.....g | 1.7 | 0.045 | 6 | A | 1 | | 8.7 | | |
| Sugars, total.....g | 1.82 | 0.033 | 6 | A | 1 | | 9.28 | | |
| Sucrose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.91 | 0.024 | 6 | A | 1 | | 4.66 | | |
| Fructose.....g | 0.91 | 0.017 | 6 | A | 1 | | 4.62 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 12.08 | 0.562 | 6 | A | 1 | | 61.62 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 15 | 1.469 | 12 | A | 1 | | 75 | | |
| Iron, Fe.....mg | 0.90 | 0.037 | 12 | A | 1 | | 4.59 | | |
| Magnesium, Mg.....mg | 16 | 0.473 | 12 | A | 1 | | 81 | | |
| Phosphorus, P.....mg | 44 | 1.353 | 12 | A | 1 | | 225 | | |
| Potassium, K.....mg | 140 | 6.120 | 12 | A | 1 | | 712 | | |
| Sodium, Na.....mg | 191 | 11.295 | 12 | A | 1 | | 976 | | |
| Zinc, Zn.....mg | 0.35 | 0.013 | 12 | A | 1 | | 1.77 | | |
| Copper, Cu.....mg | 0.074 | 0.006 | 12 | A | 1 | | 0.378 | | |
| Manganese, Mn.....mg | 0.215 | 0.009 | 12 | A | 1 | | 1.095 | | |
| Selenium, Se.....µg | 10.1 | 1.625 | 6 | A | 1 | | 51.3 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.1 | 0.109 | 6 | A | 1 | | 5.7 | | |
| Thiamin.....mg | 0.072 | 0.007 | 6 | A | 1 | | 0.365 | | |
| Riboflavin.....mg | 0.123 | 0.009 | 6 | A | 1 | | 0.629 | | |
| Niacin.....mg | 1.162 | 0.061 | 6 | A | 1 | | 5.924 | | |
| Pantothenic acid.....mg | 0.187 | 0.012 | 4 | A | 1 | | 0.956 | | |
| Vitamin B-6.....mg | 0.084 | 0.002 | 6 | A | 1 | | 0.426 | | |
| Folate, total.....µg | 29 | 3.060 | 6 | A | 1 | | 149 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 8.0 | | 0 | AS | 1 | | 40.6 | | |
| Betaine.....mg | 472.0 | | 2 | A | 1 | | 2407.4 | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 10 | | 0 | AS | 1 | | 52 | | |
| Vitamin A, IU.....IU | 202 | | 0 | AS | 1 | | 1031 | | |
| Lycopene.....µg | 1872 | 73.459 | 4 | A | 1 | | 9548 | | |
| Lutein + zeaxanthin.....µg | 132 | 2.679 | 4 | A | 1 | | 675 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.81 | 0.076 | 6 | A | 1 | | 4.16 | | |
| Tocopherol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Tocopherol, gamma.....mg | 0.33 | 0.110 | 6 | A | 1 | | 1.66 | | |
| Tocopherol, delta.....mg | 0.02 | 0.011 | 6 | A | 1 | | 0.12 | | |
| Tocotrienol, alpha.....mg | 0.02 | 0.010 | 6 | A | 1 | | 0.11 | | |
| Tocotrienol, beta.....mg | 0.23 | 0.027 | 6 | A | 1 | | 1.17 | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 4.0 | 0.548 | 4 | A | 1 | | 20.3 | | |
| Dihydrophyloquinone.....µg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | | |

NDB No. 36046

Restaurant, Italian, spaghetti with pomodoro sauce (no meat)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | | A | 1 | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.366 | | 0 | NC | 4 | | 1.865 | | |
| 4:0.....g | 0.002 | 0.002 | 6 | A | 1 | | 0.008 | | |
| 6:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.008 | | |
| 12:0.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.009 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.011 | 0.002 | 6 | A | 1 | | 0.054 | | |
| 15:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.014 | | |
| 16:0.....g | 0.259 | 0.018 | 6 | A | 1 | | 1.323 | | |
| 17:0.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.011 | | |
| 18:0.....g | 0.071 | 0.004 | 6 | A | 1 | | 0.364 | | |
| 20:0.....g | 0.008 | 0.001 | 6 | A | 1 | | 0.039 | | |
| 22:0.....g | 0.004 | 0.000 | 6 | A | 1 | | 0.020 | | |
| 24:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.014 | | |
| Fatty acids, total monounsaturated.....g | 0.926 | | 0 | NC | 4 | | 4.725 | | |
| 14:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.012 | 0.002 | 6 | AS | 1 | | 0.060 | | |
| 16:1 c.....g | 0.012 | 0.002 | 6 | A | 1 | | 0.060 | | |
| 16:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.009 | | |
| 18:1 undifferentiated.....g | 0.898 | 0.091 | 6 | AS | 1 | | 4.579 | | |
| 18:1 c.....g | 0.891 | 0.092 | 6 | A | 1 | | 4.544 | | |
| 18:1 t.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.035 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.014 | 0.003 | 6 | A | 1 | | 0.071 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 6 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.005 | | |
| Fatty acids, total polyunsaturated.....g | 0.528 | | 0 | NC | 4 | | 2.694 | | |
| 18:2 undifferentiated.....g | 0.447 | 0.051 | 6 | AS | 1 | | 2.281 | | |
| 18:2 n-6 c,c.....g | 0.444 | 0.051 | 6 | A | 1 | | 2.265 | | |
| 18:2 CLAs.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.009 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.008 | | |
| 18:3 undifferentiated.....g | 0.077 | 0.020 | 6 | AS | 1 | | 0.394 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.075 | 0.019 | 6 | A | 1 | | 0.383 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.012 | | |
| 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 | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 20:3 undifferentiated.....g | 0.002 | 0.001 | 6 | AS | 1 | | 0.012 | | |
| 20:3 n-3.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.012 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 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 | 0.001 | 0.001 | 6 | A | 1 | | 0.004 | | |
| Fatty acids, total trans.....g | 0.008 | | 0 | NC | 4 | | 0.042 | | |
| Fatty acids, total trans-monoenoic.....g | 0.007 | | 0 | NC | 4 | | 0.035 | | |
| Fatty acids, total trans-polyenoic.....g | 0.002 | | 0 | NC | 4 | | 0.008 | | |
| Cholesterol.....mg | 0 | 0.034 | 6 | A | 1 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.040 | | 0 | A | 1 | | 0.205 | | |

NDB No. 36046

Restaurant, Italian, spaghetti with pomodoro sauce (no meat)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Threonine.....g | 0.103 | | 0 | A | 1 | 0.523 | | |
| Isoleucine.....g | 0.119 | | 0 | A | 1 | 0.608 | | |
| Leucine.....g | 0.227 | | 0 | A | 1 | 1.157 | | |
| Lysine.....g | 0.080 | | 0 | A | 1 | 0.407 | | |
| Methionine.....g | 0.057 | | 0 | A | 1 | 0.291 | | |
| Cystine.....g | 0.074 | | 0 | A | 1 | 0.380 | | |
| Phenylalanine.....g | 0.165 | | 0 | A | 1 | 0.841 | | |
| Tyrosine.....g | 0.085 | | 0 | A | 1 | 0.433 | | |
| Valine.....g | 0.142 | | 0 | A | 1 | 0.724 | | |
| Arginine.....g | 0.154 | | 0 | A | 1 | 0.786 | | |
| Histidine.....g | 0.074 | | 0 | A | 1 | 0.375 | | |
| Alanine.....g | 0.119 | | 0 | A | 1 | 0.608 | | |
| Aspartic acid.....g | 0.238 | | 0 | A | 1 | 1.216 | | |
| Glutamic acid.....g | 1.308 | | 0 | A | 1 | 6.672 | | |
| Glycine.....g | 0.103 | | 0 | A | 1 | 0.523 | | |
| Proline.....g | 0.386 | | 0 | A | 1 | 1.967 | | |
| Serine.....g | 0.165 | | 0 | A | 1 | 0.841 | | |
| Hydroxyproline.....g | 0.000 | | 2 | A | 1 | 0.000 | | |

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

Common Measures:

Measure 1 = 510g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36405

Restaurant, Latino, Arroz con frijoles negros (rice and black beans)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 65.47 | 3.965 | 4 | A | 1 | | 301.80 | 95.58 | |
| Energy.....kcal | 151 | | 0 | NC | 4 | | 696 | 220 | |
| Energy.....kJ | 631 | | 0 | NC | 4 | | 2910 | 922 | |
| Protein.....g | 4.64 | 0.166 | 4 | A | 1 | | 21.39 | 6.77 | |
| Total lipid (fat).....g | 3.85 | 1.120 | 4 | A | 1 | | 17.77 | 5.63 | |
| Ash.....g | 1.63 | 0.220 | 4 | A | 1 | | 7.53 | 2.38 | |
| Carbohydrate, by difference.....g | 24.40 | | 0 | NC | 4 | | 112.51 | 35.63 | |
| Fiber, total dietary.....g | 3.4 | 0.389 | 4 | A | 1 | | 15.7 | 5.0 | |
| Sugars, total.....g | 0.86 | | 2 | A | 1 | | 3.96 | 1.25 | |
| Sucrose.....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.40 | | 2 | A | 1 | | 1.83 | 0.58 | |
| Fructose.....g | 0.46 | | 2 | A | 1 | | 2.13 | 0.67 | |
| 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 | 18.57 | 3.522 | 4 | A | 1 | | 85.63 | 27.12 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 37 | 5.326 | 4 | A | 1 | | 169 | 53 | |
| Iron, Fe.....mg | 1.57 | 0.253 | 4 | A | 1 | | 7.24 | 2.29 | |
| Magnesium, Mg.....mg | 26 | 2.117 | 4 | A | 1 | | 121 | 38 | |
| Phosphorus, P.....mg | 87 | 2.025 | 4 | A | 1 | | 403 | 127 | |
| Potassium, K.....mg | 224 | 12.662 | 4 | A | 1 | | 1033 | 327 | |
| Sodium, Na.....mg | 420 | 48.343 | 4 | A | 1 | | 1934 | 612 | |
| Zinc, Zn.....mg | 0.74 | 0.066 | 4 | A | 1 | | 3.41 | 1.08 | |
| Copper, Cu.....mg | 0.161 | 0.008 | 4 | A | 1 | | 0.744 | 0.236 | |
| Manganese, Mn.....mg | 0.443 | 0.086 | 4 | A | 1 | | 2.044 | 0.647 | |
| Selenium, Se.....µg | 4.8 | | 2 | A | 1 | | 21.9 | 6.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.122 | 0.046 | 4 | A | 1 | | 0.564 | 0.179 | |
| Riboflavin.....mg | 0.021 | 0.003 | 4 | A | 1 | | 0.097 | 0.031 | |
| Niacin.....mg | 1.017 | 0.255 | 4 | A | 1 | | 4.690 | 1.485 | |
| Pantothenic acid.....mg | 0.263 | 0.033 | 3 | A | 1 | | 1.214 | 0.384 | |
| Vitamin B-6.....mg | 0.062 | 0.005 | 4 | A | 1 | | 0.288 | 0.091 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.47 | | 2 | A | 1 | | 2.17 | 0.69 | |
| Tocopherol, beta.....mg | 0.03 | | 2 | A | 1 | | 0.12 | 0.04 | |
| Tocopherol, gamma.....mg | 2.26 | | 2 | A | 1 | | 10.42 | 3.30 | |
| Tocopherol, delta.....mg | 0.56 | | 2 | A | 1 | | 2.60 | 0.82 | |
| Tocotrienol, alpha.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, gamma.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, delta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 10.3 | | 2 | A | 1 | | 47.7 | 15.1 | |
| Dihydrophylloquinone.....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |

NDB No. 36405

Restaurant, Latino, Arroz con frijoles negros (rice and black beans)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.729 | | 0 | NC | 4 | | 3.360 | 1.064 | |
| 4:0.....g | | | | | | | | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.016 | 0.004 | 4 | A | 1 | | 0.075 | 0.024 | |
| 12:0.....g | 0.005 | 0.004 | 4 | A | 1 | | 0.022 | 0.007 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.033 | 0.015 | 4 | A | 1 | | 0.150 | 0.047 | |
| 15:0.....g | 0.004 | 0.002 | 4 | A | 1 | | 0.020 | 0.006 | |
| 16:0.....g | 0.463 | 0.139 | 4 | A | 1 | | 2.137 | 0.677 | |
| 17:0.....g | 0.008 | 0.004 | 4 | A | 1 | | 0.037 | 0.012 | |
| 18:0.....g | 0.176 | 0.064 | 4 | A | 1 | | 0.811 | 0.257 | |
| 20:0.....g | 0.010 | 0.004 | 4 | A | 1 | | 0.045 | 0.014 | |
| 22:0.....g | 0.009 | 0.003 | 4 | A | 1 | | 0.041 | 0.013 | |
| 24:0.....g | 0.005 | 0.001 | 4 | A | 1 | | 0.024 | 0.008 | |
| Fatty acids, total monounsaturated.....g | 0.889 | | 0 | NC | 4 | | 4.100 | 1.298 | |
| 14:1.....g | 0.004 | 0.002 | 4 | A | 1 | | 0.017 | 0.005 | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.020 | 0.011 | 4 | AS | 1 | | 0.093 | 0.030 | |
| 16:1 c.....g | 0.018 | 0.010 | 4 | A | 1 | | 0.084 | 0.027 | |
| 16:1 t.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.009 | 0.003 | |
| 17:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 0.853 | 0.304 | 4 | AS | 1 | | 3.931 | 1.245 | |
| 18:1 c.....g | 0.822 | 0.302 | 4 | A | 1 | | 3.787 | 1.199 | |
| 18:1 t.....g | 0.031 | 0.017 | 4 | A | 1 | | 0.144 | 0.046 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.012 | 0.004 | 4 | A | 1 | | 0.057 | 0.018 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.001 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 1.557 | | 0 | NC | 4 | | 7.178 | 2.273 | |
| 18:2 undifferentiated.....g | 1.313 | 0.564 | 4 | AS | 1 | | 6.053 | 1.917 | |
| 18:2 n-6 c,c.....g | 1.296 | 0.562 | 4 | A | 1 | | 5.974 | 1.892 | |
| 18:2 CLAs.....g | 0.003 | 0.001 | 4 | A | 1 | | 0.016 | 0.005 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.014 | 0.003 | 4 | A | 1 | | 0.063 | 0.020 | |
| 18:3 undifferentiated.....g | 0.239 | 0.064 | 4 | AS | 1 | | 1.104 | 0.350 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.239 | 0.064 | 4 | A | 1 | | 1.104 | 0.350 | |
| 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 | 0.001 | 0.000 | 4 | A | 1 | | 0.006 | 0.002 | |
| 20:3 undifferentiated.....g | 0.001 | 0.000 | 4 | AS | 1 | | 0.002 | 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 | | 0.002 | 0.001 | |
| 20:4 undifferentiated.....g | 0.002 | 0.000 | 4 | A | 1 | | 0.009 | 0.003 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 4 | A | 1 | | 0.003 | 0.001 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.047 | | 0 | NC | 4 | | 0.216 | 0.068 | |
| Fatty acids, total trans-monoenoic.....g | 0.033 | | 0 | NC | 4 | | 0.153 | 0.048 | |
| Fatty acids, total trans-polyenoic.....g | 0.014 | | 0 | NC | 4 | | 0.063 | 0.020 | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.058 | | 0 | A | 1 | | 0.269 | 0.085 | |
| Threonine.....g | 0.191 | | 0 | A | 1 | | 0.880 | 0.279 | |

NDB No. 36405

Restaurant, Latino, Arroz con frijoles negros (rice and black beans)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.201 | | 0 | A | 1 | 0.929 | 0.294 | |
| Leucine.....g | 0.366 | | 0 | A | 1 | 1.687 | 0.534 | |
| Lysine.....g | 0.255 | | 0 | A | 1 | 1.174 | 0.372 | |
| Methionine.....g | 0.069 | | 0 | A | 1 | 0.318 | 0.101 | |
| Cystine.....g | 0.053 | | 0 | A | 1 | 0.245 | 0.077 | |
| Phenylalanine.....g | 0.260 | | 0 | A | 1 | 1.198 | 0.379 | |
| Tyrosine.....g | 0.149 | | 0 | A | 1 | 0.685 | 0.217 | |
| Valine.....g | 0.265 | | 0 | A | 1 | 1.222 | 0.387 | |
| Arginine.....g | 0.323 | | 0 | A | 1 | 1.491 | 0.472 | |
| Histidine.....g | 0.127 | | 0 | A | 1 | 0.586 | 0.186 | |
| Alanine.....g | 0.212 | | 0 | A | 1 | 0.978 | 0.310 | |
| Aspartic acid.....g | 0.520 | | 0 | A | 1 | 2.396 | 0.759 | |
| Glutamic acid.....g | 0.764 | | 0 | A | 1 | 3.521 | 1.115 | |
| Glycine.....g | 0.180 | | 0 | A | 1 | 0.831 | 0.263 | |
| Proline.....g | 0.164 | | 0 | A | 1 | 0.758 | 0.240 | |
| Serine.....g | 0.260 | | 0 | A | 1 | 1.198 | 0.379 | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 461g: 1 serving

Measure 2 = 146g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36407

Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 58.87 | | 1 | A | 1 | | 384.42 | 67.70 | |
| Energy.....kcal | 182 | | 0 | NC | 4 | | 1187 | 209 | |
| Energy.....kJ | 761 | | 0 | NC | 4 | | 4968 | 875 | |
| Protein.....g | 3.50 | | 1 | A | 1 | | 22.86 | 4.03 | |
| Total lipid (fat).....g | 4.98 | | 1 | A | 1 | | 32.52 | 5.73 | |
| Ash.....g | 1.90 | | 1 | A | 1 | | 12.41 | 2.18 | |
| Carbohydrate, by difference.....g | 30.75 | | 0 | NC | 4 | | 200.80 | 35.36 | |
| Fiber, total dietary.....g | 1.4 | | 1 | A | 1 | | 9.1 | 1.6 | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | 28.40 | | 1 | A | 1 | | 185.45 | 32.66 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 8 | | 1 | A | 1 | | 53 | 9 | |
| Iron, Fe.....mg | 0.29 | | 1 | A | 1 | | 1.89 | 0.33 | |
| Magnesium, Mg.....mg | 14 | | 1 | A | 1 | | 92 | 16 | |
| Phosphorus, P.....mg | 54 | | 1 | A | 1 | | 353 | 62 | |
| Potassium, K.....mg | 84 | | 1 | A | 1 | | 548 | 96 | |
| Sodium, Na.....mg | 583 | | 1 | A | 1 | | 3807 | 670 | |
| Zinc, Zn.....mg | 0.74 | | 1 | A | 1 | | 4.84 | 0.85 | |
| Copper, Cu.....mg | 0.126 | | 1 | A | 1 | | 0.823 | 0.145 | |
| Manganese, Mn.....mg | 0.587 | | 1 | A | 1 | | 3.833 | 0.675 | |
| Selenium, Se.....µg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.030 | | 1 | A | 1 | | 0.195 | 0.034 | |
| Riboflavin.....mg | 0.015 | | 1 | A | 1 | | 0.097 | 0.017 | |
| Niacin.....mg | 0.530 | | 1 | A | 1 | | 3.460 | 0.609 | |
| Pantothenic acid.....mg | 0.240 | | 1 | A | 1 | | 1.567 | 0.276 | |
| Vitamin B-6.....mg | 0.040 | | 1 | A | 1 | | 0.261 | 0.046 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.68 | | 1 | A | 1 | | 4.44 | 0.78 | |
| Tocopherol, beta.....mg | 0.06 | | 1 | A | 1 | | 0.39 | 0.07 | |
| Tocopherol, gamma.....mg | 3.03 | | 1 | A | 1 | | 19.79 | 3.48 | |
| Tocopherol, delta.....mg | 1.01 | | 1 | A | 1 | | 6.59 | 1.16 | |
| Tocotrienol, alpha.....mg | 0.05 | | 1 | A | 1 | | 0.33 | 0.06 | |
| Tocotrienol, beta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, gamma.....mg | 0.19 | | 1 | A | 1 | | 1.24 | 0.22 | |
| Tocotrienol, delta.....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 12.6 | | 1 | A | 1 | | 82.3 | 14.5 | |
| Dihydrophylloquinone.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.763 | | 0 | NC | 4 | | 4.980 | 0.877 | |
| 4:0.....g | | | | | | | | | |
| 6:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |

Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion 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 | 0.029 | | 1 | A | 1 | | 0.189 | 0.033 | |
| 12:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.012 | | 1 | A | 1 | | 0.078 | 0.014 | |
| 15:0.....g | 0.001 | | 1 | A | 1 | | 0.007 | 0.001 | |
| 16:0.....g | 0.511 | | 1 | A | 1 | | 3.336 | 0.588 | |
| 17:0.....g | 0.004 | | 1 | A | 1 | | 0.026 | 0.005 | |
| 18:0.....g | 0.172 | | 1 | A | 1 | | 1.123 | 0.198 | |
| 20:0.....g | 0.015 | | 1 | A | 1 | | 0.097 | 0.017 | |
| 22:0.....g | 0.013 | | 1 | A | 1 | | 0.085 | 0.015 | |
| 24:0.....g | 0.006 | | 1 | A | 1 | | 0.039 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 1.005 | | 0 | NC | 4 | | 6.561 | 1.155 | |
| 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 | | 0 | AS | 1 | | 0.032 | 0.006 | |
| 16:1 c.....g | 0.005 | | 1 | A | 1 | | 0.032 | 0.006 | |
| 16:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 0.980 | | 0 | AS | 1 | | 6.399 | 1.127 | |
| 18:1 c.....g | 0.978 | | 1 | A | 1 | | 6.386 | 1.125 | |
| 18:1 t.....g | 0.002 | | 1 | A | 1 | | 0.013 | 0.002 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.020 | | 1 | A | 1 | | 0.130 | 0.023 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 2.320 | | 0 | NC | 4 | | 15.148 | 2.668 | |
| 18:2 undifferentiated.....g | 2.070 | | 0 | AS | 1 | | 13.516 | 2.380 | |
| 18:2 n-6 c,c.....g | 2.057 | | 1 | A | 1 | | 13.432 | 2.365 | |
| 18:2 CLAs.....g | 0.002 | | 1 | A | 1 | | 0.013 | 0.002 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.011 | | 1 | A | 1 | | 0.071 | 0.013 | |
| 18:3 undifferentiated.....g | 0.249 | | 0 | AS | 1 | | 1.625 | 0.286 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.249 | | 1 | A | 1 | | 1.625 | 0.286 | |
| 18:3 n-6 c,c,c.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.001 | | 1 | A | 1 | | 0.007 | 0.001 | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA).....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.013 | | 0 | NC | 4 | | 0.084 | 0.015 | |
| Fatty acids, total trans-monoenoic.....g | 0.002 | | 0 | NC | 4 | | 0.013 | 0.002 | |
| Fatty acids, total trans-polyenoic.....g | 0.011 | | 0 | NC | 4 | | 0.071 | 0.013 | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.050 | | 0 | A | 1 | | 0.327 | 0.058 | |
| Threonine.....g | 0.110 | | 0 | A | 1 | | 0.718 | 0.126 | |
| Isoleucine.....g | 0.130 | | 0 | A | 1 | | 0.848 | 0.149 | |
| Leucine.....g | 0.260 | | 0 | A | 1 | | 1.697 | 0.299 | |
| Lysine.....g | 0.120 | | 0 | A | 1 | | 0.783 | 0.138 | |
| Methionine.....g | 0.070 | | 0 | A | 1 | | 0.457 | 0.081 | |
| Cystine.....g | 0.060 | | 0 | A | 1 | | 0.391 | 0.069 | |

NDB No. 36407

Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)

| 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 | | | |
| Phenylalanine.....g | 0.170 | | 0 | A | 1 | 1.110 | 0.196 | |
| Tyrosine.....g | 0.100 | | 0 | A | 1 | 0.653 | 0.115 | |
| Valine.....g | 0.180 | | 0 | A | 1 | 1.175 | 0.207 | |
| Arginine.....g | 0.250 | | 0 | A | 1 | 1.633 | 0.288 | |
| Histidine.....g | 0.090 | | 0 | A | 1 | 0.588 | 0.104 | |
| Alanine.....g | 0.170 | | 0 | A | 1 | 1.110 | 0.196 | |
| Aspartic acid.....g | 0.310 | | 0 | A | 1 | 2.024 | 0.357 | |
| Glutamic acid.....g | 0.840 | | 0 | A | 1 | 5.485 | 0.966 | |
| Glycine.....g | 0.140 | | 0 | A | 1 | 0.914 | 0.161 | |
| Proline.....g | 0.110 | | 0 | A | 1 | 0.718 | 0.126 | |
| Serine.....g | 0.160 | | 0 | A | 1 | 1.044 | 0.184 | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 653g: 1 serving

Measure 2 = 115g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36406

Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 67.27 | 0.902 | 3 | A | 1 | | 396.91 | 105.62 | |
| Energy.....kcal | 142 | | 0 | NC | 4 | | 837 | 223 | |
| Energy.....kJ | 594 | | 0 | NC | 4 | | 3504 | 932 | |
| Protein.....g | 3.96 | 0.289 | 3 | A | 1 | | 23.35 | 6.21 | |
| Total lipid (fat).....g | 3.46 | 0.549 | 3 | A | 1 | | 20.41 | 5.43 | |
| Ash.....g | 1.57 | 0.094 | 3 | A | 1 | | 9.24 | 2.46 | |
| Carbohydrate, by difference.....g | 23.74 | | 0 | NC | 4 | | 140.08 | 37.28 | |
| Fiber, total dietary.....g | 2.6 | 0.219 | 3 | A | 1 | | 15.5 | 4.1 | |
| Sugars, total.....g | 0.15 | | 1 | A | 1 | | 0.87 | 0.23 | |
| Sucrose.....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.07 | | 1 | A | 1 | | 0.43 | 0.12 | |
| Fructose.....g | 0.07 | | 1 | A | 1 | | 0.43 | 0.12 | |
| 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 | 19.63 | 0.371 | 3 | A | 1 | | 115.84 | 30.82 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 15 | 2.318 | 3 | A | 1 | | 89 | 24 | |
| Iron, Fe.....mg | 1.22 | 0.305 | 3 | A | 1 | | 7.22 | 1.92 | |
| Magnesium, Mg.....mg | 21 | 0.808 | 3 | A | 1 | | 125 | 33 | |
| Phosphorus, P.....mg | 75 | 3.645 | 3 | A | 1 | | 443 | 118 | |
| Potassium, K.....mg | 194 | 19.287 | 3 | A | 1 | | 1145 | 305 | |
| Sodium, Na.....mg | 370 | 31.070 | 3 | A | 1 | | 2183 | 581 | |
| Zinc, Zn.....mg | 0.71 | 0.045 | 3 | A | 1 | | 4.19 | 1.11 | |
| Copper, Cu.....mg | 0.139 | 0.017 | 3 | A | 1 | | 0.820 | 0.218 | |
| Manganese, Mn.....mg | 0.419 | 0.021 | 3 | A | 1 | | 2.472 | 0.658 | |
| Selenium, Se.....µg | 5.6 | 1.014 | 3 | A | 1 | | 32.8 | 8.7 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.043 | 0.019 | 3 | A | 1 | | 0.255 | 0.068 | |
| Riboflavin.....mg | 0.015 | 0.000 | 3 | A | 1 | | 0.087 | 0.023 | |
| Niacin.....mg | 0.813 | 0.150 | 3 | A | 1 | | 4.799 | 1.277 | |
| Pantothenic acid.....mg | 0.220 | | 2 | A | 1 | | 1.298 | 0.345 | |
| Vitamin B-6.....mg | 0.047 | 0.012 | 3 | A | 1 | | 0.275 | 0.073 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.23 | | 2 | A | 1 | | 1.39 | 0.37 | |
| Tocopherol, beta.....mg | 0.01 | | 2 | A | 1 | | 0.09 | 0.02 | |
| Tocopherol, gamma.....mg | 1.48 | | 2 | A | 1 | | 8.73 | 2.32 | |
| Tocopherol, delta.....mg | 0.40 | | 2 | A | 1 | | 2.36 | 0.63 | |
| Tocotrienol, alpha.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, gamma.....mg | 0.08 | | 2 | A | 1 | | 0.47 | 0.13 | |
| Tocotrienol, delta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 7.8 | | 2 | A | 1 | | 45.9 | 12.2 | |
| Dihydrophylloquinone.....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Menaquinone-4.....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.502 | | 0 | NC | 4 | | 2.962 | 0.788 | |
| 4:0.....g | | | | | | | | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0.....g | 0.010 | 0.002 | 3 | A | 1 | | 0.059 | 0.016 | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.002 | 0.001 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.047 | 0.013 | |
| 15:0.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.006 | 0.002 | |
| 16:0.....g | 0.348 | 0.053 | 3 | A | 1 | | 2.051 | 0.546 | |
| 17:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.016 | 0.004 | |
| 18:0.....g | 0.110 | 0.023 | 3 | A | 1 | | 0.651 | 0.173 | |
| 20:0.....g | 0.009 | 0.002 | 3 | A | 1 | | 0.053 | 0.014 | |
| 22:0.....g | 0.009 | 0.002 | 3 | A | 1 | | 0.051 | 0.014 | |
| 24:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.027 | 0.007 | |
| Fatty acids, total monounsaturated.....g | 0.691 | | 0 | NC | 4 | | 4.075 | 1.084 | |
| 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 | 0.004 | 0.001 | 3 | AS | 1 | | 0.026 | 0.007 | |
| 16:1 c.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.026 | 0.007 | |
| 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 | 0.672 | 0.099 | 3 | AS | 1 | | 3.965 | 1.055 | |
| 18:1 c.....g | 0.670 | 0.099 | 3 | A | 1 | | 3.955 | 1.052 | |
| 18:1 t.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.010 | 0.003 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.084 | 0.022 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 1.579 | | 0 | NC | 4 | | 9.318 | 2.480 | |
| 18:2 undifferentiated.....g | 1.350 | 0.303 | 3 | AS | 1 | | 7.967 | 2.120 | |
| 18:2 n-6 c,c.....g | 1.338 | 0.305 | 3 | A | 1 | | 7.896 | 2.101 | |
| 18:2 CLAs.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.008 | 0.002 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.011 | 0.003 | 3 | A | 1 | | 0.063 | 0.017 | |
| 18:3 undifferentiated.....g | 0.225 | 0.038 | 3 | AS | 1 | | 1.326 | 0.353 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.225 | 0.038 | 3 | A | 1 | | 1.326 | 0.353 | |
| 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 | 0.002 | 0.000 | 3 | A | 1 | | 0.010 | 0.003 | |
| 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 | 0.001 | 3 | A | 1 | | 0.010 | 0.003 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.006 | 0.002 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.012 | | 0 | NC | 4 | | 0.073 | 0.019 | |
| Fatty acids, total trans-monoenoic.....g | 0.002 | | 0 | NC | 4 | | 0.010 | 0.003 | |
| Fatty acids, total trans-polyenoic.....g | 0.011 | | 0 | NC | 4 | | 0.063 | 0.017 | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.051 | | 0 | A | 1 | | 0.304 | 0.081 | |
| Threonine.....g | 0.150 | | 0 | A | 1 | | 0.885 | 0.236 | |

NDB No. 36406

Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)

| Nutrients and Units | <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 | 0.159 | | 0 | A | 1 | 0.940 | 0.250 | |
| Leucine.....g | 0.300 | | 0 | A | 1 | 1.771 | 0.471 | |
| Lysine.....g | 0.206 | | 0 | A | 1 | 1.215 | 0.323 | |
| Methionine.....g | 0.066 | | 0 | A | 1 | 0.389 | 0.103 | |
| Cystine.....g | 0.051 | | 0 | A | 1 | 0.304 | 0.081 | |
| Phenylalanine.....g | 0.202 | | 0 | A | 1 | 1.189 | 0.316 | |
| Tyrosine.....g | 0.095 | | 0 | A | 1 | 0.558 | 0.148 | |
| Valine.....g | 0.215 | | 0 | A | 1 | 1.268 | 0.337 | |
| Arginine.....g | 0.244 | | 0 | A | 1 | 1.440 | 0.383 | |
| Histidine.....g | 0.112 | | 0 | A | 1 | 0.663 | 0.176 | |
| Alanine.....g | 0.178 | | 0 | A | 1 | 1.052 | 0.280 | |
| Aspartic acid.....g | 0.427 | | 0 | A | 1 | 2.521 | 0.671 | |
| Glutamic acid.....g | 0.628 | | 0 | A | 1 | 3.707 | 0.986 | |
| Glycine.....g | 0.159 | | 0 | A | 1 | 0.940 | 0.250 | |
| Proline.....g | 0.178 | | 0 | A | 1 | 1.049 | 0.279 | |
| Serine.....g | 0.206 | | 0 | A | 1 | 1.218 | 0.324 | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 590g: 1 serving

Measure 2 = 157g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36415

Restaurant, Latino, arepa (unleavened cornmeal bread)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 50.80 | 2.265 | 4 | A | 1 | | 49.78 | | |
| Energy.....kcal | 219 | | 0 | NC | 4 | | 215 | | |
| Energy.....kJ | 916 | | 0 | NC | 4 | | 898 | | |
| Protein.....g | 5.48 | 1.387 | 4 | A | 1 | | 5.37 | | |
| Total lipid (fat).....g | 5.38 | 1.670 | 4 | A | 1 | | 5.28 | | |
| Ash.....g | 1.19 | 0.278 | 4 | A | 1 | | 1.17 | | |
| Carbohydrate, by difference.....g | 37.14 | | 0 | NC | 4 | | 36.40 | | |
| Fiber, total dietary.....g | 2.6 | 0.550 | 4 | A | 1 | | 2.6 | | |
| Sugars, total.....g | 0.87 | 0.500 | 3 | A | 1 | | 0.85 | | |
| Sucrose.....g | 0.33 | 0.149 | 4 | A | 1 | | 0.33 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.41 | 0.226 | 4 | A | 1 | | 0.40 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 89 | 54.616 | 4 | A | 1 | | 87 | | |
| Iron, Fe.....mg | 1.04 | 0.483 | 4 | A | 1 | | 1.01 | | |
| Magnesium, Mg.....mg | 27 | 11.793 | 4 | A | 1 | | 26 | | |
| Phosphorus, P.....mg | 117 | 31.980 | 4 | A | 1 | | 115 | | |
| Potassium, K.....mg | 88 | 28.394 | 4 | A | 1 | | 86 | | |
| Sodium, Na.....mg | 270 | 66.450 | 4 | A | 1 | | 265 | | |
| Zinc, Zn.....mg | 0.80 | 0.217 | 4 | A | 1 | | 0.78 | | |
| Copper, Cu.....mg | 0.030 | 0.008 | 4 | A | 1 | | 0.029 | | |
| Manganese, Mn.....mg | 0.116 | 0.059 | 4 | A | 1 | | 0.114 | | |
| Selenium, Se.....µg | 6.1 | 1.868 | 4 | A | 1 | | 6.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.070 | 0.042 | 4 | A | 1 | | 0.069 | | |
| Riboflavin.....mg | 0.042 | 0.025 | 4 | A | 1 | | 0.042 | | |
| Niacin.....mg | 0.888 | 0.474 | 4 | A | 1 | | 0.870 | | |
| Pantothenic acid.....mg | 0.202 | 0.036 | 4 | A | 1 | | 0.198 | | |
| Vitamin B-6.....mg | 0.107 | 0.040 | 4 | A | 1 | | 0.105 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 4.4 | | 0 | AS | 1 | | 4.3 | | |
| Betaine.....mg | 0.2 | | 1 | A | 1 | | 0.2 | | |
| Vitamin B-12.....µg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Vitamin A, RAE.....µg | 61 | | 4 | AS | 1 | | 60 | | |
| Vitamin A, IU.....IU | 213 | | 4 | AS | 1 | | 209 | | |
| Lycopene.....µg | 0 | 0.000 | 4 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 4 | 1.075 | 4 | A | 1 | | 4 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.29 | 0.083 | 4 | A | 1 | | 0.29 | | |
| Tocopherol, beta.....mg | 0.86 | 0.844 | 4 | A | 1 | | 0.85 | | |
| Tocopherol, gamma.....mg | 0.63 | 0.305 | 4 | A | 1 | | 0.62 | | |
| Tocopherol, delta.....mg | 0.37 | 0.256 | 4 | A | 1 | | 0.36 | | |
| Tocotrienol, alpha.....mg | 0.15 | 0.057 | 4 | A | 1 | | 0.14 | | |
| Tocotrienol, beta.....mg | 0.08 | 0.074 | 4 | A | 1 | | 0.08 | | |
| Tocotrienol, gamma.....mg | 0.37 | 0.160 | 4 | A | 1 | | 0.36 | | |
| Tocotrienol, delta.....mg | 0.05 | 0.008 | 4 | A | 1 | | 0.05 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 3.5 | 2.001 | 4 | A | 1 | | 3.5 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 1.0 | | 2 | A | 1 | | 1.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.902 | | 0 | NC | 4 | | 2.844 | | |
| 4:0.....g | 0.100 | 0.046 | 4 | A | 1 | | 0.098 | | |
| 6:0.....g | 0.078 | 0.038 | 4 | A | 1 | | 0.076 | | |
| 8:0.....g | 0.050 | 0.023 | 4 | A | 1 | | 0.049 | | |
| 10:0.....g | 0.112 | 0.053 | 4 | A | 1 | | 0.110 | | |
| 12:0.....g | 0.123 | 0.060 | 4 | A | 1 | | 0.120 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.404 | 0.197 | 4 | A | 1 | | 0.396 | | |
| 15:0.....g | 0.044 | 0.021 | 4 | A | 1 | | 0.043 | | |
| 16:0.....g | 1.452 | 0.601 | 4 | A | 1 | | 1.423 | | |
| 17:0.....g | 0.028 | 0.013 | 4 | A | 1 | | 0.028 | | |
| 18:0.....g | 0.483 | 0.217 | 4 | A | 1 | | 0.474 | | |
| 20:0.....g | 0.013 | 0.003 | 4 | A | 1 | | 0.012 | | |
| 22:0.....g | 0.006 | 0.002 | 4 | A | 1 | | 0.006 | | |
| 24:0.....g | 0.004 | 0.000 | 4 | A | 1 | | 0.004 | | |
| Fatty acids, total monounsaturated.....g | 1.514 | | 0 | NC | 4 | | 1.483 | | |
| 14:1.....g | 0.034 | 0.017 | 4 | A | 1 | | 0.034 | | |
| 15:1.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.084 | 0.041 | 4 | AS | 1 | | 0.083 | | |
| 16:1 c.....g | 0.070 | 0.033 | 4 | A | 1 | | 0.069 | | |
| 16:1 t.....g | 0.015 | 0.007 | 4 | A | 1 | | 0.014 | | |
| 17:1.....g | 0.010 | 0.004 | 4 | A | 1 | | 0.010 | | |
| 18:1 undifferentiated.....g | 1.365 | 0.476 | 4 | AS | 1 | | 1.338 | | |
| 18:1 c.....g | 1.270 | 0.431 | 4 | A | 1 | | 1.245 | | |
| 18:1 t.....g | 0.095 | 0.046 | 4 | A | 1 | | 0.093 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.019 | 0.006 | 4 | A | 1 | | 0.019 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.989 | | 0 | NC | 4 | | 0.969 | | |
| 18:2 undifferentiated.....g | 0.899 | 0.073 | 4 | AS | 1 | | 0.881 | | |
| 18:2 n-6 c,c.....g | 0.825 | 0.087 | 4 | A | 1 | | 0.808 | | |
| 18:2 CLAs.....g | 0.027 | 0.013 | 4 | A | 1 | | 0.026 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.047 | 0.022 | 4 | A | 1 | | 0.046 | | |
| 18:3 undifferentiated.....g | 0.066 | 0.013 | 4 | AS | 1 | | 0.065 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.065 | 0.012 | 4 | A | 1 | | 0.063 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 4 | A | 1 | | 0.003 | | |
| 20:3 undifferentiated.....g | 0.005 | 0.002 | 4 | AS | 1 | | 0.005 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.005 | 0.002 | 4 | A | 1 | | 0.005 | | |
| 20:4 undifferentiated.....g | 0.007 | 0.003 | 4 | A | 1 | | 0.007 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.001 | 4 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.002 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.002 | 4 | A | 1 | | 0.003 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.157 | | 0 | NC | 4 | | 0.154 | | |
| Fatty acids, total trans-monoenoic.....g | 0.109 | | 0 | NC | 4 | | 0.107 | | |
| Fatty acids, total trans-polyenoic.....g | 0.047 | | 0 | NC | 4 | | 0.046 | | |
| Cholesterol.....mg | 5 | 4.619 | 4 | A | 1 | | 5 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.048 | | 0 | A | 1 | | 0.047 | | |
| Threonine.....g | 0.193 | | 0 | A | 1 | | 0.189 | | |

NDB No. 36415

Restaurant, Latino, arepa (unleavened cornmeal bread)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.207 | | 0 | A | 1 | 0.203 | | |
| Leucine.....g | 0.671 | | 0 | A | 1 | 0.657 | | |
| Lysine.....g | 0.228 | | 0 | A | 1 | 0.223 | | |
| Methionine.....g | 0.131 | | 0 | A | 1 | 0.129 | | |
| Cystine.....g | 0.097 | | 0 | A | 1 | 0.095 | | |
| Phenylalanine.....g | 0.276 | | 0 | A | 1 | 0.271 | | |
| Tyrosine.....g | 0.154 | | 0 | A | 1 | 0.151 | | |
| Valine.....g | 0.276 | | 0 | A | 1 | 0.271 | | |
| Arginine.....g | 0.211 | | 0 | A | 1 | 0.206 | | |
| Histidine.....g | 0.166 | | 0 | A | 1 | 0.163 | | |
| Alanine.....g | 0.342 | | 0 | A | 1 | 0.336 | | |
| Aspartic acid.....g | 0.363 | | 0 | A | 1 | 0.356 | | |
| Glutamic acid.....g | 1.098 | | 0 | A | 1 | 1.076 | | |
| Glycine.....g | 0.168 | | 0 | A | 1 | 0.165 | | |
| Proline.....g | 0.508 | | 0 | A | 1 | 0.498 | | |
| Serine.....g | 0.288 | | 0 | A | 1 | 0.282 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 98g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36404

Restaurant, Latino, arroz con leche (rice pudding)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.899 | | 0 | NC | 4 | | 5.376 | 4.806 | |
| 4:0.....g | 0.047 | 0.016 | 4 | A | 1 | | 0.133 | 0.119 | |
| 6:0.....g | 0.035 | 0.009 | 4 | A | 1 | | 0.100 | 0.089 | |
| 8:0.....g | 0.031 | 0.005 | 4 | A | 1 | | 0.089 | 0.079 | |
| 10:0.....g | 0.074 | 0.008 | 4 | A | 1 | | 0.209 | 0.187 | |
| 12:0.....g | 0.169 | 0.099 | 4 | A | 1 | | 0.479 | 0.429 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.246 | 0.021 | 4 | A | 1 | | 0.697 | 0.623 | |
| 15:0.....g | 0.021 | 0.004 | 4 | A | 1 | | 0.059 | 0.053 | |
| 16:0.....g | 0.914 | 0.176 | 4 | A | 1 | | 2.586 | 2.311 | |
| 17:0.....g | 0.014 | 0.002 | 4 | A | 1 | | 0.040 | 0.035 | |
| 18:0.....g | 0.335 | 0.031 | 4 | A | 1 | | 0.947 | 0.847 | |
| 20:0.....g | 0.007 | 0.003 | 4 | A | 1 | | 0.020 | 0.018 | |
| 22:0.....g | 0.003 | 0.003 | 4 | A | 1 | | 0.010 | 0.009 | |
| 24:0.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.006 | 0.005 | |
| Fatty acids, total monounsaturated.....g | 1.018 | | 0 | NC | 4 | | 2.882 | 2.577 | |
| 14:1.....g | 0.017 | 0.003 | 4 | A | 1 | | 0.047 | 0.042 | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.042 | 0.008 | 4 | AS | 1 | | 0.118 | 0.106 | |
| 16:1 c.....g | 0.035 | 0.006 | 4 | A | 1 | | 0.099 | 0.088 | |
| 16:1 t.....g | 0.007 | 0.002 | 4 | A | 1 | | 0.020 | 0.018 | |
| 17:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated.....g | 0.952 | 0.251 | 4 | AS | 1 | | 2.695 | 2.409 | |
| 18:1 c.....g | 0.843 | 0.210 | 4 | A | 1 | | 2.385 | 2.132 | |
| 18:1 t.....g | 0.109 | 0.041 | 4 | A | 1 | | 0.310 | 0.277 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.008 | 0.004 | 4 | A | 1 | | 0.022 | 0.020 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 0.443 | | 0 | NC | 4 | | 1.253 | 1.120 | |
| 18:2 undifferentiated.....g | 0.395 | 0.254 | 4 | AS | 1 | | 1.117 | 0.999 | |
| 18:2 n-6 c,c.....g | 0.353 | 0.244 | 4 | A | 1 | | 1.000 | 0.894 | |
| 18:2 CLAs.....g | 0.012 | 0.002 | 4 | A | 1 | | 0.035 | 0.031 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.029 | 0.012 | 4 | A | 1 | | 0.082 | 0.073 | |
| 18:3 undifferentiated.....g | 0.039 | 0.027 | 4 | AS | 1 | | 0.110 | 0.098 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.038 | 0.027 | 4 | A | 1 | | 0.109 | 0.097 | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 4 | A | 1 | | 0.001 | 0.001 | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | 0.001 | |
| 20:3 undifferentiated.....g | 0.003 | 0.001 | 4 | AS | 1 | | 0.008 | 0.007 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.003 | 0.001 | 4 | A | 1 | | 0.008 | 0.007 | |
| 20:4 undifferentiated.....g | 0.003 | 0.001 | 4 | A | 1 | | 0.009 | 0.008 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 4 | A | 1 | | 0.001 | 0.001 | |
| 22:5 n-3 (DPA).....g | 0.002 | 0.000 | 4 | A | 1 | | 0.006 | 0.005 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.145 | | 0 | NC | 4 | | 0.411 | 0.367 | |
| Fatty acids, total trans-monoenoic.....g | 0.116 | | 0 | NC | 4 | | 0.329 | 0.294 | |
| Fatty acids, total trans-polyenoic.....g | 0.029 | | 0 | NC | 4 | | 0.082 | 0.073 | |
| Cholesterol.....mg | 8 | 0.972 | 4 | A | 1 | | 23 | 21 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.084 | | 0 | A | 1 | | 0.239 | 0.214 | |
| Threonine.....g | 0.125 | | 0 | A | 1 | | 0.353 | 0.316 | |

NDB No. 36404

Restaurant, Latino, arroz con leche (rice pudding)

| Nutrients and Units | <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 | 0.158 | | 0 | A | 1 | 0.448 | 0.401 | |
| Leucine.....g | 0.287 | | 0 | A | 1 | 0.813 | 0.727 | |
| Lysine.....g | 0.336 | | 0 | A | 1 | 0.952 | 0.851 | |
| Methionine.....g | 0.075 | | 0 | A | 1 | 0.211 | 0.189 | |
| Cystine.....g | 0.042 | | 0 | A | 1 | 0.119 | 0.107 | |
| Phenylalanine.....g | 0.167 | | 0 | A | 1 | 0.473 | 0.423 | |
| Tyrosine.....g | 0.154 | | 0 | A | 1 | 0.437 | 0.391 | |
| Valine.....g | 0.196 | | 0 | A | 1 | 0.554 | 0.495 | |
| Arginine.....g | 0.163 | | 0 | A | 1 | 0.462 | 0.413 | |
| Histidine.....g | 0.109 | | 0 | A | 1 | 0.309 | 0.276 | |
| Alanine.....g | 0.130 | | 0 | A | 1 | 0.367 | 0.328 | |
| Aspartic acid.....g | 0.259 | | 0 | A | 1 | 0.732 | 0.654 | |
| Glutamic acid.....g | 0.634 | | 0 | A | 1 | 1.793 | 1.603 | |
| Glycine.....g | 0.084 | | 0 | A | 1 | 0.237 | 0.212 | |
| Proline.....g | 0.292 | | 0 | A | 1 | 0.827 | 0.739 | |
| Serine.....g | 0.158 | | 0 | A | 1 | 0.448 | 0.401 | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 283g: 1 serving

Measure 2 = 253g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36413

Restaurant, Latino, black bean soup

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 75.91 | 0.920 | 5 | A | 1 | | 186.74 | | |
| Energy.....kcal | 103 | | 0 | NC | 4 | | 253 | | |
| Energy.....kJ | 430 | | 0 | NC | 4 | | 1057 | | |
| Protein.....g | 5.10 | 0.433 | 5 | A | 1 | | 12.54 | | |
| Total lipid (fat).....g | 2.57 | 0.661 | 5 | A | 1 | | 6.32 | | |
| Ash.....g | 1.63 | 0.189 | 5 | A | 1 | | 4.01 | | |
| Carbohydrate, by difference.....g | 14.79 | | 0 | NC | 4 | | 36.38 | | |
| Fiber, total dietary.....g | 4.9 | 0.227 | 5 | A | 1 | | 12.1 | | |
| Sugars, total.....g | 0.89 | 0.049 | 5 | A | 1 | | 2.19 | | |
| Sucrose.....g | 0.54 | 0.092 | 5 | A | 1 | | 1.34 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.35 | 0.093 | 5 | A | 1 | | 0.86 | | |
| Lactose.....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Starch.....g | 7.86 | 0.497 | 5 | A | 1 | | 19.34 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 42 | 3.000 | 5 | A | 1 | | 104 | | |
| Iron, Fe.....mg | 1.76 | 0.074 | 5 | A | 1 | | 4.33 | | |
| Magnesium, Mg.....mg | 41 | 3.155 | 5 | A | 1 | | 100 | | |
| Phosphorus, P.....mg | 109 | 8.356 | 5 | A | 1 | | 267 | | |
| Potassium, K.....mg | 340 | 22.863 | 5 | A | 1 | | 836 | | |
| Sodium, Na.....mg | 311 | 33.802 | 5 | A | 1 | | 765 | | |
| Zinc, Zn.....mg | 0.67 | 0.040 | 5 | A | 1 | | 1.65 | | |
| Copper, Cu.....mg | 0.161 | 0.009 | 5 | A | 1 | | 0.396 | | |
| Manganese, Mn.....mg | 0.326 | 0.022 | 5 | A | 1 | | 0.801 | | |
| Selenium, Se.....µg | 9.1 | | 2 | A | 1 | | 22.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.060 | | 2 | A | 1 | | 0.148 | | |
| Riboflavin.....mg | 0.025 | | 2 | A | 1 | | 0.061 | | |
| Niacin.....mg | 0.675 | | 2 | A | 1 | | 1.661 | | |
| Pantothenic acid.....mg | 0.170 | | 2 | A | 1 | | 0.418 | | |
| Vitamin B-6.....mg | 0.096 | | 2 | A | 1 | | 0.236 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 35.2 | | 0 | AS | 1 | | 86.5 | | |
| Betaine.....mg | 0.5 | | 1 | A | 1 | | 1.3 | | |
| Vitamin B-12.....µg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin A, RAE.....µg | 1 | | 0 | AS | 1 | | 2 | | |
| Vitamin A, IU.....IU | 2 | | 0 | AS | 1 | | 6 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.07 | | 2 | A | 1 | | 0.18 | | |
| Tocopherol, beta.....mg | 0.01 | | 2 | A | 1 | | 0.03 | | |
| Tocopherol, gamma.....mg | 1.78 | | 2 | A | 1 | | 4.38 | | |
| Tocopherol, delta.....mg | 0.14 | | 2 | A | 1 | | 0.35 | | |
| Tocotrienol, alpha.....mg | 0.01 | | 2 | A | 1 | | 0.01 | | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.01 | | 2 | A | 1 | | 0.02 | | |
| Tocotrienol, delta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 6.0 | | 2 | A | 1 | | 14.8 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 0.4 | | 2 | A | 1 | | 0.9 | | |

NDB No. 36413

Restaurant, Latino, black bean soup

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.535 | | 0 | NC | 4 | | 1.316 | | |
| 4:0.....g | 0.006 | 0.004 | 5 | A | 1 | | 0.015 | | |
| 6:0.....g | 0.004 | 0.003 | 5 | A | 1 | | 0.009 | | |
| 8:0.....g | 0.004 | 0.002 | 5 | A | 1 | | 0.010 | | |
| 10:0.....g | 0.007 | 0.004 | 5 | A | 1 | | 0.017 | | |
| 12:0.....g | 0.006 | 0.004 | 5 | A | 1 | | 0.016 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.023 | 0.014 | 5 | A | 1 | | 0.057 | | |
| 15:0.....g | 0.003 | 0.001 | 5 | A | 1 | | 0.008 | | |
| 16:0.....g | 0.349 | 0.070 | 5 | A | 1 | | 0.857 | | |
| 17:0.....g | 0.005 | 0.001 | 5 | A | 1 | | 0.012 | | |
| 18:0.....g | 0.109 | 0.027 | 5 | A | 1 | | 0.269 | | |
| 20:0.....g | 0.008 | 0.003 | 5 | A | 1 | | 0.019 | | |
| 22:0.....g | 0.006 | 0.001 | 5 | A | 1 | | 0.014 | | |
| 24:0.....g | 0.005 | 0.001 | 5 | A | 1 | | 0.012 | | |
| Fatty acids, total monounsaturated.....g | 1.035 | | 0 | NC | 4 | | 2.545 | | |
| 14:1.....g | 0.002 | 0.001 | 5 | A | 1 | | 0.005 | | |
| 15:1.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.021 | 0.004 | 5 | AS | 1 | | 0.052 | | |
| 16:1 c.....g | 0.020 | 0.004 | 5 | A | 1 | | 0.050 | | |
| 16:1 t.....g | 0.001 | 0.001 | 5 | A | 1 | | 0.002 | | |
| 17:1.....g | 0.003 | 0.001 | 5 | A | 1 | | 0.008 | | |
| 18:1 undifferentiated.....g | 0.998 | 0.587 | 5 | AS | 1 | | 2.454 | | |
| 18:1 c.....g | 0.988 | 0.587 | 5 | A | 1 | | 2.430 | | |
| 18:1 t.....g | 0.010 | 0.003 | 5 | A | 1 | | 0.024 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.010 | 0.003 | 5 | A | 1 | | 0.024 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 5 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.787 | | 0 | NC | 4 | | 1.935 | | |
| 18:2 undifferentiated.....g | 0.559 | 0.216 | 5 | AS | 1 | | 1.374 | | |
| 18:2 n-6 c,c.....g | 0.550 | 0.214 | 5 | A | 1 | | 1.352 | | |
| 18:2 CLAs.....g | 0.002 | 0.001 | 5 | A | 1 | | 0.006 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.007 | 0.002 | 5 | A | 1 | | 0.016 | | |
| 18:3 undifferentiated.....g | 0.216 | 0.036 | 5 | AS | 1 | | 0.532 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.216 | 0.036 | 5 | A | 1 | | 0.532 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | 0.001 | 5 | A | 1 | | 0.004 | | |
| 20:3 undifferentiated.....g | 0.001 | 0.000 | 5 | AS | 1 | | 0.002 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.001 | 0.000 | 5 | A | 1 | | 0.002 | | |
| 20:4 undifferentiated.....g | 0.007 | 0.006 | 5 | A | 1 | | 0.018 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 5 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 5 | A | 1 | | 0.001 | | |
| 22:5 n-3 (DPA).....g | 0.001 | 0.000 | 5 | A | 1 | | 0.001 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.018 | | 0 | NC | 4 | | 0.044 | | |
| Fatty acids, total trans-monoenoic.....g | 0.011 | | 0 | NC | 4 | | 0.027 | | |
| Fatty acids, total trans-polyenoic.....g | 0.007 | | 0 | NC | 4 | | 0.016 | | |
| Cholesterol.....mg | 1 | 0.490 | 5 | A | 1 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.038 | | 0 | A | 1 | | 0.092 | | |
| Threonine.....g | 0.172 | | 0 | A | 1 | | 0.424 | | |

NDB No. 36413

Restaurant, Latino, black bean soup

| Nutrients and Units | <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 | 0.161 | | 0 | A | 1 | 0.395 | | |
| Leucine.....g | 0.319 | | 0 | A | 1 | 0.784 | | |
| Lysine.....g | 0.268 | | 0 | A | 1 | 0.658 | | |
| Methionine.....g | 0.097 | | 0 | A | 1 | 0.239 | | |
| Cystine.....g | 0.038 | | 0 | A | 1 | 0.092 | | |
| Phenylalanine.....g | 0.159 | | 0 | A | 1 | 0.391 | | |
| Tyrosine.....g | 0.130 | | 0 | A | 1 | 0.321 | | |
| Valine.....g | 0.205 | | 0 | A | 1 | 0.504 | | |
| Arginine.....g | 0.348 | | 0 | A | 1 | 0.857 | | |
| Histidine.....g | 0.087 | | 0 | A | 1 | 0.214 | | |
| Alanine.....g | 0.349 | | 0 | A | 1 | 0.859 | | |
| Aspartic acid.....g | 0.384 | | 0 | A | 1 | 0.945 | | |
| Glutamic acid.....g | 0.723 | | 0 | A | 1 | 1.778 | | |
| Glycine.....g | 0.579 | | 0 | A | 1 | 1.424 | | |
| Proline.....g | 0.363 | | 0 | A | 1 | 0.894 | | |
| Serine.....g | 0.202 | | 0 | A | 1 | 0.497 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36416

Restaurant, Latino, bunuelos (fried yeast bread)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 15.30 | 5.086 | 3 | A | 1 | | 10.71 | | |
| Energy.....kcal | 462 | | 0 | NC | 4 | | 324 | | |
| Energy.....kJ | 1935 | | 0 | NC | 4 | | 1355 | | |
| Protein.....g | 8.02 | 0.717 | 3 | A | 1 | | 5.61 | | |
| Total lipid (fat).....g | 26.24 | 1.738 | 3 | A | 1 | | 18.37 | | |
| Ash.....g | 1.87 | 0.550 | 3 | A | 1 | | 1.31 | | |
| Carbohydrate, by difference.....g | 48.57 | | 0 | NC | 4 | | 34.00 | | |
| Fiber, total dietary.....g | 1.5 | 0.252 | 3 | A | 1 | | 1.0 | | |
| Sugars, total.....g | 12.24 | 3.295 | 3 | A | 1 | | 8.57 | | |
| Sucrose.....g | 7.33 | 1.469 | 3 | A | 1 | | 5.13 | | |
| Glucose (dextrose).....g | 2.20 | 2.197 | 3 | A | 1 | | 1.54 | | |
| Fructose.....g | 2.38 | 2.383 | 3 | A | 1 | | 1.67 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.34 | 0.193 | 3 | A | 1 | | 0.24 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 32.40 | 0.721 | 3 | A | 1 | | 22.68 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 215 | 59.246 | 3 | A | 1 | | 151 | | |
| Iron, Fe.....mg | 1.78 | 0.295 | 3 | A | 1 | | 1.25 | | |
| Magnesium, Mg.....mg | 19 | 1.431 | 3 | A | 1 | | 13 | | |
| Phosphorus, P.....mg | 157 | 37.977 | 3 | A | 1 | | 110 | | |
| Potassium, K.....mg | 104 | 7.262 | 3 | A | 1 | | 73 | | |
| Sodium, Na.....mg | 418 | 125.287 | 3 | A | 1 | | 292 | | |
| Zinc, Zn.....mg | 0.91 | 0.113 | 3 | A | 1 | | 0.63 | | |
| Copper, Cu.....mg | 0.041 | 0.016 | 3 | A | 1 | | 0.028 | | |
| Manganese, Mn.....mg | 0.391 | 0.218 | 3 | A | 1 | | 0.273 | | |
| Selenium, Se.....µg | 10.7 | 2.805 | 3 | A | 1 | | 7.5 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.113 | 0.048 | 3 | A | 1 | | 0.079 | | |
| Riboflavin.....mg | 0.143 | 0.023 | 3 | A | 1 | | 0.100 | | |
| Niacin.....mg | 1.967 | 0.331 | 3 | A | 1 | | 1.377 | | |
| Pantothenic acid.....mg | 0.343 | 0.050 | 3 | A | 1 | | 0.240 | | |
| Vitamin B-6.....mg | 0.063 | 0.008 | 3 | A | 1 | | 0.044 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 43.8 | | 0 | AS | 1 | | 30.7 | | |
| Betaine.....mg | 15.9 | | 1 | A | 1 | | 11.1 | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.98 | 0.437 | 3 | A | 1 | | 0.68 | | |
| Tocopherol, beta.....mg | 0.11 | 0.065 | 3 | A | 1 | | 0.08 | | |
| Tocopherol, gamma.....mg | 5.62 | 4.116 | 3 | A | 1 | | 3.93 | | |
| Tocopherol, delta.....mg | 2.07 | 1.514 | 3 | A | 1 | | 1.45 | | |
| Tocotrienol, alpha.....mg | 0.02 | 0.013 | 3 | A | 1 | | 0.01 | | |
| Tocotrienol, beta.....mg | 0.12 | 0.035 | 3 | A | 1 | | 0.08 | | |
| Tocotrienol, gamma.....mg | 0.02 | 0.018 | 3 | A | 1 | | 0.01 | | |
| Tocotrienol, delta.....mg | 0.01 | 0.010 | 3 | A | 1 | | 0.01 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 25.8 | 11.975 | 3 | A | 1 | | 18.1 | | |
| Dihydrophylloquinone.....µg | 11.1 | | 2 | A | 1 | | 7.8 | | |
| Menaquinone-4.....µg | 2.1 | 0.617 | 3 | A | 1 | | 1.5 | | |

NDB No. 36416

Restaurant, Latino, bunuelos (fried yeast bread)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.834 | | 0 | NC | 4 | | 4.784 | | |
| 4:0.....g | 0.067 | 0.033 | 3 | A | 1 | | 0.047 | | |
| 6:0.....g | 0.048 | 0.025 | 3 | A | 1 | | 0.034 | | |
| 8:0.....g | 0.042 | 0.013 | 3 | A | 1 | | 0.029 | | |
| 10:0.....g | 0.076 | 0.027 | 3 | A | 1 | | 0.053 | | |
| 12:0.....g | 0.082 | 0.031 | 3 | A | 1 | | 0.057 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.366 | 0.039 | 3 | A | 1 | | 0.256 | | |
| 15:0.....g | 0.036 | 0.009 | 3 | A | 1 | | 0.025 | | |
| 16:0.....g | 3.888 | 0.909 | 3 | A | 1 | | 2.722 | | |
| 17:0.....g | 0.062 | 0.015 | 3 | A | 1 | | 0.043 | | |
| 18:0.....g | 2.017 | 0.489 | 3 | A | 1 | | 1.412 | | |
| 20:0.....g | 0.078 | 0.011 | 3 | A | 1 | | 0.054 | | |
| 22:0.....g | 0.050 | 0.016 | 3 | A | 1 | | 0.035 | | |
| 24:0.....g | 0.020 | 0.006 | 3 | A | 1 | | 0.014 | | |
| Fatty acids, total monounsaturated.....g | 9.415 | | 0 | NC | 4 | | 6.590 | | |
| 14:1.....g | 0.024 | 0.009 | 3 | A | 1 | | 0.017 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.232 | 0.121 | 3 | AS | 1 | | 0.163 | | |
| 16:1 c.....g | 0.219 | 0.121 | 3 | A | 1 | | 0.153 | | |
| 16:1 t.....g | 0.014 | 0.002 | 3 | A | 1 | | 0.010 | | |
| 17:1.....g | 0.038 | 0.015 | 3 | A | 1 | | 0.027 | | |
| 18:1 undifferentiated.....g | 8.952 | 1.139 | 3 | AS | 1 | | 6.266 | | |
| 18:1 c.....g | 8.390 | 1.145 | 3 | A | 1 | | 5.873 | | |
| 18:1 t.....g | 0.562 | 0.200 | 3 | A | 1 | | 0.393 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.157 | 0.021 | 3 | A | 1 | | 0.110 | | |
| 22:1 undifferentiated.....g | 0.007 | 0.003 | 3 | AS | 1 | | 0.005 | | |
| 22:1 c.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.002 | 0.002 | 3 | A | 1 | | 0.002 | | |
| 24:1 c.....g | 0.004 | 0.002 | 3 | A | 1 | | 0.003 | | |
| Fatty acids, total polyunsaturated.....g | 7.090 | | 0 | NC | 4 | | 4.963 | | |
| 18:2 undifferentiated.....g | 6.301 | 2.218 | 3 | AS | 1 | | 4.410 | | |
| 18:2 n-6 c,c.....g | 6.063 | 2.227 | 3 | A | 1 | | 4.244 | | |
| 18:2 CLAs.....g | 0.037 | 0.003 | 3 | A | 1 | | 0.026 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.200 | 0.071 | 3 | A | 1 | | 0.140 | | |
| 18:3 undifferentiated.....g | 0.677 | 0.382 | 3 | AS | 1 | | 0.474 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.673 | 0.382 | 3 | A | 1 | | 0.471 | | |
| 18:3 n-6 c,c,c.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.047 | 0.036 | 3 | A | 1 | | 0.033 | | |
| 20:3 undifferentiated.....g | 0.015 | 0.008 | 3 | AS | 1 | | 0.011 | | |
| 20:3 n-3.....g | 0.005 | 0.005 | 3 | A | 1 | | 0.003 | | |
| 20:3 n-6.....g | 0.010 | 0.003 | 3 | A | 1 | | 0.007 | | |
| 20:4 undifferentiated.....g | 0.025 | 0.006 | 3 | A | 1 | | 0.018 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.007 | 0.001 | 3 | A | 1 | | 0.005 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.007 | 0.004 | 3 | A | 1 | | 0.005 | | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.001 | 3 | A | 1 | | 0.004 | | |
| 22:6 n-3 (DHA).....g | 0.006 | 0.002 | 3 | A | 1 | | 0.004 | | |
| Fatty acids, total trans.....g | 0.778 | | 0 | NC | 4 | | 0.545 | | |
| Fatty acids, total trans-monoenoic.....g | 0.578 | | 0 | NC | 4 | | 0.405 | | |
| Fatty acids, total trans-polyenoic.....g | 0.200 | | 0 | NC | 4 | | 0.140 | | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.091 | | 0 | A | 1 | | 0.064 | | |
| Threonine.....g | 0.251 | | 0 | A | 1 | | 0.176 | | |

NDB No. 36416

Restaurant, Latino, bunuelos (fried yeast bread)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.311 | | 0 | A | 1 | 0.218 | | |
| Leucine.....g | 0.632 | | 0 | A | 1 | 0.443 | | |
| Lysine.....g | 0.332 | | 0 | A | 1 | 0.232 | | |
| Methionine.....g | 0.162 | | 0 | A | 1 | 0.113 | | |
| Cystine.....g | 0.121 | | 0 | A | 1 | 0.085 | | |
| Phenylalanine.....g | 0.381 | | 0 | A | 1 | 0.267 | | |
| Tyrosine.....g | 0.223 | | 0 | A | 1 | 0.156 | | |
| Valine.....g | 0.385 | | 0 | A | 1 | 0.269 | | |
| Arginine.....g | 0.302 | | 0 | A | 1 | 0.211 | | |
| Histidine.....g | 0.190 | | 0 | A | 1 | 0.133 | | |
| Alanine.....g | 0.251 | | 0 | A | 1 | 0.176 | | |
| Aspartic acid.....g | 0.451 | | 0 | A | 1 | 0.315 | | |
| Glutamic acid.....g | 2.295 | | 0 | A | 1 | 1.606 | | |
| Glycine.....g | 0.224 | | 0 | A | 1 | 0.157 | | |
| Proline.....g | 0.824 | | 0 | A | 1 | 0.577 | | |
| Serine.....g | 0.418 | | 0 | A | 1 | 0.293 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 70g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36401

Restaurant, Latino, chicken and rice, entree, prepared

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 61.12 | 1.155 | 5 | A | 1 | | 86.18 | | |
| Energy.....kcal | 174 | | 0 | NC | 4 | | 245 | | |
| Energy.....kJ | 727 | | 0 | NC | 4 | | 1025 | | |
| Protein.....g | 12.02 | 1.996 | 5 | A | 1 | | 16.95 | | |
| Total lipid (fat).....g | 5.06 | 0.574 | 5 | A | 1 | | 7.14 | | |
| Ash.....g | 1.77 | 0.144 | 5 | A | 1 | | 2.49 | | |
| Carbohydrate, by difference.....g | 20.03 | | 0 | NC | 4 | | 28.24 | | |
| Fiber, total dietary.....g | 1.2 | 0.093 | 5 | A | 1 | | 1.6 | | |
| Sugars, total.....g | 0.55 | 0.200 | 5 | A | 1 | | 0.77 | | |
| Sucrose.....g | 0.13 | 0.053 | 5 | A | 1 | | 0.18 | | |
| Glucose (dextrose).....g | 0.21 | 0.086 | 5 | A | 1 | | 0.30 | | |
| Fructose.....g | 0.21 | 0.087 | 5 | A | 1 | | 0.29 | | |
| Lactose.....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Starch.....g | 17.76 | 2.246 | 5 | A | 1 | | 25.04 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 18 | 2.928 | 5 | A | 1 | | 26 | | |
| Iron, Fe.....mg | 0.95 | 0.197 | 5 | A | 1 | | 1.35 | | |
| Magnesium, Mg.....mg | 18 | 3.037 | 5 | A | 1 | | 26 | | |
| Phosphorus, P.....mg | 122 | 19.858 | 5 | A | 1 | | 172 | | |
| Potassium, K.....mg | 184 | 36.577 | 5 | A | 1 | | 260 | | |
| Sodium, Na.....mg | 518 | 42.499 | 5 | A | 1 | | 731 | | |
| Zinc, Zn.....mg | 0.78 | 0.030 | 5 | A | 1 | | 1.11 | | |
| Copper, Cu.....mg | 0.076 | 0.002 | 5 | A | 1 | | 0.107 | | |
| Manganese, Mn.....mg | 0.304 | 0.032 | 5 | A | 1 | | 0.429 | | |
| Selenium, Se.....µg | 14.5 | 3.528 | 5 | A | 1 | | 20.5 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.104 | 0.020 | 5 | A | 1 | | 0.147 | | |
| Riboflavin.....mg | 0.056 | 0.004 | 5 | A | 1 | | 0.079 | | |
| Niacin.....mg | 5.558 | 1.184 | 5 | A | 1 | | 7.837 | | |
| Pantothenic acid.....mg | 0.962 | 0.129 | 5 | A | 1 | | 1.356 | | |
| Vitamin B-6.....mg | 0.176 | 0.036 | 5 | A | 1 | | 0.248 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.16 | 0.014 | 5 | A | 1 | | 0.23 | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.50 | 0.132 | 4 | A | 1 | | 0.70 | | |
| Tocopherol, beta.....mg | 0.02 | 0.005 | 4 | A | 1 | | 0.03 | | |
| Tocopherol, gamma.....mg | 1.09 | 0.373 | 4 | A | 1 | | 1.54 | | |
| Tocopherol, delta.....mg | 0.35 | 0.095 | 4 | A | 1 | | 0.50 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.010 | 4 | A | 1 | | 0.02 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.10 | 0.011 | 4 | A | 1 | | 0.14 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 4.0 | 0.768 | 5 | A | 1 | | 5.7 | | |
| Dihydrophylloquinone.....µg | 0.4 | 0.271 | 5 | A | 1 | | 0.5 | | |
| Menaquinone-4.....µg | 4.8 | 0.938 | 5 | A | 1 | | 6.8 | | |

NDB No. 36401

Restaurant, Latino, chicken and rice, entree, prepared

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.101 | | 0 | NC | 4 | | 1.553 | | |
| 4:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.007 | 0.000 | 4 | A | 1 | | 0.010 | | |
| 10:0.....g | 0.002 | 0.000 | 4 | A | 1 | | 0.003 | | |
| 12:0.....g | | | | | | | | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | 0.004 | 4 | A | 1 | | 0.031 | | |
| 15:0.....g | 0.003 | 0.000 | 4 | A | 1 | | 0.004 | | |
| 16:0.....g | 0.804 | 0.169 | 4 | A | 1 | | 1.134 | | |
| 17:0.....g | 0.005 | 0.001 | 4 | A | 1 | | 0.008 | | |
| 18:0.....g | 0.238 | 0.041 | 4 | A | 1 | | 0.335 | | |
| 20:0.....g | 0.009 | 0.002 | 4 | A | 1 | | 0.013 | | |
| 22:0.....g | 0.006 | 0.001 | 4 | A | 1 | | 0.008 | | |
| 24:0.....g | 0.004 | 0.000 | 4 | A | 1 | | 0.006 | | |
| Fatty acids, total monounsaturated.....g | 1.799 | | 0 | NC | 4 | | 2.536 | | |
| 14:1.....g | 0.005 | 0.002 | 4 | A | 1 | | 0.007 | | |
| 15:1.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.162 | 0.065 | 4 | AS | 1 | | 0.228 | | |
| 16:1 c.....g | 0.161 | 0.064 | 4 | A | 1 | | 0.226 | | |
| 16:1 t.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 17:1.....g | 0.007 | 0.001 | 4 | A | 1 | | 0.010 | | |
| 18:1 undifferentiated.....g | 1.606 | 0.374 | 4 | AS | 1 | | 2.264 | | |
| 18:1 c.....g | 1.564 | 0.364 | 4 | A | 1 | | 2.205 | | |
| 18:1 t.....g | 0.042 | 0.019 | 4 | A | 1 | | 0.059 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.016 | 0.003 | 4 | A | 1 | | 0.023 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 4 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.002 | 0.000 | 4 | A | 1 | | 0.003 | | |
| Fatty acids, total polyunsaturated.....g | 1.564 | | 0 | NC | 4 | | 2.205 | | |
| 18:2 undifferentiated.....g | 1.382 | 0.289 | 4 | AS | 1 | | 1.949 | | |
| 18:2 n-6 c,c.....g | 1.360 | 0.283 | 4 | A | 1 | | 1.918 | | |
| 18:2 CLAs.....g | 0.005 | 0.001 | 4 | A | 1 | | 0.007 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.017 | 0.007 | 4 | A | 1 | | 0.024 | | |
| 18:3 undifferentiated.....g | 0.121 | 0.022 | 4 | AS | 1 | | 0.170 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.115 | 0.023 | 4 | A | 1 | | 0.162 | | |
| 18:3 n-6 c,c,c.....g | 0.006 | 0.002 | 4 | A | 1 | | 0.008 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.001 | 0.000 | 4 | A | 1 | | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.001 | 4 | A | 1 | | 0.007 | | |
| 20:3 undifferentiated.....g | 0.010 | 0.001 | 4 | AS | 1 | | 0.014 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.010 | 0.001 | 4 | A | 1 | | 0.014 | | |
| 20:4 undifferentiated.....g | 0.031 | 0.003 | 4 | A | 1 | | 0.044 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.007 | 0.001 | 4 | A | 1 | | 0.010 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 4 | A | 1 | | 0.005 | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.000 | 4 | A | 1 | | 0.005 | | |
| Fatty acids, total trans.....g | 0.060 | | 0 | NC | 4 | | 0.084 | | |
| Fatty acids, total trans-monoenoic.....g | 0.043 | | 0 | NC | 4 | | 0.061 | | |
| Fatty acids, total trans-polyenoic.....g | 0.017 | | 0 | NC | 4 | | 0.024 | | |
| Cholesterol.....mg | 36 | 4.368 | 5 | A | 1 | | 51 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.158 | | 0 | A | 1 | | 0.223 | | |
| Threonine.....g | 0.498 | | 0 | A | 1 | | 0.702 | | |

NDB No. 36401

Restaurant, Latino, chicken and rice, entree, prepared

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | |
|----------------------|--|------------|----------------|------------|--|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.549 | | 0 | A | 1 | 0.773 | | |
| Leucine.....g | 0.933 | | 0 | A | 1 | 1.315 | | |
| Lysine.....g | 0.925 | | 0 | A | 1 | 1.304 | | |
| Methionine.....g | 0.306 | | 0 | A | 1 | 0.431 | | |
| Cystine.....g | 0.150 | | 0 | A | 1 | 0.211 | | |
| Phenylalanine.....g | 0.514 | | 0 | A | 1 | 0.725 | | |
| Tyrosine.....g | 0.349 | | 0 | A | 1 | 0.492 | | |
| Valine.....g | 0.619 | | 0 | A | 1 | 0.873 | | |
| Arginine.....g | 0.796 | | 0 | A | 1 | 1.122 | | |
| Histidine.....g | 0.398 | | 0 | A | 1 | 0.562 | | |
| Alanine.....g | 0.680 | | 0 | A | 1 | 0.959 | | |
| Aspartic acid.....g | 1.109 | | 0 | A | 1 | 1.563 | | |
| Glutamic acid.....g | 1.879 | | 0 | A | 1 | 2.650 | | |
| Glycine.....g | 0.585 | | 0 | A | 1 | 0.825 | | |
| Proline.....g | 0.510 | | 0 | A | 1 | 0.720 | | |
| Serine.....g | 0.469 | | 0 | A | 1 | 0.661 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 141g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36403

Restaurant, Latino, empanadas, beef, prepared

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 37.50 | 4.442 | 3 | A | 1 | | 33.38 | | |
| Energy.....kcal | 335 | | 0 | NC | 4 | | 298 | | |
| Energy.....kJ | 1403 | | 0 | NC | 4 | | 1249 | | |
| Protein.....g | 11.31 | 1.233 | 3 | A | 1 | | 10.07 | | |
| Total lipid (fat).....g | 18.37 | 0.497 | 3 | A | 1 | | 16.35 | | |
| Ash.....g | 1.63 | 0.010 | 3 | A | 1 | | 1.45 | | |
| Carbohydrate, by difference.....g | 31.19 | | 0 | NC | 4 | | 27.76 | | |
| Fiber, total dietary.....g | 2.0 | 0.120 | 3 | A | 1 | | 1.8 | | |
| Sugars, total.....g | 1.84 | 0.822 | 3 | A | 1 | | 1.64 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.40 | 0.165 | 3 | A | 1 | | 0.35 | | |
| Fructose.....g | 0.38 | 0.170 | 3 | A | 1 | | 0.34 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 1.06 | 0.528 | 3 | A | 1 | | 0.94 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 26.13 | 1.670 | 3 | A | 1 | | 23.26 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 20 | 7.670 | 3 | A | 1 | | 18 | | |
| Iron, Fe.....mg | 2.70 | 0.625 | 3 | A | 1 | | 2.40 | | |
| Magnesium, Mg.....mg | 21 | 4.158 | 3 | A | 1 | | 18 | | |
| Phosphorus, P.....mg | 103 | 15.100 | 3 | A | 1 | | 91 | | |
| Potassium, K.....mg | 190 | 24.443 | 3 | A | 1 | | 169 | | |
| Sodium, Na.....mg | 440 | 31.593 | 3 | A | 1 | | 392 | | |
| Zinc, Zn.....mg | 1.86 | 0.111 | 3 | A | 1 | | 1.65 | | |
| Copper, Cu.....mg | 0.097 | 0.024 | 3 | A | 1 | | 0.086 | | |
| Manganese, Mn.....mg | 0.267 | 0.112 | 3 | A | 1 | | 0.237 | | |
| Selenium, Se.....µg | 24.8 | 5.225 | 3 | A | 1 | | 22.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.7 | | 0 | RA | 4 | | 0.6 | | |
| Thiamin.....mg | 0.277 | 0.113 | 3 | A | 1 | | 0.246 | | |
| Riboflavin.....mg | 0.190 | 0.055 | 3 | A | 1 | | 0.169 | | |
| Niacin.....mg | 4.663 | 1.111 | 3 | A | 1 | | 4.150 | | |
| Pantothenic acid.....mg | 0.490 | 0.059 | 3 | A | 1 | | 0.436 | | |
| Vitamin B-6.....mg | 0.148 | 0.003 | 3 | A | 1 | | 0.132 | | |
| Folate, total.....µg | 45 | | 0 | RA | 4 | | 40 | | |
| Folic acid.....µg | 34 | | 0 | RA | 4 | | 30 | | |
| Folate, food.....µg | 11 | | 0 | RA | 4 | | 10 | | |
| Folate, DFE.....µg | 69 | | 0 | NC | 4 | | 61 | | |
| Choline, total.....mg | 30.3 | | 0 | RA | 4 | | 27.0 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.76 | 0.053 | 3 | A | 1 | | 0.68 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 18 | | 0 | NC | 4 | | 16 | | |
| Retinol.....µg | 10 | | 0 | RA | 4 | | 9 | | |
| Carotene, beta.....µg | 73 | 48.360 | 3 | A | 1 | | 65 | | |
| Carotene, alpha.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Cryptoxanthin, beta.....µg | 33 | 21.144 | 3 | A | 1 | | 29 | | |
| Vitamin A, IU.....IU | 183 | | 0 | NC | 4 | | 163 | | |
| Lycopene.....µg | 417 | 270.193 | 3 | A | 1 | | 371 | | |
| Lutein + zeaxanthin.....µg | 174 | 77.522 | 3 | A | 1 | | 155 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.73 | 0.245 | 3 | A | 1 | | 0.65 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.07 | 0.027 | 3 | A | 1 | | 0.06 | | |
| Tocopherol, gamma.....mg | 2.52 | 0.909 | 3 | A | 1 | | 2.24 | | |
| Tocopherol, delta.....mg | 1.00 | 0.588 | 3 | A | 1 | | 0.89 | | |
| Tocotrienol, alpha.....mg | 0.07 | 0.052 | 3 | A | 1 | | 0.06 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |

NDB No. 36403

Restaurant, Latino, empanadas, beef, prepared

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.07 | 0.061 | 3 | A | 1 | | 0.06 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.2 | | 0 | RA | 4 | | 0.2 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 7 | | 0 | RA | 4 | | 6 | | |
| Vitamin K (phylloquinone).....µg | 6.1 | 3.517 | 3 | A | 1 | | 5.5 | | |
| Dihydrophyloquinone.....µg | 5.7 | 2.970 | 3 | A | 1 | | 5.1 | | |
| Menaquinone-4.....µg | 2.6 | 0.142 | 3 | A | 1 | | 2.3 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 5.156 | | 0 | NC | 4 | | 4.589 | | |
| 4:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 10:0.....g | 0.021 | 0.003 | 3 | A | 1 | | 0.019 | | |
| 12:0.....g | 0.009 | 0.001 | 3 | A | 1 | | 0.008 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.191 | 0.017 | 3 | A | 1 | | 0.170 | | |
| 15:0.....g | 0.021 | 0.003 | 3 | A | 1 | | 0.019 | | |
| 16:0.....g | 3.102 | 0.187 | 3 | A | 1 | | 2.761 | | |
| 17:0.....g | 0.067 | 0.006 | 3 | A | 1 | | 0.060 | | |
| 18:0.....g | 1.675 | 0.204 | 3 | A | 1 | | 1.491 | | |
| 20:0.....g | 0.039 | 0.002 | 3 | A | 1 | | 0.035 | | |
| 22:0.....g | 0.020 | 0.009 | 3 | A | 1 | | 0.018 | | |
| 24:0.....g | 0.010 | 0.002 | 3 | A | 1 | | 0.009 | | |
| Fatty acids, total monounsaturated.....g | 7.121 | | 0 | NC | 4 | | 6.338 | | |
| 14:1.....g | 0.030 | 0.011 | 3 | A | 1 | | 0.026 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.303 | 0.010 | 3 | AS | 1 | | 0.270 | | |
| 16:1 c.....g | 0.290 | 0.009 | 3 | A | 1 | | 0.258 | | |
| 16:1 t.....g | 0.013 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 17:1.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 18:1 undifferentiated.....g | 6.703 | 0.583 | 3 | AS | 1 | | 5.965 | | |
| 18:1 c.....g | 6.030 | 0.348 | 3 | A | 1 | | 5.367 | | |
| 18:1 t.....g | 0.672 | 0.282 | 3 | A | 1 | | 0.598 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.082 | 0.015 | 3 | A | 1 | | 0.073 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 3 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.001 | 0.000 | 3 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.002 | | |
| Fatty acids, total polyunsaturated.....g | 4.268 | | 0 | NC | 4 | | 3.798 | | |
| 18:2 undifferentiated.....g | 3.848 | 0.555 | 3 | AS | 1 | | 3.425 | | |
| 18:2 n-6 c,c.....g | 3.665 | 0.560 | 3 | A | 1 | | 3.262 | | |
| 18:2 CLAs.....g | 0.042 | 0.006 | 3 | A | 1 | | 0.038 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.141 | 0.047 | 3 | A | 1 | | 0.125 | | |
| 18:3 undifferentiated.....g | 0.304 | 0.131 | 3 | AS | 1 | | 0.271 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.301 | 0.131 | 3 | A | 1 | | 0.268 | | |
| 18:3 n-6 c,c,c.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.045 | 0.017 | 3 | A | 1 | | 0.040 | | |
| 20:3 undifferentiated.....g | 0.020 | 0.005 | 3 | AS | 1 | | 0.017 | | |
| 20:3 n-3.....g | 0.007 | 0.003 | 3 | A | 1 | | 0.007 | | |
| 20:3 n-6.....g | 0.012 | 0.002 | 3 | A | 1 | | 0.011 | | |
| 20:4 undifferentiated.....g | 0.029 | 0.004 | 3 | A | 1 | | 0.026 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 3 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.008 | 0.002 | 3 | A | 1 | | 0.007 | | |
| 22:5 n-3 (DPA).....g | 0.008 | 0.002 | 3 | A | 1 | | 0.007 | | |

NDB No. 36403

Restaurant, Latino, empanadas, beef, prepared

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.001 | 3 | A | 1 | | 0.002 | | |
| Fatty acids, total trans.....g | 0.826 | | 0 | NC | 4 | | 0.735 | | |
| Fatty acids, total trans-monoenoic.....g | 0.686 | | 0 | NC | 4 | | 0.610 | | |
| Fatty acids, total trans-polyenoic.....g | 0.141 | | 0 | NC | 4 | | 0.125 | | |
| Cholesterol.....mg | 26 | 0.451 | 3 | A | 1 | | 23 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.118 | | 0 | A | 1 | | 0.105 | | |
| Threonine.....g | 0.413 | | 0 | A | 1 | | 0.367 | | |
| Isoleucine.....g | 0.461 | | 0 | A | 1 | | 0.410 | | |
| Leucine.....g | 0.895 | | 0 | A | 1 | | 0.797 | | |
| Lysine.....g | 0.614 | | 0 | A | 1 | | 0.546 | | |
| Methionine.....g | 0.207 | | 0 | A | 1 | | 0.184 | | |
| Cystine.....g | 0.157 | | 0 | A | 1 | | 0.139 | | |
| Phenylalanine.....g | 0.496 | | 0 | A | 1 | | 0.442 | | |
| Tyrosine.....g | 0.306 | | 0 | A | 1 | | 0.272 | | |
| Valine.....g | 0.511 | | 0 | A | 1 | | 0.454 | | |
| Arginine.....g | 0.577 | | 0 | A | 1 | | 0.513 | | |
| Histidine.....g | 0.309 | | 0 | A | 1 | | 0.275 | | |
| Alanine.....g | 0.578 | | 0 | A | 1 | | 0.515 | | |
| Aspartic acid.....g | 0.820 | | 0 | A | 1 | | 0.730 | | |
| Glutamic acid.....g | 2.542 | | 0 | A | 1 | | 2.262 | | |
| Glycine.....g | 0.568 | | 0 | A | 1 | | 0.505 | | |
| Proline.....g | 0.855 | | 0 | A | 1 | | 0.761 | | |
| Serine.....g | 0.454 | | 0 | A | 1 | | 0.404 | | |
| 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 = 89g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36408

Restaurant, Latino, pupusas con frijoles (pupusas, bean)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 52.16 | 0.555 | 6 | A | 1 | | 65.72 | | |
| Energy.....kcal | 229 | | 0 | NC | 4 | | 289 | | |
| Energy.....kJ | 960 | | 0 | NC | 4 | | 1210 | | |
| Protein.....g | 5.59 | 0.128 | 6 | A | 1 | | 7.05 | | |
| Total lipid (fat).....g | 9.01 | 0.905 | 6 | A | 1 | | 11.36 | | |
| Ash.....g | 1.74 | 0.264 | 6 | A | 1 | | 2.19 | | |
| Carbohydrate, by difference.....g | 31.49 | | 0 | NC | 4 | | 39.68 | | |
| Fiber, total dietary.....g | 5.8 | 0.095 | 6 | A | 1 | | 7.3 | | |
| Sugars, total.....g | 1.30 | 0.161 | 6 | A | 1 | | 1.63 | | |
| Sucrose.....g | 0.76 | 0.047 | 6 | A | 1 | | 0.96 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.22 | 0.020 | 6 | A | 1 | | 0.27 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.32 | 0.134 | 6 | A | 1 | | 0.40 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 23.58 | 0.469 | 6 | A | 1 | | 29.71 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 51 | 7.296 | 6 | A | 1 | | 65 | | |
| Iron, Fe.....mg | 1.46 | 0.074 | 6 | A | 1 | | 1.84 | | |
| Magnesium, Mg.....mg | 54 | 2.095 | 6 | A | 1 | | 68 | | |
| Phosphorus, P.....mg | 144 | 4.055 | 6 | A | 1 | | 182 | | |
| Potassium, K.....mg | 305 | 17.440 | 6 | A | 1 | | 384 | | |
| Sodium, Na.....mg | 305 | 93.953 | 6 | A | 1 | | 385 | | |
| Zinc, Zn.....mg | 0.94 | 0.026 | 6 | A | 1 | | 1.19 | | |
| Copper, Cu.....mg | 0.141 | 0.010 | 6 | A | 1 | | 0.178 | | |
| Manganese, Mn.....mg | 0.344 | 0.012 | 6 | A | 1 | | 0.434 | | |
| Selenium, Se.....µg | 7.0 | 0.784 | 3 | A | 1 | | 8.8 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.077 | 0.012 | 3 | A | 1 | | 0.097 | | |
| Riboflavin.....mg | 0.030 | 0.006 | 3 | A | 1 | | 0.038 | | |
| Niacin.....mg | 0.867 | 0.117 | 3 | A | 1 | | 1.092 | | |
| Pantothenic acid.....mg | 0.303 | 0.023 | 3 | A | 1 | | 0.382 | | |
| Vitamin B-6.....mg | 0.172 | 0.017 | 3 | A | 1 | | 0.217 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 39.6 | | 0 | AS | 1 | | 49.9 | | |
| Betaine.....mg | 0.8 | | 1 | A | 1 | | 1.0 | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | | | | | | | | | |
| Vitamin A, IU.....IU | | | | | | | | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.36 | 0.059 | 3 | A | 1 | | 0.45 | | |
| Tocopherol, beta.....mg | 0.04 | 0.001 | 3 | A | 1 | | 0.05 | | |
| Tocopherol, gamma.....mg | 4.13 | 0.678 | 3 | A | 1 | | 5.21 | | |
| Tocopherol, delta.....mg | 0.66 | 0.221 | 3 | A | 1 | | 0.84 | | |
| Tocotrienol, alpha.....mg | 0.11 | 0.022 | 3 | A | 1 | | 0.13 | | |
| Tocotrienol, beta.....mg | 0.02 | 0.010 | 3 | A | 1 | | 0.02 | | |
| Tocotrienol, gamma.....mg | 0.27 | 0.031 | 3 | A | 1 | | 0.34 | | |
| Tocotrienol, delta.....mg | 0.01 | 0.007 | 3 | A | 1 | | 0.01 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 7.4 | 1.719 | 3 | A | 1 | | 9.4 | | |
| Dihydrophylloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 0.8 | 0.394 | 3 | A | 1 | | 1.0 | | |

NDB No. 36408

Restaurant, Latino, pupusas con frijoles (pupusas, bean)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.188 | | 0 | NC | 4 | | 2.757 | | |
| 4:0.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.005 | | |
| 6:0.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.003 | | |
| 8:0.....g | 0.003 | 0.001 | 6 | A | 1 | | 0.004 | | |
| 10:0.....g | 0.008 | 0.002 | 6 | A | 1 | | 0.010 | | |
| 12:0.....g | 0.007 | 0.002 | 6 | A | 1 | | 0.009 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.069 | 0.012 | 6 | A | 1 | | 0.087 | | |
| 15:0.....g | 0.005 | 0.001 | 6 | A | 1 | | 0.007 | | |
| 16:0.....g | 1.417 | 0.182 | 6 | A | 1 | | 1.786 | | |
| 17:0.....g | 0.021 | 0.003 | 6 | A | 1 | | 0.026 | | |
| 18:0.....g | 0.607 | 0.106 | 6 | A | 1 | | 0.765 | | |
| 20:0.....g | 0.023 | 0.002 | 6 | A | 1 | | 0.030 | | |
| 22:0.....g | 0.012 | 0.001 | 6 | A | 1 | | 0.015 | | |
| 24:0.....g | 0.008 | 0.000 | 6 | A | 1 | | 0.010 | | |
| Fatty acids, total monounsaturated.....g | 2.986 | | 0 | NC | 4 | | 3.763 | | |
| 14:1.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.104 | 0.014 | 6 | AS | 1 | | 0.132 | | |
| 16:1 c.....g | 0.102 | 0.014 | 6 | A | 1 | | 0.129 | | |
| 16:1 t.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 17:1.....g | 0.015 | 0.003 | 6 | A | 1 | | 0.019 | | |
| 18:1 undifferentiated.....g | 2.804 | 0.376 | 6 | AS | 1 | | 3.533 | | |
| 18:1 c.....g | 2.769 | 0.377 | 6 | A | 1 | | 3.489 | | |
| 18:1 t.....g | 0.035 | 0.005 | 6 | A | 1 | | 0.044 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.056 | 0.007 | 6 | A | 1 | | 0.070 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.000 | 6 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 24:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| Fatty acids, total polyunsaturated.....g | 2.907 | | 0 | NC | 4 | | 3.663 | | |
| 18:2 undifferentiated.....g | 2.516 | 0.186 | 6 | AS | 1 | | 3.171 | | |
| 18:2 n-6 c,c.....g | 2.488 | 0.185 | 6 | A | 1 | | 3.135 | | |
| 18:2 CLAs.....g | 0.010 | 0.002 | 6 | A | 1 | | 0.012 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.019 | 0.002 | 6 | A | 1 | | 0.023 | | |
| 18:3 undifferentiated.....g | 0.331 | 0.035 | 6 | AS | 1 | | 0.417 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.329 | 0.035 | 6 | A | 1 | | 0.415 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.027 | 0.005 | 6 | A | 1 | | 0.034 | | |
| 20:3 undifferentiated.....g | 0.009 | 0.002 | 6 | AS | 1 | | 0.011 | | |
| 20:3 n-3.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.006 | | |
| 20:3 n-6.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.006 | | |
| 20:4 undifferentiated.....g | 0.011 | 0.002 | 6 | A | 1 | | 0.014 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.000 | 6 | A | 1 | | 0.004 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.006 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.001 | 6 | A | 1 | | 0.004 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| Fatty acids, total trans.....g | 0.057 | | 0 | NC | 4 | | 0.071 | | |
| Fatty acids, total trans-monoenoic.....g | 0.038 | | 0 | NC | 4 | | 0.048 | | |
| Fatty acids, total trans-polyenoic.....g | 0.019 | | 0 | NC | 4 | | 0.023 | | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.055 | | 0 | A | 1 | | 0.069 | | |
| Threonine.....g | 0.212 | | 0 | A | 1 | | 0.267 | | |

NDB No. 36408

Restaurant, Latino, pupusas con frijoles (pupusas, bean)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.219 | | 0 | A | 1 | 0.276 | | |
| Leucine.....g | 0.525 | | 0 | A | 1 | 0.661 | | |
| Lysine.....g | 0.293 | | 0 | A | 1 | 0.369 | | |
| Methionine.....g | 0.100 | | 0 | A | 1 | 0.126 | | |
| Cystine.....g | 0.077 | | 0 | A | 1 | 0.098 | | |
| Phenylalanine.....g | 0.290 | | 0 | A | 1 | 0.365 | | |
| Tyrosine.....g | 0.138 | | 0 | A | 1 | 0.174 | | |
| Valine.....g | 0.258 | | 0 | A | 1 | 0.324 | | |
| Arginine.....g | 0.293 | | 0 | A | 1 | 0.369 | | |
| Histidine.....g | 0.164 | | 0 | A | 1 | 0.207 | | |
| Alanine.....g | 0.290 | | 0 | A | 1 | 0.365 | | |
| Aspartic acid.....g | 0.543 | | 0 | A | 1 | 0.685 | | |
| Glutamic acid.....g | 0.969 | | 0 | A | 1 | 1.221 | | |
| Glycine.....g | 0.209 | | 0 | A | 1 | 0.263 | | |
| Proline.....g | 0.300 | | 0 | A | 1 | 0.378 | | |
| Serine.....g | 0.309 | | 0 | A | 1 | 0.389 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 126g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36409

Restaurant, Latino, pupusas con queso (pupusas, 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 | 50.36 | 0.983 | 6 | A | 1 | | 58.93 | | |
| Energy.....kcal | 256 | | 0 | NC | 4 | | 299 | | |
| Energy.....kJ | 1070 | | 0 | NC | 4 | | 1252 | | |
| Protein.....g | 11.72 | 0.414 | 6 | A | 1 | | 13.71 | | |
| Total lipid (fat).....g | 13.25 | 0.901 | 6 | A | 1 | | 15.51 | | |
| Ash.....g | 2.27 | 0.197 | 6 | A | 1 | | 2.66 | | |
| Carbohydrate, by difference.....g | 22.39 | | 0 | NC | 4 | | 26.20 | | |
| Fiber, total dietary.....g | 2.9 | 0.209 | 6 | A | 1 | | 3.4 | | |
| Sugars, total.....g | 1.20 | 0.205 | 6 | A | 1 | | 1.41 | | |
| Sucrose.....g | 0.24 | 0.038 | 6 | A | 1 | | 0.28 | | |
| Glucose (dextrose).....g | 0.23 | 0.046 | 6 | A | 1 | | 0.27 | | |
| Fructose.....g | 0.20 | 0.016 | 6 | A | 1 | | 0.23 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.35 | 0.166 | 6 | A | 1 | | 0.41 | | |
| Galactose.....g | 0.18 | 0.068 | 6 | A | 1 | | 0.21 | | |
| Starch.....g | 18.09 | 0.868 | 6 | A | 1 | | 21.17 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 325 | 16.970 | 6 | A | 1 | | 381 | | |
| Iron, Fe.....mg | 0.56 | 0.019 | 6 | A | 1 | | 0.66 | | |
| Magnesium, Mg.....mg | 36 | 0.925 | 6 | A | 1 | | 42 | | |
| Phosphorus, P.....mg | 271 | 10.255 | 6 | A | 1 | | 317 | | |
| Potassium, K.....mg | 120 | 7.523 | 6 | A | 1 | | 140 | | |
| Sodium, Na.....mg | 400 | 65.266 | 6 | A | 1 | | 468 | | |
| Zinc, Zn.....mg | 1.87 | 0.070 | 6 | A | 1 | | 2.19 | | |
| Copper, Cu.....mg | 0.037 | 0.006 | 6 | A | 1 | | 0.044 | | |
| Manganese, Mn.....mg | 0.125 | 0.006 | 6 | A | 1 | | 0.147 | | |
| Selenium, Se.....µg | 15.0 | 0.693 | 3 | A | 1 | | 17.6 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | RC | 4 | | 0.0 | | |
| Thiamin.....mg | 0.042 | 0.016 | 3 | A | 1 | | 0.049 | | |
| Riboflavin.....mg | 0.127 | 0.009 | 3 | A | 1 | | 0.148 | | |
| Niacin.....mg | 0.483 | 0.084 | 3 | A | 1 | | 0.565 | | |
| Pantothenic acid.....mg | 0.337 | 0.009 | 3 | A | 1 | | 0.394 | | |
| Vitamin B-6.....mg | 0.149 | 0.008 | 3 | A | 1 | | 0.174 | | |
| Folate, total.....µg | 3 | | 0 | RC | 4 | | 3 | | |
| Folic acid.....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food.....µg | 3 | | 0 | RC | 4 | | 3 | | |
| Folate, DFE.....µg | 3 | | 0 | NC | 4 | | 3 | | |
| Choline, total.....mg | 16.9 | | 0 | AS | 1 | | 19.8 | | |
| Betaine.....mg | 0.6 | | 1 | A | 1 | | 0.8 | | |
| Vitamin B-12.....µg | 0.45 | 0.100 | 3 | A | 1 | | 0.52 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 89 | | 0 | NC | 4 | | 104 | | |
| Retinol.....µg | 87 | 10.314 | 3 | A | 1 | | 102 | | |
| Carotene, beta.....µg | 18 | | 0 | RC | 4 | | 21 | | |
| Carotene, alpha.....µg | 0 | | 0 | RC | 4 | | 0 | | |
| Cryptoxanthin, beta.....µg | 1 | | 0 | RC | 4 | | 1 | | |
| Vitamin A, IU.....IU | 321 | | 0 | NC | 4 | | 376 | | |
| Lycopene.....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin.....µg | 2 | | 0 | RC | 4 | | 2 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.44 | 0.064 | 3 | A | 1 | | 0.51 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.01 | 0.001 | 3 | A | 1 | | 0.02 | | |
| Tocopherol, gamma.....mg | 1.47 | 0.242 | 3 | A | 1 | | 1.71 | | |
| Tocopherol, delta.....mg | 0.14 | 0.056 | 3 | A | 1 | | 0.16 | | |
| Tocotrienol, alpha.....mg | 0.13 | 0.028 | 3 | A | 1 | | 0.15 | | |
| Tocotrienol, beta.....mg | 0.01 | 0.002 | 3 | A | 1 | | 0.01 | | |

Restaurant, Latino, pupusas con queso (pupusas, 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 | 0.31 | 0.029 | 3 | A | 1 | | 0.36 | | |
| Tocotrienol, delta.....mg | 0.01 | 0.007 | 3 | A | 1 | | 0.02 | | |
| Vitamin D (D2 + D3).....µg | 1.2 | | 0 | RC | 4 | | 1.4 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 48 | | 0 | RC | 4 | | 56 | | |
| Vitamin K (phylloquinone).....µg | 1.7 | 0.521 | 3 | A | 1 | | 1.9 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.9 | 0.491 | 3 | A | 1 | | 3.4 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.479 | | 0 | NC | 4 | | 7.581 | | |
| 4:0.....g | 0.231 | 0.011 | 6 | A | 1 | | 0.270 | | |
| 6:0.....g | 0.189 | 0.010 | 6 | A | 1 | | 0.222 | | |
| 8:0.....g | 0.117 | 0.006 | 6 | A | 1 | | 0.137 | | |
| 10:0.....g | 0.269 | 0.015 | 6 | A | 1 | | 0.314 | | |
| 12:0.....g | 0.297 | 0.016 | 6 | A | 1 | | 0.348 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.963 | 0.051 | 6 | A | 1 | | 1.127 | | |
| 15:0.....g | 0.102 | 0.005 | 6 | A | 1 | | 0.120 | | |
| 16:0.....g | 2.948 | 0.188 | 6 | A | 1 | | 3.449 | | |
| 17:0.....g | 0.068 | 0.005 | 6 | A | 1 | | 0.079 | | |
| 18:0.....g | 1.245 | 0.080 | 6 | A | 1 | | 1.457 | | |
| 20:0.....g | 0.025 | 0.001 | 6 | A | 1 | | 0.029 | | |
| 22:0.....g | 0.011 | 0.001 | 6 | A | 1 | | 0.012 | | |
| 24:0.....g | 0.007 | 0.000 | 6 | A | 1 | | 0.008 | | |
| Fatty acids, total monounsaturated.....g | 3.411 | | 0 | NC | 4 | | 3.991 | | |
| 14:1.....g | 0.075 | 0.004 | 6 | A | 1 | | 0.087 | | |
| 15:1.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 16:1 undifferentiated.....g | 0.201 | 0.020 | 6 | AS | 1 | | 0.235 | | |
| 16:1 c.....g | 0.169 | 0.019 | 6 | A | 1 | | 0.197 | | |
| 16:1 t.....g | 0.032 | 0.002 | 6 | A | 1 | | 0.038 | | |
| 17:1.....g | 0.024 | 0.003 | 6 | A | 1 | | 0.028 | | |
| 18:1 undifferentiated.....g | 3.079 | 0.283 | 6 | AS | 1 | | 3.602 | | |
| 18:1 c.....g | 2.825 | 0.274 | 6 | A | 1 | | 3.306 | | |
| 18:1 t.....g | 0.253 | 0.018 | 6 | A | 1 | | 0.296 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.030 | 0.004 | 6 | A | 1 | | 0.035 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 6 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 1.555 | | 0 | NC | 4 | | 1.819 | | |
| 18:2 undifferentiated.....g | 1.393 | 0.113 | 6 | AS | 1 | | 1.630 | | |
| 18:2 n-6 c,c.....g | 1.259 | 0.116 | 6 | A | 1 | | 1.473 | | |
| 18:2 CLAs.....g | 0.061 | 0.004 | 6 | A | 1 | | 0.071 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.074 | 0.005 | 6 | A | 1 | | 0.086 | | |
| 18:3 undifferentiated.....g | 0.098 | 0.006 | 6 | AS | 1 | | 0.115 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.093 | 0.006 | 6 | A | 1 | | 0.109 | | |
| 18:3 n-6 c,c,c.....g | 0.004 | 0.000 | 6 | A | 1 | | 0.005 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.008 | 0.003 | 6 | A | 1 | | 0.010 | | |
| 20:3 undifferentiated.....g | 0.015 | 0.001 | 6 | AS | 1 | | 0.018 | | |
| 20:3 n-3.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.014 | 0.001 | 6 | A | 1 | | 0.016 | | |
| 20:4 undifferentiated.....g | 0.020 | 0.002 | 6 | A | 1 | | 0.023 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.006 | 0.000 | 6 | A | 1 | | 0.007 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.005 | | |
| 22:5 n-3 (DPA).....g | 0.008 | 0.001 | 6 | A | 1 | | 0.009 | | |

NDB No. 36409

Restaurant, Latino, pupusas con queso (pupusas, 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 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.359 | | 0 | NC | 4 | | 0.420 | | |
| Fatty acids, total trans-monoenoic.....g | 0.285 | | 0 | NC | 4 | | 0.334 | | |
| Fatty acids, total trans-polyenoic.....g | 0.074 | | 0 | NC | 4 | | 0.086 | | |
| Cholesterol.....mg | 32 | 1.607 | 6 | A | 1 | | 37 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.152 | | 0 | A | 1 | | 0.178 | | |
| Threonine.....g | 0.458 | | 0 | A | 1 | | 0.535 | | |
| Isoleucine.....g | 0.565 | | 0 | A | 1 | | 0.661 | | |
| Leucine.....g | 1.290 | | 0 | A | 1 | | 1.510 | | |
| Lysine.....g | 0.870 | | 0 | A | 1 | | 1.018 | | |
| Methionine.....g | 0.346 | | 0 | A | 1 | | 0.405 | | |
| Cystine.....g | 0.097 | | 0 | A | 1 | | 0.114 | | |
| Phenylalanine.....g | 0.625 | | 0 | A | 1 | | 0.731 | | |
| Tyrosine.....g | 0.476 | | 0 | A | 1 | | 0.557 | | |
| Valine.....g | 0.741 | | 0 | A | 1 | | 0.867 | | |
| Arginine.....g | 0.482 | | 0 | A | 1 | | 0.564 | | |
| Histidine.....g | 0.368 | | 0 | A | 1 | | 0.430 | | |
| Alanine.....g | 0.459 | | 0 | A | 1 | | 0.537 | | |
| Aspartic acid.....g | 0.892 | | 0 | A | 1 | | 1.044 | | |
| Glutamic acid.....g | 2.755 | | 0 | A | 1 | | 3.223 | | |
| Glycine.....g | 0.267 | | 0 | A | 1 | | 0.312 | | |
| Proline.....g | 1.285 | | 0 | A | 1 | | 1.504 | | |
| Serine.....g | 0.696 | | 0 | A | 1 | | 0.814 | | |
| 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 = 117g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36410

Restaurant, Latino, pupusas del cerdo (pupusas, pork)

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 53.12 | 2.353 | 6 | A | 1 | | 64.81 | | |
| Energy.....kcal | 232 | | 0 | NC | 4 | | 283 | | |
| Energy.....kJ | 971 | | 0 | NC | 4 | | 1185 | | |
| Protein.....g | 11.51 | 0.940 | 6 | A | 1 | | 14.04 | | |
| Total lipid (fat).....g | 10.43 | 1.269 | 6 | A | 1 | | 12.73 | | |
| Ash.....g | 1.91 | 0.200 | 6 | A | 1 | | 2.33 | | |
| Carbohydrate, by difference.....g | 23.02 | | 0 | NC | 4 | | 28.08 | | |
| Fiber, total dietary.....g | 2.6 | 0.072 | 6 | A | 1 | | 3.2 | | |
| Sugars, total.....g | 1.45 | 0.130 | 6 | A | 1 | | 1.77 | | |
| Sucrose.....g | 0.38 | 0.049 | 6 | A | 1 | | 0.47 | | |
| Glucose (dextrose).....g | 0.34 | 0.054 | 6 | A | 1 | | 0.42 | | |
| Fructose.....g | 0.33 | 0.026 | 6 | A | 1 | | 0.41 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.39 | 0.144 | 6 | A | 1 | | 0.48 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 18.98 | 0.664 | 6 | A | 1 | | 23.16 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 49 | 10.359 | 6 | A | 1 | | 60 | | |
| Iron, Fe.....mg | 1.01 | 0.074 | 6 | A | 1 | | 1.23 | | |
| Magnesium, Mg.....mg | 38 | 0.865 | 6 | A | 1 | | 46 | | |
| Phosphorus, P.....mg | 162 | 8.561 | 6 | A | 1 | | 198 | | |
| Potassium, K.....mg | 255 | 22.411 | 6 | A | 1 | | 311 | | |
| Sodium, Na.....mg | 426 | 53.348 | 6 | A | 1 | | 519 | | |
| Zinc, Zn.....mg | 1.62 | 0.102 | 6 | A | 1 | | 1.97 | | |
| Copper, Cu.....mg | 0.065 | 0.010 | 6 | A | 1 | | 0.080 | | |
| Manganese, Mn.....mg | 0.159 | 0.005 | 6 | A | 1 | | 0.194 | | |
| Selenium, Se.....µg | 17.8 | 3.439 | 3 | A | 1 | | 21.7 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | | 0 | RC | 4 | | 0.2 | | |
| Thiamin.....mg | 0.083 | 0.038 | 3 | A | 1 | | 0.102 | | |
| Riboflavin.....mg | 0.087 | 0.012 | 3 | A | 1 | | 0.106 | | |
| Niacin.....mg | 2.373 | 0.194 | 3 | A | 1 | | 2.895 | | |
| Pantothenic acid.....mg | 0.640 | 0.090 | 3 | A | 1 | | 0.781 | | |
| Vitamin B-6.....mg | 0.230 | 0.031 | 3 | A | 1 | | 0.281 | | |
| Folate, total.....µg | 4 | | 0 | RC | 4 | | 4 | | |
| Folic acid.....µg | 0 | | 0 | RC | 4 | | 0 | | |
| Folate, food.....µg | 4 | | 0 | RC | 4 | | 4 | | |
| Folate, DFE.....µg | 4 | | 0 | NC | 4 | | 4 | | |
| Choline, total.....mg | 38.4 | | 0 | AS | 1 | | 46.8 | | |
| Betaine.....mg | 6.1 | | 1 | A | 1 | | 7.4 | | |
| Vitamin B-12.....µg | 0.28 | 0.052 | 3 | A | 1 | | 0.34 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 10 | | 0 | NC | 4 | | 13 | | |
| Retinol.....µg | 8 | 6.066 | 3 | A | 1 | | 9 | | |
| Carotene, beta.....µg | 35 | | 0 | RC | 4 | | 43 | | |
| Carotene, alpha.....µg | 0 | | 0 | RC | 4 | | 0 | | |
| Cryptoxanthin, beta.....µg | 0 | | 0 | RC | 4 | | 0 | | |
| Vitamin A, IU.....IU | 84 | | 0 | NC | 4 | | 102 | | |
| Lycopene.....µg | 752 | | 0 | RC | 4 | | 918 | | |
| Lutein + zeaxanthin.....µg | 26 | | 0 | RC | 4 | | 31 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.35 | 0.083 | 3 | A | 1 | | 0.42 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.02 | 0.001 | 3 | A | 1 | | 0.02 | | |
| Tocopherol, gamma.....mg | 1.28 | 0.192 | 3 | A | 1 | | 1.57 | | |
| Tocopherol, delta.....mg | 0.08 | 0.036 | 3 | A | 1 | | 0.10 | | |
| Tocotrienol, alpha.....mg | 0.08 | 0.012 | 3 | A | 1 | | 0.10 | | |
| Tocotrienol, beta.....mg | 0.01 | 0.004 | 3 | A | 1 | | 0.01 | | |

NDB No. 36410

Restaurant, Latino, pupusas del cerdo (pupusas, pork)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.26 | 0.029 | 3 | A | 1 | | 0.32 | | |
| Tocotrienol, delta.....mg | 0.01 | 0.007 | 3 | A | 1 | | 0.02 | | |
| Vitamin D (D2 + D3).....µg | 0.7 | | 0 | RC | 4 | | 0.8 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 28 | | 0 | RC | 4 | | 34 | | |
| Vitamin K (phylloquinone).....µg | 1.1 | 0.570 | 3 | A | 1 | | 1.3 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.9 | 1.457 | 3 | A | 1 | | 3.6 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.166 | | 0 | NC | 4 | | 3.863 | | |
| 4:0.....g | 0.009 | 0.006 | 6 | A | 1 | | 0.011 | | |
| 6:0.....g | 0.007 | 0.005 | 6 | A | 1 | | 0.008 | | |
| 8:0.....g | 0.006 | 0.003 | 6 | A | 1 | | 0.008 | | |
| 10:0.....g | 0.017 | 0.008 | 6 | A | 1 | | 0.021 | | |
| 12:0.....g | 0.017 | 0.008 | 6 | A | 1 | | 0.021 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.134 | 0.035 | 6 | A | 1 | | 0.164 | | |
| 15:0.....g | 0.009 | 0.003 | 6 | A | 1 | | 0.011 | | |
| 16:0.....g | 1.985 | 0.249 | 6 | A | 1 | | 2.422 | | |
| 17:0.....g | 0.031 | 0.005 | 6 | A | 1 | | 0.038 | | |
| 18:0.....g | 0.919 | 0.121 | 6 | A | 1 | | 1.121 | | |
| 20:0.....g | 0.020 | 0.002 | 6 | A | 1 | | 0.024 | | |
| 22:0.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.008 | | |
| 24:0.....g | 0.004 | 0.000 | 6 | A | 1 | | 0.005 | | |
| Fatty acids, total monounsaturated.....g | 3.964 | | 0 | NC | 4 | | 4.836 | | |
| 14:1.....g | 0.005 | 0.002 | 6 | A | 1 | | 0.006 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.198 | 0.028 | 6 | AS | 1 | | 0.242 | | |
| 16:1 c.....g | 0.194 | 0.027 | 6 | A | 1 | | 0.237 | | |
| 16:1 t.....g | 0.004 | 0.002 | 6 | A | 1 | | 0.005 | | |
| 17:1.....g | 0.029 | 0.004 | 6 | A | 1 | | 0.036 | | |
| 18:1 undifferentiated.....g | 3.661 | 0.456 | 6 | AS | 1 | | 4.466 | | |
| 18:1 c.....g | 3.601 | 0.445 | 6 | A | 1 | | 4.393 | | |
| 18:1 t.....g | 0.060 | 0.017 | 6 | A | 1 | | 0.074 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.069 | 0.008 | 6 | A | 1 | | 0.084 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.000 | 6 | AS | 1 | | 0.002 | | |
| 22:1 c.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 2.205 | | 0 | NC | 4 | | 2.691 | | |
| 18:2 undifferentiated.....g | 1.986 | 0.231 | 6 | AS | 1 | | 2.423 | | |
| 18:2 n-6 c,c.....g | 1.950 | 0.226 | 6 | A | 1 | | 2.379 | | |
| 18:2 CLAs.....g | 0.017 | 0.005 | 6 | A | 1 | | 0.021 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.019 | 0.004 | 6 | A | 1 | | 0.023 | | |
| 18:3 undifferentiated.....g | 0.090 | 0.008 | 6 | AS | 1 | | 0.110 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.087 | 0.008 | 6 | A | 1 | | 0.106 | | |
| 18:3 n-6 c,c,c.....g | 0.003 | 0.001 | 6 | A | 1 | | 0.004 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.045 | 0.006 | 6 | A | 1 | | 0.054 | | |
| 20:3 undifferentiated.....g | 0.017 | 0.002 | 6 | AS | 1 | | 0.021 | | |
| 20:3 n-3.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.008 | | |
| 20:3 n-6.....g | 0.010 | 0.001 | 6 | A | 1 | | 0.013 | | |
| 20:4 undifferentiated.....g | 0.042 | 0.004 | 6 | A | 1 | | 0.052 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 6 | A | 1 | | 0.004 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.012 | 0.001 | 6 | A | 1 | | 0.015 | | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 6 | A | 1 | | 0.008 | | |

NDB No. 36410

Restaurant, Latino, pupusas del cerdo (pupusas, pork)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | Points | Deriv Code | Code | | | | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.001 | 6 | A | 1 | | 0.003 | | | |
| Fatty acids, total trans.....g | 0.083 | | 0 | NC | 4 | | 0.102 | | | |
| Fatty acids, total trans-monoenoic.....g | 0.064 | | 0 | NC | 4 | | 0.079 | | | |
| Fatty acids, total trans-polyenoic.....g | 0.019 | | 0 | NC | 4 | | 0.023 | | | |
| Cholesterol.....mg | 29 | 2.479 | 6 | A | 1 | | 35 | | | |
| Phytosterols.....mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.121 | | 0 | A | 1 | | 0.147 | | | |
| Threonine.....g | 0.460 | | 0 | A | 1 | | 0.561 | | | |
| Isoleucine.....g | 0.456 | | 0 | A | 1 | | 0.557 | | | |
| Leucine.....g | 0.976 | | 0 | A | 1 | | 1.191 | | | |
| Lysine.....g | 0.784 | | 0 | A | 1 | | 0.956 | | | |
| Methionine.....g | 0.268 | | 0 | A | 1 | | 0.327 | | | |
| Cystine.....g | 0.133 | | 0 | A | 1 | | 0.162 | | | |
| Phenylalanine.....g | 0.463 | | 0 | A | 1 | | 0.565 | | | |
| Tyrosine.....g | 0.297 | | 0 | A | 1 | | 0.362 | | | |
| Valine.....g | 0.531 | | 0 | A | 1 | | 0.647 | | | |
| Arginine.....g | 0.669 | | 0 | A | 1 | | 0.817 | | | |
| Histidine.....g | 0.354 | | 0 | A | 1 | | 0.432 | | | |
| Alanine.....g | 0.674 | | 0 | A | 1 | | 0.822 | | | |
| Aspartic acid.....g | 0.990 | | 0 | A | 1 | | 1.207 | | | |
| Glutamic acid.....g | 1.878 | | 0 | A | 1 | | 2.291 | | | |
| Glycine.....g | 0.570 | | 0 | A | 1 | | 0.696 | | | |
| Proline.....g | 0.638 | | 0 | A | 1 | | 0.779 | | | |
| Serine.....g | 0.463 | | 0 | A | 1 | | 0.565 | | | |
| 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 = 122g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36411
 Restaurant, Latino, tamale, 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 | 61.32 | 1.781 | 6 | A | 1 | | 101.79 | | |
| Energy.....kcal | 186 | | 0 | NC | 4 | | 308 | | |
| Energy.....kJ | 776 | | 0 | NC | 4 | | 1288 | | |
| Protein.....g | 3.48 | 0.237 | 6 | A | 1 | | 5.77 | | |
| Total lipid (fat).....g | 7.21 | 0.693 | 6 | A | 1 | | 11.96 | | |
| Ash.....g | 1.31 | 0.106 | 6 | A | 1 | | 2.17 | | |
| Carbohydrate, by difference.....g | 26.68 | | 0 | NC | 4 | | 44.30 | | |
| Fiber, total dietary.....g | 3.2 | 0.244 | 6 | A | 1 | | 5.3 | | |
| Sugars, total.....g | 7.42 | 1.533 | 6 | A | 1 | | 12.31 | | |
| Sucrose.....g | 6.23 | 1.474 | 6 | A | 1 | | 10.34 | | |
| Glucose (dextrose).....g | 0.61 | 0.148 | 6 | A | 1 | | 1.02 | | |
| Fructose.....g | 0.57 | 0.091 | 6 | A | 1 | | 0.95 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 13.83 | 2.045 | 6 | A | 1 | | 22.96 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 24 | 12.562 | 6 | A | 1 | | 40 | | |
| Iron, Fe.....mg | 0.53 | 0.069 | 6 | A | 1 | | 0.89 | | |
| Magnesium, Mg.....mg | 29 | 1.748 | 6 | A | 1 | | 48 | | |
| Phosphorus, P.....mg | 93 | 4.895 | 6 | A | 1 | | 155 | | |
| Potassium, K.....mg | 186 | 14.094 | 6 | A | 1 | | 308 | | |
| Sodium, Na.....mg | 277 | 31.429 | 6 | A | 1 | | 460 | | |
| Zinc, Zn.....mg | 0.62 | 0.041 | 6 | A | 1 | | 1.03 | | |
| Copper, Cu.....mg | 0.028 | 0.006 | 6 | A | 1 | | 0.047 | | |
| Manganese, Mn.....mg | 0.214 | 0.017 | 6 | A | 1 | | 0.356 | | |
| Selenium, Se.....µg | 2.5 | 0.330 | 3 | A | 1 | | 4.2 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.2 | | 0 | RC | 4 | | 0.4 | | |
| Thiamin.....mg | 0.043 | 0.003 | 3 | A | 1 | | 0.072 | | |
| Riboflavin.....mg | 0.053 | 0.015 | 3 | A | 1 | | 0.088 | | |
| Niacin.....mg | 1.317 | 0.075 | 3 | A | 1 | | 2.186 | | |
| Pantothenic acid.....mg | 0.343 | 0.023 | 3 | A | 1 | | 0.570 | | |
| Vitamin B-6.....mg | 0.176 | 0.019 | 3 | A | 1 | | 0.291 | | |
| Folate, total.....µg | 1 | | 0 | RC | 4 | | 2 | | |
| Folic acid.....µg | 0 | | 0 | RC | 4 | | 0 | | |
| Folate, food.....µg | 1 | | 0 | RC | 4 | | 2 | | |
| Folate, DFE.....µg | 1 | | 0 | NC | 4 | | 2 | | |
| Choline, total.....mg | 24.2 | | 0 | AS | 1 | | 40.1 | | |
| Betaine.....mg | 1.7 | | 1 | A | 1 | | 2.8 | | |
| Vitamin B-12.....µg | 0.00 | | 0 | RC | 4 | | 0.00 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 2 | | 0 | NC | 4 | | 4 | | |
| Retinol.....µg | 0 | | 0 | RC | 4 | | 0 | | |
| Carotene, beta.....µg | 23 | 11.055 | 3 | A | 1 | | 39 | | |
| Carotene, alpha.....µg | 1 | 0.853 | 3 | A | 1 | | 1 | | |
| Cryptoxanthin, beta.....µg | 4 | 2.926 | 3 | A | 1 | | 7 | | |
| Vitamin A, IU.....IU | 43 | | 0 | NC | 4 | | 72 | | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 145 | 121.447 | 3 | A | 1 | | 240 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.45 | 0.050 | 3 | A | 1 | | 0.75 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.04 | 0.017 | 3 | A | 1 | | 0.06 | | |
| Tocopherol, gamma.....mg | 2.63 | 0.623 | 3 | A | 1 | | 4.36 | | |
| Tocopherol, delta.....mg | 0.55 | 0.282 | 3 | A | 1 | | 0.91 | | |
| Tocotrienol, alpha.....mg | 0.31 | 0.060 | 3 | A | 1 | | 0.52 | | |
| Tocotrienol, beta.....mg | 0.03 | 0.015 | 3 | A | 1 | | 0.04 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.50 | 0.047 | 3 | A | 1 | | 0.82 | | |
| Tocotrienol, delta.....mg | 0.02 | 0.012 | 3 | A | 1 | | 0.04 | | |
| Vitamin D (D2 + D3).....µg | 0.4 | | 0 | RC | 4 | | 0.7 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 18 | | 0 | RC | 4 | | 29 | | |
| Vitamin K (phylloquinone).....µg | 5.4 | 3.328 | 3 | A | 1 | | 9.0 | | |
| Dihydrophyloquinone.....µg | 2.8 | | 1 | A | 1 | | 4.7 | | |
| Menaquinone-4.....µg | 0.9 | | 2 | A | 1 | | 1.5 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.629 | | 0 | NC | 4 | | 4.364 | | |
| 4:0.....g | 0.031 | 0.025 | 6 | A | 1 | | 0.051 | | |
| 6:0.....g | 0.023 | 0.019 | 6 | A | 1 | | 0.039 | | |
| 8:0.....g | 0.015 | 0.011 | 6 | A | 1 | | 0.025 | | |
| 10:0.....g | 0.033 | 0.026 | 6 | A | 1 | | 0.054 | | |
| 12:0.....g | 0.038 | 0.028 | 6 | A | 1 | | 0.063 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.159 | 0.089 | 6 | A | 1 | | 0.263 | | |
| 15:0.....g | 0.018 | 0.009 | 6 | A | 1 | | 0.030 | | |
| 16:0.....g | 1.682 | 0.355 | 6 | A | 1 | | 2.792 | | |
| 17:0.....g | 0.025 | 0.010 | 6 | A | 1 | | 0.041 | | |
| 18:0.....g | 0.565 | 0.096 | 6 | A | 1 | | 0.937 | | |
| 20:0.....g | 0.022 | 0.002 | 6 | A | 1 | | 0.036 | | |
| 22:0.....g | 0.012 | 0.003 | 6 | A | 1 | | 0.020 | | |
| 24:0.....g | 0.007 | 0.001 | 6 | A | 1 | | 0.011 | | |
| Fatty acids, total monounsaturated.....g | 2.437 | | 0 | NC | 4 | | 4.046 | | |
| 14:1.....g | 0.015 | 0.008 | 6 | A | 1 | | 0.025 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 16:1 undifferentiated.....g | 0.061 | 0.029 | 6 | AS | 1 | | 0.101 | | |
| 16:1 c.....g | 0.054 | 0.025 | 6 | A | 1 | | 0.090 | | |
| 16:1 t.....g | 0.007 | 0.004 | 6 | A | 1 | | 0.012 | | |
| 17:1.....g | 0.012 | 0.006 | 6 | A | 1 | | 0.020 | | |
| 18:1 undifferentiated.....g | 2.322 | 0.277 | 6 | AS | 1 | | 3.854 | | |
| 18:1 c.....g | 2.018 | 0.217 | 6 | A | 1 | | 3.350 | | |
| 18:1 t.....g | 0.304 | 0.128 | 6 | A | 1 | | 0.505 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.025 | 0.007 | 6 | A | 1 | | 0.041 | | |
| 22:1 undifferentiated.....g | 0.002 | 0.001 | 6 | AS | 1 | | 0.003 | | |
| 22:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 24:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 1.548 | | 0 | NC | 4 | | 2.570 | | |
| 18:2 undifferentiated.....g | 1.435 | 0.320 | 6 | AS | 1 | | 2.381 | | |
| 18:2 n-6 c,c.....g | 1.369 | 0.315 | 6 | A | 1 | | 2.272 | | |
| 18:2 CLAs.....g | 0.013 | 0.006 | 6 | A | 1 | | 0.021 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.053 | 0.012 | 6 | A | 1 | | 0.088 | | |
| 18:3 undifferentiated.....g | 0.102 | 0.034 | 6 | AS | 1 | | 0.170 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.102 | 0.034 | 6 | A | 1 | | 0.169 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 6 | A | 1 | | 0.001 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.003 | 0.001 | 6 | A | 1 | | 0.005 | | |
| 20:3 undifferentiated.....g | 0.002 | 0.002 | 6 | AS | 1 | | 0.004 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.003 | | |
| 20:4 undifferentiated.....g | 0.004 | 0.002 | 6 | A | 1 | | 0.006 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 22:5 n-3 (DPA).....g | 0.001 | 0.001 | 6 | A | 1 | | 0.002 | | |

NDB No. 36411
Restaurant, Latino, tamale, corn

| 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 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.365 | | 0 | NC | 4 | | 0.606 | | |
| Fatty acids, total trans-monoenoic.....g | 0.312 | | 0 | NC | 4 | | 0.518 | | |
| Fatty acids, total trans-polyenoic.....g | 0.053 | | 0 | NC | 4 | | 0.088 | | |
| Cholesterol.....mg | 17 | | 0 | RC | 4 | | 28 | | |
| Phytosterols.....mg | | | | | | | | | |
| <u>Amino Acids:</u> | | | | | | | | | |
| Tryptophan.....g | 0.034 | | 0 | A | 1 | | 0.056 | | |
| Threonine.....g | 0.126 | | 0 | A | 1 | | 0.208 | | |
| Isoleucine.....g | 0.128 | | 0 | A | 1 | | 0.213 | | |
| Leucine.....g | 0.390 | | 0 | A | 1 | | 0.648 | | |
| Lysine.....g | 0.148 | | 0 | A | 1 | | 0.245 | | |
| Methionine.....g | 0.067 | | 0 | A | 1 | | 0.111 | | |
| Cystine.....g | 0.049 | | 0 | A | 1 | | 0.082 | | |
| Phenylalanine.....g | 0.156 | | 0 | A | 1 | | 0.259 | | |
| Tyrosine.....g | 0.109 | | 0 | A | 1 | | 0.181 | | |
| Valine.....g | 0.174 | | 0 | A | 1 | | 0.289 | | |
| Arginine.....g | 0.128 | | 0 | A | 1 | | 0.212 | | |
| Histidine.....g | 0.092 | | 0 | A | 1 | | 0.152 | | |
| Alanine.....g | 0.231 | | 0 | A | 1 | | 0.383 | | |
| Aspartic acid.....g | 0.264 | | 0 | A | 1 | | 0.438 | | |
| Glutamic acid.....g | 0.681 | | 0 | A | 1 | | 1.131 | | |
| Glycine.....g | 0.107 | | 0 | A | 1 | | 0.178 | | |
| Proline.....g | 0.292 | | 0 | A | 1 | | 0.485 | | |
| Serine.....g | 0.180 | | 0 | A | 1 | | 0.299 | | |
| Hydroxyproline.....g | | | | | | | | | |
| <u>Others:</u> | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

Common Measures:

Measure 1 = 166g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36412
 Restaurant, Latino, tamale, pork

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 66.03 | 2.671 | 6 | A | 1 | | 93.76 | | |
| Energy.....kcal | 174 | | 0 | NC | 4 | | 247 | | |
| Energy.....kJ | 727 | | 0 | NC | 4 | | 1032 | | |
| Protein.....g | 7.35 | 0.599 | 6 | A | 1 | | 10.44 | | |
| Total lipid (fat).....g | 9.04 | 0.819 | 6 | A | 1 | | 12.84 | | |
| Ash.....g | 1.82 | 0.130 | 6 | A | 1 | | 2.59 | | |
| Carbohydrate, by difference.....g | 15.75 | | 0 | NC | 4 | | 22.36 | | |
| Fiber, total dietary.....g | 2.4 | 0.236 | 6 | A | 1 | | 3.5 | | |
| Sugars, total.....g | 0.46 | 0.056 | 6 | A | 1 | | 0.65 | | |
| Sucrose.....g | 0.24 | 0.038 | 6 | A | 1 | | 0.35 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.21 | 0.027 | 6 | A | 1 | | 0.30 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 12.53 | 1.479 | 6 | A | 1 | | 17.80 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 75 | 17.573 | 6 | A | 1 | | 106 | | |
| Iron, Fe.....mg | 0.87 | 0.088 | 6 | A | 1 | | 1.23 | | |
| Magnesium, Mg.....mg | 26 | 1.661 | 6 | A | 1 | | 37 | | |
| Phosphorus, P.....mg | 120 | 12.312 | 6 | A | 1 | | 170 | | |
| Potassium, K.....mg | 152 | 8.119 | 6 | A | 1 | | 215 | | |
| Sodium, Na.....mg | 473 | 28.205 | 6 | A | 1 | | 672 | | |
| Zinc, Zn.....mg | 1.20 | 0.082 | 6 | A | 1 | | 1.70 | | |
| Copper, Cu.....mg | 0.050 | 0.008 | 6 | A | 1 | | 0.071 | | |
| Manganese, Mn.....mg | 0.186 | 0.039 | 6 | A | 1 | | 0.264 | | |
| Selenium, Se.....µg | 9.8 | | 2 | A | 1 | | 14.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 16.4 | | 0 | RC | 4 | | 23.3 | | |
| Thiamin.....mg | 0.040 | | 2 | A | 1 | | 0.057 | | |
| Riboflavin.....mg | 0.050 | | 2 | A | 1 | | 0.071 | | |
| Niacin.....mg | 1.295 | | 2 | A | 1 | | 1.839 | | |
| Pantothenic acid.....mg | 0.365 | | 2 | A | 1 | | 0.518 | | |
| Vitamin B-6.....mg | 0.132 | | 2 | A | 1 | | 0.187 | | |
| Folate, total.....µg | 39 | | 0 | RC | 4 | | 56 | | |
| Folic acid.....µg | 30 | | 0 | RC | 4 | | 43 | | |
| Folate, food.....µg | 9 | | 0 | RC | 4 | | 13 | | |
| Folate, DFE.....µg | 60 | | 0 | NC | 4 | | 86 | | |
| Choline, total.....mg | 8.8 | | 0 | RC | 4 | | 12.5 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.11 | | 2 | A | 1 | | 0.16 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE.....µg | 12 | | 2 | AS | 1 | | 18 | | |
| Retinol.....µg | 1 | | 2 | A | 1 | | 1 | | |
| Carotene, beta.....µg | 113 | | 2 | A | 1 | | 160 | | |
| Carotene, alpha.....µg | 0 | | 2 | A | 1 | | 0 | | |
| Cryptoxanthin, beta.....µg | 58 | | 2 | A | 1 | | 82 | | |
| Vitamin A, IU.....IU | 238 | | 2 | AS | 1 | | 338 | | |
| Lycopene.....µg | 85 | | 2 | A | 1 | | 121 | | |
| Lutein + zeaxanthin.....µg | 110 | | 2 | A | 1 | | 156 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.53 | | 2 | A | 1 | | 0.75 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.03 | | 2 | A | 1 | | 0.04 | | |
| Tocopherol, gamma.....mg | 4.13 | | 2 | A | 1 | | 5.86 | | |
| Tocopherol, delta.....mg | 0.37 | | 2 | A | 1 | | 0.53 | | |
| Tocotrienol, alpha.....mg | 0.06 | | 2 | A | 1 | | 0.09 | | |
| Tocotrienol, beta.....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |

NDB No. 36412
 Restaurant, Latino, tamale, pork

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.13 | | 2 | A | 1 | | 0.19 | | |
| Tocotrienol, delta.....mg | 0.07 | | 2 | A | 1 | | 0.10 | | |
| Vitamin D (D2 + D3).....µg | 0.3 | | 0 | RC | 4 | | 0.4 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 13 | | 0 | RC | 4 | | 18 | | |
| Vitamin K (phylloquinone).....µg | 5.1 | | 2 | A | 1 | | 7.2 | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.9 | | 2 | A | 1 | | 4.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.692 | | 0 | NC | 4 | | 3.823 | | |
| 4:0.....g | 0.003 | 0.002 | 6 | A | 1 | | 0.004 | | |
| 6:0.....g | 0.001 | 0.001 | 6 | A | 1 | | 0.002 | | |
| 8:0.....g | 0.003 | 0.001 | 6 | A | 1 | | 0.004 | | |
| 10:0.....g | 0.009 | 0.002 | 6 | A | 1 | | 0.013 | | |
| 12:0.....g | 0.009 | 0.002 | 6 | A | 1 | | 0.013 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.098 | 0.012 | 6 | A | 1 | | 0.139 | | |
| 15:0.....g | 0.005 | 0.001 | 6 | A | 1 | | 0.008 | | |
| 16:0.....g | 1.693 | 0.161 | 6 | A | 1 | | 2.404 | | |
| 17:0.....g | 0.025 | 0.003 | 6 | A | 1 | | 0.036 | | |
| 18:0.....g | 0.817 | 0.082 | 6 | A | 1 | | 1.160 | | |
| 20:0.....g | 0.018 | 0.002 | 6 | A | 1 | | 0.026 | | |
| 22:0.....g | 0.006 | 0.001 | 6 | A | 1 | | 0.009 | | |
| 24:0.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.005 | | |
| Fatty acids, total monounsaturated.....g | 3.244 | | 0 | NC | 4 | | 4.606 | | |
| 14:1.....g | 0.003 | 0.001 | 6 | A | 1 | | 0.005 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.151 | 0.015 | 6 | AS | 1 | | 0.214 | | |
| 16:1 c.....g | 0.148 | 0.015 | 6 | A | 1 | | 0.210 | | |
| 16:1 t.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.004 | | |
| 17:1.....g | 0.022 | 0.002 | 6 | A | 1 | | 0.031 | | |
| 18:1 undifferentiated.....g | 3.011 | 0.280 | 6 | AS | 1 | | 4.276 | | |
| 18:1 c.....g | 2.972 | 0.276 | 6 | A | 1 | | 4.220 | | |
| 18:1 t.....g | 0.039 | 0.006 | 6 | A | 1 | | 0.056 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.055 | 0.005 | 6 | A | 1 | | 0.079 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 6 | AS | 1 | | 0.002 | | |
| 22:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| Fatty acids, total polyunsaturated.....g | 2.052 | | 0 | NC | 4 | | 2.914 | | |
| 18:2 undifferentiated.....g | 1.844 | 0.248 | 6 | AS | 1 | | 2.619 | | |
| 18:2 n-6 c,c.....g | 1.817 | 0.246 | 6 | A | 1 | | 2.581 | | |
| 18:2 CLAs.....g | 0.011 | 0.001 | 6 | A | 1 | | 0.016 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.015 | 0.002 | 6 | A | 1 | | 0.022 | | |
| 18:3 undifferentiated.....g | 0.102 | 0.024 | 6 | AS | 1 | | 0.145 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.099 | 0.024 | 6 | A | 1 | | 0.140 | | |
| 18:3 n-6 c,c,c.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.004 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.038 | 0.004 | 6 | A | 1 | | 0.054 | | |
| 20:3 undifferentiated.....g | 0.014 | 0.001 | 6 | AS | 1 | | 0.019 | | |
| 20:3 n-3.....g | 0.005 | 0.001 | 6 | A | 1 | | 0.008 | | |
| 20:3 n-6.....g | 0.008 | 0.000 | 6 | A | 1 | | 0.012 | | |
| 20:4 undifferentiated.....g | 0.034 | 0.001 | 6 | A | 1 | | 0.048 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.010 | 0.001 | 6 | A | 1 | | 0.014 | | |
| 22:5 n-3 (DPA).....g | 0.005 | 0.000 | 6 | A | 1 | | 0.008 | | |

NDB No. 36412
 Restaurant, Latino, tamale, pork

| 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 | 0.002 | 0.000 | 6 | A | 1 | | 0.002 | | | |
| Fatty acids, total trans.....g | 0.058 | | 0 | NC | 4 | | 0.082 | | | |
| Fatty acids, total trans-monoenoic.....g | 0.042 | | 0 | NC | 4 | | 0.060 | | | |
| Fatty acids, total trans-polyenoic.....g | 0.015 | | 0 | NC | 4 | | 0.022 | | | |
| Cholesterol.....mg | 20 | 1.208 | 6 | A | 1 | | 29 | | | |
| Phytosterols.....mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.067 | | 0 | A | 1 | | 0.095 | | | |
| Threonine.....g | 0.281 | | 0 | A | 1 | | 0.400 | | | |
| Isoleucine.....g | 0.275 | | 0 | A | 1 | | 0.390 | | | |
| Leucine.....g | 0.561 | | 0 | A | 1 | | 0.797 | | | |
| Lysine.....g | 0.496 | | 0 | A | 1 | | 0.705 | | | |
| Methionine.....g | 0.188 | | 0 | A | 1 | | 0.267 | | | |
| Cystine.....g | 0.086 | | 0 | A | 1 | | 0.123 | | | |
| Phenylalanine.....g | 0.265 | | 0 | A | 1 | | 0.376 | | | |
| Tyrosine.....g | 0.193 | | 0 | A | 1 | | 0.274 | | | |
| Valine.....g | 0.315 | | 0 | A | 1 | | 0.447 | | | |
| Arginine.....g | 0.401 | | 0 | A | 1 | | 0.570 | | | |
| Histidine.....g | 0.198 | | 0 | A | 1 | | 0.281 | | | |
| Alanine.....g | 0.396 | | 0 | A | 1 | | 0.563 | | | |
| Aspartic acid.....g | 0.626 | | 0 | A | 1 | | 0.889 | | | |
| Glutamic acid.....g | 1.172 | | 0 | A | 1 | | 1.664 | | | |
| Glycine.....g | 0.314 | | 0 | A | 1 | | 0.447 | | | |
| Proline.....g | 0.338 | | 0 | A | 1 | | 0.480 | | | |
| Serine.....g | 0.276 | | 0 | A | 1 | | 0.392 | | | |
| 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 = 142g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36414
 Restaurant, Latino, tripe soup

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 83.41 | 0.475 | 6 | A | 1 | | 166.82 | | |
| Energy.....kcal | 74 | | 0 | NC | 4 | | 148 | | |
| Energy.....kJ | 309 | | 0 | NC | 4 | | 619 | | |
| Protein.....g | 8.61 | 1.072 | 6 | A | 1 | | 17.23 | | |
| Total lipid (fat).....g | 2.58 | 0.308 | 6 | A | 1 | | 5.16 | | |
| Ash.....g | 1.33 | 0.076 | 6 | A | 1 | | 2.65 | | |
| Carbohydrate, by difference.....g | 4.07 | | 0 | NC | 4 | | 8.14 | | |
| Fiber, total dietary.....g | | | | | | | | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 22 | 2.439 | 6 | A | 1 | | 43 | | |
| Iron, Fe.....mg | 0.68 | 0.073 | 6 | A | 1 | | 1.36 | | |
| Magnesium, Mg.....mg | 10 | 0.329 | 6 | A | 1 | | 21 | | |
| Phosphorus, P.....mg | 42 | 2.704 | 6 | A | 1 | | 83 | | |
| Potassium, K.....mg | 81 | 10.410 | 6 | A | 1 | | 162 | | |
| Sodium, Na.....mg | 411 | 32.655 | 6 | A | 1 | | 821 | | |
| Zinc, Zn.....mg | 1.06 | 0.147 | 6 | A | 1 | | 2.13 | | |
| Copper, Cu.....mg | 0.022 | 0.002 | 6 | A | 1 | | 0.044 | | |
| Manganese, Mn.....mg | 0.064 | 0.008 | 6 | A | 1 | | 0.127 | | |
| Selenium, Se.....µg | 5.6 | 1.335 | 3 | A | 1 | | 11.3 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.015 | 0.000 | 3 | A | 1 | | 0.030 | | |
| Riboflavin.....mg | 0.020 | 0.005 | 3 | A | 1 | | 0.040 | | |
| Niacin.....mg | 0.523 | 0.191 | 3 | A | 1 | | 1.047 | | |
| Pantothenic acid.....mg | 0.133 | 0.042 | 3 | A | 1 | | 0.267 | | |
| Vitamin B-6.....mg | 0.038 | 0.005 | 3 | A | 1 | | 0.075 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | 12.7 | | 0 | AS | 1 | | 25.5 | | |
| Betaine.....mg | 0.4 | | 1 | A | 1 | | 0.8 | | |
| Vitamin B-12.....µg | 0.45 | 0.153 | 3 | A | 1 | | 0.89 | | |
| Vitamin A, RAE.....µg | 0 | | 0 | AS | 1 | | 0 | | |
| Vitamin A, IU.....IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 0.38 | 0.054 | 3 | A | 1 | | 0.76 | | |
| Tocopherol, beta.....mg | 0.01 | 0.000 | 3 | A | 1 | | 0.01 | | |
| Tocopherol, gamma.....mg | 0.16 | 0.023 | 3 | A | 1 | | 0.32 | | |
| Tocopherol, delta.....mg | 0.01 | 0.010 | 3 | A | 1 | | 0.03 | | |
| Tocotrienol, alpha.....mg | 0.04 | 0.014 | 3 | A | 1 | | 0.08 | | |
| Tocotrienol, beta.....mg | 0.01 | 0.008 | 3 | A | 1 | | 0.02 | | |
| Tocotrienol, gamma.....mg | 0.05 | 0.018 | 3 | A | 1 | | 0.10 | | |
| Tocotrienol, delta.....mg | 0.01 | 0.004 | 3 | A | 1 | | 0.02 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 2.3 | 0.786 | 3 | A | 1 | | 4.7 | | |
| Dihydrophylloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | 2.4 | 1.410 | 3 | A | 1 | | 4.9 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.045 | | 0 | NC | 4 | | 2.090 | | |
| 4:0.....g | 0.002 | 0.000 | 6 | A | 1 | | 0.003 | | |
| 6:0.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |

NDB No. 36414
 Restaurant, Latino, tripe soup

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 10:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.006 | | |
| 12:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.006 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.064 | 0.015 | 6 | A | 1 | | 0.128 | | |
| 15:0.....g | 0.014 | 0.003 | 6 | A | 1 | | 0.028 | | |
| 16:0.....g | 0.552 | 0.114 | 6 | A | 1 | | 1.105 | | |
| 17:0.....g | 0.035 | 0.010 | 6 | A | 1 | | 0.071 | | |
| 18:0.....g | 0.362 | 0.074 | 6 | A | 1 | | 0.725 | | |
| 20:0.....g | 0.005 | 0.001 | 6 | A | 1 | | 0.010 | | |
| 22:0.....g | 0.003 | 0.000 | 6 | A | 1 | | 0.005 | | |
| 24:0.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.002 | | |
| Fatty acids, total monounsaturated.....g | 1.124 | | 0 | NC | 4 | | 2.248 | | |
| 14:1.....g | 0.011 | 0.003 | 6 | A | 1 | | 0.022 | | |
| 15:1.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 16:1 undifferentiated.....g | 0.081 | 0.016 | 6 | AS | 1 | | 0.162 | | |
| 16:1 c.....g | 0.072 | 0.015 | 6 | A | 1 | | 0.145 | | |
| 16:1 t.....g | 0.009 | 0.002 | 6 | A | 1 | | 0.018 | | |
| 17:1.....g | 0.024 | 0.007 | 6 | A | 1 | | 0.048 | | |
| 18:1 undifferentiated.....g | 0.998 | 0.239 | 6 | AS | 1 | | 1.997 | | |
| 18:1 c.....g | 0.913 | 0.215 | 6 | A | 1 | | 1.826 | | |
| 18:1 t.....g | 0.085 | 0.025 | 6 | A | 1 | | 0.171 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.009 | 0.002 | 6 | A | 1 | | 0.018 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 6 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.310 | | 0 | NC | 4 | | 0.620 | | |
| 18:2 undifferentiated.....g | 0.236 | 0.051 | 6 | AS | 1 | | 0.472 | | |
| 18:2 n-6 c,c.....g | 0.206 | 0.046 | 6 | A | 1 | | 0.411 | | |
| 18:2 CLAs.....g | 0.014 | 0.004 | 6 | A | 1 | | 0.027 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.017 | 0.004 | 6 | A | 1 | | 0.033 | | |
| 18:3 undifferentiated.....g | 0.024 | 0.007 | 6 | AS | 1 | | 0.048 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.023 | 0.007 | 6 | A | 1 | | 0.047 | | |
| 18:3 n-6 c,c,c.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 18:3i.....g | | | | | | | | | |
| 18:4.....g | 0.000 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.002 | 0.001 | 6 | A | 1 | | 0.004 | | |
| 20:3 undifferentiated.....g | 0.006 | 0.001 | 6 | AS | 1 | | 0.011 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 6 | A | 1 | | 0.001 | | |
| 20:3 n-6.....g | 0.005 | 0.001 | 6 | A | 1 | | 0.010 | | |
| 20:4 undifferentiated.....g | 0.022 | 0.003 | 6 | A | 1 | | 0.044 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.003 | 0.001 | 6 | A | 1 | | 0.006 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.001 | 6 | A | 1 | | 0.009 | | |
| 22:5 n-3 (DPA).....g | 0.011 | 0.003 | 6 | A | 1 | | 0.023 | | |
| 22:6 n-3 (DHA).....g | 0.002 | 0.001 | 6 | A | 1 | | 0.003 | | |
| Fatty acids, total trans.....g | 0.111 | | 0 | NC | 4 | | 0.222 | | |
| Fatty acids, total trans-monoenoic.....g | 0.094 | | 0 | NC | 4 | | 0.189 | | |
| Fatty acids, total trans-polyenoic.....g | 0.017 | | 0 | NC | 4 | | 0.033 | | |
| Cholesterol.....mg | 59 | 9.623 | 6 | A | 1 | | 118 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.064 | | 0 | A | 1 | | 0.127 | | |
| Threonine.....g | 0.291 | | 0 | A | 1 | | 0.583 | | |
| Isoleucine.....g | 0.271 | | 0 | A | 1 | | 0.543 | | |
| Leucine.....g | 0.539 | | 0 | A | 1 | | 1.077 | | |
| Lysine.....g | 0.452 | | 0 | A | 1 | | 0.904 | | |
| Methionine.....g | 0.164 | | 0 | A | 1 | | 0.328 | | |
| Cystine.....g | 0.064 | | 0 | A | 1 | | 0.127 | | |

NDB No. 36414
 Restaurant, Latino, tripe soup

| Nutrients and Units | <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 | | | |
| Phenylalanine.....g | 0.268 | | 0 | A | 1 | 0.537 | | |
| Tyrosine.....g | 0.220 | | 0 | A | 1 | 0.440 | | |
| Valine.....g | 0.346 | | 0 | A | 1 | 0.692 | | |
| Arginine.....g | 0.588 | | 0 | A | 1 | 1.176 | | |
| Histidine.....g | 0.147 | | 0 | A | 1 | 0.294 | | |
| Alanine.....g | 0.590 | | 0 | A | 1 | 1.180 | | |
| Aspartic acid.....g | 0.649 | | 0 | A | 1 | 1.298 | | |
| Glutamic acid.....g | 1.221 | | 0 | A | 1 | 2.442 | | |
| Glycine.....g | 0.978 | | 0 | A | 1 | 1.955 | | |
| Proline.....g | 0.614 | | 0 | A | 1 | 1.227 | | |
| Serine.....g | 0.341 | | 0 | A | 1 | 0.683 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36050

Restaurant, Mexican, cheese enchilada

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 8.365 | | 0 | NC | 4 | | 20.412 | 11.461 | 21.499 |
| 4:0.....g | 0.253 | 0.012 | 12 | A | 1 | | 0.617 | 0.347 | 0.650 |
| 6:0.....g | 0.212 | 0.011 | 12 | A | 1 | | 0.517 | 0.290 | 0.544 |
| 8:0.....g | 0.135 | 0.007 | 12 | A | 1 | | 0.329 | 0.185 | 0.346 |
| 10:0.....g | 0.330 | 0.017 | 12 | A | 1 | | 0.804 | 0.452 | 0.847 |
| 12:0.....g | 0.377 | 0.020 | 12 | A | 1 | | 0.919 | 0.516 | 0.968 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.212 | 0.065 | 12 | A | 1 | | 2.957 | 1.660 | 3.114 |
| 15:0.....g | 0.128 | 0.007 | 12 | A | 1 | | 0.311 | 0.175 | 0.328 |
| 16:0.....g | 3.954 | 0.180 | 12 | A | 1 | | 9.648 | 5.417 | 10.162 |
| 17:0.....g | 0.084 | 0.004 | 12 | A | 1 | | 0.205 | 0.115 | 0.216 |
| 18:0.....g | 1.620 | 0.074 | 12 | A | 1 | | 3.952 | 2.219 | 4.162 |
| 20:0.....g | 0.034 | 0.002 | 12 | A | 1 | | 0.083 | 0.047 | 0.088 |
| 22:0.....g | 0.020 | 0.002 | 12 | A | 1 | | 0.048 | 0.027 | 0.050 |
| 24:0.....g | 0.009 | 0.001 | 12 | A | 1 | | 0.022 | 0.013 | 0.024 |
| Fatty acids, total monounsaturated.....g | 4.686 | | 0 | NC | 4 | | 11.433 | 6.420 | 12.042 |
| 14:1.....g | 0.117 | 0.007 | 12 | A | 1 | | 0.285 | 0.160 | 0.301 |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.218 | 0.013 | 12 | AS | 1 | | 0.532 | 0.299 | 0.560 |
| 16:1 c.....g | 0.178 | 0.011 | 12 | A | 1 | | 0.434 | 0.244 | 0.457 |
| 16:1 t.....g | 0.040 | 0.002 | 12 | A | 1 | | 0.098 | 0.055 | 0.103 |
| 17:1.....g | 0.028 | 0.002 | 12 | A | 1 | | 0.067 | 0.038 | 0.071 |
| 18:1 undifferentiated.....g | 4.284 | 0.256 | 12 | AS | 1 | | 10.454 | 5.870 | 11.011 |
| 18:1 c.....g | 3.892 | 0.184 | 12 | A | 1 | | 9.496 | 5.332 | 10.002 |
| 18:1 t.....g | 0.393 | 0.091 | 12 | A | 1 | | 0.958 | 0.538 | 1.009 |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.039 | 0.002 | 12 | A | 1 | | 0.095 | 0.053 | 0.100 |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 12 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 2.746 | | 0 | NC | 4 | | 6.701 | 3.762 | 7.058 |
| 18:2 undifferentiated.....g | 2.427 | 0.193 | 12 | AS | 1 | | 5.923 | 3.325 | 6.238 |
| 18:2 n-6 c,c.....g | 2.254 | 0.190 | 12 | A | 1 | | 5.499 | 3.087 | 5.792 |
| 18:2 CLAs.....g | 0.068 | 0.004 | 12 | A | 1 | | 0.165 | 0.093 | 0.174 |
| 18:2 t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.106 | 0.008 | 12 | A | 1 | | 0.259 | 0.146 | 0.273 |
| 18:3 undifferentiated.....g | 0.262 | 0.027 | 12 | AS | 1 | | 0.639 | 0.359 | 0.673 |
| 18:3 n-3 c,c,c (ALA).....g | 0.246 | 0.025 | 12 | A | 1 | | 0.601 | 0.337 | 0.633 |
| 18:3 n-6 c,c,c.....g | 0.015 | 0.001 | 12 | A | 1 | | 0.036 | 0.020 | 0.038 |
| 18:3i.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.001 | 0.001 | 0.001 |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.005 | 0.001 | 12 | A | 1 | | 0.012 | 0.007 | 0.013 |
| 20:3 undifferentiated.....g | 0.015 | 0.001 | 12 | AS | 1 | | 0.036 | 0.020 | 0.038 |
| 20:3 n-3.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.002 | 0.001 | 0.003 |
| 20:3 n-6.....g | 0.014 | 0.001 | 12 | A | 1 | | 0.033 | 0.019 | 0.035 |
| 20:4 undifferentiated.....g | 0.023 | 0.001 | 12 | A | 1 | | 0.057 | 0.032 | 0.060 |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 12 | A | 1 | | 0.009 | 0.005 | 0.009 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.003 | 0.001 | 12 | A | 1 | | 0.008 | 0.004 | 0.008 |
| 22:5 n-3 (DPA).....g | 0.007 | 0.000 | 12 | A | 1 | | 0.018 | 0.010 | 0.019 |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.540 | | 0 | NC | 4 | | 1.317 | 0.739 | 1.387 |
| Fatty acids, total trans-monoenoic.....g | 0.433 | | 0 | NC | 4 | | 1.056 | 0.593 | 1.112 |
| Fatty acids, total trans-polyenoic.....g | 0.107 | | 0 | NC | 4 | | 0.261 | 0.146 | 0.274 |
| Cholesterol.....mg | 42 | 2.568 | 6 | A | 1 | | 101 | 57 | 107 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.151 | | 0 | A | 1 | | 0.368 | 0.207 | 0.387 |
| Threonine.....g | 0.418 | | 0 | A | 1 | | 1.020 | 0.573 | 1.075 |

NDB No. 36050

Restaurant, Mexican, cheese enchilada

| Nutrients and Units | <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 |
| | | | | | | | | | |
| Isoleucine.....g | 0.520 | | 0 | A | 1 | | 1.269 | 0.713 | 1.337 |
| Leucine.....g | 1.128 | | 0 | A | 1 | | 2.752 | 1.545 | 2.899 |
| Lysine.....g | 0.914 | | 0 | A | 1 | | 2.230 | 1.252 | 2.349 |
| Methionine.....g | 0.306 | | 0 | A | 1 | | 0.748 | 0.420 | 0.787 |
| Cystine.....g | 0.117 | | 0 | A | 1 | | 0.285 | 0.160 | 0.300 |
| Phenylalanine.....g | 0.603 | | 0 | A | 1 | | 1.471 | 0.826 | 1.549 |
| Tyrosine.....g | 0.535 | | 0 | A | 1 | | 1.305 | 0.733 | 1.375 |
| Valine.....g | 0.686 | | 0 | A | 1 | | 1.673 | 0.939 | 1.762 |
| Arginine.....g | 0.457 | | 0 | A | 1 | | 1.115 | 0.626 | 1.174 |
| Histidine.....g | 0.306 | | 0 | A | 1 | | 0.748 | 0.420 | 0.787 |
| Alanine.....g | 0.374 | | 0 | A | 1 | | 0.913 | 0.513 | 0.962 |
| Aspartic acid.....g | 0.788 | | 0 | A | 1 | | 1.922 | 1.079 | 2.024 |
| Glutamic acid.....g | 2.480 | | 0 | A | 1 | | 6.052 | 3.398 | 6.374 |
| Glycine.....g | 0.248 | | 0 | A | 1 | | 0.605 | 0.340 | 0.637 |
| Proline.....g | 1.585 | | 0 | A | 1 | | 3.868 | 2.172 | 4.074 |
| Serine.....g | 0.647 | | 0 | A | 1 | | 1.578 | 0.886 | 1.662 |
| Hydroxyproline.....g | 0.000 | | 2 | A | 1 | | 0.000 | 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 = 244g: 1 serving serving size varied from 1 to 3 enchiladas

Measure 2 = 137g: 1 enchilada

Measure 3 = 257g: 2 enchilada

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36052
Restaurant, Mexican, cheese quesadilla

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | measures of food | | |
| | | | | | | | Measure 1 | Measure 2 | Measure 3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 11.559 | | 0 | NC | 4 | | 23.696 | 22.425 | 32.250 |
| 4:0.....g | 0.336 | 0.017 | 12 | A | 1 | | 0.689 | 0.652 | 0.938 |
| 6:0.....g | 0.284 | 0.014 | 12 | A | 1 | | 0.582 | 0.551 | 0.792 |
| 8:0.....g | 0.182 | 0.009 | 12 | A | 1 | | 0.372 | 0.352 | 0.507 |
| 10:0.....g | 0.443 | 0.020 | 12 | A | 1 | | 0.907 | 0.858 | 1.235 |
| 12:0.....g | 0.511 | 0.024 | 12 | A | 1 | | 1.047 | 0.991 | 1.425 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 1.611 | 0.074 | 12 | A | 1 | | 3.303 | 3.126 | 4.496 |
| 15:0.....g | 0.168 | 0.008 | 12 | A | 1 | | 0.345 | 0.326 | 0.469 |
| 16:0.....g | 5.527 | 0.247 | 12 | A | 1 | | 11.330 | 10.722 | 15.420 |
| 17:0.....g | 0.106 | 0.005 | 12 | A | 1 | | 0.218 | 0.206 | 0.296 |
| 18:0.....g | 2.320 | 0.077 | 12 | A | 1 | | 4.756 | 4.501 | 6.473 |
| 20:0.....g | 0.042 | 0.002 | 12 | A | 1 | | 0.086 | 0.081 | 0.117 |
| 22:0.....g | 0.020 | 0.001 | 12 | A | 1 | | 0.041 | 0.039 | 0.056 |
| 24:0.....g | 0.010 | 0.001 | 12 | A | 1 | | 0.020 | 0.019 | 0.027 |
| Fatty acids, total monounsaturated.....g | 6.362 | | 0 | NC | 4 | | 13.043 | 12.343 | 17.751 |
| 14:1.....g | 0.149 | 0.007 | 12 | A | 1 | | 0.305 | 0.288 | 0.415 |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.270 | 0.016 | 12 | AS | 1 | | 0.553 | 0.523 | 0.753 |
| 16:1 c.....g | 0.217 | 0.014 | 12 | A | 1 | | 0.445 | 0.421 | 0.605 |
| 16:1 t.....g | 0.053 | 0.002 | 12 | A | 1 | | 0.108 | 0.103 | 0.147 |
| 17:1.....g | 0.033 | 0.001 | 12 | A | 1 | | 0.067 | 0.063 | 0.091 |
| 18:1 undifferentiated.....g | 5.866 | 0.322 | 12 | AS | 1 | | 12.026 | 11.381 | 16.367 |
| 18:1 c.....g | 5.133 | 0.200 | 12 | A | 1 | | 10.523 | 9.958 | 14.322 |
| 18:1 t.....g | 0.733 | 0.156 | 12 | A | 1 | | 1.503 | 1.422 | 2.045 |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.044 | 0.001 | 12 | A | 1 | | 0.091 | 0.086 | 0.123 |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 12 | AS | 1 | | 0.002 | 0.002 | 0.002 |
| 22:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.002 | 0.002 | 0.002 |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 1.971 | | 0 | NC | 4 | | 4.041 | 3.824 | 5.500 |
| 18:2 undifferentiated.....g | 1.733 | 0.110 | 12 | AS | 1 | | 3.553 | 3.363 | 4.836 |
| 18:2 n-6 c,c.....g | 1.477 | 0.116 | 12 | A | 1 | | 3.029 | 2.866 | 4.122 |
| 18:2 CLAs.....g | 0.088 | 0.003 | 12 | A | 1 | | 0.181 | 0.171 | 0.246 |
| 18:2 t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.168 | 0.011 | 12 | A | 1 | | 0.344 | 0.325 | 0.468 |
| 18:3 undifferentiated.....g | 0.165 | 0.015 | 12 | AS | 1 | | 0.338 | 0.320 | 0.460 |
| 18:3 n-3 c,c,c (ALA).....g | 0.156 | 0.014 | 12 | A | 1 | | 0.321 | 0.304 | 0.437 |
| 18:3 n-6 c,c,c.....g | 0.006 | 0.001 | 12 | A | 1 | | 0.013 | 0.013 | 0.018 |
| 18:3i.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.004 | 0.004 | 0.005 |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.001 | 0.001 | 0.001 |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 12 | A | 1 | | 0.009 | 0.008 | 0.012 |
| 20:3 undifferentiated.....g | 0.020 | 0.001 | 12 | AS | 1 | | 0.041 | 0.039 | 0.056 |
| 20:3 n-3.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.003 | 0.002 | 0.003 |
| 20:3 n-6.....g | 0.019 | 0.001 | 12 | A | 1 | | 0.039 | 0.037 | 0.053 |
| 20:4 undifferentiated.....g | 0.030 | 0.001 | 12 | A | 1 | | 0.061 | 0.057 | 0.082 |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.005 | 0.000 | 12 | A | 1 | | 0.010 | 0.009 | 0.013 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.004 | 0.000 | 12 | A | 1 | | 0.009 | 0.009 | 0.012 |
| 22:5 n-3 (DPA).....g | 0.010 | 0.000 | 12 | A | 1 | | 0.020 | 0.018 | 0.027 |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.955 | | 0 | NC | 4 | | 1.959 | 1.854 | 2.666 |
| Fatty acids, total trans-monoenoic.....g | 0.786 | | 0 | NC | 4 | | 1.611 | 1.525 | 2.193 |
| Fatty acids, total trans-polyenoic.....g | 0.169 | | 0 | NC | 4 | | 0.347 | 0.329 | 0.473 |
| Cholesterol.....mg | 52 | 3.409 | 6 | A | 1 | | 106 | 100 | 144 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.192 | | 0 | A | 1 | | 0.395 | 0.373 | 0.537 |
| Threonine.....g | 0.535 | | 0 | A | 1 | | 1.096 | 1.037 | 1.492 |

NDB No. 36052

Restaurant, Mexican, cheese quesadilla

| Nutrients and Units | <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 | 0.684 | | 0 | A | 1 | 1.403 | 1.328 | 1.909 |
| Leucine.....g | 1.417 | | 0 | A | 1 | 2.905 | 2.749 | 3.953 |
| Lysine.....g | 1.113 | | 0 | A | 1 | 2.281 | 2.159 | 3.105 |
| Methionine.....g | 0.385 | | 0 | A | 1 | 0.789 | 0.747 | 1.074 |
| Cystine.....g | 0.198 | | 0 | A | 1 | 0.405 | 0.383 | 0.551 |
| Phenylalanine.....g | 0.823 | | 0 | A | 1 | 1.688 | 1.597 | 2.297 |
| Tyrosine.....g | 0.610 | | 0 | A | 1 | 1.251 | 1.184 | 1.702 |
| Valine.....g | 0.893 | | 0 | A | 1 | 1.831 | 1.733 | 2.492 |
| Arginine.....g | 0.594 | | 0 | A | 1 | 1.217 | 1.151 | 1.656 |
| Histidine.....g | 0.396 | | 0 | A | 1 | 0.811 | 0.768 | 1.104 |
| Alanine.....g | 0.449 | | 0 | A | 1 | 0.920 | 0.871 | 1.253 |
| Aspartic acid.....g | 0.963 | | 0 | A | 1 | 1.973 | 1.868 | 2.686 |
| Glutamic acid.....g | 3.927 | | 0 | A | 1 | 8.051 | 7.619 | 10.957 |
| Glycine.....g | 0.369 | | 0 | A | 1 | 0.756 | 0.715 | 1.028 |
| Proline.....g | 2.836 | | 0 | A | 1 | 5.813 | 5.501 | 7.912 |
| Serine.....g | 0.866 | | 0 | A | 1 | 1.775 | 1.680 | 2.416 |
| Hydroxyproline.....g | 0.000 | | 2 | A | 1 | 0.000 | 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 = 205g: 1 serving serving size varied on diameter and count of quesadilla

Measure 2 = 194g: 1 quesadilla 8-10 inch diameter

Measure 3 = 279g: 3 quesadilla 5-6 inch diameter

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 3.983 | | 0 | NC | 4 | | 12.028 | 7.129 | 13.980 |
| 4:0.....g | 0.064 | 0.015 | 9 | A | 1 | | 0.192 | 0.114 | 0.224 |
| 6:0.....g | 0.049 | 0.013 | 9 | A | 1 | | 0.149 | 0.088 | 0.173 |
| 8:0.....g | 0.033 | 0.009 | 9 | A | 1 | | 0.099 | 0.059 | 0.115 |
| 10:0.....g | 0.087 | 0.022 | 9 | A | 1 | | 0.262 | 0.155 | 0.304 |
| 12:0.....g | 0.093 | 0.024 | 9 | A | 1 | | 0.282 | 0.167 | 0.328 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.338 | 0.079 | 9 | A | 1 | | 1.022 | 0.606 | 1.187 |
| 15:0.....g | 0.034 | 0.008 | 9 | A | 1 | | 0.103 | 0.061 | 0.120 |
| 16:0.....g | 2.265 | 0.296 | 9 | A | 1 | | 6.839 | 4.054 | 7.949 |
| 17:0.....g | 0.033 | 0.005 | 9 | A | 1 | | 0.101 | 0.060 | 0.117 |
| 18:0.....g | 0.939 | 0.098 | 9 | A | 1 | | 2.835 | 1.680 | 3.295 |
| 20:0.....g | 0.027 | 0.003 | 9 | A | 1 | | 0.080 | 0.048 | 0.093 |
| 22:0.....g | 0.014 | 0.002 | 9 | A | 1 | | 0.042 | 0.025 | 0.049 |
| 24:0.....g | 0.007 | 0.001 | 9 | A | 1 | | 0.021 | 0.013 | 0.025 |
| Fatty acids, total monounsaturated.....g | 3.822 | | 0 | NC | 4 | | 11.544 | 6.842 | 13.417 |
| 14:1.....g | 0.031 | 0.007 | 9 | A | 1 | | 0.093 | 0.055 | 0.108 |
| 15:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.173 | 0.020 | 9 | AS | 1 | | 0.522 | 0.309 | 0.606 |
| 16:1 c.....g | 0.162 | 0.019 | 9 | A | 1 | | 0.488 | 0.289 | 0.567 |
| 16:1 t.....g | 0.011 | 0.003 | 9 | A | 1 | | 0.033 | 0.020 | 0.039 |
| 17:1.....g | 0.015 | 0.002 | 9 | A | 1 | | 0.045 | 0.027 | 0.052 |
| 18:1 undifferentiated.....g | 3.554 | 0.397 | 9 | AS | 1 | | 10.732 | 6.361 | 12.473 |
| 18:1 c.....g | 3.343 | 0.308 | 9 | A | 1 | | 10.095 | 5.984 | 11.733 |
| 18:1 t.....g | 0.211 | 0.120 | 9 | A | 1 | | 0.637 | 0.377 | 0.740 |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.050 | 0.006 | 9 | A | 1 | | 0.151 | 0.089 | 0.175 |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 9 | AS | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.001 | 0.001 | 0.002 |
| Fatty acids, total polyunsaturated.....g | 2.967 | | 0 | NC | 4 | | 8.960 | 5.311 | 10.414 |
| 18:2 undifferentiated.....g | 2.679 | 0.242 | 9 | AS | 1 | | 8.089 | 4.795 | 9.402 |
| 18:2 n-6 c,c.....g | 2.608 | 0.233 | 9 | A | 1 | | 7.877 | 4.669 | 9.155 |
| 18:2 CLAs.....g | 0.021 | 0.004 | 9 | A | 1 | | 0.063 | 0.037 | 0.073 |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.050 | 0.017 | 9 | A | 1 | | 0.150 | 0.089 | 0.175 |
| 18:3 undifferentiated.....g | 0.209 | 0.034 | 9 | AS | 1 | | 0.632 | 0.375 | 0.735 |
| 18:3 n-3 c,c,c (ALA).....g | 0.201 | 0.032 | 9 | A | 1 | | 0.607 | 0.360 | 0.705 |
| 18:3 n-6 c,c,c.....g | 0.009 | 0.002 | 9 | A | 1 | | 0.026 | 0.015 | 0.030 |
| 18:3i.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.003 | 0.003 | 9 | A | 1 | | 0.010 | 0.006 | 0.011 |
| 20:2 n-6 c,c.....g | 0.019 | 0.006 | 9 | A | 1 | | 0.057 | 0.034 | 0.066 |
| 20:3 undifferentiated.....g | 0.013 | 0.002 | 9 | AS | 1 | | 0.039 | 0.023 | 0.045 |
| 20:3 n-3.....g | 0.003 | 0.001 | 9 | A | 1 | | 0.010 | 0.006 | 0.012 |
| 20:3 n-6.....g | 0.010 | 0.001 | 9 | A | 1 | | 0.029 | 0.017 | 0.034 |
| 20:4 undifferentiated.....g | 0.031 | 0.002 | 9 | A | 1 | | 0.093 | 0.055 | 0.108 |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 9 | A | 1 | | 0.003 | 0.002 | 0.003 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.008 | 0.001 | 9 | A | 1 | | 0.023 | 0.014 | 0.027 |
| 22:5 n-3 (DPA).....g | 0.004 | 0.001 | 9 | A | 1 | | 0.013 | 0.008 | 0.016 |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.001 | 0.000 | 0.001 |
| Fatty acids, total trans.....g | 0.272 | | 0 | NC | 4 | | 0.820 | 0.486 | 0.953 |
| Fatty acids, total trans-monoenoic.....g | 0.222 | | 0 | NC | 4 | | 0.670 | 0.397 | 0.779 |
| Fatty acids, total trans-polyenoic.....g | 0.050 | | 0 | NC | 4 | | 0.150 | 0.089 | 0.175 |
| Cholesterol.....mg | 30 | 3.624 | 5 | A | 1 | | 90 | 53 | 104 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.110 | | 0 | A | 1 | | 0.332 | 0.197 | 0.386 |
| Threonine.....g | 0.370 | | 0 | A | 1 | | 1.117 | 0.662 | 1.299 |

NDB No. 36056

Restaurant, Mexican, cheese tamales

| 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 Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 |
| Isoleucine.....g | 0.400 | | 0 | A | 1 | 1.208 | 0.716 | 1.404 |
| Leucine.....g | 0.880 | | 0 | A | 1 | 2.657 | 1.575 | 3.088 |
| Lysine.....g | 0.710 | | 0 | A | 1 | 2.144 | 1.271 | 2.492 |
| Methionine.....g | 0.230 | | 0 | A | 1 | 0.695 | 0.412 | 0.807 |
| Cystine.....g | 0.120 | | 0 | A | 1 | 0.362 | 0.215 | 0.421 |
| Phenylalanine.....g | 0.550 | | 0 | A | 1 | 1.661 | 0.985 | 1.931 |
| Tyrosine.....g | 0.300 | | 0 | A | 1 | 0.906 | 0.537 | 1.053 |
| Valine.....g | 0.470 | | 0 | A | 1 | 1.419 | 0.841 | 1.649 |
| Arginine.....g | 0.490 | | 0 | A | 1 | 1.480 | 0.877 | 1.720 |
| Histidine.....g | 0.260 | | 0 | A | 1 | 0.785 | 0.465 | 0.912 |
| Alanine.....g | 0.480 | | 0 | A | 1 | 1.449 | 0.859 | 1.684 |
| Aspartic acid.....g | 0.730 | | 0 | A | 1 | 2.205 | 1.307 | 2.562 |
| Glutamic acid.....g | 1.550 | | 0 | A | 1 | 4.681 | 2.774 | 5.440 |
| Glycine.....g | 0.330 | | 0 | A | 1 | 0.997 | 0.591 | 1.158 |
| Proline.....g | 0.840 | | 0 | A | 1 | 2.536 | 1.503 | 2.948 |
| Serine.....g | 0.430 | | 0 | A | 1 | 1.299 | 0.770 | 1.509 |
| Hydroxyproline.....g | 0.000 | | 1 | A | 1 | 0.000 | 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 = 302g: 1 serving serving size varied from 1 to 3 tamales

Measure 2 = 179g: 1 tamale

Measure 3 = 351g: 2 tamale

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36418

Restaurant, Mexican, refried beans

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 67.57 | 0.976 | 12 | A | 1 | | 100.01 | | |
| Energy.....kcal | 156 | | 0 | NC | 4 | | 230 | | |
| Energy.....kJ | 651 | | 0 | NC | 4 | | 963 | | |
| Protein.....g | 6.91 | 0.168 | 12 | A | 1 | | 10.22 | | |
| Total lipid (fat).....g | 6.77 | 1.072 | 12 | A | 1 | | 10.01 | | |
| Ash.....g | 1.96 | 0.057 | 12 | A | 1 | | 2.90 | | |
| Carbohydrate, by difference.....g | 16.79 | | 0 | NC | 4 | | 24.86 | | |
| Fiber, total dietary.....g | 8.0 | 0.249 | 6 | A | 1 | | 11.8 | | |
| Sugars, total.....g | 0.78 | 0.058 | 6 | A | 1 | | 1.16 | | |
| Sucrose.....g | 0.78 | 0.058 | 6 | A | 1 | | 1.16 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 9.37 | 0.299 | 6 | A | 1 | | 13.86 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 57 | 3.806 | 12 | A | 1 | | 84 | | |
| Iron, Fe.....mg | 1.62 | 0.055 | 12 | A | 1 | | 2.40 | | |
| Magnesium, Mg.....mg | 44 | 0.956 | 12 | A | 1 | | 66 | | |
| Phosphorus, P.....mg | 128 | 4.640 | 12 | A | 1 | | 189 | | |
| Potassium, K.....mg | 402 | 11.044 | 12 | A | 1 | | 594 | | |
| Sodium, Na.....mg | 376 | 16.532 | 12 | A | 1 | | 557 | | |
| Zinc, Zn.....mg | 0.88 | 0.033 | 12 | A | 1 | | 1.30 | | |
| Copper, Cu.....mg | 0.168 | 0.014 | 12 | A | 1 | | 0.248 | | |
| Manganese, Mn.....mg | 0.367 | 0.012 | 12 | A | 1 | | 0.544 | | |
| Selenium, Se.....µg | 8.4 | 0.891 | 6 | A | 1 | | 12.4 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | 0.000 | 6 | A | 1 | | 0.0 | | |
| Thiamin.....mg | 0.135 | 0.006 | 6 | A | 1 | | 0.200 | | |
| Riboflavin.....mg | 0.111 | 0.005 | 6 | A | 1 | | 0.164 | | |
| Niacin.....mg | 0.488 | 0.041 | 6 | A | 1 | | 0.723 | | |
| Pantothenic acid.....mg | 0.290 | 0.014 | 4 | A | 1 | | 0.429 | | |
| Vitamin B-6.....mg | 0.098 | | 0 | FLA | 4 | | 0.145 | | |
| Folate, total.....µg | 29 | 3.780 | 6 | A | 1 | | 43 | | |
| Folic acid.....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food.....µg | 29 | 3.780 | 6 | A | 1 | | 43 | | |
| Folate, DFE.....µg | 29 | | 0 | NC | 4 | | 43 | | |
| Choline, total.....mg | 55.7 | | 0 | AS | 1 | | 82.4 | | |
| Betaine.....mg | 13.9 | | 1 | A | 1 | | 20.5 | | |
| Vitamin B-12.....µg | 0.08 | 0.008 | 6 | A | 1 | | 0.12 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE.....µg | 11 | | 0 | NC | 4 | | 17 | | |
| Retinol.....µg | 11 | | 2 | A | 1 | | 16 | | |
| Carotene, beta.....µg | 3 | | 0 | FLA | 4 | | 5 | | |
| Carotene, alpha.....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta.....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU.....IU | 42 | | 0 | NC | 4 | | 62 | | |
| Lycopene.....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin.....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.45 | 0.190 | 6 | A | 1 | | 0.66 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.04 | 0.031 | 6 | A | 1 | | 0.07 | | |
| Tocopherol, gamma.....mg | 3.68 | 1.381 | 6 | A | 1 | | 5.44 | | |
| Tocopherol, delta.....mg | 0.81 | 0.446 | 6 | A | 1 | | 1.20 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.009 | 6 | A | 1 | | 0.01 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |

NDB No. 36418

Restaurant, Mexican, refried beans

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 1 | | 0 | FLA | 4 | | 2 | | |
| Vitamin K (phylloquinone).....µg | 13.3 | | 2 | A | 1 | | 19.7 | | |
| Dihydrophyloquinone.....µg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.5 | | 2 | A | 1 | | 0.8 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.840 | | 0 | NC | 4 | | 2.723 | | |
| 4:0.....g | 0.030 | 0.003 | 11 | A | 1 | | 0.045 | | |
| 6:0.....g | 0.019 | 0.003 | 11 | A | 1 | | 0.028 | | |
| 8:0.....g | 0.015 | 0.002 | 11 | A | 1 | | 0.022 | | |
| 10:0.....g | 0.045 | 0.005 | 11 | A | 1 | | 0.067 | | |
| 12:0.....g | 0.038 | 0.005 | 11 | A | 1 | | 0.057 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.133 | 0.015 | 11 | A | 1 | | 0.196 | | |
| 15:0.....g | 0.014 | 0.001 | 11 | A | 1 | | 0.021 | | |
| 16:0.....g | 1.038 | 0.121 | 11 | A | 1 | | 1.536 | | |
| 17:0.....g | 0.015 | 0.002 | 11 | A | 1 | | 0.023 | | |
| 18:0.....g | 0.453 | 0.054 | 11 | A | 1 | | 0.670 | | |
| 20:0.....g | 0.017 | 0.004 | 11 | A | 1 | | 0.026 | | |
| 22:0.....g | 0.014 | 0.004 | 11 | A | 1 | | 0.021 | | |
| 24:0.....g | 0.008 | 0.002 | 11 | A | 1 | | 0.011 | | |
| Fatty acids, total monounsaturated.....g | 1.834 | | 0 | NC | 4 | | 2.715 | | |
| 14:1.....g | 0.010 | 0.001 | 11 | A | 1 | | 0.014 | | |
| 15:1.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.052 | 0.009 | 11 | AS | 1 | | 0.078 | | |
| 16:1 c.....g | 0.050 | 0.009 | 11 | A | 1 | | 0.074 | | |
| 16:1 t.....g | 0.002 | 0.001 | 11 | A | 1 | | 0.003 | | |
| 17:1.....g | 0.008 | 0.001 | 11 | A | 1 | | 0.012 | | |
| 18:1 undifferentiated.....g | 1.736 | 0.251 | 11 | AS | 1 | | 2.570 | | |
| 18:1 c.....g | 1.665 | 0.251 | 11 | A | 1 | | 2.465 | | |
| 18:1 t.....g | 0.071 | 0.026 | 11 | A | 1 | | 0.105 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.027 | 0.006 | 11 | A | 1 | | 0.041 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 11 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 2.344 | | 0 | NC | 4 | | 3.469 | | |
| 18:2 undifferentiated.....g | 1.914 | 0.630 | 11 | AS | 1 | | 2.833 | | |
| 18:2 n-6 c,c.....g | 1.893 | 0.627 | 11 | A | 1 | | 2.802 | | |
| 18:2 CLAs.....g | 0.007 | 0.001 | 11 | A | 1 | | 0.011 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.014 | 0.003 | 11 | A | 1 | | 0.021 | | |
| 18:3 undifferentiated.....g | 0.405 | 0.088 | 11 | AS | 1 | | 0.599 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.396 | 0.084 | 11 | A | 1 | | 0.587 | | |
| 18:3 n-6 c,c,c.....g | 0.009 | 0.004 | 11 | A | 1 | | 0.013 | | |
| 18:3i.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.012 | 0.003 | 11 | A | 1 | | 0.018 | | |
| 20:3 undifferentiated.....g | 0.003 | 0.001 | 11 | AS | 1 | | 0.005 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 11 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.002 | 0.001 | 11 | A | 1 | | 0.003 | | |
| 20:4 undifferentiated.....g | 0.008 | 0.001 | 11 | A | 1 | | 0.012 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 11 | A | 1 | | 0.001 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |

NDB No. 36418

Restaurant, Mexican, refried beans

| 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 | 11 | A | | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.087 | | 0 | NC | | 4 | | 0.129 | | |
| Fatty acids, total trans-monoenoic.....g | 0.073 | | 0 | NC | | 4 | | 0.108 | | |
| Fatty acids, total trans-polyenoic.....g | 0.014 | | 0 | NC | | 4 | | 0.021 | | |
| Cholesterol.....mg | 5 | 0.400 | 6 | A | | 1 | | 8 | | |
| Phytosterols.....mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan.....g | 0.071 | | 0 | A | | 1 | | 0.105 | | |
| Threonine.....g | 0.267 | | 0 | A | | 1 | | 0.395 | | |
| Isoleucine.....g | 0.272 | | 0 | A | | 1 | | 0.403 | | |
| Leucine.....g | 0.539 | | 0 | A | | 1 | | 0.798 | | |
| Lysine.....g | 0.533 | | 0 | A | | 1 | | 0.788 | | |
| Methionine.....g | 0.082 | | 0 | A | | 1 | | 0.121 | | |
| Cystine.....g | 0.060 | | 0 | A | | 1 | | 0.088 | | |
| Phenylalanine.....g | 0.387 | | 0 | A | | 1 | | 0.572 | | |
| Tyrosine.....g | 0.169 | | 0 | A | | 1 | | 0.250 | | |
| Valine.....g | 0.289 | | 0 | A | | 1 | | 0.428 | | |
| Arginine.....g | 0.414 | | 0 | A | | 1 | | 0.612 | | |
| Histidine.....g | 0.196 | | 0 | A | | 1 | | 0.290 | | |
| Alanine.....g | 0.267 | | 0 | A | | 1 | | 0.395 | | |
| Aspartic acid.....g | 0.726 | | 0 | A | | 1 | | 1.074 | | |
| Glutamic acid.....g | 0.971 | | 0 | A | | 1 | | 1.436 | | |
| Glycine.....g | 0.277 | | 0 | A | | 1 | | 0.410 | | |
| Proline.....g | 0.255 | | 0 | A | | 1 | | 0.377 | | |
| Serine.....g | 0.387 | | 0 | A | | 1 | | 0.573 | | |
| Hydroxyproline.....g | 0.000 | | 2 | A | | 1 | | 0.000 | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLA | | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLA | | 4 | | 0 | | |

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

Common Measures:

Measure 1 = 148g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36061

Restaurant, Mexican, soft taco with ground beef, cheese and lettuce

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 4.486 | | 0 | NC | 4 | | 12.605 | 6.011 | 12.516 |
| 4:0.....g | 0.063 | 0.006 | 11 | A | 1 | | 0.177 | 0.084 | 0.175 |
| 6:0.....g | 0.045 | 0.005 | 11 | A | 1 | | 0.126 | 0.060 | 0.125 |
| 8:0.....g | 0.028 | 0.003 | 11 | A | 1 | | 0.079 | 0.038 | 0.078 |
| 10:0.....g | 0.072 | 0.007 | 11 | A | 1 | | 0.201 | 0.096 | 0.200 |
| 12:0.....g | 0.086 | 0.009 | 11 | A | 1 | | 0.242 | 0.115 | 0.240 |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.412 | 0.029 | 11 | A | 1 | | 1.158 | 0.552 | 1.150 |
| 15:0.....g | 0.051 | 0.003 | 11 | A | 1 | | 0.143 | 0.068 | 0.142 |
| 16:0.....g | 2.350 | 0.134 | 11 | A | 1 | | 6.603 | 3.149 | 6.556 |
| 17:0.....g | 0.078 | 0.005 | 11 | A | 1 | | 0.219 | 0.104 | 0.217 |
| 18:0.....g | 1.265 | 0.098 | 11 | A | 1 | | 3.553 | 1.694 | 3.528 |
| 20:0.....g | 0.019 | 0.001 | 11 | A | 1 | | 0.054 | 0.026 | 0.054 |
| 22:0.....g | 0.011 | 0.001 | 11 | A | 1 | | 0.031 | 0.015 | 0.031 |
| 24:0.....g | 0.007 | 0.000 | 11 | A | 1 | | 0.020 | 0.009 | 0.019 |
| Fatty acids, total monounsaturated.....g | 4.229 | | 0 | NC | 4 | | 11.884 | 5.667 | 11.800 |
| 14:1.....g | 0.069 | 0.005 | 11 | A | 1 | | 0.193 | 0.092 | 0.192 |
| 15:1.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.242 | 0.017 | 11 | AS | 1 | | 0.679 | 0.324 | 0.674 |
| 16:1 c.....g | 0.217 | 0.016 | 11 | A | 1 | | 0.610 | 0.291 | 0.605 |
| 16:1 t.....g | 0.025 | 0.002 | 11 | A | 1 | | 0.070 | 0.033 | 0.069 |
| 17:1.....g | 0.048 | 0.003 | 11 | A | 1 | | 0.136 | 0.065 | 0.135 |
| 18:1 undifferentiated.....g | 3.841 | 0.238 | 11 | AS | 1 | | 10.792 | 5.147 | 10.716 |
| 18:1 c.....g | 3.340 | 0.187 | 11 | A | 1 | | 9.386 | 4.476 | 9.319 |
| 18:1 t.....g | 0.501 | 0.082 | 11 | A | 1 | | 1.406 | 0.671 | 1.396 |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.029 | 0.003 | 11 | A | 1 | | 0.081 | 0.039 | 0.080 |
| 22:1 undifferentiated.....g | 0.001 | 0.001 | 11 | AS | 1 | | 0.002 | 0.001 | 0.002 |
| 22:1 c.....g | 0.001 | 0.001 | 11 | A | 1 | | 0.002 | 0.001 | 0.002 |
| 22:1 t.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 1.203 | | 0 | NC | 4 | | 3.382 | 1.613 | 3.358 |
| 18:2 undifferentiated.....g | 1.073 | 0.115 | 11 | AS | 1 | | 3.015 | 1.438 | 2.993 |
| 18:2 n-6 c,c.....g | 0.941 | 0.115 | 11 | A | 1 | | 2.644 | 1.261 | 2.625 |
| 18:2 CLAs.....g | 0.042 | 0.004 | 11 | A | 1 | | 0.118 | 0.056 | 0.117 |
| 18:2 t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.090 | 0.012 | 11 | A | 1 | | 0.253 | 0.120 | 0.251 |
| 18:3 undifferentiated.....g | 0.084 | 0.014 | 11 | AS | 1 | | 0.237 | 0.113 | 0.235 |
| 18:3 n-3 c,c,c (ALA).....g | 0.080 | 0.014 | 11 | A | 1 | | 0.226 | 0.108 | 0.224 |
| 18:3 n-6 c,c,c.....g | 0.003 | 0.001 | 11 | A | 1 | | 0.009 | 0.005 | 0.009 |
| 18:3i.....g | 0.001 | 0.000 | 11 | A | 1 | | 0.002 | 0.001 | 0.002 |
| 18:4.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 11 | A | 1 | | 0.010 | 0.005 | 0.010 |
| 20:3 undifferentiated.....g | 0.010 | 0.001 | 11 | AS | 1 | | 0.028 | 0.013 | 0.028 |
| 20:3 n-3.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.001 | 0.000 | 0.001 |
| 20:3 n-6.....g | 0.010 | 0.001 | 11 | A | 1 | | 0.027 | 0.013 | 0.027 |
| 20:4 undifferentiated.....g | 0.020 | 0.002 | 11 | A | 1 | | 0.056 | 0.027 | 0.056 |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.002 | 0.000 | 11 | A | 1 | | 0.005 | 0.002 | 0.005 |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.000 | 11 | A | 1 | | 0.013 | 0.006 | 0.013 |
| 22:5 n-3 (DPA).....g | 0.006 | 0.001 | 11 | A | 1 | | 0.018 | 0.009 | 0.018 |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | 0.616 | | 0 | NC | 4 | | 1.730 | 0.825 | 1.718 |
| Fatty acids, total trans-monoenoic.....g | 0.525 | | 0 | NC | 4 | | 1.476 | 0.704 | 1.466 |
| Fatty acids, total trans-polyenoic.....g | 0.091 | | 0 | NC | 4 | | 0.254 | 0.121 | 0.253 |
| Cholesterol.....mg | 34 | 1.920 | 5 | A | 1 | | 94 | 45 | 94 |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.125 | | 0 | A | 1 | | 0.350 | 0.167 | 0.348 |
| Threonine.....g | 0.475 | | 0 | A | 1 | | 1.336 | 0.637 | 1.326 |

NDB No. 36061

Restaurant, Mexican, soft taco with ground beef, cheese and lettuce

| Nutrients and Units | <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 | 0.504 | | 0 | A | 1 | 1.415 | 0.675 | 1.405 |
| Leucine.....g | 1.005 | | 0 | A | 1 | 2.825 | 1.347 | 2.805 |
| Lysine.....g | 0.943 | | 0 | A | 1 | 2.649 | 1.263 | 2.630 |
| Methionine.....g | 0.280 | | 0 | A | 1 | 0.788 | 0.376 | 0.782 |
| Cystine.....g | 0.147 | | 0 | A | 1 | 0.412 | 0.197 | 0.410 |
| Phenylalanine.....g | 0.598 | | 0 | A | 1 | 1.680 | 0.801 | 1.668 |
| Tyrosine.....g | 0.371 | | 0 | A | 1 | 1.043 | 0.497 | 1.035 |
| Valine.....g | 0.594 | | 0 | A | 1 | 1.670 | 0.796 | 1.658 |
| Arginine.....g | 0.703 | | 0 | A | 1 | 1.975 | 0.942 | 1.961 |
| Histidine.....g | 0.316 | | 0 | A | 1 | 0.889 | 0.424 | 0.882 |
| Alanine.....g | 0.636 | | 0 | A | 1 | 1.787 | 0.852 | 1.774 |
| Aspartic acid.....g | 0.951 | | 0 | A | 1 | 2.672 | 1.274 | 2.653 |
| Glutamic acid.....g | 2.282 | | 0 | A | 1 | 6.412 | 3.058 | 6.367 |
| Glycine.....g | 0.668 | | 0 | A | 1 | 1.876 | 0.895 | 1.863 |
| Proline.....g | 1.871 | | 0 | A | 1 | 5.257 | 2.507 | 5.219 |
| Serine.....g | 0.540 | | 0 | A | 1 | 1.517 | 0.724 | 1.506 |
| Hydroxyproline.....g | 0.265 | | 2 | A | 1 | 0.745 | 0.355 | 0.739 |

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

Common Measures:

Measure 1 = 281g: 1 serving varied from 1 to 3 tacos per serving

Measure 2 = 134g: 1 taco

Measure 3 = 279g: 2 taco

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36417
 Restaurant, Mexican, spanish rice

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 58.54 | 1.001 | 12 | A | 1 | | 67.91 | | |
| Energy.....kcal | 185 | | 0 | NC | 4 | | 215 | | |
| Energy.....kJ | 776 | | 0 | NC | 4 | | 900 | | |
| Protein.....g | 3.28 | 0.090 | 12 | A | 1 | | 3.81 | | |
| Total lipid (fat).....g | 5.29 | 0.268 | 12 | A | 1 | | 6.13 | | |
| Ash.....g | 1.72 | 0.124 | 12 | A | 1 | | 2.00 | | |
| Carbohydrate, by difference.....g | 31.16 | | 0 | NC | 4 | | 36.15 | | |
| Fiber, total dietary.....g | 1.2 | 0.117 | 6 | A | 1 | | 1.4 | | |
| Sugars, total.....g | 1.30 | 0.127 | 6 | A | 1 | | 1.50 | | |
| Sucrose.....g | 0.38 | 0.106 | 6 | A | 1 | | 0.44 | | |
| Glucose (dextrose).....g | 0.50 | 0.081 | 6 | A | 1 | | 0.59 | | |
| Fructose.....g | 0.42 | 0.048 | 6 | A | 1 | | 0.48 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 27.55 | 0.532 | 6 | A | 1 | | 31.96 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 20 | 4.349 | 12 | A | 1 | | 23 | | |
| Iron, Fe.....mg | 1.15 | 0.129 | 12 | A | 1 | | 1.33 | | |
| Magnesium, Mg.....mg | 13 | 0.688 | 12 | A | 1 | | 16 | | |
| Phosphorus, P.....mg | 57 | 4.008 | 12 | A | 1 | | 66 | | |
| Potassium, K.....mg | 116 | 5.586 | 12 | A | 1 | | 134 | | |
| Sodium, Na.....mg | 528 | 39.164 | 12 | A | 1 | | 612 | | |
| Zinc, Zn.....mg | 0.48 | 0.027 | 12 | A | 1 | | 0.56 | | |
| Copper, Cu.....mg | 0.065 | 0.004 | 12 | A | 1 | | 0.075 | | |
| Manganese, Mn.....mg | 0.390 | 0.015 | 12 | A | 1 | | 0.453 | | |
| Selenium, Se.....µg | 7.4 | 0.615 | 6 | A | 1 | | 8.6 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.1 | 0.059 | 6 | A | 1 | | 0.1 | | |
| Thiamin.....mg | 0.183 | 0.034 | 6 | A | 1 | | 0.213 | | |
| Riboflavin.....mg | 0.074 | 0.004 | 6 | A | 1 | | 0.086 | | |
| Niacin.....mg | 2.378 | 0.379 | 6 | A | 1 | | 2.759 | | |
| Pantothenic acid.....mg | 0.415 | 0.041 | 4 | A | 1 | | 0.481 | | |
| Vitamin B-6.....mg | 0.082 | | 0 | FLA | 4 | | 0.096 | | |
| Folate, total.....µg | 50 | 5.088 | 6 | A | 1 | | 57 | | |
| Folic acid.....µg | 46 | | 0 | FLA | 4 | | 53 | | |
| Folate, food.....µg | 4 | | 0 | NC | 4 | | 4 | | |
| Folate, DFE.....µg | 82 | | 0 | NC | 4 | | 95 | | |
| Choline, total.....mg | 9.1 | | 0 | AS | 1 | | 10.5 | | |
| Betaine.....mg | 19.9 | | 1 | A | 1 | | 23.0 | | |
| Vitamin B-12.....µg | 0.08 | 0.007 | 6 | A | 1 | | 0.09 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE.....µg | 6 | | 0 | AS | 1 | | 7 | | |
| Retinol.....µg | 1 | | 2 | A | 1 | | 1 | | |
| Carotene, beta.....µg | 54 | 14.755 | 6 | A | 1 | | 63 | | |
| Carotene, alpha.....µg | 8 | 5.413 | 6 | A | 1 | | 9 | | |
| Cryptoxanthin, beta.....µg | 0 | 0.000 | 6 | A | 1 | | 0 | | |
| Vitamin A, IU.....IU | 100 | | 0 | AS | 1 | | 116 | | |
| Lycopene.....µg | 452 | 137.462 | 6 | A | 1 | | 524 | | |
| Lutein + zeaxanthin.....µg | 66 | 15.702 | 6 | A | 1 | | 77 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.60 | 0.074 | 6 | A | 1 | | 0.70 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.04 | 0.013 | 6 | A | 1 | | 0.04 | | |
| Tocopherol, gamma.....mg | 2.57 | 0.345 | 6 | A | 1 | | 2.98 | | |
| Tocopherol, delta.....mg | 0.82 | 0.135 | 6 | A | 1 | | 0.95 | | |
| Tocotrienol, alpha.....mg | 0.08 | 0.033 | 6 | A | 1 | | 0.09 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |

NDB No. 36417
 Restaurant, Mexican, spanish rice

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.16 | 0.019 | 6 | A | 1 | | 0.19 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin K (phylloquinone).....µg | 13.0 | | 2 | A | 1 | | 15.1 | | |
| Dihydrophyloquinone.....µg | 0.8 | | 2 | A | 1 | | 0.9 | | |
| Menaquinone-4.....µg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.005 | | 0 | NC | 4 | | 1.166 | | |
| 4:0.....g | 0.001 | 0.001 | 12 | A | 1 | | 0.001 | | |
| 6:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.005 | 0.003 | 12 | A | 1 | | 0.006 | | |
| 12:0.....g | 0.003 | 0.002 | 12 | A | 1 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.017 | 0.003 | 12 | A | 1 | | 0.019 | | |
| 15:0.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.002 | | |
| 16:0.....g | 0.662 | 0.052 | 12 | A | 1 | | 0.767 | | |
| 17:0.....g | 0.004 | 0.001 | 12 | A | 1 | | 0.005 | | |
| 18:0.....g | 0.275 | 0.017 | 12 | A | 1 | | 0.319 | | |
| 20:0.....g | 0.017 | 0.002 | 12 | A | 1 | | 0.020 | | |
| 22:0.....g | 0.013 | 0.002 | 12 | A | 1 | | 0.015 | | |
| 24:0.....g | 0.007 | 0.001 | 12 | A | 1 | | 0.008 | | |
| Fatty acids, total monounsaturated.....g | 1.511 | | 0 | NC | 4 | | 1.752 | | |
| 14:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.012 | 0.003 | 12 | AS | 1 | | 0.013 | | |
| 16:1 c.....g | 0.012 | 0.003 | 12 | A | 1 | | 0.013 | | |
| 16:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.003 | | |
| 18:1 undifferentiated.....g | 1.477 | 0.173 | 12 | AS | 1 | | 1.713 | | |
| 18:1 c.....g | 1.419 | 0.159 | 12 | A | 1 | | 1.646 | | |
| 18:1 t.....g | 0.058 | 0.028 | 12 | A | 1 | | 0.067 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.020 | 0.003 | 12 | A | 1 | | 0.023 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 12 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 2.317 | | 0 | NC | 4 | | 2.688 | | |
| 18:2 undifferentiated.....g | 2.066 | 0.150 | 12 | AS | 1 | | 2.396 | | |
| 18:2 n-6 c,c.....g | 2.052 | 0.149 | 12 | A | 1 | | 2.380 | | |
| 18:2 CLAs.....g | 0.002 | 0.000 | 12 | A | 1 | | 0.002 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.012 | 0.003 | 12 | A | 1 | | 0.014 | | |
| 18:3 undifferentiated.....g | 0.249 | 0.023 | 12 | AS | 1 | | 0.289 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.238 | 0.022 | 12 | A | 1 | | 0.276 | | |
| 18:3 n-6 c,c,c.....g | 0.011 | 0.001 | 12 | A | 1 | | 0.013 | | |
| 18:3i.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.002 | 0.001 | 12 | A | 1 | | 0.002 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 12 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.001 | 0.001 | 12 | A | 1 | | 0.002 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |

NDB No. 36417
 Restaurant, Mexican, spanish rice

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.070 | | 0 | NC | 4 | | 0.081 | | |
| Fatty acids, total trans-monoenoic.....g | 0.058 | | 0 | NC | 4 | | 0.067 | | |
| Fatty acids, total trans-polyenoic.....g | 0.012 | | 0 | NC | 4 | | 0.014 | | |
| Cholesterol.....mg | 0 | 0.244 | 6 | A | 1 | | 1 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.044 | | 0 | A | 1 | | 0.051 | | |
| Threonine.....g | 0.098 | | 0 | A | 1 | | 0.114 | | |
| Isoleucine.....g | 0.109 | | 0 | A | 1 | | 0.127 | | |
| Leucine.....g | 0.240 | | 0 | A | 1 | | 0.279 | | |
| Lysine.....g | 0.131 | | 0 | A | 1 | | 0.152 | | |
| Methionine.....g | 0.071 | | 0 | A | 1 | | 0.082 | | |
| Cystine.....g | 0.066 | | 0 | A | 1 | | 0.076 | | |
| Phenylalanine.....g | 0.153 | | 0 | A | 1 | | 0.177 | | |
| Tyrosine.....g | 0.104 | | 0 | A | 1 | | 0.121 | | |
| Valine.....g | 0.137 | | 0 | A | 1 | | 0.159 | | |
| Arginine.....g | 0.263 | | 0 | A | 1 | | 0.305 | | |
| Histidine.....g | 0.071 | | 0 | A | 1 | | 0.082 | | |
| Alanine.....g | 0.169 | | 0 | A | 1 | | 0.196 | | |
| Aspartic acid.....g | 0.267 | | 0 | A | 1 | | 0.310 | | |
| Glutamic acid.....g | 0.607 | | 0 | A | 1 | | 0.704 | | |
| Glycine.....g | 0.142 | | 0 | A | 1 | | 0.165 | | |
| Proline.....g | 0.141 | | 0 | A | 1 | | 0.164 | | |
| Serine.....g | 0.153 | | 0 | A | 1 | | 0.177 | | |
| Hydroxyproline.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |

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

Common Measures:

Measure 1 = 116g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36015

Restaurant, family style, chicken fingers, from kid's menu

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 42.17 | 0.794 | 18 | A | 1 | | 48.08 | 15.60 | |
| Energy.....kcal | 307 | | 0 | NC | 4 | | 350 | 114 | |
| Energy.....kJ | 1284 | | 0 | NC | 4 | | 1464 | 475 | |
| Protein.....g | 18.68 | 0.346 | 18 | A | 1 | | 21.29 | 6.91 | |
| Total lipid (fat).....g | 17.45 | 0.599 | 18 | A | 1 | | 19.89 | 6.46 | |
| Ash.....g | 2.93 | 0.061 | 18 | A | 1 | | 3.34 | 1.08 | |
| Carbohydrate, by difference.....g | 18.77 | | 0 | NC | 4 | | 21.40 | 6.95 | |
| Fiber, total dietary.....g | 1.1 | 0.064 | 9 | A | 1 | | 1.2 | 0.4 | |
| Sugars, total.....g | 0.33 | 0.012 | 7 | A | 1 | | 0.38 | 0.12 | |
| Sucrose.....g | 0.03 | 0.003 | 9 | A | 1 | | 0.03 | 0.01 | |
| Glucose (dextrose).....g | 0.24 | 0.009 | 9 | A | 1 | | 0.27 | 0.09 | |
| Fructose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.01 | 0.000 | 7 | A | 1 | | 0.02 | 0.01 | |
| Galactose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 18.01 | 0.530 | 9 | A | 1 | | 20.53 | 6.66 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | 1.231 | 18 | A | 1 | | 24 | 8 | |
| Iron, Fe.....mg | 0.76 | 0.024 | 18 | A | 1 | | 0.86 | 0.28 | |
| Magnesium, Mg.....mg | 29 | 0.490 | 18 | A | 1 | | 33 | 11 | |
| Phosphorus, P.....mg | 306 | 6.675 | 18 | A | 1 | | 349 | 113 | |
| Potassium, K.....mg | 322 | 6.320 | 18 | A | 1 | | 367 | 119 | |
| Sodium, Na.....mg | 809 | 20.660 | 18 | A | 1 | | 922 | 299 | |
| Zinc, Zn.....mg | 0.67 | 0.014 | 18 | A | 1 | | 0.76 | 0.25 | |
| Copper, Cu.....mg | 0.068 | 0.002 | 18 | A | 1 | | 0.077 | 0.025 | |
| Manganese, Mn.....mg | 0.254 | 0.007 | 18 | A | 1 | | 0.290 | 0.094 | |
| Selenium, Se.....µg | 20.0 | 1.986 | 9 | A | 1 | | 22.9 | 7.4 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.098 | 0.006 | 9 | A | 1 | | 0.111 | 0.036 | |
| Riboflavin.....mg | 0.166 | 0.003 | 9 | A | 1 | | 0.189 | 0.061 | |
| Niacin.....mg | 7.628 | 0.252 | 9 | A | 1 | | 8.696 | 2.822 | |
| Pantothenic acid.....mg | 1.558 | 0.071 | 6 | A | 1 | | 1.776 | 0.577 | |
| Vitamin B-6.....mg | 0.453 | 0.013 | 9 | A | 1 | | 0.516 | 0.168 | |
| Folate, total.....µg | 7 | 1.192 | 3 | A | 1 | | 8 | 3 | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 7 | 1.192 | 3 | A | 1 | | 8 | 3 | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.13 | 0.011 | 9 | A | 1 | | 0.14 | 0.05 | |
| Vitamin A, RAE.....µg | 5 | | 0 | AS | 1 | | 5 | 2 | |
| Retinol.....µg | 4 | 1.577 | 3 | A | 1 | | 4 | 1 | |
| Carotene, beta.....µg | 9 | 7.367 | 3 | A | 1 | | 10 | 3 | |
| Carotene, alpha.....µg | 0 | 0.123 | 3 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta.....µg | 4 | 3.597 | 3 | A | 1 | | 5 | 2 | |
| Vitamin A, IU.....IU | 31 | | 0 | AS | 1 | | 35 | 11 | |
| Lycopene.....µg | 2 | 1.900 | 3 | A | 1 | | 2 | 1 | |
| Lutein + zeaxanthin.....µg | 58 | 6.643 | 3 | A | 1 | | 66 | 21 | |
| Vitamin E (alpha-tocopherol).....mg | 1.47 | 0.122 | 9 | A | 1 | | 1.67 | 0.54 | |
| Tocopherol, beta.....mg | 0.19 | 0.013 | 9 | A | 1 | | 0.22 | 0.07 | |
| Tocopherol, gamma.....mg | 8.24 | 0.602 | 9 | A | 1 | | 9.39 | 3.05 | |
| Tocopherol, delta.....mg | 2.74 | 0.630 | 9 | A | 1 | | 3.12 | 1.01 | |
| Tocotrienol, alpha.....mg | 0.01 | 0.006 | 9 | A | 1 | | 0.01 | 0.00 | |
| Tocotrienol, beta.....mg | 0.10 | 0.042 | 9 | A | 1 | | 0.11 | 0.04 | |
| Tocotrienol, gamma.....mg | 0.83 | 0.485 | 9 | A | 1 | | 0.95 | 0.31 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | 0.00 | |

| 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 |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 28.0 | | 7 | A | 1 | 31.9 | 10.3 | | |
| Dihydrophyloquinone.....µg | 0.2 | | 7 | A | 1 | 0.2 | 0.1 | | |
| Menaquinone-4.....µg | 6.9 | | 7 | A | 1 | 7.8 | 2.5 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.199 | | 0 | NC | 4 | 3.647 | 1.184 | | |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 8:0.....g | 0.008 | 0.001 | 9 | A | 1 | 0.009 | 0.003 | | |
| 10:0.....g | 0.005 | 0.000 | 9 | A | 1 | 0.005 | 0.002 | | |
| 12:0.....g | 0.003 | 0.001 | 9 | A | 1 | 0.003 | 0.001 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.021 | 0.001 | 9 | A | 1 | 0.023 | 0.008 | | |
| 15:0.....g | 0.005 | 0.000 | 9 | A | 1 | 0.005 | 0.002 | | |
| 16:0.....g | 1.946 | 0.109 | 9 | A | 1 | 2.219 | 0.720 | | |
| 17:0.....g | 0.019 | 0.001 | 9 | A | 1 | 0.021 | 0.007 | | |
| 18:0.....g | 1.058 | 0.080 | 9 | A | 1 | 1.206 | 0.392 | | |
| 20:0.....g | 0.057 | 0.003 | 9 | A | 1 | 0.064 | 0.021 | | |
| 22:0.....g | 0.057 | 0.004 | 9 | A | 1 | 0.065 | 0.021 | | |
| 24:0.....g | 0.021 | 0.001 | 9 | A | 1 | 0.024 | 0.008 | | |
| Fatty acids, total monounsaturated.....g | 3.962 | | 0 | NC | 4 | 4.517 | 1.466 | | |
| 14:1.....g | 0.001 | 0.000 | 9 | A | 1 | 0.002 | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 16:1 undifferentiated.....g | 0.052 | 0.003 | 9 | AS | 1 | 0.060 | 0.019 | | |
| 16:1 c.....g | 0.052 | 0.003 | 9 | A | 1 | 0.060 | 0.019 | | |
| 16:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 17:1.....g | 0.010 | 0.001 | 9 | A | 1 | 0.011 | 0.004 | | |
| 18:1 undifferentiated.....g | 3.807 | 0.241 | 9 | AS | 1 | 4.340 | 1.409 | | |
| 18:1 c.....g | 3.771 | 0.237 | 9 | A | 1 | 4.299 | 1.395 | | |
| 18:1 t.....g | 0.036 | 0.007 | 9 | A | 1 | 0.042 | 0.013 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.091 | 0.010 | 9 | A | 1 | 0.103 | 0.034 | | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 9 | AS | 1 | 0.001 | 0.000 | | |
| 22:1 c.....g | 0.001 | 0.000 | 9 | A | 1 | 0.001 | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 9.013 | | 0 | NC | 4 | 10.275 | 3.335 | | |
| 18:2 undifferentiated.....g | 7.890 | 0.494 | 9 | AS | 1 | 8.994 | 2.919 | | |
| 18:2 n-6 c,c.....g | 7.775 | 0.483 | 9 | A | 1 | 8.863 | 2.877 | | |
| 18:2 CLAs.....g | 0.020 | 0.004 | 9 | A | 1 | 0.023 | 0.007 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.095 | 0.011 | 9 | A | 1 | 0.108 | 0.035 | | |
| 18:3 undifferentiated.....g | 1.038 | 0.061 | 9 | AS | 1 | 1.184 | 0.384 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.969 | 0.057 | 9 | A | 1 | 1.105 | 0.359 | | |
| 18:3 n-6 c,c,c.....g | 0.069 | 0.009 | 9 | A | 1 | 0.079 | 0.026 | | |
| 18:3i.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 9 | A | 1 | 0.000 | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.012 | 0.001 | 9 | A | 1 | 0.013 | 0.004 | | |
| 20:3 undifferentiated.....g | 0.011 | 0.001 | 9 | AS | 1 | 0.012 | 0.004 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 9 | A | 1 | 0.001 | 0.000 | | |
| 20:3 n-6.....g | 0.010 | 0.000 | 9 | A | 1 | 0.011 | 0.004 | | |
| 20:4 undifferentiated.....g | 0.043 | 0.002 | 9 | A | 1 | 0.049 | 0.016 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.000 | 9 | A | 1 | 0.001 | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.014 | 0.001 | 9 | A | 1 | 0.016 | 0.005 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.001 | 9 | A | 1 | 0.003 | 0.001 | | |
| 22:6 n-3 (DHA).....g | 0.003 | 0.001 | 9 | A | 1 | 0.003 | 0.001 | | |
| Fatty acids, total trans.....g | 0.131 | | 0 | NC | 4 | 0.150 | 0.049 | | |

NDB No. 36015

Restaurant, family style, chicken fingers, from kid's menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total trans-monoenoic.....g | 0.036 | | 0 | NC | 4 | | 0.042 | 0.013 | |
| Fatty acids, total trans-polyenoic.....g | 0.095 | | 0 | NC | 4 | | 0.108 | 0.035 | |
| Cholesterol.....mg | 46 | 1.237 | 9 | A | 1 | | 52 | 17 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.213 | | 0 | A | 1 | | 0.242 | 0.079 | |
| Threonine.....g | 0.602 | | 0 | A | 1 | | 0.686 | 0.223 | |
| Isoleucine.....g | 0.933 | | 0 | A | 1 | | 1.063 | 0.345 | |
| Leucine.....g | 1.594 | | 0 | A | 1 | | 1.817 | 0.590 | |
| Lysine.....g | 1.844 | | 0 | A | 1 | | 2.102 | 0.682 | |
| Methionine.....g | 0.519 | | 0 | A | 1 | | 0.592 | 0.192 | |
| Cystine.....g | 0.260 | | 0 | A | 1 | | 0.296 | 0.096 | |
| Phenylalanine.....g | 0.778 | | 0 | A | 1 | | 0.887 | 0.288 | |
| Tyrosine.....g | 0.534 | | 0 | A | 1 | | 0.608 | 0.197 | |
| Valine.....g | 1.022 | | 0 | A | 1 | | 1.165 | 0.378 | |
| Arginine.....g | 1.271 | | 0 | A | 1 | | 1.449 | 0.470 | |
| Histidine.....g | 0.733 | | 0 | A | 1 | | 0.835 | 0.271 | |
| Alanine.....g | 1.052 | | 0 | A | 1 | | 1.199 | 0.389 | |
| Aspartic acid.....g | 1.583 | | 0 | A | 1 | | 1.805 | 0.586 | |
| Glutamic acid.....g | 3.395 | | 0 | A | 1 | | 3.871 | 1.256 | |
| Glycine.....g | 0.862 | | 0 | A | 1 | | 0.983 | 0.319 | |
| Proline.....g | 1.204 | | 0 | A | 1 | | 1.372 | 0.445 | |
| Serine.....g | 0.694 | | 0 | A | 1 | | 0.791 | 0.257 | |
| Hydroxyproline.....g | 0.022 | 0.008 | 3 | A | 1 | | 0.026 | 0.008 | |

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

Common Measures:

Measure 1 = 114g: 1 serving

Measure 2 = 37g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36034

Restaurant, family style, chicken tenders

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 42.30 | 0.587 | 24 | A | 1 | | 85.01 | | |
| Energy.....kcal | 302 | | 0 | NC | 4 | | 608 | | |
| Energy.....kJ | 1265 | | 0 | NC | 4 | | 2543 | | |
| Protein.....g | 18.88 | 0.283 | 24 | A | 1 | | 37.95 | | |
| Total lipid (fat).....g | 16.63 | 0.420 | 24 | A | 1 | | 33.43 | | |
| Ash.....g | 2.90 | 0.059 | 24 | A | 1 | | 5.84 | | |
| Carbohydrate, by difference.....g | 19.29 | | 0 | NC | 4 | | 38.76 | | |
| Fiber, total dietary.....g | 0.9 | 0.088 | 12 | A | 1 | | 1.8 | | |
| Sugars, total.....g | 0.24 | 0.029 | 12 | A | 1 | | 0.49 | | |
| Sucrose.....g | 0.05 | 0.002 | 12 | A | 1 | | 0.10 | | |
| Glucose (dextrose).....g | 0.17 | 0.021 | 12 | A | 1 | | 0.34 | | |
| Fructose.....g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.03 | 0.011 | 12 | A | 1 | | 0.05 | | |
| Galactose.....g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | | |
| Starch.....g | 17.99 | 0.369 | 12 | A | 1 | | 36.16 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 18 | 0.852 | 24 | A | 1 | | 36 | | |
| Iron, Fe.....mg | 0.74 | 0.022 | 24 | A | 1 | | 1.50 | | |
| Magnesium, Mg.....mg | 29 | 0.365 | 24 | A | 1 | | 59 | | |
| Phosphorus, P.....mg | 297 | 6.217 | 24 | A | 1 | | 597 | | |
| Potassium, K.....mg | 324 | 4.674 | 24 | A | 1 | | 651 | | |
| Sodium, Na.....mg | 800 | 19.565 | 24 | A | 1 | | 1608 | | |
| Zinc, Zn.....mg | 0.68 | 0.011 | 24 | A | 1 | | 1.37 | | |
| Copper, Cu.....mg | 0.067 | 0.001 | 24 | A | 1 | | 0.134 | | |
| Manganese, Mn.....mg | 0.245 | 0.006 | 24 | A | 1 | | 0.492 | | |
| Selenium, Se.....µg | 19.7 | 1.571 | 12 | A | 1 | | 39.7 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.097 | 0.004 | 12 | A | 1 | | 0.196 | | |
| Riboflavin.....mg | 0.166 | 0.005 | 12 | A | 1 | | 0.333 | | |
| Niacin.....mg | 7.760 | 0.209 | 12 | A | 1 | | 15.598 | | |
| Pantothenic acid.....mg | 1.511 | 0.067 | 8 | A | 1 | | 3.037 | | |
| Vitamin B-6.....mg | 0.479 | 0.012 | 12 | A | 1 | | 0.962 | | |
| Folate, total.....µg | 11 | 2.248 | 6 | A | 1 | | 22 | | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 11 | 2.248 | 6 | A | 1 | | 22 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.13 | 0.008 | 12 | A | 1 | | 0.25 | | |
| Vitamin A, RAE.....µg | 7 | | 0 | AS | 1 | | 14 | | |
| Retinol.....µg | 6 | 2.642 | 4 | A | 1 | | 11 | | |
| Carotene, beta.....µg | 11 | 6.829 | 4 | A | 1 | | 23 | | |
| Carotene, alpha.....µg | 0 | 0.176 | 4 | A | 1 | | 0 | | |
| Cryptoxanthin, beta.....µg | 7 | 4.502 | 4 | A | 1 | | 14 | | |
| Vitamin A, IU.....IU | 44 | | 0 | AS | 1 | | 88 | | |
| Lycopene.....µg | 1 | 1.355 | 4 | A | 1 | | 3 | | |
| Lutein + zeaxanthin.....µg | 68 | 14.258 | 4 | A | 1 | | 137 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.39 | 0.034 | 12 | A | 1 | | 2.80 | | |
| Tocopherol, beta.....mg | 0.18 | 0.016 | 12 | A | 1 | | 0.36 | | |
| Tocopherol, gamma.....mg | 7.67 | 0.363 | 12 | A | 1 | | 15.42 | | |
| Tocopherol, delta.....mg | 3.12 | 0.154 | 12 | A | 1 | | 6.27 | | |
| Tocotrienol, alpha.....mg | 0.01 | 0.006 | 12 | A | 1 | | 0.02 | | |
| Tocotrienol, beta.....mg | 0.13 | 0.033 | 12 | A | 1 | | 0.26 | | |
| Tocotrienol, gamma.....mg | 0.07 | 0.012 | 12 | A | 1 | | 0.14 | | |

NDB No. 36034

Restaurant, family style, chicken tenders

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | | | | | | | | | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.946 | | 0 | NC | 4 | | 5.921 | | |
| 4:0.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.001 | | |
| 6:0.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.007 | 0.001 | 11 | A | 1 | | 0.014 | | |
| 10:0.....g | 0.006 | 0.000 | 11 | A | 1 | | 0.012 | | |
| 12:0.....g | 0.006 | 0.001 | 11 | A | 1 | | 0.013 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | 0.002 | 11 | A | 1 | | 0.044 | | |
| 15:0.....g | 0.005 | 0.000 | 11 | A | 1 | | 0.009 | | |
| 16:0.....g | 1.800 | 0.073 | 11 | A | 1 | | 3.618 | | |
| 17:0.....g | 0.017 | 0.001 | 11 | A | 1 | | 0.034 | | |
| 18:0.....g | 0.960 | 0.055 | 11 | A | 1 | | 1.930 | | |
| 20:0.....g | 0.051 | 0.002 | 11 | A | 1 | | 0.103 | | |
| 22:0.....g | 0.052 | 0.002 | 11 | A | 1 | | 0.105 | | |
| 24:0.....g | 0.019 | 0.001 | 11 | A | 1 | | 0.039 | | |
| Fatty acids, total monounsaturated.....g | 3.865 | | 0 | NC | 4 | | 7.768 | | |
| 14:1.....g | 0.001 | 0.000 | 11 | A | 1 | | 0.002 | | |
| 15:1.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.048 | 0.002 | 11 | AS | 1 | | 0.097 | | |
| 16:1 c.....g | 0.048 | 0.002 | 11 | A | 1 | | 0.097 | | |
| 16:1 t.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.009 | 0.001 | 11 | A | 1 | | 0.018 | | |
| 18:1 undifferentiated.....g | 3.507 | 0.156 | 11 | AS | 1 | | 7.049 | | |
| 18:1 c.....g | 3.467 | 0.154 | 11 | A | 1 | | 6.969 | | |
| 18:1 t.....g | 0.039 | 0.004 | 11 | A | 1 | | 0.079 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.299 | 0.087 | 11 | A | 1 | | 0.601 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 11 | AS | 1 | | 0.001 | | |
| 22:1 c.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.001 | | |
| 22:1 t.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 7.935 | | 0 | NC | 4 | | 15.950 | | |
| 18:2 undifferentiated.....g | 7.152 | 0.317 | 11 | AS | 1 | | 14.376 | | |
| 18:2 n-6 c,c.....g | 7.038 | 0.311 | 11 | A | 1 | | 14.147 | | |
| 18:2 CLAs.....g | 0.021 | 0.001 | 11 | A | 1 | | 0.042 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.093 | 0.008 | 11 | A | 1 | | 0.188 | | |
| 18:3 undifferentiated.....g | 0.704 | 0.128 | 11 | AS | 1 | | 1.414 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.635 | 0.124 | 11 | A | 1 | | 1.276 | | |
| 18:3 n-6 c,c,c.....g | 0.069 | 0.005 | 11 | A | 1 | | 0.138 | | |
| 18:3i.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 11 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.010 | 0.000 | 11 | A | 1 | | 0.021 | | |
| 20:3 undifferentiated.....g | 0.011 | 0.001 | 11 | AS | 1 | | 0.021 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 11 | A | 1 | | 0.001 | | |
| 20:3 n-6.....g | 0.010 | 0.001 | 11 | A | 1 | | 0.020 | | |
| 20:4 undifferentiated.....g | 0.041 | 0.002 | 11 | A | 1 | | 0.082 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 11 | A | 1 | | 0.001 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.012 | 0.001 | 11 | A | 1 | | 0.023 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.001 | 11 | A | 1 | | 0.006 | | |

NDB No. 36034

Restaurant, family style, chicken tenders

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.003 | 0.001 | 11 | A | 1 | | 0.005 | | |
| Fatty acids, total trans.....g | 0.133 | | 0 | NC | 4 | | 0.267 | | |
| Fatty acids, total trans-monoenoic.....g | 0.040 | | 0 | NC | 4 | | 0.080 | | |
| Fatty acids, total trans-polyenoic.....g | 0.093 | | 0 | NC | 4 | | 0.188 | | |
| Cholesterol.....mg | 46 | 1.477 | 12 | A | 1 | | 92 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.209 | | 0 | A | 1 | | 0.420 | | |
| Threonine.....g | 0.595 | | 0 | A | 1 | | 1.197 | | |
| Isoleucine.....g | 0.876 | | 0 | A | 1 | | 1.761 | | |
| Leucine.....g | 1.537 | | 0 | A | 1 | | 3.090 | | |
| Lysine.....g | 1.903 | | 0 | A | 1 | | 3.824 | | |
| Methionine.....g | 0.507 | | 0 | A | 1 | | 1.018 | | |
| Cystine.....g | 0.247 | | 0 | A | 1 | | 0.496 | | |
| Phenylalanine.....g | 0.745 | | 0 | A | 1 | | 1.498 | | |
| Tyrosine.....g | 0.527 | | 0 | A | 1 | | 1.059 | | |
| Valine.....g | 0.947 | | 0 | A | 1 | | 1.903 | | |
| Arginine.....g | 1.236 | | 0 | A | 1 | | 2.485 | | |
| Histidine.....g | 0.706 | | 0 | A | 1 | | 1.419 | | |
| Alanine.....g | 0.996 | | 0 | A | 1 | | 2.003 | | |
| Aspartic acid.....g | 1.473 | | 0 | A | 1 | | 2.960 | | |
| Glutamic acid.....g | 3.228 | | 0 | A | 1 | | 6.488 | | |
| Glycine.....g | 0.828 | | 0 | A | 1 | | 1.664 | | |
| Proline.....g | 1.178 | | 0 | A | 1 | | 2.367 | | |
| Serine.....g | 0.674 | | 0 | A | 1 | | 1.355 | | |
| Hydroxyproline.....g | 0.012 | 0.008 | 4 | A | 1 | | 0.024 | | |

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

Common Measures:

Measure 1 = 201g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36037

Restaurant, family style, chili with meat and beans

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 71.31 | 1.447 | 6 | A | 1 | | 96.98 | 129.78 | |
| Energy.....kcal | 157 | | 0 | NC | 4 | | 213 | 285 | |
| Energy.....kJ | 656 | | 0 | NC | 4 | | 892 | 1194 | |
| Protein.....g | 12.56 | 0.765 | 6 | A | 1 | | 17.09 | 22.87 | |
| Total lipid (fat).....g | 9.79 | 0.925 | 6 | A | 1 | | 13.32 | 17.83 | |
| Ash.....g | 1.76 | 0.057 | 6 | A | 1 | | 2.40 | 3.21 | |
| Carbohydrate, by difference.....g | 4.57 | | 0 | NC | 4 | | 6.22 | 8.32 | |
| Fiber, total dietary.....g | 1.4 | 0.101 | 3 | A | 1 | | 1.9 | 2.5 | |
| Sugars, total.....g | 2.27 | 0.112 | 3 | A | 1 | | 3.09 | 4.13 | |
| Sucrose.....g | 0.22 | 0.032 | 3 | A | 1 | | 0.29 | 0.39 | |
| Glucose (dextrose).....g | 1.07 | 0.049 | 3 | A | 1 | | 1.46 | 1.95 | |
| Fructose.....g | 0.98 | 0.085 | 3 | A | 1 | | 1.33 | 1.78 | |
| 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 | 0.43 | 0.033 | 3 | A | 1 | | 0.59 | 0.79 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 34 | 4.240 | 6 | A | 1 | | 46 | 62 | |
| Iron, Fe.....mg | 1.46 | 0.132 | 6 | A | 1 | | 1.99 | 2.66 | |
| Magnesium, Mg.....mg | 18 | 0.690 | 6 | A | 1 | | 25 | 33 | |
| Phosphorus, P.....mg | 104 | 6.203 | 6 | A | 1 | | 142 | 190 | |
| Potassium, K.....mg | 320 | 6.808 | 6 | A | 1 | | 435 | 582 | |
| Sodium, Na.....mg | 381 | 16.182 | 6 | A | 1 | | 519 | 694 | |
| Zinc, Zn.....mg | 2.23 | 0.302 | 6 | A | 1 | | 3.03 | 4.06 | |
| Copper, Cu.....mg | 0.086 | 0.004 | 6 | A | 1 | | 0.116 | 0.156 | |
| Manganese, Mn.....mg | 0.084 | 0.004 | 6 | A | 1 | | 0.115 | 0.153 | |
| Selenium, Se.....µg | 13.1 | | 1 | A | 1 | | 17.8 | 23.8 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.1 | 0.250 | 3 | A | 1 | | 1.6 | 2.1 | |
| Thiamin.....mg | 0.037 | 0.003 | 3 | A | 1 | | 0.050 | 0.067 | |
| Riboflavin.....mg | 0.207 | 0.013 | 3 | A | 1 | | 0.281 | 0.376 | |
| Niacin.....mg | 3.557 | 0.325 | 3 | A | 1 | | 4.837 | 6.473 | |
| Pantothenic acid.....mg | 0.405 | | 2 | A | 1 | | 0.551 | 0.737 | |
| Vitamin B-6.....mg | 0.321 | 0.031 | 3 | A | 1 | | 0.437 | 0.585 | |
| Folate, total.....µg | 22 | | 0 | FLA | 4 | | 30 | 40 | |
| Folic acid.....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food.....µg | 22 | | 0 | FLA | 4 | | 30 | 40 | |
| Folate, DFE.....µg | 22 | | 0 | NC | 4 | | 30 | 40 | |
| Choline, total.....mg | 32.3 | | 0 | FLA | 4 | | 44.0 | 58.8 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 1.26 | 0.155 | 3 | A | 1 | | 1.71 | 2.29 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 149 | | 1 | AS | 1 | | 203 | 271 | |
| Retinol.....µg | 93 | | 1 | A | 1 | | 126 | 169 | |
| Carotene, beta.....µg | 577 | | 1 | A | 1 | | 784 | 1050 | |
| Carotene, alpha.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta.....µg | 200 | | 1 | A | 1 | | 271 | 363 | |
| Vitamin A, IU.....IU | 1436 | | 1 | AS | 1 | | 1953 | 2614 | |
| Lycopene.....µg | 4639 | | 1 | A | 1 | | 6309 | 8443 | |
| Lutein + zeaxanthin.....µg | 367 | | 1 | A | 1 | | 499 | 667 | |
| Vitamin E (alpha-tocopherol).....mg | 1.15 | 0.179 | 3 | A | 1 | | 1.56 | 2.09 | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.07 | 0.053 | 3 | A | 1 | | 0.10 | 0.13 | |
| Tocopherol, gamma.....mg | 0.08 | 0.076 | 3 | A | 1 | | 0.10 | 0.14 | |
| Tocopherol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, alpha.....mg | 0.02 | 0.024 | 3 | A | 1 | | 0.03 | 0.04 | |

NDB No. 36037

Restaurant, family style, chili with meat and beans

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:4.....g | 0.005 | 0.003 | 3 | A | 1 | | 0.007 | 0.009 | |
| 22:5 n-3 (DPA).....g | 0.007 | 0.002 | 3 | A | 1 | | 0.010 | 0.013 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.558 | | 0 | NC | 4 | | 0.759 | 1.016 | |
| Fatty acids, total trans-monoenoic.....g | 0.493 | | 0 | NC | 4 | | 0.670 | 0.897 | |
| Fatty acids, total trans-polyenoic.....g | 0.066 | | 0 | NC | 4 | | 0.089 | 0.120 | |
| Cholesterol.....mg | 45 | 4.176 | 3 | A | 1 | | 61 | 82 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.144 | | 0 | A | 1 | | 0.196 | 0.262 | |
| Threonine.....g | 0.402 | | 0 | A | 1 | | 0.546 | 0.731 | |
| Isoleucine.....g | 0.556 | | 0 | A | 1 | | 0.756 | 1.012 | |
| Leucine.....g | 0.927 | | 0 | A | 1 | | 1.260 | 1.687 | |
| Lysine.....g | 0.844 | | 0 | A | 1 | | 1.148 | 1.537 | |
| Methionine.....g | 0.278 | | 0 | A | 1 | | 0.378 | 0.506 | |
| Cystine.....g | 0.123 | | 0 | A | 1 | | 0.168 | 0.225 | |
| Phenylalanine.....g | 0.474 | | 0 | A | 1 | | 0.644 | 0.862 | |
| Tyrosine.....g | 0.340 | | 0 | A | 1 | | 0.462 | 0.619 | |
| Valine.....g | 0.639 | | 0 | A | 1 | | 0.868 | 1.162 | |
| Arginine.....g | 0.772 | | 0 | A | 1 | | 1.050 | 1.406 | |
| Histidine.....g | 0.371 | | 0 | A | 1 | | 0.504 | 0.675 | |
| Alanine.....g | 0.793 | | 0 | A | 1 | | 1.078 | 1.443 | |
| Aspartic acid.....g | 1.195 | | 0 | A | 1 | | 1.625 | 2.174 | |
| Glutamic acid.....g | 2.070 | | 0 | A | 1 | | 2.815 | 3.767 | |
| Glycine.....g | 0.834 | | 0 | A | 1 | | 1.135 | 1.518 | |
| Proline.....g | 0.855 | | 0 | A | 1 | | 1.162 | 1.556 | |
| Serine.....g | 0.371 | | 0 | A | 1 | | 0.504 | 0.675 | |
| Hydroxyproline.....g | 0.240 | | 1 | A | 1 | | 0.326 | 0.437 | |
| 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 = 136g: 1 cup

Measure 2 = 182g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36035
 Restaurant, family style, coleslaw

family style
 Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 74.03 | 0.666 | 18 | A | 1 | | 79.95 | | |
| Energy.....kcal | 159 | | 0 | NC | 4 | | 172 | | |
| Energy.....kJ | 665 | | 0 | NC | 4 | | 718 | | |
| Protein.....g | 0.88 | 0.049 | 18 | A | 1 | | 0.95 | | |
| Total lipid (fat).....g | 11.78 | 0.374 | 18 | A | 1 | | 12.72 | | |
| Ash.....g | 0.95 | 0.071 | 18 | A | 1 | | 1.03 | | |
| Carbohydrate, by difference.....g | 12.35 | | 0 | NC | 4 | | 13.34 | | |
| Fiber, total dietary.....g | 1.9 | 0.152 | 9 | A | 1 | | 2.1 | | |
| Sugars, total.....g | 9.54 | 0.646 | 8 | A | 1 | | 10.31 | | |
| Sucrose.....g | 2.91 | 0.594 | 8 | A | 1 | | 3.15 | | |
| Glucose (dextrose).....g | 3.51 | 0.366 | 9 | A | 1 | | 3.79 | | |
| Fructose.....g | 2.94 | 0.285 | 9 | A | 1 | | 3.18 | | |
| Lactose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |
| Starch.....g | 0.07 | 0.047 | 6 | A | 1 | | 0.08 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 34 | 0.663 | 18 | A | 1 | | 37 | | |
| Iron, Fe.....mg | 0.30 | 0.010 | 18 | A | 1 | | 0.32 | | |
| Magnesium, Mg.....mg | 10 | 0.265 | 18 | A | 1 | | 11 | | |
| Phosphorus, P.....mg | 25 | 0.725 | 18 | A | 1 | | 27 | | |
| Potassium, K.....mg | 153 | 3.669 | 18 | A | 1 | | 165 | | |
| Sodium, Na.....mg | 221 | 28.581 | 18 | A | 1 | | 239 | | |
| Zinc, Zn.....mg | 0.18 | 0.006 | 18 | A | 1 | | 0.20 | | |
| Copper, Cu.....mg | 0.018 | 0.001 | 18 | A | 1 | | 0.019 | | |
| Manganese, Mn.....mg | 0.148 | 0.011 | 18 | A | 1 | | 0.159 | | |
| Selenium, Se.....µg | 1.9 | 0.228 | 3 | A | 1 | | 2.0 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 13.7 | 1.244 | 9 | A | 1 | | 14.8 | | |
| Thiamin.....mg | 0.029 | 0.001 | 9 | A | 1 | | 0.031 | | |
| Riboflavin.....mg | 0.058 | 0.002 | 9 | A | 1 | | 0.063 | | |
| Niacin.....mg | 0.281 | 0.013 | 9 | A | 1 | | 0.304 | | |
| Pantothenic acid.....mg | 0.258 | 0.012 | 6 | A | 1 | | 0.279 | | |
| Vitamin B-6.....mg | 0.119 | 0.008 | 9 | A | 1 | | 0.128 | | |
| Folate, total.....µg | 25 | | 0 | FLA | 4 | | 27 | | |
| Folic acid.....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food.....µg | 25 | | 0 | FLA | 4 | | 27 | | |
| Folate, DFE.....µg | 25 | | 0 | NC | 4 | | 27 | | |
| Choline, total.....mg | 8.2 | | 0 | FLA | 4 | | 8.9 | | |
| Betaine.....mg | 0.3 | | 0 | FLA | 4 | | 0.3 | | |
| Vitamin B-12.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE.....µg | 54 | | 0 | AS | 1 | | 58 | | |
| Retinol.....µg | 5 | 1.017 | 3 | A | 1 | | 5 | | |
| Carotene, beta.....µg | 456 | 21.757 | 3 | A | 1 | | 492 | | |
| Carotene, alpha.....µg | 262 | 11.057 | 3 | A | 1 | | 283 | | |
| Cryptoxanthin, beta.....µg | 2 | 0.357 | 3 | A | 1 | | 2 | | |
| Vitamin A, IU.....IU | 996 | | 0 | AS | 1 | | 1075 | | |
| Lycopene.....µg | 4 | 2.373 | 3 | A | 1 | | 4 | | |
| Lutein + zeaxanthin.....µg | 67 | 2.690 | 3 | A | 1 | | 72 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.80 | 0.034 | 9 | A | 1 | | 0.86 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.10 | 0.011 | 9 | A | 1 | | 0.11 | | |
| Tocopherol, gamma.....mg | 6.91 | 0.555 | 9 | A | 1 | | 7.46 | | |
| Tocopherol, delta.....mg | 2.38 | 0.291 | 9 | A | 1 | | 2.57 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 8 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.001 | 8 | A | 1 | | 0.001 | | |
| Fatty acids, total trans.....g | 0.058 | | 0 | NC | 4 | | 0.063 | | |
| Fatty acids, total trans-monoenoic.....g | 0.008 | | 0 | NC | 4 | | 0.009 | | |
| Fatty acids, total trans-polyenoic.....g | 0.050 | | 0 | NC | 4 | | 0.054 | | |
| Cholesterol.....mg | 8 | 2.551 | 5 | A | 1 | | 9 | | |
| 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 = 108g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36033

Restaurant, family style, fish fillet, battered or breaded, fried

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 56.74 | 0.358 | 12 | A | 1 | | 128.23 | | |
| Energy.....kcal | 219 | | 0 | NC | 4 | | 494 | | |
| Energy.....kJ | 915 | | 0 | NC | 4 | | 2068 | | |
| Protein.....g | 13.49 | 0.207 | 12 | A | 1 | | 30.48 | | |
| Total lipid (fat).....g | 10.79 | 0.212 | 11 | A | 1 | | 24.38 | | |
| Ash.....g | 2.09 | 0.042 | 12 | A | 1 | | 4.73 | | |
| Carbohydrate, by difference.....g | 16.89 | | 0 | NC | 4 | | 38.17 | | |
| Fiber, total dietary.....g | 0.9 | 0.161 | 6 | A | 1 | | 2.1 | | |
| Sugars, total.....g | 0.45 | 0.014 | 6 | A | 1 | | 1.03 | | |
| Sucrose.....g | 0.10 | 0.000 | 6 | A | 1 | | 0.23 | | |
| Glucose (dextrose).....g | 0.25 | 0.014 | 6 | A | 1 | | 0.58 | | |
| Fructose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.10 | 0.000 | 6 | A | 1 | | 0.23 | | |
| Galactose.....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | | |
| Starch.....g | 16.02 | 0.113 | 6 | A | 1 | | 36.20 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 14 | 0.439 | 12 | A | 1 | | 31 | | |
| Iron, Fe.....mg | 0.38 | 0.010 | 12 | A | 1 | | 0.86 | | |
| Magnesium, Mg.....mg | 23 | 0.349 | 12 | A | 1 | | 52 | | |
| Phosphorus, P.....mg | 207 | 2.078 | 12 | A | 1 | | 469 | | |
| Potassium, K.....mg | 251 | 4.732 | 12 | A | 1 | | 567 | | |
| Sodium, Na.....mg | 561 | 15.686 | 12 | A | 1 | | 1268 | | |
| Zinc, Zn.....mg | 0.39 | 0.007 | 12 | A | 1 | | 0.88 | | |
| Copper, Cu.....mg | 0.044 | 0.001 | 12 | A | 1 | | 0.100 | | |
| Manganese, Mn.....mg | 0.129 | 0.003 | 12 | A | 1 | | 0.292 | | |
| Selenium, Se.....µg | 17.5 | 0.267 | 6 | A | 1 | | 39.6 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFPN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.060 | 0.002 | 6 | A | 1 | | 0.136 | | |
| Riboflavin.....mg | 0.096 | 0.001 | 6 | A | 1 | | 0.218 | | |
| Niacin.....mg | 2.475 | 0.094 | 6 | A | 1 | | 5.593 | | |
| Pantothenic acid.....mg | 0.358 | 0.017 | 4 | A | 1 | | 0.808 | | |
| Vitamin B-6.....mg | 0.231 | 0.024 | 6 | A | 1 | | 0.521 | | |
| Folate, total.....µg | 17 | 0.400 | 3 | A | 1 | | 39 | | |
| Folic acid.....µg | 0 | | 0 | BFPN | 4 | | 0 | | |
| Folate, food.....µg | 17 | 0.400 | 3 | A | 1 | | 39 | | |
| Folate, DFE.....µg | 17 | | 0 | NC | 4 | | 39 | | |
| Choline, total.....mg | 53.7 | | 0 | BFPN | 4 | | 121.4 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 1.17 | 0.076 | 6 | A | 1 | | 2.66 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | BFPN | 4 | | 0.00 | | |
| Vitamin A, RAE.....µg | 3 | | 2 | AS | 1 | | 6 | | |
| Retinol.....µg | 2 | | 2 | A | 1 | | 5 | | |
| Carotene, beta.....µg | 3 | | 2 | A | 1 | | 7 | | |
| Carotene, alpha.....µg | 0 | | 2 | A | 1 | | 1 | | |
| Cryptoxanthin, beta.....µg | 4 | | 2 | A | 1 | | 10 | | |
| Vitamin A, IU.....IU | 16 | | 2 | AS | 1 | | 37 | | |
| Lycopene.....µg | 1 | | 2 | A | 1 | | 2 | | |
| Lutein + zeaxanthin.....µg | 74 | | 2 | A | 1 | | 167 | | |
| Vitamin E (alpha-tocopherol).....mg | 0.94 | 0.013 | 6 | A | 1 | | 2.13 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | BFPN | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.09 | 0.010 | 6 | A | 1 | | 0.20 | | |
| Tocopherol, gamma.....mg | 4.44 | 0.553 | 6 | A | 1 | | 10.04 | | |
| Tocopherol, delta.....mg | 1.68 | 0.280 | 6 | A | 1 | | 3.80 | | |
| Tocotrienol, alpha.....mg | 0.02 | 0.010 | 6 | A | 1 | | 0.05 | | |

NDB No. 36033

Restaurant, family style, fish fillet, battered or breaded, fried

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:4.....g | 0.001 | 0.001 | 6 | A | 1 | | 0.002 | | |
| 22:5 n-3 (DPA).....g | 0.004 | 0.000 | 6 | A | 1 | | 0.009 | | |
| 22:6 n-3 (DHA).....g | 0.108 | 0.004 | 6 | A | 1 | | 0.245 | | |
| Fatty acids, total trans.....g | 0.095 | | 0 | NC | 4 | | 0.214 | | |
| Fatty acids, total trans-monoenoic.....g | 0.029 | | 0 | NC | 4 | | 0.067 | | |
| Fatty acids, total trans-polyenoic.....g | 0.065 | | 0 | NC | 4 | | 0.147 | | |
| Cholesterol.....mg | 36 | 0.565 | 6 | A | 1 | | 81 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.149 | | 0 | A | 1 | | 0.337 | | |
| Threonine.....g | 0.458 | | 0 | A | 1 | | 1.035 | | |
| Isoleucine.....g | 0.642 | | 0 | A | 1 | | 1.451 | | |
| Leucine.....g | 1.124 | | 0 | A | 1 | | 2.540 | | |
| Lysine.....g | 1.213 | | 0 | A | 1 | | 2.741 | | |
| Methionine.....g | 0.403 | | 0 | A | 1 | | 0.912 | | |
| Cystine.....g | 0.179 | | 0 | A | 1 | | 0.404 | | |
| Phenylalanine.....g | 0.529 | | 0 | A | 1 | | 1.194 | | |
| Tyrosine.....g | 0.424 | | 0 | A | 1 | | 0.958 | | |
| Valine.....g | 0.724 | | 0 | A | 1 | | 1.637 | | |
| Arginine.....g | 0.841 | | 0 | A | 1 | | 1.902 | | |
| Histidine.....g | 0.327 | | 0 | A | 1 | | 0.738 | | |
| Alanine.....g | 0.783 | | 0 | A | 1 | | 1.769 | | |
| Aspartic acid.....g | 1.277 | | 0 | A | 1 | | 2.886 | | |
| Glutamic acid.....g | 2.206 | | 0 | A | 1 | | 4.985 | | |
| Glycine.....g | 0.648 | | 0 | A | 1 | | 1.465 | | |
| Proline.....g | 0.738 | | 0 | A | 1 | | 1.668 | | |
| Serine.....g | 0.514 | | 0 | A | 1 | | 1.161 | | |
| Hydroxyproline.....g | 0.004 | | 2 | A | 1 | | 0.008 | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFPN | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFPN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFPN | 4 | | 0 | | |

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

Common Measures:

Measure 1 = 226g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36014

Restaurant, family style, french fries

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 35.9 | 2.131 | 8 | A | 1 | | 61.0 | | |
| Dihydrophyloquinone.....µg | 0.0 | 0.025 | 8 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | 8 | A | 1 | | 0.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.489 | | 0 | NC | 4 | | 4.231 | | |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | 0.000 | 9 | A | 1 | | 0.011 | | |
| 10:0.....g | 0.007 | 0.001 | 9 | A | 1 | | 0.011 | | |
| 12:0.....g | 0.007 | 0.001 | 9 | A | 1 | | 0.011 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.021 | 0.001 | 9 | A | 1 | | 0.036 | | |
| 15:0.....g | 0.004 | 0.000 | 9 | A | 1 | | 0.007 | | |
| 16:0.....g | 1.524 | 0.034 | 9 | A | 1 | | 2.590 | | |
| 17:0.....g | 0.015 | 0.001 | 9 | A | 1 | | 0.025 | | |
| 18:0.....g | 0.801 | 0.044 | 9 | A | 1 | | 1.361 | | |
| 20:0.....g | 0.048 | 0.001 | 9 | A | 1 | | 0.082 | | |
| 22:0.....g | 0.041 | 0.001 | 9 | A | 1 | | 0.069 | | |
| 24:0.....g | 0.017 | 0.001 | 9 | A | 1 | | 0.029 | | |
| Fatty acids, total monounsaturated.....g | 3.358 | | 0 | NC | 4 | | 5.709 | | |
| 14:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.019 | 0.001 | 9 | AS | 1 | | 0.032 | | |
| 16:1 c.....g | 0.019 | 0.001 | 9 | A | 1 | | 0.032 | | |
| 16:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.008 | 0.000 | 9 | A | 1 | | 0.013 | | |
| 18:1 undifferentiated.....g | 3.259 | 0.084 | 9 | AS | 1 | | 5.540 | | |
| 18:1 c.....g | 3.225 | 0.083 | 9 | A | 1 | | 5.482 | | |
| 18:1 t.....g | 0.034 | 0.005 | 9 | A | 1 | | 0.058 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.069 | 0.004 | 9 | A | 1 | | 0.118 | | |
| 22:1 undifferentiated.....g | 0.003 | 0.001 | 9 | AS | 1 | | 0.006 | | |
| 22:1 c.....g | 0.002 | 0.001 | 9 | A | 1 | | 0.003 | | |
| 22:1 t.....g | 0.001 | 0.000 | 9 | A | 1 | | 0.002 | | |
| 24:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 6.608 | | 0 | NC | 4 | | 11.233 | | |
| 18:2 undifferentiated.....g | 5.757 | 0.265 | 9 | AS | 1 | | 9.787 | | |
| 18:2 n-6 c,c.....g | 5.676 | 0.263 | 9 | A | 1 | | 9.649 | | |
| 18:2 CLAs.....g | 0.013 | 0.001 | 9 | A | 1 | | 0.022 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.068 | 0.006 | 9 | A | 1 | | 0.116 | | |
| 18:3 undifferentiated.....g | 0.839 | 0.033 | 9 | AS | 1 | | 1.426 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.792 | 0.032 | 9 | A | 1 | | 1.347 | | |
| 18:3 n-6 c,c,c.....g | 0.046 | 0.008 | 9 | A | 1 | | 0.079 | | |
| 18:3i.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.000 | 9 | A | 1 | | 0.009 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 9 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.006 | 0.000 | 9 | A | 1 | | 0.010 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.001 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.001 | 9 | A | 1 | | 0.001 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.104 | | 0 | NC | 4 | | 0.177 | | |
| Fatty acids, total trans-monoenoic.....g | 0.036 | | 0 | NC | 4 | | 0.061 | | |

NDB No. 36014

Restaurant, family style, french fries

| Nutrients and Units | <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-polyenoic.....g | 0.068 | | 0 | NC | 4 | 0.116 | | |
| Cholesterol.....mg | 1 | | 3 | A | 1 | 2 | | |
| Phytosterols.....mg | | | | | | | | |
| Stigmasterol.....mg | 7 | | 3 | A | 1 | 13 | | |
| Campesterol.....mg | 11 | | 3 | A | 1 | 19 | | |
| Beta-sitosterol.....mg | 27 | | 3 | A | 1 | 47 | | |
| <u>Amino Acids:</u> | | | | | | | | |
| Tryptophan.....g | 0.049 | | 0 | A | 1 | 0.083 | | |
| Threonine.....g | 0.109 | | 0 | A | 1 | 0.185 | | |
| Isoleucine.....g | 0.120 | | 0 | A | 1 | 0.203 | | |
| Leucine.....g | 0.179 | | 0 | A | 1 | 0.305 | | |
| Lysine.....g | 0.141 | | 0 | A | 1 | 0.241 | | |
| Methionine.....g | 0.044 | | 0 | A | 1 | 0.074 | | |
| Cystine.....g | 0.033 | | 0 | A | 1 | 0.055 | | |
| Phenylalanine.....g | 0.152 | | 0 | A | 1 | 0.259 | | |
| Tyrosine.....g | 0.098 | | 0 | A | 1 | 0.167 | | |
| Valine.....g | 0.243 | | 0 | A | 1 | 0.413 | | |
| Arginine.....g | 0.191 | | 0 | A | 1 | 0.324 | | |
| Histidine.....g | 0.055 | | 0 | A | 1 | 0.093 | | |
| Alanine.....g | 0.109 | | 0 | A | 1 | 0.185 | | |
| Aspartic acid.....g | 0.757 | | 0 | A | 1 | 1.287 | | |
| Glutamic acid.....g | 0.529 | | 0 | A | 1 | 0.899 | | |
| Glycine.....g | 0.098 | | 0 | A | 1 | 0.166 | | |
| Proline.....g | 0.109 | | 0 | A | 1 | 0.185 | | |
| Serine.....g | 0.125 | | 0 | A | 1 | 0.212 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 170g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36012

Restaurant, family style, fried mozzarella sticks

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 38.44 | 0.404 | 18 | A | 1 | | 94.17 | 11.92 | |
| Energy.....kcal | 325 | | 0 | NC | 4 | | 795 | 101 | |
| Energy.....kJ | 1358 | | 0 | NC | 4 | | 3327 | 421 | |
| Protein.....g | 14.75 | 0.159 | 18 | A | 1 | | 36.14 | 4.57 | |
| Total lipid (fat).....g | 18.33 | 0.219 | 18 | A | 1 | | 44.92 | 5.68 | |
| Ash.....g | 3.34 | 0.036 | 18 | A | 1 | | 8.19 | 1.04 | |
| Carbohydrate, by difference.....g | 25.14 | | 0 | NC | 4 | | 61.59 | 7.79 | |
| Fiber, total dietary.....g | 2.0 | 0.197 | 9 | A | 1 | | 4.8 | 0.6 | |
| Sugars, total.....g | 2.36 | 0.231 | 9 | A | 1 | | 5.78 | 0.73 | |
| Sucrose.....g | 0.04 | 0.037 | 9 | A | 1 | | 0.09 | 0.01 | |
| Glucose (dextrose).....g | 0.64 | 0.048 | 9 | A | 1 | | 1.58 | 0.20 | |
| Fructose.....g | 0.07 | 0.000 | 9 | A | 1 | | 0.16 | 0.02 | |
| Lactose.....g | 0.74 | 0.171 | 9 | A | 1 | | 1.80 | 0.23 | |
| Maltose.....g | 0.58 | 0.031 | 9 | A | 1 | | 1.41 | 0.18 | |
| Galactose.....g | 0.30 | 0.023 | 9 | A | 1 | | 0.74 | 0.09 | |
| Starch.....g | 20.46 | 0.453 | 9 | A | 1 | | 50.12 | 6.34 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 334 | 5.102 | 18 | A | 1 | | 817 | 103 | |
| Iron, Fe.....mg | 0.62 | 0.019 | 18 | A | 1 | | 1.52 | 0.19 | |
| Magnesium, Mg.....mg | 21 | 0.330 | 18 | A | 1 | | 52 | 7 | |
| Phosphorus, P.....mg | 318 | 3.892 | 18 | A | 1 | | 779 | 99 | |
| Potassium, K.....mg | 108 | 2.268 | 18 | A | 1 | | 265 | 33 | |
| Sodium, Na.....mg | 861 | 13.856 | 18 | A | 1 | | 2110 | 267 | |
| Zinc, Zn.....mg | 2.07 | 0.032 | 18 | A | 1 | | 5.08 | 0.64 | |
| Copper, Cu.....mg | 0.066 | 0.001 | 18 | A | 1 | | 0.162 | 0.020 | |
| Manganese, Mn.....mg | 0.294 | 0.005 | 18 | A | 1 | | 0.721 | 0.091 | |
| Selenium, Se.....µg | 18.9 | 1.049 | 9 | A | 1 | | 46.2 | 5.8 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin.....mg | 0.103 | 0.003 | 9 | A | 1 | | 0.253 | 0.032 | |
| Riboflavin.....mg | 0.261 | 0.006 | 9 | A | 1 | | 0.640 | 0.081 | |
| Niacin.....mg | 0.781 | 0.028 | 9 | A | 1 | | 1.914 | 0.242 | |
| Pantothenic acid.....mg | 0.415 | 0.028 | 6 | A | 1 | | 1.017 | 0.129 | |
| Vitamin B-6.....mg | 0.074 | 0.001 | 9 | A | 1 | | 0.180 | 0.023 | |
| Folate, total.....µg | 26 | 1.859 | 3 | A | 1 | | 64 | 8 | |
| Folic acid.....µg | 14 | | 0 | FLA | 4 | | 35 | 4 | |
| Folate, food.....µg | 12 | | 0 | FLA | 4 | | 29 | 4 | |
| Folate, DFE.....µg | 36 | | 0 | NC | 4 | | 88 | 11 | |
| Choline, total.....mg | 9.9 | | 0 | FLA | 4 | | 24.2 | 3.1 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.96 | 0.031 | 9 | A | 1 | | 2.35 | 0.30 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 99 | | 0 | AS | 1 | | 242 | 31 | |
| Retinol.....µg | 97 | 5.811 | 4 | A | 1 | | 237 | 30 | |
| Carotene, beta.....µg | 25 | 4.153 | 3 | A | 1 | | 62 | 8 | |
| Carotene, alpha.....µg | 0 | 0.090 | 3 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta.....µg | 2 | 1.013 | 3 | A | 1 | | 6 | 1 | |
| Vitamin A, IU.....IU | 366 | | 0 | AS | 1 | | 898 | 114 | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 43 | 2.440 | 3 | A | 1 | | 107 | 13 | |
| Vitamin E (alpha-tocopherol).....mg | 0.77 | 0.030 | 9 | A | 1 | | 1.89 | 0.24 | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.11 | 0.007 | 9 | A | 1 | | 0.27 | 0.03 | |
| Tocopherol, gamma.....mg | 4.19 | 0.296 | 9 | A | 1 | | 10.27 | 1.30 | |
| Tocopherol, delta.....mg | 1.63 | 0.113 | 9 | A | 1 | | 4.00 | 0.51 | |
| Tocotrienol, alpha.....mg | 0.02 | 0.020 | 9 | A | 1 | | 0.05 | 0.01 | |
| Tocotrienol, beta.....mg | 0.14 | 0.006 | 9 | A | 1 | | 0.35 | 0.04 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion 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 | 0.016 | 9 | A | 1 | | 0.08 | 0.01 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | 0.2 | | 0 | FLA | 4 | | 0.4 | 0.1 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 7 | | 0 | FLA | 4 | | 17 | 2 | |
| Vitamin K (phylloquinone).....µg | 22.9 | | 7 | A | 1 | | 56.2 | 7.1 | |
| Dihydrophyloquinone.....µg | 0.0 | | 7 | A | 1 | | 0.0 | 0.0 | |
| Menquinone-4.....µg | 2.3 | | 7 | A | 1 | | 5.7 | 0.7 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 6.848 | | 0 | NC | 4 | | 16.779 | 2.123 | |
| 4:0.....g | 0.181 | 0.006 | 9 | A | 1 | | 0.444 | 0.056 | |
| 6:0.....g | 0.146 | 0.004 | 9 | A | 1 | | 0.358 | 0.045 | |
| 8:0.....g | 0.097 | 0.002 | 9 | A | 1 | | 0.239 | 0.030 | |
| 10:0.....g | 0.234 | 0.004 | 9 | A | 1 | | 0.572 | 0.072 | |
| 12:0.....g | 0.271 | 0.006 | 9 | A | 1 | | 0.664 | 0.084 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.872 | 0.019 | 9 | A | 1 | | 2.135 | 0.270 | |
| 15:0.....g | 0.093 | 0.002 | 9 | A | 1 | | 0.228 | 0.029 | |
| 16:0.....g | 3.351 | 0.081 | 9 | A | 1 | | 8.209 | 1.039 | |
| 17:0.....g | 0.064 | 0.001 | 9 | A | 1 | | 0.156 | 0.020 | |
| 18:0.....g | 1.447 | 0.025 | 9 | A | 1 | | 3.545 | 0.449 | |
| 20:0.....g | 0.042 | 0.001 | 9 | A | 1 | | 0.103 | 0.013 | |
| 22:0.....g | 0.034 | 0.001 | 9 | A | 1 | | 0.083 | 0.010 | |
| 24:0.....g | 0.015 | 0.000 | 9 | A | 1 | | 0.037 | 0.005 | |
| Fatty acids, total monounsaturated.....g | 4.328 | | 0 | NC | 4 | | 10.604 | 1.342 | |
| 14:1.....g | 0.088 | 0.003 | 9 | A | 1 | | 0.215 | 0.027 | |
| 15:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.162 | 0.006 | 9 | AS | 1 | | 0.398 | 0.050 | |
| 16:1 c.....g | 0.132 | 0.006 | 9 | A | 1 | | 0.324 | 0.041 | |
| 16:1 t.....g | 0.030 | 0.001 | 9 | A | 1 | | 0.074 | 0.009 | |
| 17:1.....g | 0.023 | 0.001 | 9 | A | 1 | | 0.056 | 0.007 | |
| 18:1 undifferentiated.....g | 3.979 | 0.087 | 9 | AS | 1 | | 9.748 | 1.233 | |
| 18:1 c.....g | 3.756 | 0.085 | 9 | A | 1 | | 9.202 | 1.164 | |
| 18:1 t.....g | 0.223 | 0.007 | 9 | A | 1 | | 0.546 | 0.069 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.076 | 0.002 | 9 | A | 1 | | 0.185 | 0.023 | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 9 | AS | 1 | | 0.001 | 0.000 | |
| 22:1 c.....g | 0.001 | 0.000 | 9 | A | 1 | | 0.001 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 4.982 | | 0 | NC | 4 | | 12.205 | 1.544 | |
| 18:2 undifferentiated.....g | 4.346 | 0.117 | 9 | AS | 1 | | 10.649 | 1.347 | |
| 18:2 n-6 c,c.....g | 4.187 | 0.118 | 9 | A | 1 | | 10.258 | 1.298 | |
| 18:2 CLAs.....g | 0.056 | 0.002 | 9 | A | 1 | | 0.136 | 0.017 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.104 | 0.006 | 9 | A | 1 | | 0.255 | 0.032 | |
| 18:3 undifferentiated.....g | 0.575 | 0.021 | 9 | AS | 1 | | 1.410 | 0.178 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.538 | 0.022 | 9 | A | 1 | | 1.318 | 0.167 | |
| 18:3 n-6 c,c,c.....g | 0.036 | 0.002 | 9 | A | 1 | | 0.088 | 0.011 | |
| 18:3i.....g | 0.002 | 0.000 | 9 | A | 1 | | 0.004 | 0.001 | |
| 18:4.....g | 0.002 | 0.000 | 9 | A | 1 | | 0.005 | 0.001 | |
| 20:2 n-6 c,c.....g | 0.007 | 0.000 | 9 | A | 1 | | 0.016 | 0.002 | |
| 20:3 undifferentiated.....g | 0.013 | 0.001 | 9 | AS | 1 | | 0.031 | 0.004 | |
| 20:3 n-3.....g | 0.001 | 0.000 | 9 | A | 1 | | 0.001 | 0.000 | |
| 20:3 n-6.....g | 0.012 | 0.001 | 9 | A | 1 | | 0.028 | 0.004 | |
| 20:4 undifferentiated.....g | 0.023 | 0.001 | 9 | A | 1 | | 0.056 | 0.007 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 9 | A | 1 | | 0.009 | 0.001 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.005 | 0.000 | 9 | A | 1 | | 0.012 | 0.002 | |
| 22:5 n-3 (DPA).....g | 0.006 | 0.000 | 9 | A | 1 | | 0.015 | 0.002 | |

NDB No. 36012

Restaurant, family style, fried mozzarella sticks

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.359 | | 0 | NC | 4 | | 0.879 | 0.111 | |
| Fatty acids, total trans-monoenoic.....g | 0.253 | | 0 | NC | 4 | | 0.620 | 0.078 | |
| Fatty acids, total trans-polyenoic.....g | 0.106 | | 0 | NC | 4 | | 0.259 | 0.033 | |
| Cholesterol.....mg | 36 | 1.533 | 9 | A | 1 | | 88 | 11 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.183 | | 0 | A | 1 | | 0.449 | 0.057 | |
| Threonine.....g | 0.430 | | 0 | A | 1 | | 1.055 | 0.133 | |
| Isoleucine.....g | 0.792 | | 0 | A | 1 | | 1.941 | 0.246 | |
| Leucine.....g | 1.540 | | 0 | A | 1 | | 3.773 | 0.477 | |
| Lysine.....g | 1.175 | | 0 | A | 1 | | 2.879 | 0.364 | |
| Methionine.....g | 0.431 | | 0 | A | 1 | | 1.055 | 0.134 | |
| Cystine.....g | 0.179 | | 0 | A | 1 | | 0.439 | 0.056 | |
| Phenylalanine.....g | 0.851 | | 0 | A | 1 | | 2.085 | 0.264 | |
| Tyrosine.....g | 0.634 | | 0 | A | 1 | | 1.553 | 0.197 | |
| Valine.....g | 1.036 | | 0 | A | 1 | | 2.538 | 0.321 | |
| Arginine.....g | 0.637 | | 0 | A | 1 | | 1.561 | 0.198 | |
| Histidine.....g | 0.474 | | 0 | A | 1 | | 1.162 | 0.147 | |
| Alanine.....g | 0.492 | | 0 | A | 1 | | 1.204 | 0.152 | |
| Aspartic acid.....g | 1.068 | | 0 | A | 1 | | 2.617 | 0.331 | |
| Glutamic acid.....g | 3.923 | | 0 | A | 1 | | 9.611 | 1.216 | |
| Glycine.....g | 0.366 | | 0 | A | 1 | | 0.897 | 0.113 | |
| Proline.....g | 2.188 | | 0 | A | 1 | | 5.360 | 0.678 | |
| Serine.....g | 0.690 | | 0 | A | 1 | | 1.690 | 0.214 | |
| Hydroxyproline.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

Common Measures:

Measure 1 = 245g: 1 serving

Measure 2 = 31g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36039

Restaurant, family style, hash browns

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 32.6 | 4.711 | 3 | A | 1 | 30.6 | 40.4 | | |
| Dihydrophyloquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | 0.0 | 0.0 | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 1.689 | | 0 | NC | 4 | 1.588 | 2.095 | | |
| 4:0.....g | 0.001 | 0.001 | 3 | A | 1 | 0.001 | 0.001 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 8:0.....g | 0.003 | 0.002 | 3 | A | 1 | 0.003 | 0.004 | | |
| 10:0.....g | 0.008 | 0.001 | 3 | A | 1 | 0.008 | 0.010 | | |
| 12:0.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.010 | 0.001 | 3 | A | 1 | 0.009 | 0.012 | | |
| 15:0.....g | 0.003 | 0.000 | 3 | A | 1 | 0.003 | 0.004 | | |
| 16:0.....g | 0.964 | 0.054 | 3 | A | 1 | 0.906 | 1.195 | | |
| 17:0.....g | 0.011 | 0.001 | 3 | A | 1 | 0.011 | 0.014 | | |
| 18:0.....g | 0.618 | 0.029 | 3 | A | 1 | 0.581 | 0.766 | | |
| 20:0.....g | 0.031 | 0.001 | 3 | A | 1 | 0.029 | 0.038 | | |
| 22:0.....g | 0.029 | 0.003 | 3 | A | 1 | 0.027 | 0.036 | | |
| 24:0.....g | 0.011 | 0.001 | 3 | A | 1 | 0.011 | 0.014 | | |
| Fatty acids, total monounsaturated.....g | 2.035 | | 0 | NC | 4 | 1.913 | 2.523 | | |
| 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 | 0.010 | 0.001 | 3 | AS | 1 | 0.009 | 0.012 | | |
| 16:1 c.....g | 0.010 | 0.001 | 3 | A | 1 | 0.009 | 0.012 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 17:1.....g | 0.005 | 0.001 | 3 | A | 1 | 0.005 | 0.007 | | |
| 18:1 undifferentiated.....g | 1.993 | 0.100 | 3 | AS | 1 | 1.873 | 2.471 | | |
| 18:1 c.....g | 1.979 | 0.100 | 3 | A | 1 | 1.860 | 2.454 | | |
| 18:1 t.....g | 0.014 | 0.002 | 3 | A | 1 | 0.013 | 0.017 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.023 | 0.001 | 3 | A | 1 | 0.022 | 0.029 | | |
| 22:1 undifferentiated.....g | 0.004 | 0.002 | 3 | AS | 1 | 0.004 | 0.005 | | |
| 22:1 c.....g | 0.003 | 0.002 | 3 | A | 1 | 0.003 | 0.004 | | |
| 22:1 t.....g | 0.001 | 0.001 | 3 | A | 1 | 0.001 | 0.001 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 5.029 | | 0 | NC | 4 | 4.727 | 6.236 | | |
| 18:2 undifferentiated.....g | 4.372 | 0.291 | 3 | AS | 1 | 4.110 | 5.421 | | |
| 18:2 n-6 c,c.....g | 4.331 | 0.284 | 3 | A | 1 | 4.071 | 5.371 | | |
| 18:2 CLAs.....g | 0.008 | 0.001 | 3 | A | 1 | 0.007 | 0.009 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.033 | 0.005 | 3 | A | 1 | 0.031 | 0.041 | | |
| 18:3 undifferentiated.....g | 0.651 | 0.030 | 3 | AS | 1 | 0.612 | 0.807 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.623 | 0.023 | 3 | A | 1 | 0.586 | 0.773 | | |
| 18:3 n-6 c,c,c.....g | 0.027 | 0.007 | 3 | A | 1 | 0.026 | 0.034 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 18:4.....g | 0.001 | 0.001 | 3 | A | 1 | 0.001 | 0.001 | | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 3 | A | 1 | 0.003 | 0.003 | | |
| 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 | 0.003 | 0.002 | 3 | A | 1 | 0.003 | 0.004 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | 0.000 | 0.000 | | |
| Fatty acids, total trans.....g | 0.048 | | 0 | NC | 4 | 0.045 | 0.059 | | |
| Fatty acids, total trans-monoenoic.....g | 0.015 | | 0 | NC | 4 | 0.014 | 0.018 | | |

NDB No. 36039

Restaurant, family style, hash browns

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> | | | | <u>Amount in edible portion of common measures of food</u> | | | | |
|--|--|------------|-----------------------|------------|--|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total trans-polyenoic.....g | 0.033 | | 0 | NC | 4 | | 0.031 | 0.041 | |
| 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 = 94g: 1 cup

Measure 2 = 124g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 36 Restaurant Foods

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

NDB No. 36017

Restaurant, family style, macaroni & cheese, from kids' menu

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 68.24 | 0.544 | 24 | A | 1 | | 92.81 | 143.31 | |
| Energy.....kcal | 151 | | 0 | NC | 4 | | 206 | 318 | |
| Energy.....kJ | 634 | | 0 | NC | 4 | | 862 | 1331 | |
| Protein.....g | 5.42 | 0.126 | 24 | A | 1 | | 7.38 | 11.39 | |
| Total lipid (fat).....g | 6.06 | 0.524 | 24 | A | 1 | | 8.24 | 12.72 | |
| Ash.....g | 1.48 | 0.035 | 24 | A | 1 | | 2.01 | 3.10 | |
| Carbohydrate, by difference.....g | 18.80 | | 0 | NC | 4 | | 25.57 | 39.49 | |
| Fiber, total dietary.....g | 1.1 | 0.077 | 12 | A | 1 | | 1.5 | 2.3 | |
| Sugars, total.....g | 3.09 | 0.278 | 12 | A | 1 | | 4.21 | 6.50 | |
| Sucrose.....g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | |
| Fructose.....g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 3.02 | 0.274 | 12 | A | 1 | | 4.10 | 6.34 | |
| Maltose.....g | 0.07 | 0.011 | 12 | A | 1 | | 0.09 | 0.14 | |
| Galactose.....g | 0.01 | 0.010 | 12 | A | 1 | | 0.01 | 0.02 | |
| Starch.....g | 13.63 | 0.479 | 12 | A | 1 | | 18.54 | 28.63 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 99 | 5.073 | 24 | A | 1 | | 135 | 209 | |
| Iron, Fe.....mg | 0.68 | 0.037 | 24 | A | 1 | | 0.92 | 1.42 | |
| Magnesium, Mg.....mg | 19 | 0.819 | 24 | A | 1 | | 25 | 39 | |
| Phosphorus, P.....mg | 137 | 7.411 | 24 | A | 1 | | 187 | 288 | |
| Potassium, K.....mg | 135 | 7.058 | 24 | A | 1 | | 184 | 284 | |
| Sodium, Na.....mg | 361 | 16.636 | 24 | A | 1 | | 491 | 758 | |
| Zinc, Zn.....mg | 0.64 | 0.023 | 24 | A | 1 | | 0.87 | 1.34 | |
| Copper, Cu.....mg | 0.064 | 0.001 | 24 | A | 1 | | 0.087 | 0.134 | |
| Manganese, Mn.....mg | 0.194 | 0.014 | 24 | A | 1 | | 0.264 | 0.408 | |
| Selenium, Se.....µg | 19.4 | 0.909 | 12 | A | 1 | | 26.3 | 40.7 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.1 | |
| Thiamin.....mg | 0.095 | 0.005 | 12 | A | 1 | | 0.129 | 0.199 | |
| Riboflavin.....mg | 0.254 | 0.010 | 12 | A | 1 | | 0.346 | 0.534 | |
| Niacin.....mg | 0.783 | 0.053 | 12 | A | 1 | | 1.065 | 1.645 | |
| Pantothenic acid.....mg | 0.474 | 0.025 | 8 | A | 1 | | 0.644 | 0.995 | |
| Vitamin B-6.....mg | 0.057 | 0.005 | 12 | A | 1 | | 0.078 | 0.121 | |
| Folate, total.....µg | 34 | 2.267 | 6 | A | 1 | | 46 | 71 | |
| Folic acid.....µg | 12 | | 0 | FLA | 4 | | 16 | 25 | |
| Folate, food.....µg | 22 | | 0 | NC | 4 | | 30 | 46 | |
| Folate, DFE.....µg | 42 | | 0 | NC | 4 | | 58 | 89 | |
| Choline, total.....mg | 3.9 | | 0 | FLA | 4 | | 5.3 | 8.1 | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.18 | 0.017 | 12 | A | 1 | | 0.24 | 0.37 | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE.....µg | 31 | | 4 | AS | 1 | | 43 | 66 | |
| Retinol.....µg | 30 | 12.610 | 4 | A | 1 | | 41 | 64 | |
| Carotene, beta.....µg | 9 | 4.242 | 4 | A | 1 | | 13 | 20 | |
| Carotene, alpha.....µg | 1 | 0.086 | 4 | A | 1 | | 1 | 1 | |
| Cryptoxanthin, beta.....µg | 0 | 0.200 | 4 | A | 1 | | 0 | 1 | |
| Vitamin A, IU.....IU | 118 | | 4 | AS | 1 | | 160 | 248 | |
| Lycopene.....µg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 77 | 19.558 | 4 | A | 1 | | 105 | 163 | |
| Vitamin E (alpha-tocopherol).....mg | 0.75 | 0.140 | 12 | A | 1 | | 1.02 | 1.58 | |
| Vitamin E, added.....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta.....mg | 0.04 | 0.010 | 12 | A | 1 | | 0.06 | 0.09 | |
| Tocopherol, gamma.....mg | 1.72 | 0.379 | 12 | A | 1 | | 2.34 | 3.61 | |
| Tocopherol, delta.....mg | 0.41 | 0.158 | 12 | A | 1 | | 0.56 | 0.86 | |
| Tocotrienol, alpha.....mg | 0.03 | 0.008 | 12 | A | 1 | | 0.04 | 0.06 | |
| Tocotrienol, beta.....mg | 0.23 | 0.055 | 12 | A | 1 | | 0.31 | 0.48 | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.09 | 0.052 | 12 | A | 1 | | 0.12 | 0.18 | |
| Tocotrienol, delta.....mg | 0.01 | 0.005 | 12 | A | 1 | | 0.01 | 0.01 | |
| Vitamin D (D2 + D3).....µg | 0.1 | | 0 | FLA | 4 | | 0.1 | 0.2 | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 3 | | 0 | FLA | 4 | | 4 | 7 | |
| Vitamin K (phylloquinone).....µg | 0.5 | | 0 | FLA | 4 | | 0.7 | 1.1 | |
| Dihydrophyloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.147 | | 0 | NC | 4 | | 2.920 | 4.508 | |
| 4:0.....g | 0.059 | 0.009 | 12 | A | 1 | | 0.080 | 0.123 | |
| 6:0.....g | 0.046 | 0.007 | 12 | A | 1 | | 0.062 | 0.096 | |
| 8:0.....g | 0.029 | 0.005 | 12 | A | 1 | | 0.039 | 0.061 | |
| 10:0.....g | 0.073 | 0.011 | 12 | A | 1 | | 0.100 | 0.154 | |
| 12:0.....g | 0.082 | 0.013 | 12 | A | 1 | | 0.111 | 0.172 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.267 | 0.041 | 12 | A | 1 | | 0.363 | 0.561 | |
| 15:0.....g | 0.031 | 0.004 | 12 | A | 1 | | 0.042 | 0.064 | |
| 16:0.....g | 1.067 | 0.164 | 12 | A | 1 | | 1.451 | 2.240 | |
| 17:0.....g | 0.021 | 0.003 | 12 | A | 1 | | 0.028 | 0.043 | |
| 18:0.....g | 0.431 | 0.059 | 12 | A | 1 | | 0.586 | 0.906 | |
| 20:0.....g | 0.019 | 0.002 | 12 | A | 1 | | 0.025 | 0.039 | |
| 22:0.....g | 0.014 | 0.002 | 12 | A | 1 | | 0.020 | 0.030 | |
| 24:0.....g | 0.008 | 0.001 | 12 | A | 1 | | 0.011 | 0.016 | |
| Fatty acids, total monounsaturated.....g | 1.954 | | 0 | NC | 4 | | 2.657 | 4.103 | |
| 14:1.....g | 0.027 | 0.004 | 12 | A | 1 | | 0.037 | 0.057 | |
| 15:1.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.051 | 0.007 | 12 | AS | 1 | | 0.069 | 0.107 | |
| 16:1 c.....g | 0.041 | 0.005 | 12 | A | 1 | | 0.055 | 0.086 | |
| 16:1 t.....g | 0.010 | 0.002 | 12 | A | 1 | | 0.014 | 0.021 | |
| 17:1.....g | 0.008 | 0.001 | 12 | A | 1 | | 0.010 | 0.016 | |
| 18:1 undifferentiated.....g | 1.830 | 0.151 | 12 | AS | 1 | | 2.488 | 3.842 | |
| 18:1 c.....g | 1.756 | 0.147 | 12 | A | 1 | | 2.389 | 3.688 | |
| 18:1 t.....g | 0.073 | 0.011 | 12 | A | 1 | | 0.100 | 0.154 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.037 | 0.003 | 12 | A | 1 | | 0.050 | 0.078 | |
| 22:1 undifferentiated.....g | 0.001 | 0.000 | 12 | AS | 1 | | 0.002 | 0.002 | |
| 22:1 c.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.001 | 0.002 | |
| 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 | 1.663 | | 0 | NC | 4 | | 2.262 | 3.493 | |
| 18:2 undifferentiated.....g | 1.395 | 0.300 | 12 | AS | 1 | | 1.897 | 2.929 | |
| 18:2 n-6 c,c.....g | 1.344 | 0.292 | 12 | A | 1 | | 1.828 | 2.823 | |
| 18:2 CLAs.....g | 0.018 | 0.003 | 12 | A | 1 | | 0.024 | 0.037 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.033 | 0.006 | 12 | A | 1 | | 0.045 | 0.069 | |
| 18:3 undifferentiated.....g | 0.251 | 0.030 | 12 | AS | 1 | | 0.341 | 0.527 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.240 | 0.029 | 12 | A | 1 | | 0.326 | 0.503 | |
| 18:3 n-6 c,c,c.....g | 0.011 | 0.002 | 12 | A | 1 | | 0.015 | 0.024 | |
| 18:3i.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.001 | |
| 20:2 n-6 c,c.....g | 0.003 | 0.000 | 12 | A | 1 | | 0.004 | 0.006 | |
| 20:3 undifferentiated.....g | 0.004 | 0.001 | 12 | AS | 1 | | 0.005 | 0.008 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.004 | 0.001 | 12 | A | 1 | | 0.005 | 0.007 | |
| 20:4 undifferentiated.....g | 0.008 | 0.001 | 12 | A | 1 | | 0.011 | 0.017 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.001 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 12 | A | 1 | | 0.001 | 0.002 | |
| 22:5 n-3 (DPA).....g | 0.001 | 0.000 | 12 | A | 1 | | 0.001 | 0.002 | |

NDB No. 36017

Restaurant, family style, macaroni & cheese, from kids' menu

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.117 | | 0 | NC | 4 | | 0.159 | 0.245 | |
| Fatty acids, total trans-monoenoic.....g | 0.084 | | 0 | NC | 4 | | 0.114 | 0.176 | |
| Fatty acids, total trans-polyenoic.....g | 0.033 | | 0 | NC | 4 | | 0.045 | 0.070 | |
| Cholesterol.....mg | 10 | 1.095 | 12 | A | 1 | | 13 | 20 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.079 | | 0 | A | 1 | | 0.108 | 0.167 | |
| Threonine.....g | 0.165 | | 0 | A | 1 | | 0.224 | 0.346 | |
| Isoleucine.....g | 0.292 | | 0 | A | 1 | | 0.397 | 0.612 | |
| Leucine.....g | 0.545 | | 0 | A | 1 | | 0.742 | 1.145 | |
| Lysine.....g | 0.315 | | 0 | A | 1 | | 0.429 | 0.662 | |
| Methionine.....g | 0.121 | | 0 | A | 1 | | 0.164 | 0.253 | |
| Cystine.....g | 0.085 | | 0 | A | 1 | | 0.116 | 0.179 | |
| Phenylalanine.....g | 0.322 | | 0 | A | 1 | | 0.438 | 0.677 | |
| Tyrosine.....g | 0.220 | | 0 | A | 1 | | 0.299 | 0.462 | |
| Valine.....g | 0.474 | | 0 | A | 1 | | 0.644 | 0.995 | |
| Arginine.....g | 0.234 | | 0 | A | 1 | | 0.318 | 0.491 | |
| Histidine.....g | 0.159 | | 0 | A | 1 | | 0.216 | 0.334 | |
| Alanine.....g | 0.209 | | 0 | A | 1 | | 0.285 | 0.439 | |
| Aspartic acid.....g | 0.391 | | 0 | A | 1 | | 0.532 | 0.821 | |
| Glutamic acid.....g | 1.761 | | 0 | A | 1 | | 2.395 | 3.698 | |
| Glycine.....g | 0.166 | | 0 | A | 1 | | 0.226 | 0.349 | |
| Proline.....g | 0.674 | | 0 | A | 1 | | 0.916 | 1.415 | |
| Serine.....g | 0.323 | | 0 | A | 1 | | 0.440 | 0.679 | |
| Hydroxyproline.....g | 0.000 | 0.000 | 4 | 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 = 136g: 1 cup
 Measure 2 = 210g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36036

Restaurant, family style, onion rings

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 32.90 | 0.892 | 18 | A | 1 | | 85.20 | | |
| Energy.....kcal | 356 | | 0 | NC | 4 | | 922 | | |
| Energy.....kJ | 1489 | | 0 | NC | 4 | | 3857 | | |
| Protein.....g | 4.89 | 0.066 | 18 | A | 1 | | 12.65 | | |
| Total lipid (fat).....g | 19.28 | 0.694 | 18 | A | 1 | | 49.94 | | |
| Ash.....g | 2.21 | 0.096 | 18 | A | 1 | | 5.74 | | |
| Carbohydrate, by difference.....g | 40.72 | | 0 | NC | 4 | | 105.47 | | |
| Fiber, total dietary.....g | 2.6 | 0.189 | 9 | A | 1 | | 6.6 | | |
| Sugars, total.....g | 4.68 | 0.095 | 9 | A | 1 | | 12.13 | | |
| Sucrose.....g | 1.17 | 0.086 | 9 | A | 1 | | 3.02 | | |
| Glucose (dextrose).....g | 1.25 | 0.035 | 9 | A | 1 | | 3.24 | | |
| Fructose.....g | 1.14 | 0.034 | 9 | A | 1 | | 2.96 | | |
| Lactose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |
| Maltose.....g | 1.12 | 0.105 | 9 | A | 1 | | 2.91 | | |
| Galactose.....g | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |
| Starch.....g | 33.29 | 0.293 | 9 | A | 1 | | 86.22 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 21 | 0.360 | 18 | A | 1 | | 55 | | |
| Iron, Fe.....mg | 0.71 | 0.012 | 18 | A | 1 | | 1.85 | | |
| Magnesium, Mg.....mg | 19 | 0.258 | 18 | A | 1 | | 50 | | |
| Phosphorus, P.....mg | 94 | 1.255 | 18 | A | 1 | | 243 | | |
| Potassium, K.....mg | 142 | 3.177 | 18 | A | 1 | | 368 | | |
| Sodium, Na.....mg | 692 | 32.678 | 18 | A | 1 | | 1792 | | |
| Zinc, Zn.....mg | 0.51 | 0.008 | 18 | A | 1 | | 1.33 | | |
| Copper, Cu.....mg | 0.088 | 0.001 | 18 | A | 1 | | 0.227 | | |
| Manganese, Mn.....mg | 0.471 | 0.015 | 18 | A | 1 | | 1.221 | | |
| Selenium, Se.....µg | 5.0 | 0.300 | 9 | A | 1 | | 12.8 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.117 | 0.002 | 9 | A | 1 | | 0.302 | | |
| Riboflavin.....mg | 0.078 | 0.002 | 9 | A | 1 | | 0.202 | | |
| Niacin.....mg | 0.818 | 0.018 | 9 | A | 1 | | 2.118 | | |
| Pantothenic acid.....mg | 0.380 | 0.007 | 6 | A | 1 | | 0.984 | | |
| Vitamin B-6.....mg | 0.083 | 0.002 | 9 | A | 1 | | 0.216 | | |
| Folate, total.....µg | 14 | | 2 | A | 1 | | 35 | | |
| Folic acid.....µg | | | | | | | | | |
| Folate, food.....µg | 14 | | 2 | A | 1 | | 35 | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 1 | | 0 | AS | 1 | | 4 | | |
| Retinol.....µg | 1 | 0.760 | 3 | A | 1 | | 2 | | |
| Carotene, beta.....µg | 6 | 4.347 | 3 | A | 1 | | 16 | | |
| Carotene, alpha.....µg | 1 | 0.427 | 3 | A | 1 | | 2 | | |
| Cryptoxanthin, beta.....µg | 4 | 2.267 | 3 | A | 1 | | 11 | | |
| Vitamin A, IU.....IU | 17 | | 0 | AS | 1 | | 43 | | |
| Lycopene.....µg | 0 | 0.000 | 3 | A | 1 | | 0 | | |
| Lutein + zeaxanthin.....µg | 42 | 8.470 | 3 | A | 1 | | 108 | | |
| Vitamin E (alpha-tocopherol).....mg | 1.27 | 0.033 | 9 | A | 1 | | 3.29 | | |
| Tocopherol, beta.....mg | 0.18 | 0.024 | 9 | A | 1 | | 0.47 | | |
| Tocopherol, gamma.....mg | 8.38 | 0.381 | 9 | A | 1 | | 21.69 | | |
| Tocopherol, delta.....mg | 3.39 | 0.236 | 9 | A | 1 | | 8.79 | | |
| Tocotrienol, alpha.....mg | 0.04 | 0.002 | 9 | A | 1 | | 0.10 | | |
| Tocotrienol, beta.....mg | 0.15 | 0.012 | 9 | A | 1 | | 0.39 | | |
| Tocotrienol, gamma.....mg | 0.05 | 0.008 | 9 | A | 1 | | 0.13 | | |

NDB No. 36036

Restaurant, family style, onion rings

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.00 | 0.000 | 9 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 42.6 | 3.184 | 9 | A | 1 | | 110.4 | | |
| Dihydrophyloquinone.....µg | 0.0 | 0.044 | 9 | A | 1 | | 0.1 | | |
| Menadiquinone-4.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.415 | | 0 | NC | 4 | | 8.845 | | |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.008 | 0.001 | 9 | A | 1 | | 0.021 | | |
| 10:0.....g | 0.008 | 0.000 | 9 | A | 1 | | 0.021 | | |
| 12:0.....g | 0.006 | 0.002 | 9 | A | 1 | | 0.016 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.023 | 0.002 | 9 | A | 1 | | 0.059 | | |
| 15:0.....g | 0.005 | 0.000 | 9 | A | 1 | | 0.013 | | |
| 16:0.....g | 2.081 | 0.081 | 9 | A | 1 | | 5.391 | | |
| 17:0.....g | 0.021 | 0.001 | 9 | A | 1 | | 0.053 | | |
| 18:0.....g | 1.120 | 0.043 | 9 | A | 1 | | 2.900 | | |
| 20:0.....g | 0.062 | 0.002 | 9 | A | 1 | | 0.160 | | |
| 22:0.....g | 0.059 | 0.002 | 9 | A | 1 | | 0.152 | | |
| 24:0.....g | 0.023 | 0.001 | 9 | A | 1 | | 0.059 | | |
| Fatty acids, total monounsaturated.....g | 4.217 | | 0 | NC | 4 | | 10.921 | | |
| 14:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.001 | | |
| 15:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.031 | 0.002 | 9 | AS | 1 | | 0.080 | | |
| 16:1 c.....g | 0.030 | 0.002 | 9 | A | 1 | | 0.078 | | |
| 16:1 t.....g | 0.001 | 0.000 | 9 | A | 1 | | 0.002 | | |
| 17:1.....g | 0.011 | 0.001 | 9 | A | 1 | | 0.029 | | |
| 18:1 undifferentiated.....g | 4.108 | 0.163 | 9 | AS | 1 | | 10.639 | | |
| 18:1 c.....g | 4.043 | 0.167 | 9 | A | 1 | | 10.471 | | |
| 18:1 t.....g | 0.065 | 0.007 | 9 | A | 1 | | 0.167 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.059 | 0.007 | 9 | A | 1 | | 0.154 | | |
| 22:1 undifferentiated.....g | 0.007 | 0.001 | 9 | AS | 1 | | 0.019 | | |
| 22:1 c.....g | 0.004 | 0.001 | 9 | A | 1 | | 0.011 | | |
| 22:1 t.....g | 0.003 | 0.000 | 9 | A | 1 | | 0.008 | | |
| 24:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 9.830 | | 0 | NC | 4 | | 25.459 | | |
| 18:2 undifferentiated.....g | 8.652 | 0.286 | 9 | AS | 1 | | 22.408 | | |
| 18:2 n-6 c,c.....g | 8.510 | 0.282 | 9 | A | 1 | | 22.041 | | |
| 18:2 CLAs.....g | 0.027 | 0.002 | 9 | A | 1 | | 0.071 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.114 | 0.011 | 9 | A | 1 | | 0.296 | | |
| 18:3 undifferentiated.....g | 1.159 | 0.052 | 9 | AS | 1 | | 3.001 | | |
| 18:3 n-3 c,c,c (ALA).....g | 1.078 | 0.051 | 9 | A | 1 | | 2.792 | | |
| 18:3 n-6 c,c,c.....g | 0.081 | 0.006 | 9 | A | 1 | | 0.209 | | |
| 18:3i.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.009 | 0.001 | 9 | A | 1 | | 0.023 | | |
| 20:3 undifferentiated.....g | 0.001 | 0.000 | 9 | AS | 1 | | 0.002 | | |
| 20:3 n-3.....g | 0.001 | 0.000 | 9 | A | 1 | | 0.002 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.008 | 0.000 | 9 | A | 1 | | 0.022 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.000 | 9 | A | 1 | | 0.002 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |

NDB No. 36036

Restaurant, family style, onion rings

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | |
| Fatty acids, total trans.....g | 0.183 | | 0 | NC | 4 | | 0.473 | | |
| Fatty acids, total trans-monoenoic.....g | 0.068 | | 0 | NC | 4 | | 0.177 | | |
| Fatty acids, total trans-polyenoic.....g | 0.114 | | 0 | NC | 4 | | 0.296 | | |
| Cholesterol.....mg | | | | | | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.046 | | 0 | A | 1 | | 0.120 | | |
| Threonine.....g | 0.105 | | 0 | A | 1 | | 0.272 | | |
| Isoleucine.....g | 0.163 | | 0 | A | 1 | | 0.422 | | |
| Leucine.....g | 0.332 | | 0 | A | 1 | | 0.859 | | |
| Lysine.....g | 0.111 | | 0 | A | 1 | | 0.287 | | |
| Methionine.....g | 0.073 | | 0 | A | 1 | | 0.189 | | |
| Cystine.....g | 0.120 | | 0 | A | 1 | | 0.310 | | |
| Phenylalanine.....g | 0.226 | | 0 | A | 1 | | 0.584 | | |
| Tyrosine.....g | 0.103 | | 0 | A | 1 | | 0.267 | | |
| Valine.....g | 0.200 | | 0 | A | 1 | | 0.517 | | |
| Arginine.....g | 0.230 | | 0 | A | 1 | | 0.595 | | |
| Histidine.....g | 0.109 | | 0 | A | 1 | | 0.283 | | |
| Alanine.....g | 0.149 | | 0 | A | 1 | | 0.387 | | |
| Aspartic acid.....g | 0.220 | | 0 | A | 1 | | 0.570 | | |
| Glutamic acid.....g | 1.508 | | 0 | A | 1 | | 3.906 | | |
| Glycine.....g | 0.179 | | 0 | A | 1 | | 0.465 | | |
| Proline.....g | 0.624 | | 0 | A | 1 | | 1.616 | | |
| Serine.....g | 0.181 | | 0 | A | 1 | | 0.469 | | |
| Hydroxyproline.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |

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

Common Measures:

Measure 1 = 259g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36016

Restaurant, family style, shrimp, breaded and fried

family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 43.02 | 1.443 | 4 | A | 1 | | 72.71 | | |
| Energy.....kcal | 308 | | 0 | NC | 4 | | 520 | | |
| Energy.....kJ | 1288 | | 0 | NC | 4 | | 2177 | | |
| Protein.....g | 12.67 | 0.430 | 4 | A | 1 | | 21.41 | | |
| Total lipid (fat).....g | 18.67 | 0.682 | 4 | A | 1 | | 31.56 | | |
| Ash.....g | 3.34 | 0.300 | 4 | A | 1 | | 5.65 | | |
| Carbohydrate, by difference.....g | 22.29 | | 0 | NC | 4 | | 37.66 | | |
| Fiber, total dietary.....g | 1.5 | 0.660 | 3 | A | 1 | | 2.5 | | |
| Sugars, total.....g | 0.91 | | 2 | A | 1 | | 1.54 | | |
| Sucrose.....g | 0.35 | | 2 | A | 1 | | 0.59 | | |
| Glucose (dextrose).....g | 0.14 | | 2 | A | 1 | | 0.23 | | |
| Fructose.....g | 0.14 | | 2 | A | 1 | | 0.23 | | |
| Lactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.29 | | 2 | A | 1 | | 0.48 | | |
| Galactose.....g | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Starch.....g | 20.00 | 0.990 | 4 | A | 1 | | 33.80 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 42 | 3.053 | 4 | A | 1 | | 71 | | |
| Iron, Fe.....mg | 1.16 | 0.241 | 4 | A | 1 | | 1.95 | | |
| Magnesium, Mg.....mg | 21 | 2.131 | 4 | A | 1 | | 35 | | |
| Phosphorus, P.....mg | 301 | 66.842 | 4 | A | 1 | | 509 | | |
| Potassium, K.....mg | 108 | 9.994 | 4 | A | 1 | | 183 | | |
| Sodium, Na.....mg | 1125 | 119.319 | 4 | A | 1 | | 1900 | | |
| Zinc, Zn.....mg | 0.79 | 0.025 | 4 | A | 1 | | 1.33 | | |
| Copper, Cu.....mg | 0.142 | 0.016 | 4 | A | 1 | | 0.240 | | |
| Manganese, Mn.....mg | 0.297 | 0.038 | 4 | A | 1 | | 0.502 | | |
| Selenium, Se.....µg | 22.6 | | 2 | A | 1 | | 38.1 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin.....mg | 0.112 | 0.024 | 4 | A | 1 | | 0.190 | | |
| Riboflavin.....mg | 0.129 | 0.040 | 4 | A | 1 | | 0.218 | | |
| Niacin.....mg | 1.249 | 0.407 | 4 | A | 1 | | 2.111 | | |
| Pantothenic acid.....mg | 0.350 | | 2 | A | 1 | | 0.592 | | |
| Vitamin B-6.....mg | 0.074 | 0.008 | 4 | A | 1 | | 0.125 | | |
| Folate, total.....µg | 43 | | 0 | BFZN | 4 | | 72 | | |
| Folic acid.....µg | 28 | | 0 | BFZN | 4 | | 47 | | |
| Folate, food.....µg | 15 | | 0 | BFZN | 4 | | 25 | | |
| Folate, DFE.....µg | 62 | | 0 | NC | 4 | | 105 | | |
| Choline, total.....mg | 50.1 | | 0 | AS | 1 | | 84.7 | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.44 | 0.095 | 4 | A | 1 | | 0.74 | | |
| Vitamin B-12, added.....µg | 0.00 | | 0 | BFFN | 4 | | 0.00 | | |
| Vitamin A, RAE.....µg | 3 | | 0 | NC | 4 | | 5 | | |
| Retinol.....µg | 3 | 1.460 | 4 | A | 1 | | 5 | | |
| Carotene, beta.....µg | 0 | | 0 | BFFN | 4 | | 1 | | |
| Carotene, alpha.....µg | 0 | | 0 | BFFN | 4 | | 1 | | |
| Cryptoxanthin, beta.....µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Vitamin A, IU.....IU | 11 | | 0 | NC | 4 | | 19 | | |
| Lycopene.....µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Lutein + zeaxanthin.....µg | 10 | | 0 | BFFN | 4 | | 16 | | |
| Vitamin E (alpha-tocopherol).....mg | 2.14 | 0.164 | 4 | A | 1 | | 3.61 | | |
| Vitamin E, added.....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, beta.....mg | 0.22 | 0.019 | 4 | A | 1 | | 0.37 | | |
| Tocopherol, gamma.....mg | 7.24 | 0.953 | 4 | A | 1 | | 12.24 | | |
| Tocopherol, delta.....mg | 3.12 | 0.128 | 4 | A | 1 | | 5.27 | | |
| Tocotrienol, alpha.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.05 | 0.030 | 4 | A | 1 | | 0.08 | | |

NDB No. 36016

Restaurant, family style, shrimp, breaded and fried

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Tocotrienol, gamma.....mg | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.25 | 0.144 | 4 | A | 1 | | 0.42 | | |
| Vitamin D (D2 + D3).....µg | 0.0 | | 0 | BFFN | 4 | | 0.1 | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | 1 | | 0 | BFFN | 4 | | 2 | | |
| Vitamin K (phylloquinone).....µg | 32.2 | | 2 | A | 1 | | 54.4 | | |
| 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 | 3.361 | | 0 | NC | 4 | | 5.680 | | |
| 4:0.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 8:0.....g | 0.007 | 0.003 | 4 | A | 1 | | 0.011 | | |
| 10:0.....g | 0.005 | 0.002 | 4 | A | 1 | | 0.008 | | |
| 12:0.....g | 0.002 | 0.001 | 4 | A | 1 | | 0.004 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | 0.001 | 4 | A | 1 | | 0.037 | | |
| 15:0.....g | 0.005 | 0.000 | 4 | A | 1 | | 0.009 | | |
| 16:0.....g | 1.956 | 0.066 | 4 | A | 1 | | 3.306 | | |
| 17:0.....g | 0.023 | 0.000 | 4 | A | 1 | | 0.038 | | |
| 18:0.....g | 1.193 | 0.037 | 4 | A | 1 | | 2.017 | | |
| 20:0.....g | 0.064 | 0.002 | 4 | A | 1 | | 0.108 | | |
| 22:0.....g | 0.061 | 0.002 | 4 | A | 1 | | 0.103 | | |
| 24:0.....g | 0.023 | 0.001 | 4 | A | 1 | | 0.039 | | |
| Fatty acids, total monounsaturated.....g | 4.294 | | 0 | NC | 4 | | 7.257 | | |
| 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 | 0.033 | 0.004 | 4 | AS | 1 | | 0.056 | | |
| 16:1 c.....g | 0.031 | 0.004 | 4 | A | 1 | | 0.053 | | |
| 16:1 t.....g | 0.002 | 0.000 | 4 | A | 1 | | 0.003 | | |
| 17:1.....g | 0.010 | 0.000 | 4 | A | 1 | | 0.018 | | |
| 18:1 undifferentiated.....g | 4.137 | 0.192 | 4 | AS | 1 | | 6.991 | | |
| 18:1 c.....g | 4.077 | 0.192 | 4 | A | 1 | | 6.890 | | |
| 18:1 t.....g | 0.060 | 0.010 | 4 | A | 1 | | 0.101 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.114 | 0.015 | 4 | A | 1 | | 0.192 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 4 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 9.311 | | 0 | NC | 4 | | 15.736 | | |
| 18:2 undifferentiated.....g | 8.182 | 0.255 | 4 | AS | 1 | | 13.828 | | |
| 18:2 n-6 c,c.....g | 8.082 | 0.237 | 4 | A | 1 | | 13.659 | | |
| 18:2 CLAs.....g | 0.024 | 0.005 | 4 | A | 1 | | 0.040 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.076 | 0.017 | 4 | A | 1 | | 0.129 | | |
| 18:3 undifferentiated.....g | 0.997 | 0.028 | 4 | AS | 1 | | 1.685 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.914 | 0.031 | 4 | A | 1 | | 1.544 | | |
| 18:3 n-6 c,c,c.....g | 0.083 | 0.018 | 4 | A | 1 | | 0.141 | | |
| 18:3i.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.011 | 0.001 | 4 | A | 1 | | 0.019 | | |
| 20:3 undifferentiated.....g | 0.001 | 0.001 | 4 | AS | 1 | | 0.001 | | |
| 20:3 n-3.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.025 | 0.002 | 4 | A | 1 | | 0.043 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.045 | 0.004 | 4 | A | 1 | | 0.077 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.001 | 0.001 | 4 | A | 1 | | 0.001 | | |
| 22:5 n-3 (DPA).....g | 0.003 | 0.000 | 4 | A | 1 | | 0.005 | | |

NDB No. 36016

Restaurant, family style, shrimp, breaded and fried

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 22:6 n-3 (DHA).....g | 0.045 | 0.006 | 4 | A | 1 | | 0.077 | | |
| Fatty acids, total trans.....g | 0.138 | | 0 | NC | 4 | | 0.233 | | |
| Fatty acids, total trans-monoenoic.....g | 0.061 | | 0 | NC | 4 | | 0.104 | | |
| Fatty acids, total trans-polyenoic.....g | 0.076 | | 0 | NC | 4 | | 0.129 | | |
| Cholesterol.....mg | 87 | 1.281 | 4 | A | 1 | | 147 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.145 | | 0 | A | 1 | | 0.246 | | |
| Threonine.....g | 0.451 | | 0 | A | 1 | | 0.762 | | |
| Isoleucine.....g | 0.547 | | 0 | A | 1 | | 0.925 | | |
| Leucine.....g | 0.993 | | 0 | A | 1 | | 1.679 | | |
| Lysine.....g | 0.863 | | 0 | A | 1 | | 1.459 | | |
| Methionine.....g | 0.309 | | 0 | A | 1 | | 0.522 | | |
| Cystine.....g | 0.171 | | 0 | A | 1 | | 0.288 | | |
| Phenylalanine.....g | 0.559 | | 0 | A | 1 | | 0.945 | | |
| Tyrosine.....g | 0.386 | | 0 | A | 1 | | 0.652 | | |
| Valine.....g | 0.673 | | 0 | A | 1 | | 1.138 | | |
| Arginine.....g | 0.922 | | 0 | A | 1 | | 1.558 | | |
| Histidine.....g | 0.258 | | 0 | A | 1 | | 0.436 | | |
| Alanine.....g | 0.656 | | 0 | A | 1 | | 1.108 | | |
| Aspartic acid.....g | 1.151 | | 0 | A | 1 | | 1.945 | | |
| Glutamic acid.....g | 2.577 | | 0 | A | 1 | | 4.355 | | |
| Glycine.....g | 0.579 | | 0 | A | 1 | | 0.979 | | |
| Proline.....g | 0.691 | | 0 | A | 1 | | 1.167 | | |
| Serine.....g | 0.511 | | 0 | A | 1 | | 0.863 | | |
| Hydroxyproline.....g | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

Common Measures:

Measure 1 = 169g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36013

Restaurant, family style, sirloin steak

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.143 | | 0 | NC | 4 | | 5.217 | | |
| 4:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.008 | 0.001 | 9 | A | 1 | | 0.013 | | |
| 12:0.....g | 0.007 | 0.001 | 9 | A | 1 | | 0.011 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.207 | 0.026 | 9 | A | 1 | | 0.343 | | |
| 15:0.....g | 0.034 | 0.004 | 9 | A | 1 | | 0.056 | | |
| 16:0.....g | 1.819 | 0.169 | 9 | A | 1 | | 3.019 | | |
| 17:0.....g | 0.092 | 0.009 | 9 | A | 1 | | 0.153 | | |
| 18:0.....g | 0.960 | 0.048 | 9 | A | 1 | | 1.593 | | |
| 20:0.....g | 0.008 | 0.001 | 9 | A | 1 | | 0.013 | | |
| 22:0.....g | 0.005 | 0.001 | 9 | A | 1 | | 0.009 | | |
| 24:0.....g | 0.004 | 0.000 | 9 | A | 1 | | 0.007 | | |
| Fatty acids, total monounsaturated.....g | 3.654 | | 0 | NC | 4 | | 6.066 | | |
| 14:1.....g | 0.062 | 0.012 | 9 | A | 1 | | 0.102 | | |
| 15:1.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.285 | 0.048 | 9 | AS | 1 | | 0.472 | | |
| 16:1 c.....g | 0.262 | 0.047 | 9 | A | 1 | | 0.434 | | |
| 16:1 t.....g | 0.023 | 0.002 | 9 | A | 1 | | 0.038 | | |
| 17:1.....g | 0.071 | 0.010 | 9 | A | 1 | | 0.118 | | |
| 18:1 undifferentiated.....g | 3.212 | 0.292 | 9 | AS | 1 | | 5.332 | | |
| 18:1 c.....g | 2.925 | 0.286 | 9 | A | 1 | | 4.856 | | |
| 18:1 t.....g | 0.287 | 0.020 | 9 | A | 1 | | 0.476 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.025 | 0.003 | 9 | A | 1 | | 0.041 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 9 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.673 | | 0 | NC | 4 | | 1.118 | | |
| 18:2 undifferentiated.....g | 0.502 | 0.027 | 9 | AS | 1 | | 0.833 | | |
| 18:2 n-6 c,c.....g | 0.426 | 0.029 | 9 | A | 1 | | 0.707 | | |
| 18:2 CLAs.....g | 0.032 | 0.003 | 9 | A | 1 | | 0.054 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.044 | 0.006 | 9 | A | 1 | | 0.072 | | |
| 18:3 undifferentiated.....g | 0.032 | 0.003 | 9 | AS | 1 | | 0.052 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.030 | 0.003 | 9 | A | 1 | | 0.050 | | |
| 18:3 n-6 c,c,c.....g | 0.002 | 0.000 | 9 | A | 1 | | 0.003 | | |
| 18:3i.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 9 | A | 1 | | 0.006 | | |
| 20:3 undifferentiated.....g | 0.025 | 0.001 | 9 | AS | 1 | | 0.042 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 9 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.025 | 0.001 | 9 | A | 1 | | 0.042 | | |
| 20:4 undifferentiated.....g | 0.073 | 0.004 | 9 | A | 1 | | 0.121 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.007 | 0.001 | 9 | A | 1 | | 0.012 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.011 | 0.001 | 9 | A | 1 | | 0.017 | | |
| 22:5 n-3 (DPA).....g | 0.019 | 0.001 | 9 | A | 1 | | 0.031 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.001 | 9 | A | 1 | | 0.002 | | |
| Fatty acids, total trans.....g | 0.354 | | 0 | NC | 4 | | 0.587 | | |
| Fatty acids, total trans-monoenoic.....g | 0.310 | | 0 | NC | 4 | | 0.514 | | |
| Fatty acids, total trans-polyenoic.....g | 0.044 | | 0 | NC | 4 | | 0.073 | | |
| Cholesterol.....mg | 87 | 2.863 | 9 | A | 1 | | 144 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.393 | | 0 | A | 1 | | 0.653 | | |
| Threonine.....g | 1.411 | | 0 | A | 1 | | 2.342 | | |

NDB No. 36013

Restaurant, family style, sirloin steak

| Nutrients and Units | <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 | 1.483 | | 0 | A | 1 | 2.462 | | |
| Leucine.....g | 2.547 | | 0 | A | 1 | 4.228 | | |
| Lysine.....g | 2.549 | | 0 | A | 1 | 4.231 | | |
| Methionine.....g | 0.766 | | 0 | A | 1 | 1.271 | | |
| Cystine.....g | 0.310 | | 0 | A | 1 | 0.514 | | |
| Phenylalanine.....g | 1.266 | | 0 | A | 1 | 2.102 | | |
| Tyrosine.....g | 1.072 | | 0 | A | 1 | 1.780 | | |
| Valine.....g | 1.839 | | 0 | A | 1 | 3.052 | | |
| Arginine.....g | 2.082 | | 0 | A | 1 | 3.456 | | |
| Histidine.....g | 1.097 | | 0 | A | 1 | 1.821 | | |
| Alanine.....g | 1.785 | | 0 | A | 1 | 2.963 | | |
| Aspartic acid.....g | 2.893 | | 0 | A | 1 | 4.803 | | |
| Glutamic acid.....g | 4.765 | | 0 | A | 1 | 7.910 | | |
| Glycine.....g | 1.442 | | 0 | A | 1 | 2.394 | | |
| Proline.....g | 1.244 | | 0 | A | 1 | 2.066 | | |
| Serine.....g | 1.161 | | 0 | A | 1 | 1.928 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 166g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36038

Restaurant, family style, spaghetti and meatballs

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|----------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.090 | | 0 | A | 1 | | 0.121 | 0.509 | |
| Threonine.....g | 0.330 | | 0 | A | 1 | | 0.442 | 1.865 | |
| Isoleucine.....g | 0.370 | | 0 | A | 1 | | 0.496 | 2.091 | |
| Leucine.....g | 0.710 | | 0 | A | 1 | | 0.951 | 4.011 | |
| Lysine.....g | 0.560 | | 0 | A | 1 | | 0.750 | 3.164 | |
| Methionine.....g | 0.190 | | 0 | A | 1 | | 0.254 | 1.073 | |
| Cystine.....g | 0.140 | | 0 | A | 1 | | 0.188 | 0.791 | |
| Phenylalanine.....g | 0.400 | | 0 | A | 1 | | 0.536 | 2.260 | |
| Tyrosine.....g | 0.250 | | 0 | A | 1 | | 0.335 | 1.413 | |
| Valine.....g | 0.450 | | 0 | A | 1 | | 0.603 | 2.542 | |
| Arginine.....g | 0.500 | | 0 | A | 1 | | 0.670 | 2.825 | |
| Histidine.....g | 0.270 | | 0 | A | 1 | | 0.362 | 1.526 | |
| Alanine.....g | 0.440 | | 0 | A | 1 | | 0.589 | 2.485 | |
| Aspartic acid.....g | 0.690 | | 0 | A | 1 | | 0.924 | 3.898 | |
| Glutamic acid.....g | 2.240 | | 0 | A | 1 | | 3.002 | 12.656 | |
| Glycine.....g | 0.460 | | 0 | A | 1 | | 0.616 | 2.599 | |
| Proline.....g | 0.790 | | 0 | A | 1 | | 1.059 | 4.464 | |
| Serine.....g | 0.390 | | 0 | A | 1 | | 0.522 | 2.203 | |
| Hydroxyproline.....g | 0.060 | | 1 | A | 1 | | 0.080 | 0.338 | |

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

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 565g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36006

T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded

T.G.I Friday's

Fridays, TGI Friday's, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 44.85 | | 1 | A | 1 | | 78.49 | | |
| Energy.....kcal | 302 | | 0 | NC | 4 | | 529 | | |
| Energy.....kJ | 1264 | | 0 | NC | 4 | | 2212 | | |
| Protein.....g | 11.87 | | 1 | A | 1 | | 20.78 | | |
| Total lipid (fat).....g | 19.02 | | 1 | A | 1 | | 33.29 | | |
| Ash.....g | 3.39 | | 1 | A | 1 | | 5.93 | | |
| Carbohydrate, by difference.....g | 20.87 | | 0 | NC | 4 | | 36.52 | | |
| Fiber, total dietary.....g | | | | | | | | | |
| Sugars, total.....g | | | | | | | | | |
| Starch.....g | 18.60 | | 1 | A | 1 | | 32.55 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 33 | | 1 | A | 1 | | 58 | | |
| Iron, Fe.....mg | 0.53 | | 1 | A | 1 | | 0.92 | | |
| Magnesium, Mg.....mg | 16 | | 1 | A | 1 | | 27 | | |
| Phosphorus, P.....mg | 226 | | 1 | A | 1 | | 396 | | |
| Potassium, K.....mg | 122 | | 1 | A | 1 | | 214 | | |
| Sodium, Na.....mg | 1210 | | 1 | A | 1 | | 2118 | | |
| Zinc, Zn.....mg | 0.73 | | 1 | A | 1 | | 1.27 | | |
| Copper, Cu.....mg | 0.138 | | 1 | A | 1 | | 0.241 | | |
| Manganese, Mn.....mg | 0.252 | | 1 | A | 1 | | 0.441 | | |
| Selenium, Se.....µg | | | | | | | | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.070 | | 1 | A | 1 | | 0.123 | | |
| Riboflavin.....mg | 0.091 | | 1 | A | 1 | | 0.159 | | |
| Niacin.....mg | 0.760 | | 1 | A | 1 | | 1.330 | | |
| Pantothenic acid.....mg | | | | | | | | | |
| Vitamin B-6.....mg | 0.090 | | 1 | A | 1 | | 0.158 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.23 | | 1 | A | 1 | | 0.40 | | |
| Vitamin A, RAE.....µg | 7 | | 0 | AS | 1 | | 13 | | |
| Vitamin A, IU.....IU | 25 | | 0 | AS | 1 | | 43 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 2.09 | | 1 | A | 1 | | 3.65 | | |
| Tocopherol, beta.....mg | 0.16 | | 1 | A | 1 | | 0.28 | | |
| Tocopherol, gamma.....mg | 4.42 | | 1 | A | 1 | | 7.74 | | |
| Tocopherol, delta.....mg | 3.06 | | 1 | A | 1 | | 5.36 | | |
| Tocotrienol, alpha.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, beta.....mg | 0.13 | | 1 | A | 1 | | 0.22 | | |
| Tocotrienol, gamma.....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, delta.....mg | 0.50 | | 1 | A | 1 | | 0.87 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | | | | | | | | | |
| Dihydrophylloquinone.....µg | | | | | | | | | |
| Menaquinone-4.....µg | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.501 | | 0 | NC | 4 | | 6.126 | | |
| 4:0.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.002 | | 1 | A | 1 | | 0.004 | | |
| 8:0.....g | 0.014 | | 1 | A | 1 | | 0.025 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion 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 | 0.007 | | 1 | A | 1 | | 0.012 | | |
| 12:0.....g | 0.005 | | 1 | A | 1 | | 0.009 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.022 | | 1 | A | 1 | | 0.038 | | |
| 15:0.....g | 0.005 | | 1 | A | 1 | | 0.009 | | |
| 16:0.....g | 2.029 | | 1 | A | 1 | | 3.551 | | |
| 17:0.....g | 0.023 | | 1 | A | 1 | | 0.040 | | |
| 18:0.....g | 1.241 | | 1 | A | 1 | | 2.172 | | |
| 20:0.....g | 0.065 | | 1 | A | 1 | | 0.114 | | |
| 22:0.....g | 0.065 | | 1 | A | 1 | | 0.114 | | |
| 24:0.....g | 0.023 | | 1 | A | 1 | | 0.040 | | |
| Fatty acids, total monounsaturated.....g | 4.383 | | 0 | NC | 4 | | 7.670 | | |
| 14:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.044 | | 0 | AS | 1 | | 0.077 | | |
| 16:1 c.....g | 0.043 | | 1 | A | 1 | | 0.075 | | |
| 16:1 t.....g | 0.001 | | 1 | A | 1 | | 0.002 | | |
| 17:1.....g | 0.010 | | 1 | A | 1 | | 0.017 | | |
| 18:1 undifferentiated.....g | 4.199 | | 0 | AS | 1 | | 7.348 | | |
| 18:1 c.....g | 4.154 | | 1 | A | 1 | | 7.269 | | |
| 18:1 t.....g | 0.045 | | 1 | A | 1 | | 0.079 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.130 | | 1 | A | 1 | | 0.227 | | |
| 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 | 9.527 | | 0 | NC | 4 | | 16.673 | | |
| 18:2 undifferentiated.....g | 8.371 | | 0 | AS | 1 | | 14.649 | | |
| 18:2 n-6 c,c.....g | 8.282 | | 1 | A | 1 | | 14.493 | | |
| 18:2 CLAs.....g | 0.020 | | 1 | A | 1 | | 0.035 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.069 | | 1 | A | 1 | | 0.121 | | |
| 18:3 undifferentiated.....g | 1.018 | | 0 | AS | 1 | | 1.781 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.931 | | 1 | A | 1 | | 1.629 | | |
| 18:3 n-6 c,c,c.....g | 0.087 | | 1 | A | 1 | | 0.152 | | |
| 18:3i.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.013 | | 1 | A | 1 | | 0.023 | | |
| 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 | 0.026 | | 1 | A | 1 | | 0.046 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.043 | | 1 | A | 1 | | 0.075 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.002 | | 1 | A | 1 | | 0.004 | | |
| 22:6 n-3 (DHA).....g | 0.055 | | 1 | A | 1 | | 0.096 | | |
| Fatty acids, total trans.....g | 0.115 | | 0 | NC | 4 | | 0.201 | | |
| Fatty acids, total trans-monoenoic.....g | 0.046 | | 0 | NC | 4 | | 0.081 | | |
| Fatty acids, total trans-polyenoic.....g | 0.069 | | 0 | NC | 4 | | 0.121 | | |
| Cholesterol.....mg | 89 | | 1 | A | 1 | | 156 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.137 | | 0 | A | 1 | | 0.240 | | |
| Threonine.....g | 0.458 | | 0 | A | 1 | | 0.802 | | |
| Isoleucine.....g | 0.530 | | 0 | A | 1 | | 0.927 | | |
| Leucine.....g | 0.963 | | 0 | A | 1 | | 1.686 | | |
| Lysine.....g | 0.945 | | 0 | A | 1 | | 1.654 | | |
| Methionine.....g | 0.318 | | 0 | A | 1 | | 0.556 | | |
| Cystine.....g | 0.155 | | 0 | A | 1 | | 0.271 | | |

NDB No. 36006

T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded

| Nutrients and Units | <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 | | | |
| Phenylalanine.....g | 0.521 | | 0 | A | 1 | 0.912 | | |
| Tyrosine.....g | 0.387 | | 0 | A | 1 | 0.678 | | |
| Valine.....g | 0.528 | | 0 | A | 1 | 0.925 | | |
| Arginine.....g | 0.970 | | 0 | A | 1 | 1.698 | | |
| Histidine.....g | 0.256 | | 0 | A | 1 | 0.448 | | |
| Alanine.....g | 0.651 | | 0 | A | 1 | 1.140 | | |
| Aspartic acid.....g | 1.177 | | 0 | A | 1 | 2.060 | | |
| Glutamic acid.....g | 2.323 | | 0 | A | 1 | 4.065 | | |
| Glycine.....g | 0.586 | | 0 | A | 1 | 1.026 | | |
| Proline.....g | 0.600 | | 0 | A | 1 | 1.051 | | |
| Serine.....g | 0.462 | | 0 | A | 1 | 0.809 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 175g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 3.905 | | 0 | NC | 4 | | 8.787 | | |
| 4:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.012 | | 2 | A | 1 | | 0.026 | | |
| 10:0.....g | 0.008 | | 2 | A | 1 | | 0.018 | | |
| 12:0.....g | 0.004 | | 2 | A | 1 | | 0.010 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.026 | | 2 | A | 1 | | 0.060 | | |
| 15:0.....g | 0.006 | | 2 | A | 1 | | 0.012 | | |
| 16:0.....g | 2.341 | | 2 | A | 1 | | 5.267 | | |
| 17:0.....g | 0.022 | | 2 | A | 1 | | 0.049 | | |
| 18:0.....g | 1.327 | | 2 | A | 1 | | 2.986 | | |
| 20:0.....g | 0.067 | | 2 | A | 1 | | 0.152 | | |
| 22:0.....g | 0.068 | | 2 | A | 1 | | 0.154 | | |
| 24:0.....g | 0.024 | | 2 | A | 1 | | 0.054 | | |
| Fatty acids, total monounsaturated.....g | 4.901 | | 0 | NC | 4 | | 11.027 | | |
| 14:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.064 | | 0 | AS | 1 | | 0.144 | | |
| 16:1 c.....g | 0.063 | | 2 | A | 1 | | 0.142 | | |
| 16:1 t.....g | 0.001 | | 2 | A | 1 | | 0.002 | | |
| 17:1.....g | 0.013 | | 2 | A | 1 | | 0.028 | | |
| 18:1 undifferentiated.....g | 4.684 | | 0 | AS | 1 | | 10.539 | | |
| 18:1 c.....g | 4.628 | | 2 | A | 1 | | 10.414 | | |
| 18:1 t.....g | 0.055 | | 2 | A | 1 | | 0.125 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.140 | | 2 | A | 1 | | 0.316 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 10.560 | | 0 | NC | 4 | | 23.761 | | |
| 18:2 undifferentiated.....g | 9.295 | | 0 | AS | 1 | | 20.913 | | |
| 18:2 n-6 c,c.....g | 9.145 | | 2 | A | 1 | | 20.576 | | |
| 18:2 CLAs.....g | 0.026 | | 2 | A | 1 | | 0.059 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.123 | | 2 | A | 1 | | 0.278 | | |
| 18:3 undifferentiated.....g | 1.191 | | 0 | AS | 1 | | 2.679 | | |
| 18:3 n-3 c,c,c (ALA).....g | 1.100 | | 2 | A | 1 | | 2.476 | | |
| 18:3 n-6 c,c,c.....g | 0.090 | | 2 | A | 1 | | 0.203 | | |
| 18:3i.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.013 | | 2 | A | 1 | | 0.028 | | |
| 20:3 undifferentiated.....g | 0.010 | | 0 | AS | 1 | | 0.023 | | |
| 20:3 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.010 | | 2 | A | 1 | | 0.023 | | |
| 20:4 undifferentiated.....g | 0.040 | | 2 | A | 1 | | 0.090 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.012 | | 2 | A | 1 | | 0.028 | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.180 | | 0 | NC | 4 | | 0.405 | | |
| Fatty acids, total trans-monoenoic.....g | 0.056 | | 0 | NC | 4 | | 0.127 | | |
| Fatty acids, total trans-polyenoic.....g | 0.123 | | 0 | NC | 4 | | 0.278 | | |
| Cholesterol.....mg | 46 | 4.103 | 3 | A | 1 | | 103 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.192 | | 0 | A | 1 | | 0.431 | | |
| Threonine.....g | 0.555 | | 0 | A | 1 | | 1.250 | | |

NDB No. 36020
 T.G.I. FRIDAY'S, chicken fingers

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.881 | | 0 | A | 1 | 1.983 | | |
| Leucine.....g | 1.437 | | 0 | A | 1 | 3.233 | | |
| Lysine.....g | 1.475 | | 0 | A | 1 | 3.319 | | |
| Methionine.....g | 0.469 | | 0 | A | 1 | 1.056 | | |
| Cystine.....g | 0.220 | | 0 | A | 1 | 0.496 | | |
| Phenylalanine.....g | 0.699 | | 0 | A | 1 | 1.573 | | |
| Tyrosine.....g | 0.498 | | 0 | A | 1 | 1.120 | | |
| Valine.....g | 0.958 | | 0 | A | 1 | 2.155 | | |
| Arginine.....g | 1.101 | | 0 | A | 1 | 2.478 | | |
| Histidine.....g | 0.632 | | 0 | A | 1 | 1.422 | | |
| Alanine.....g | 0.967 | | 0 | A | 1 | 2.176 | | |
| Aspartic acid.....g | 1.475 | | 0 | A | 1 | 3.319 | | |
| Glutamic acid.....g | 2.979 | | 0 | A | 1 | 6.702 | | |
| Glycine.....g | 0.747 | | 0 | A | 1 | 1.681 | | |
| Proline.....g | 1.398 | | 0 | A | 1 | 3.146 | | |
| Serine.....g | 0.584 | | 0 | A | 1 | 1.315 | | |
| Hydroxyproline.....g | 0.007 | | 1 | A | 1 | 0.017 | | |

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

Common Measures:

Measure 1 = 225g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36010

T.G.I. FRIDAY'S, chicken fingers, from kids' menu

T.G.I Friday's

Fridays, TGI Friday's, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 40.49 | 2.072 | 6 | A | 1 | | 16.60 | 57.09 | |
| Energy.....kcal | 330 | | 0 | NC | 4 | | 135 | 466 | |
| Energy.....kJ | 1382 | | 0 | NC | 4 | | 567 | 1949 | |
| Protein.....g | 18.11 | 0.695 | 6 | A | 1 | | 7.43 | 25.54 | |
| Total lipid (fat).....g | 20.78 | 1.053 | 6 | A | 1 | | 8.52 | 29.31 | |
| Ash.....g | 2.89 | 0.121 | 6 | A | 1 | | 1.19 | 4.08 | |
| Carbohydrate, by difference.....g | 17.72 | | 0 | NC | 4 | | 7.26 | 24.98 | |
| Fiber, total dietary.....g | 0.9 | 0.087 | 3 | A | 1 | | 0.4 | 1.3 | |
| Sugars, total.....g | 0.34 | 0.003 | 3 | A | 1 | | 0.14 | 0.47 | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose).....g | 0.34 | 0.003 | 3 | A | 1 | | 0.14 | 0.47 | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch.....g | 16.33 | 1.338 | 3 | A | 1 | | 6.70 | 23.03 | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 27 | 3.533 | 6 | A | 1 | | 11 | 39 | |
| Iron, Fe.....mg | 0.79 | 0.058 | 6 | A | 1 | | 0.32 | 1.11 | |
| Magnesium, Mg.....mg | 28 | 1.021 | 6 | A | 1 | | 11 | 39 | |
| Phosphorus, P.....mg | 338 | 13.819 | 6 | A | 1 | | 139 | 477 | |
| Potassium, K.....mg | 300 | 10.769 | 6 | A | 1 | | 123 | 423 | |
| Sodium, Na.....mg | 792 | 40.525 | 6 | A | 1 | | 325 | 1117 | |
| Zinc, Zn.....mg | 0.62 | 0.025 | 6 | A | 1 | | 0.25 | 0.88 | |
| Copper, Cu.....mg | 0.064 | 0.001 | 6 | A | 1 | | 0.026 | 0.090 | |
| Manganese, Mn.....mg | 0.236 | 0.017 | 6 | A | 1 | | 0.097 | 0.333 | |
| Selenium, Se.....µg | 28.0 | 2.470 | 3 | A | 1 | | 11.5 | 39.5 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | | | | | | | | | |
| Thiamin.....mg | 0.100 | 0.017 | 3 | A | 1 | | 0.041 | 0.141 | |
| Riboflavin.....mg | 0.183 | 0.007 | 3 | A | 1 | | 0.075 | 0.258 | |
| Niacin.....mg | 7.983 | 0.554 | 3 | A | 1 | | 3.273 | 11.256 | |
| Pantothenic acid.....mg | 1.720 | | 2 | A | 1 | | 0.705 | 2.425 | |
| Vitamin B-6.....mg | 0.430 | 0.029 | 3 | A | 1 | | 0.176 | 0.607 | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | 0.09 | 0.003 | 3 | A | 1 | | 0.04 | 0.13 | |
| Vitamin A, RAE.....µg | 2 | | 0 | AS | 1 | | 1 | 4 | |
| Vitamin A, IU.....IU | 10 | | 0 | AS | 1 | | 4 | 15 | |
| Lycopene.....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin.....µg | 52 | | 1 | A | 1 | | 21 | 74 | |
| Vitamin E (alpha-tocopherol).....mg | 1.85 | 0.264 | 3 | A | 1 | | 0.76 | 2.61 | |
| Tocopherol, beta.....mg | 0.24 | 0.014 | 3 | A | 1 | | 0.10 | 0.34 | |
| Tocopherol, gamma.....mg | 10.65 | 0.496 | 3 | A | 1 | | 4.37 | 15.02 | |
| Tocopherol, delta.....mg | 4.59 | 0.373 | 3 | A | 1 | | 1.88 | 6.47 | |
| Tocotrienol, alpha.....mg | 0.01 | 0.015 | 3 | A | 1 | | 0.01 | 0.02 | |
| Tocotrienol, beta.....mg | 0.10 | 0.101 | 3 | A | 1 | | 0.04 | 0.14 | |
| Tocotrienol, gamma.....mg | 0.04 | 0.039 | 3 | A | 1 | | 0.02 | 0.06 | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 25.4 | 3.110 | 3 | A | 1 | | 10.4 | 35.8 | |
| Dihydrophylloquinone.....µg | 0.3 | 0.300 | 3 | A | 1 | | 0.1 | 0.4 | |
| Menaquinone-4.....µg | 6.4 | 0.520 | 3 | A | 1 | | 2.6 | 9.0 | |

| 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 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 3.916 | | 0 | NC | 4 | | 1.605 | 5.521 | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0.....g | 0.010 | 0.004 | 3 | A | 1 | | 0.004 | 0.014 | |
| 10:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.002 | 0.007 | |
| 12:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.002 | 0.006 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.025 | 0.004 | 3 | A | 1 | | 0.010 | 0.035 | |
| 15:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.002 | 0.007 | |
| 16:0.....g | 2.348 | 0.220 | 3 | A | 1 | | 0.963 | 3.311 | |
| 17:0.....g | 0.023 | 0.003 | 3 | A | 1 | | 0.009 | 0.032 | |
| 18:0.....g | 1.333 | 0.148 | 3 | A | 1 | | 0.547 | 1.879 | |
| 20:0.....g | 0.068 | 0.007 | 3 | A | 1 | | 0.028 | 0.096 | |
| 22:0.....g | 0.069 | 0.007 | 3 | A | 1 | | 0.028 | 0.098 | |
| 24:0.....g | 0.025 | 0.002 | 3 | A | 1 | | 0.010 | 0.035 | |
| Fatty acids, total monounsaturated.....g | 4.893 | | 0 | NC | 4 | | 2.006 | 6.899 | |
| 14:1.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.001 | 0.002 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.061 | 0.006 | 3 | AS | 1 | | 0.025 | 0.086 | |
| 16:1 c.....g | 0.061 | 0.006 | 3 | A | 1 | | 0.025 | 0.086 | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.005 | 0.016 | |
| 18:1 undifferentiated.....g | 4.690 | 0.461 | 3 | AS | 1 | | 1.923 | 6.613 | |
| 18:1 c.....g | 4.648 | 0.441 | 3 | A | 1 | | 1.906 | 6.554 | |
| 18:1 t.....g | 0.042 | 0.023 | 3 | A | 1 | | 0.017 | 0.059 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.129 | 0.029 | 3 | A | 1 | | 0.053 | 0.182 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 11.003 | | 0 | NC | 4 | | 4.511 | 15.514 | |
| 18:2 undifferentiated.....g | 9.646 | 0.910 | 3 | AS | 1 | | 3.955 | 13.600 | |
| 18:2 n-6 c,c.....g | 9.506 | 0.879 | 3 | A | 1 | | 3.898 | 13.404 | |
| 18:2 CLAs.....g | 0.030 | 0.007 | 3 | A | 1 | | 0.012 | 0.042 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.110 | 0.031 | 3 | A | 1 | | 0.045 | 0.155 | |
| 18:3 undifferentiated.....g | 1.279 | 0.093 | 3 | AS | 1 | | 0.524 | 1.803 | |
| 18:3 n-3 c,c,c (ALA).....g | 1.198 | 0.083 | 3 | A | 1 | | 0.491 | 1.689 | |
| 18:3 n-6 c,c,c.....g | 0.081 | 0.024 | 3 | A | 1 | | 0.033 | 0.114 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.006 | 0.020 | |
| 20:3 undifferentiated.....g | 0.011 | 0.001 | 3 | AS | 1 | | 0.005 | 0.016 | |
| 20:3 n-3.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.001 | |
| 20:3 n-6.....g | 0.011 | 0.001 | 3 | A | 1 | | 0.004 | 0.015 | |
| 20:4 undifferentiated.....g | 0.041 | 0.002 | 3 | A | 1 | | 0.017 | 0.057 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.000 | 0.001 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.005 | 0.017 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.152 | | 0 | NC | 4 | | 0.062 | 0.214 | |
| Fatty acids, total trans-monoenoic.....g | 0.042 | | 0 | NC | 4 | | 0.017 | 0.059 | |
| Fatty acids, total trans-polyenoic.....g | 0.110 | | 0 | NC | 4 | | 0.045 | 0.155 | |
| Cholesterol.....mg | 44 | 1.822 | 3 | A | 1 | | 18 | 63 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.188 | | 0 | A | 1 | | 0.077 | 0.265 | |
| Threonine.....g | 0.574 | | 0 | A | 1 | | 0.235 | 0.809 | |

NDB No. 36010

T.G.I. FRIDAY'S, chicken fingers, from kids' menu

| Nutrients and Units | <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 | 0.841 | | 0 | A | 1 | 0.345 | 1.186 | |
| Leucine.....g | 1.395 | | 0 | A | 1 | 0.572 | 1.968 | |
| Lysine.....g | 1.475 | | 0 | A | 1 | 0.605 | 2.079 | |
| Methionine.....g | 0.445 | | 0 | A | 1 | 0.183 | 0.628 | |
| Cystine.....g | 0.228 | | 0 | A | 1 | 0.093 | 0.321 | |
| Phenylalanine.....g | 0.683 | | 0 | A | 1 | 0.280 | 0.963 | |
| Tyrosine.....g | 0.455 | | 0 | A | 1 | 0.187 | 0.642 | |
| Valine.....g | 0.930 | | 0 | A | 1 | 0.381 | 1.312 | |
| Arginine.....g | 1.079 | | 0 | A | 1 | 0.442 | 1.521 | |
| Histidine.....g | 0.614 | | 0 | A | 1 | 0.252 | 0.865 | |
| Alanine.....g | 0.940 | | 0 | A | 1 | 0.385 | 1.326 | |
| Aspartic acid.....g | 1.455 | | 0 | A | 1 | 0.597 | 2.052 | |
| Glutamic acid.....g | 2.890 | | 0 | A | 1 | 1.185 | 4.075 | |
| Glycine.....g | 0.752 | | 0 | A | 1 | 0.308 | 1.061 | |
| Proline.....g | 1.049 | | 0 | A | 1 | 0.430 | 1.479 | |
| Serine.....g | 0.594 | | 0 | A | 1 | 0.243 | 0.837 | |
| Hydroxyproline.....g | 0.007 | | 1 | A | 1 | 0.003 | 0.010 | |

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

Common Measures:

Measure 1 = 41g: 1 piece

Measure 2 = 141g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36011

T.G.I. FRIDAY'S, classic sirloin steak (10 oz)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.451 | | 0 | NC | 4 | | 4.314 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 10:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 12:0.....g | 0.005 | 0.000 | 3 | A | 1 | | 0.008 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.137 | 0.008 | 3 | A | 1 | | 0.242 | | |
| 15:0.....g | 0.023 | 0.004 | 3 | A | 1 | | 0.040 | | |
| 16:0.....g | 1.357 | 0.106 | 3 | A | 1 | | 2.389 | | |
| 17:0.....g | 0.067 | 0.003 | 3 | A | 1 | | 0.117 | | |
| 18:0.....g | 0.836 | 0.081 | 3 | A | 1 | | 1.471 | | |
| 20:0.....g | 0.008 | 0.002 | 3 | A | 1 | | 0.014 | | |
| 22:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.012 | | |
| 24:0.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.009 | | |
| Fatty acids, total monounsaturated.....g | 2.636 | | 0 | NC | 4 | | 4.639 | | |
| 14:1.....g | 0.032 | 0.003 | 3 | A | 1 | | 0.057 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.154 | 0.017 | 3 | AS | 1 | | 0.271 | | |
| 16:1 c.....g | 0.136 | 0.016 | 3 | A | 1 | | 0.240 | | |
| 16:1 t.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.032 | | |
| 17:1.....g | 0.044 | 0.003 | 3 | A | 1 | | 0.077 | | |
| 18:1 undifferentiated.....g | 2.390 | 0.224 | 3 | AS | 1 | | 4.206 | | |
| 18:1 c.....g | 2.161 | 0.232 | 3 | A | 1 | | 3.803 | | |
| 18:1 t.....g | 0.229 | 0.032 | 3 | A | 1 | | 0.403 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.016 | 0.002 | 3 | A | 1 | | 0.028 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.676 | | 0 | NC | 4 | | 1.190 | | |
| 18:2 undifferentiated.....g | 0.500 | 0.054 | 3 | AS | 1 | | 0.879 | | |
| 18:2 n-6 c,c.....g | 0.444 | 0.057 | 3 | A | 1 | | 0.781 | | |
| 18:2 CLAs.....g | 0.023 | 0.001 | 3 | A | 1 | | 0.041 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.033 | 0.003 | 3 | A | 1 | | 0.057 | | |
| 18:3 undifferentiated.....g | 0.030 | 0.006 | 3 | AS | 1 | | 0.052 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.028 | 0.007 | 3 | A | 1 | | 0.050 | | |
| 18:3 n-6 c,c,c.....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.007 | | |
| 20:3 undifferentiated.....g | 0.027 | 0.002 | 3 | AS | 1 | | 0.047 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.026 | 0.002 | 3 | A | 1 | | 0.045 | | |
| 20:4 undifferentiated.....g | 0.078 | 0.010 | 3 | A | 1 | | 0.137 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.006 | 0.001 | 3 | A | 1 | | 0.011 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.013 | 0.002 | 3 | A | 1 | | 0.022 | | |
| 22:5 n-3 (DPA).....g | 0.018 | 0.003 | 3 | A | 1 | | 0.032 | | |
| 22:6 n-3 (DHA).....g | 0.001 | 0.001 | 3 | A | 1 | | 0.002 | | |
| Fatty acids, total trans.....g | 0.280 | | 0 | NC | 4 | | 0.492 | | |
| Fatty acids, total trans-monoenoic.....g | 0.247 | | 0 | NC | 4 | | 0.435 | | |
| Fatty acids, total trans-polyenoic.....g | 0.033 | | 0 | NC | 4 | | 0.057 | | |
| Cholesterol.....mg | 95 | 4.078 | 3 | A | 1 | | 167 | | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.415 | | 0 | A | 1 | | 0.731 | | |
| Threonine.....g | 1.451 | | 0 | A | 1 | | 2.554 | | |

NDB No. 36011

T.G.I. FRIDAY'S, classic sirloin steak (10 oz)

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 1.539 | | 0 | A | 1 | 2.708 | | |
| Leucine.....g | 2.631 | | 0 | A | 1 | 4.630 | | |
| Lysine.....g | 2.699 | | 0 | A | 1 | 4.750 | | |
| Methionine.....g | 0.828 | | 0 | A | 1 | 1.457 | | |
| Cystine.....g | 0.332 | | 0 | A | 1 | 0.585 | | |
| Phenylalanine.....g | 1.314 | | 0 | A | 1 | 2.312 | | |
| Tyrosine.....g | 1.138 | | 0 | A | 1 | 2.003 | | |
| Valine.....g | 1.604 | | 0 | A | 1 | 2.823 | | |
| Arginine.....g | 2.174 | | 0 | A | 1 | 3.827 | | |
| Histidine.....g | 1.177 | | 0 | A | 1 | 2.071 | | |
| Alanine.....g | 1.851 | | 0 | A | 1 | 3.258 | | |
| Aspartic acid.....g | 2.970 | | 0 | A | 1 | 5.228 | | |
| Glutamic acid.....g | 4.892 | | 0 | A | 1 | 8.610 | | |
| Glycine.....g | 1.488 | | 0 | A | 1 | 2.619 | | |
| Proline.....g | 1.308 | | 0 | A | 1 | 2.302 | | |
| Serine.....g | 1.182 | | 0 | A | 1 | 2.081 | | |
| Hydroxyproline.....g | | | | | | | | |

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

Common Measures:

Measure 1 = 176g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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

NDB No. 36007

T.G.I. FRIDAY'S, french fries

T.G.I Friday's

Fridays, TGI Friday's, family style

Refuse:0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | Amount in edible portion of common measures of food | | | |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water.....g | 42.23 | 0.719 | 6 | A | 1 | | 77.70 | | |
| Energy.....kcal | 296 | | 0 | NC | 4 | | 545 | | |
| Energy.....kJ | 1238 | | 0 | NC | 4 | | 2278 | | |
| Protein.....g | 3.74 | 0.179 | 6 | A | 1 | | 6.88 | | |
| Total lipid (fat).....g | 14.82 | 0.726 | 6 | A | 1 | | 27.27 | | |
| Ash.....g | 2.31 | 0.327 | 6 | A | 1 | | 4.24 | | |
| Carbohydrate, by difference.....g | 36.90 | | 0 | NC | 4 | | 67.90 | | |
| Fiber, total dietary.....g | 4.1 | 0.140 | 3 | A | 1 | | 7.6 | | |
| Sugars, total.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Sucrose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Glucose (dextrose).....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Fructose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Lactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose.....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch.....g | 32.87 | 0.467 | 3 | A | 1 | | 60.47 | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca.....mg | 19 | 0.987 | 6 | A | 1 | | 34 | | |
| Iron, Fe.....mg | 0.98 | 0.028 | 6 | A | 1 | | 1.81 | | |
| Magnesium, Mg.....mg | 31 | 1.396 | 6 | A | 1 | | 57 | | |
| Phosphorus, P.....mg | 121 | 7.890 | 6 | A | 1 | | 222 | | |
| Potassium, K.....mg | 604 | 31.471 | 6 | A | 1 | | 1111 | | |
| Sodium, Na.....mg | 409 | 105.417 | 6 | A | 1 | | 752 | | |
| Zinc, Zn.....mg | 0.57 | 0.026 | 6 | A | 1 | | 1.06 | | |
| Copper, Cu.....mg | 0.115 | 0.011 | 6 | A | 1 | | 0.212 | | |
| Manganese, Mn.....mg | 0.259 | 0.011 | 6 | A | 1 | | 0.476 | | |
| Selenium, Se.....µg | 0.4 | 0.000 | 6 | A | 1 | | 0.8 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid.....mg | 1.1 | 0.321 | 3 | A | 1 | | 1.9 | | |
| Thiamin.....mg | 0.107 | 0.009 | 3 | A | 1 | | 0.196 | | |
| Riboflavin.....mg | 0.064 | 0.001 | 3 | A | 1 | | 0.118 | | |
| Niacin.....mg | 2.797 | 0.236 | 3 | A | 1 | | 5.146 | | |
| Pantothenic acid.....mg | 0.530 | | 2 | A | 1 | | 0.975 | | |
| Vitamin B-6.....mg | 0.282 | 0.004 | 3 | A | 1 | | 0.519 | | |
| Folate, total.....µg | | | | | | | | | |
| Folate, DFE.....µg | | | | | | | | | |
| Choline, total.....mg | | | | | | | | | |
| Betaine.....mg | | | | | | | | | |
| Vitamin B-12.....µg | | | | | | | | | |
| Vitamin A, RAE.....µg | 0 | | 0 | AS | 1 | | 0 | | |
| Vitamin A, IU.....IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene.....µg | | | | | | | | | |
| Lutein + zeaxanthin.....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol).....mg | 1.09 | 0.084 | 3 | A | 1 | | 2.01 | | |
| Tocopherol, beta.....mg | 0.13 | 0.020 | 3 | A | 1 | | 0.25 | | |
| Tocopherol, gamma.....mg | 7.92 | 0.815 | 3 | A | 1 | | 14.57 | | |
| Tocopherol, delta.....mg | 3.04 | 0.397 | 3 | A | 1 | | 5.59 | | |
| Tocotrienol, alpha.....mg | 0.02 | 0.022 | 3 | A | 1 | | 0.04 | | |
| Tocotrienol, beta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma.....mg | 0.04 | 0.021 | 3 | A | 1 | | 0.08 | | |
| Tocotrienol, delta.....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3).....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol).....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol).....µg | | | | | | | | | |
| Vitamin D.....IU | | | | | | | | | |
| Vitamin K (phylloquinone).....µg | 43.1 | 3.560 | 3 | A | 1 | | 79.3 | | |
| Dihydrophylloquinone.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Menaquinone-4.....µg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated.....g | 2.600 | | 0 | NC | 4 | | 4.784 | | |
| 4:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 6:0.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 8:0.....g | 0.006 | 0.000 | 3 | A | 1 | | 0.010 | | |
| 10:0.....g | 0.004 | 0.001 | 3 | A | 1 | | 0.007 | | |
| 12:0.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.017 | 0.001 | 3 | A | 1 | | 0.031 | | |
| 15:0.....g | 0.003 | 0.000 | 3 | A | 1 | | 0.006 | | |
| 16:0.....g | 1.510 | 0.037 | 3 | A | 1 | | 2.779 | | |
| 17:0.....g | 0.015 | 0.001 | 3 | A | 1 | | 0.028 | | |
| 18:0.....g | 0.931 | 0.064 | 3 | A | 1 | | 1.713 | | |
| 20:0.....g | 0.050 | 0.002 | 3 | A | 1 | | 0.092 | | |
| 22:0.....g | 0.045 | 0.002 | 3 | A | 1 | | 0.082 | | |
| 24:0.....g | 0.018 | 0.001 | 3 | A | 1 | | 0.034 | | |
| Fatty acids, total monounsaturated.....g | 3.356 | | 0 | NC | 4 | | 6.175 | | |
| 14:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.016 | 0.002 | 3 | AS | 1 | | 0.029 | | |
| 16:1 c.....g | 0.016 | 0.002 | 3 | A | 1 | | 0.029 | | |
| 16:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 17:1.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.014 | | |
| 18:1 undifferentiated.....g | 3.252 | 0.049 | 3 | AS | 1 | | 5.983 | | |
| 18:1 c.....g | 3.217 | 0.052 | 3 | A | 1 | | 5.919 | | |
| 18:1 t.....g | 0.035 | 0.009 | 3 | A | 1 | | 0.064 | | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.081 | 0.006 | 3 | A | 1 | | 0.150 | | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 7.473 | | 0 | NC | 4 | | 13.750 | | |
| 18:2 undifferentiated.....g | 6.522 | 0.421 | 3 | AS | 1 | | 12.000 | | |
| 18:2 n-6 c,c.....g | 6.447 | 0.414 | 3 | A | 1 | | 11.862 | | |
| 18:2 CLAs.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.015 | | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.067 | 0.012 | 3 | A | 1 | | 0.123 | | |
| 18:3 undifferentiated.....g | 0.940 | 0.059 | 3 | AS | 1 | | 1.729 | | |
| 18:3 n-3 c,c,c (ALA).....g | 0.891 | 0.055 | 3 | A | 1 | | 1.640 | | |
| 18:3 n-6 c,c,c.....g | 0.048 | 0.008 | 3 | A | 1 | | 0.089 | | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.005 | 0.001 | 3 | A | 1 | | 0.010 | | |
| 20:3 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:3 n-6.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.006 | 0.000 | 3 | A | 1 | | 0.011 | | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.102 | | 0 | NC | 4 | | 0.187 | | |
| Fatty acids, total trans-monoenoic.....g | 0.035 | | 0 | NC | 4 | | 0.064 | | |
| Fatty acids, total trans-polyenoic.....g | 0.067 | | 0 | NC | 4 | | 0.123 | | |
| Cholesterol.....mg | 1 | | 1 | A | 1 | | 3 | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | 8 | | 1 | A | 1 | | 14 | | |
| Campesterol.....mg | 12 | | 1 | A | 1 | | 22 | | |
| Beta-sitosterol.....mg | 28 | | 1 | A | 1 | | 51 | | |

NDB No. 36007
T.G.I. FRIDAY'S, french fries

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

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

Common Measures:

Measure 1 = 184g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 7.172 | | 0 | NC | 4 | | 2.510 | 15.205 | |
| 4:0.....g | 0.181 | 0.003 | 3 | A | 1 | | 0.063 | 0.383 | |
| 6:0.....g | 0.149 | 0.003 | 3 | A | 1 | | 0.052 | 0.316 | |
| 8:0.....g | 0.099 | 0.001 | 3 | A | 1 | | 0.035 | 0.210 | |
| 10:0.....g | 0.242 | 0.006 | 3 | A | 1 | | 0.085 | 0.514 | |
| 12:0.....g | 0.284 | 0.007 | 3 | A | 1 | | 0.099 | 0.603 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.911 | 0.018 | 3 | A | 1 | | 0.319 | 1.932 | |
| 15:0.....g | 0.099 | 0.002 | 3 | A | 1 | | 0.035 | 0.209 | |
| 16:0.....g | 3.576 | 0.049 | 3 | A | 1 | | 1.252 | 7.581 | |
| 17:0.....g | 0.068 | 0.001 | 3 | A | 1 | | 0.024 | 0.143 | |
| 18:0.....g | 1.467 | 0.005 | 3 | A | 1 | | 0.514 | 3.111 | |
| 20:0.....g | 0.044 | 0.001 | 3 | A | 1 | | 0.016 | 0.094 | |
| 22:0.....g | 0.036 | 0.001 | 3 | A | 1 | | 0.013 | 0.076 | |
| 24:0.....g | 0.016 | 0.001 | 3 | A | 1 | | 0.006 | 0.034 | |
| Fatty acids, total monounsaturated.....g | 4.481 | | 0 | NC | 4 | | 1.568 | 9.500 | |
| 14:1.....g | 0.096 | 0.001 | 3 | A | 1 | | 0.034 | 0.204 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.176 | 0.002 | 3 | AS | 1 | | 0.061 | 0.372 | |
| 16:1 c.....g | 0.145 | 0.003 | 3 | A | 1 | | 0.051 | 0.307 | |
| 16:1 t.....g | 0.031 | 0.001 | 3 | A | 1 | | 0.011 | 0.065 | |
| 17:1.....g | 0.025 | 0.000 | 3 | A | 1 | | 0.009 | 0.054 | |
| 18:1 undifferentiated.....g | 4.108 | 0.082 | 3 | AS | 1 | | 1.438 | 8.709 | |
| 18:1 c.....g | 3.898 | 0.079 | 3 | A | 1 | | 1.364 | 8.264 | |
| 18:1 t.....g | 0.210 | 0.005 | 3 | A | 1 | | 0.074 | 0.445 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.076 | 0.004 | 3 | A | 1 | | 0.026 | 0.160 | |
| 22:1 undifferentiated.....g | 0.000 | 0.000 | 3 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 5.261 | | 0 | NC | 4 | | 1.841 | 11.153 | |
| 18:2 undifferentiated.....g | 4.579 | 0.104 | 3 | AS | 1 | | 1.603 | 9.707 | |
| 18:2 n-6 c,c.....g | 4.427 | 0.118 | 3 | A | 1 | | 1.549 | 9.385 | |
| 18:2 CLAs.....g | 0.053 | 0.002 | 3 | A | 1 | | 0.018 | 0.112 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.099 | 0.013 | 3 | A | 1 | | 0.035 | 0.210 | |
| 18:3 undifferentiated.....g | 0.618 | 0.036 | 3 | AS | 1 | | 0.216 | 1.311 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.584 | 0.042 | 3 | A | 1 | | 0.204 | 1.239 | |
| 18:3 n-6 c,c,c.....g | 0.032 | 0.005 | 3 | A | 1 | | 0.011 | 0.068 | |
| 18:3i.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.001 | 0.004 | |
| 18:4.....g | 0.002 | 0.001 | 3 | A | 1 | | 0.001 | 0.004 | |
| 20:2 n-6 c,c.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.002 | 0.013 | |
| 20:3 undifferentiated.....g | 0.013 | 0.000 | 3 | AS | 1 | | 0.004 | 0.027 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.012 | 0.001 | 3 | A | 1 | | 0.004 | 0.026 | |
| 20:4 undifferentiated.....g | 0.026 | 0.000 | 3 | A | 1 | | 0.009 | 0.054 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.004 | 0.000 | 3 | A | 1 | | 0.001 | 0.008 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.002 | 0.013 | |
| 22:5 n-3 (DPA).....g | 0.007 | 0.000 | 3 | A | 1 | | 0.002 | 0.014 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.342 | | 0 | NC | 4 | | 0.120 | 0.724 | |
| Fatty acids, total trans-monoenoic.....g | 0.241 | | 0 | NC | 4 | | 0.084 | 0.510 | |
| Fatty acids, total trans-polyenoic.....g | 0.101 | | 0 | NC | 4 | | 0.035 | 0.214 | |
| Cholesterol.....mg | 43 | 0.696 | 3 | A | 1 | | 15 | 91 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.169 | | 0 | A | 1 | | 0.059 | 0.358 | |
| Threonine.....g | 0.377 | | 0 | A | 1 | | 0.132 | 0.800 | |

NDB No. 36008
 T.G.I. FRIDAY'S, fried mozzarella

| Nutrients and Units | Amount in 100 grams of edible portion | | | | Amount in edible portion of common measures of food | | | |
|----------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
| | Mean | Std. Error | Number | | | Measure 1 | Measure 2 | Measure 3 |
| | | | of Data Points | Deriv Code | Source Code | | | |
| Isoleucine.....g | 0.785 | | 0 | A | 1 | 0.275 | 1.663 | |
| Leucine.....g | 1.490 | | 0 | A | 1 | 0.521 | 3.158 | |
| Lysine.....g | 1.073 | | 0 | A | 1 | 0.375 | 2.274 | |
| Methionine.....g | 0.417 | | 0 | A | 1 | 0.146 | 0.884 | |
| Cystine.....g | 0.199 | | 0 | A | 1 | 0.070 | 0.421 | |
| Phenylalanine.....g | 0.844 | | 0 | A | 1 | 0.295 | 1.790 | |
| Tyrosine.....g | 0.626 | | 0 | A | 1 | 0.219 | 1.326 | |
| Valine.....g | 1.013 | | 0 | A | 1 | 0.355 | 2.147 | |
| Arginine.....g | 0.636 | | 0 | A | 1 | 0.222 | 1.347 | |
| Histidine.....g | 0.467 | | 0 | A | 1 | 0.163 | 0.989 | |
| Alanine.....g | 0.477 | | 0 | A | 1 | 0.167 | 1.010 | |
| Aspartic acid.....g | 1.033 | | 0 | A | 1 | 0.361 | 2.190 | |
| Glutamic acid.....g | 3.744 | | 0 | A | 1 | 1.310 | 7.938 | |
| Glycine.....g | 0.367 | | 0 | A | 1 | 0.129 | 0.779 | |
| Proline.....g | 1.788 | | 0 | A | 1 | 0.626 | 3.790 | |
| Serine.....g | 0.656 | | 0 | A | 1 | 0.229 | 1.390 | |
| 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 = 35g: 1 piece

Measure 2 = 212g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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 | 1.630 | | 0 | NC | 4 | | 2.348 | 3.847 | |
| 4:0.....g | 0.050 | 0.007 | 3 | A | 1 | | 0.072 | 0.119 | |
| 6:0.....g | 0.039 | 0.006 | 3 | A | 1 | | 0.056 | 0.091 | |
| 8:0.....g | 0.025 | 0.004 | 3 | A | 1 | | 0.035 | 0.058 | |
| 10:0.....g | 0.064 | 0.009 | 3 | A | 1 | | 0.092 | 0.150 | |
| 12:0.....g | 0.070 | 0.010 | 3 | A | 1 | | 0.101 | 0.166 | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.225 | 0.028 | 3 | A | 1 | | 0.324 | 0.532 | |
| 15:0.....g | 0.026 | 0.003 | 3 | A | 1 | | 0.037 | 0.061 | |
| 16:0.....g | 0.798 | 0.082 | 3 | A | 1 | | 1.149 | 1.882 | |
| 17:0.....g | 0.017 | 0.002 | 3 | A | 1 | | 0.024 | 0.039 | |
| 18:0.....g | 0.298 | 0.037 | 3 | A | 1 | | 0.429 | 0.702 | |
| 20:0.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.010 | 0.017 | |
| 22:0.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.009 | 0.014 | |
| 24:0.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.005 | 0.009 | |
| Fatty acids, total monounsaturated.....g | 0.899 | | 0 | NC | 4 | | 1.295 | 2.123 | |
| 14:1.....g | 0.023 | 0.003 | 3 | A | 1 | | 0.033 | 0.054 | |
| 15:1.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.040 | 0.005 | 3 | AS | 1 | | 0.057 | 0.094 | |
| 16:1 c.....g | 0.032 | 0.004 | 3 | A | 1 | | 0.046 | 0.075 | |
| 16:1 t.....g | 0.008 | 0.001 | 3 | A | 1 | | 0.012 | 0.020 | |
| 17:1.....g | 0.006 | 0.001 | 3 | A | 1 | | 0.009 | 0.014 | |
| 18:1 undifferentiated.....g | 0.815 | 0.071 | 3 | AS | 1 | | 1.173 | 1.922 | |
| 18:1 c.....g | 0.753 | 0.064 | 3 | A | 1 | | 1.085 | 1.778 | |
| 18:1 t.....g | 0.061 | 0.007 | 3 | A | 1 | | 0.088 | 0.145 | |
| 18:1-11 t (18:1t n-7).....g | | | | | | | | | |
| 20:1.....g | 0.014 | 0.001 | 3 | A | 1 | | 0.020 | 0.033 | |
| 22:1 undifferentiated.....g | 0.002 | 0.001 | 3 | AS | 1 | | 0.003 | 0.005 | |
| 22:1 c.....g | 0.002 | 0.002 | 3 | A | 1 | | 0.002 | 0.004 | |
| 22:1 t.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.001 | |
| 24:1 c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 0.720 | | 0 | NC | 4 | | 1.036 | 1.698 | |
| 18:2 undifferentiated.....g | 0.635 | 0.045 | 3 | AS | 1 | | 0.915 | 1.499 | |
| 18:2 n-6 c,c.....g | 0.594 | 0.041 | 3 | A | 1 | | 0.855 | 1.402 | |
| 18:2 CLAs.....g | 0.014 | 0.004 | 3 | A | 1 | | 0.021 | 0.034 | |
| 18:2 t,t.....g | | | | | | | | | |
| 18:2 i.....g | | | | | | | | | |
| 18:2 t not further defined.....g | 0.027 | 0.002 | 3 | A | 1 | | 0.039 | 0.064 | |
| 18:3 undifferentiated.....g | 0.073 | 0.006 | 3 | AS | 1 | | 0.106 | 0.173 | |
| 18:3 n-3 c,c,c (ALA).....g | 0.070 | 0.006 | 3 | A | 1 | | 0.101 | 0.166 | |
| 18:3 n-6 c,c,c.....g | 0.003 | 0.001 | 3 | A | 1 | | 0.004 | 0.007 | |
| 18:3i.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated.....g | 0.004 | 0.000 | 3 | AS | 1 | | 0.006 | 0.009 | |
| 20:3 n-3.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6.....g | 0.004 | 0.000 | 3 | A | 1 | | 0.006 | 0.009 | |
| 20:4 undifferentiated.....g | 0.007 | 0.001 | 3 | A | 1 | | 0.010 | 0.017 | |
| 20:4 n-6.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA).....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | 0.097 | | 0 | NC | 4 | | 0.139 | 0.229 | |
| Fatty acids, total trans-monoenoic.....g | 0.070 | | 0 | NC | 4 | | 0.101 | 0.165 | |
| Fatty acids, total trans-polyenoic.....g | 0.027 | | 0 | NC | 4 | | 0.039 | 0.064 | |
| Cholesterol.....mg | 8 | 1.271 | 3 | A | 1 | | 12 | 20 | |
| Phytosterols.....mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan.....g | 0.065 | | 0 | A | 1 | | 0.094 | 0.155 | |
| Threonine.....g | 0.180 | | 0 | A | 1 | | 0.259 | 0.425 | |

NDB No. 36009

T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu

| Nutrients and Units | <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 | 0.225 | | 0 | A | 1 | 0.324 | 0.532 | |
| Leucine.....g | 0.424 | | 0 | A | 1 | 0.611 | 1.001 | |
| Lysine.....g | 0.305 | | 0 | A | 1 | 0.439 | 0.719 | |
| Methionine.....g | 0.102 | | 0 | A | 1 | 0.147 | 0.242 | |
| Cystine.....g | 0.068 | | 0 | A | 1 | 0.098 | 0.161 | |
| Phenylalanine.....g | 0.251 | | 0 | A | 1 | 0.361 | 0.592 | |
| Tyrosine.....g | 0.182 | | 0 | A | 1 | 0.262 | 0.430 | |
| Valine.....g | 0.285 | | 0 | A | 1 | 0.410 | 0.673 | |
| Arginine.....g | 0.180 | | 0 | A | 1 | 0.259 | 0.424 | |
| Histidine.....g | 0.135 | | 0 | A | 1 | 0.194 | 0.318 | |
| Alanine.....g | 0.164 | | 0 | A | 1 | 0.236 | 0.387 | |
| Aspartic acid.....g | 0.307 | | 0 | A | 1 | 0.443 | 0.725 | |
| Glutamic acid.....g | 1.343 | | 0 | A | 1 | 1.934 | 3.169 | |
| Glycine.....g | 0.128 | | 0 | A | 1 | 0.184 | 0.301 | |
| Proline.....g | 0.529 | | 0 | A | 1 | 0.761 | 1.247 | |
| Serine.....g | 0.252 | | 0 | A | 1 | 0.363 | 0.594 | |
| 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 = 144g: 1 cup

Measure 2 = 236g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

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