USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Magnesium, Mg (mg) ; Protein (g) ; Energy (kcal)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 05:06 EDT

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
20060	Rice bran, crude	118.0	1.0 cup	922	15.75	373
19304	Molasses	337.0	1.0 cup	816	0.00	977
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	764	39.00	721
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	747	44.96	672
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	678	38.50	337
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	656	48.56	754
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	649	35.21	677
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	649	35.21	677
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	594	50.19	722
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	564	40.63	579
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	556	30.60	602
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	556	39.83	573
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	553	52.18	706
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	521	67.87	830
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	518	30.68	946
43299	Soybean, curd cheese	225.0	1.0 cup	513	28.12	340
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	505	25.53	825
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	500	19.05	876
20001	Amaranth grain, uncooked	193.0	1.0 cup	479	26.17	716
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	443	21.71	726
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	443	21.71	726
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	435	43.12	676
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	430	33.33	953
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	430	33.33	953
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	430	33.33	953
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	429	16.86	196
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	409	15.57	189
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	399	38.20	602
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	393	45.39	722

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
20008	Buckwheat	170.0	1.0 cup	393	22.52	583
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	391	49.39	718
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	389	31.03	856
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	387	11.59	473
12061	Nuts, almonds	143.0	1.0 cup, whole	386	30.24	828
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	385	28.92	825
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	385	28.92	825
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	384	47.19	673
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	382	44.02	720
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	380	41.65	677
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	375	44.48	703
16119	Soy meal, defatted, raw	122.0	1.0 cup	373	60.02	411
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	364	46.45	701
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	362	19.24	567
12145	Nuts, pilinuts, dried	120.0	1.0 cup	362	12.96	863
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	361	22.35	886
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	361	22.35	886
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	360	31.76	365
16076	Lupins, mature seeds, raw	180.0	1.0 cup	356	65.11	668
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	356	20.97	786
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	356	20.97	786
20142	Teff, uncooked	193.0	1.0 cup	355	25.67	708
20077	Wheat bran, crude	58.0	1.0 cup	354	9.02	125
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	352	21.72	748
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	352	21.72	749
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	346	34.61	631
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	346	40.00	620
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	346	26.16	855
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	340	41.34	670
12147	Nuts, pine nuts, dried	135.0	1.0 cup	339	18.48	909
20035	Quinoa, uncooked	170.0	1.0 cup	335	24.00	626
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	332	41.90	662
19355	Syrups, sorghum	330.0	1.0 cup	330	0.00	957
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	326	53.96	744
20067	Sorghum grain	192.0	1.0 cup	317	20.39	632
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	314	32.38	373

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12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	308	23.70	814
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	307	39.28	561
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	307	32.27	853
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	307	26.85	813
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	307	26.85	813
16117	Soy flour, defatted	105.0	1.0 cup	304	54.03	343
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	304	44.91	653
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	302	33.40	165
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	301	15.14	402
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	297	25.54	795
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	294	44.84	607
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	294	39.10	624
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	293	257.50	1300
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	288	39.18	512
12084	Nuts, butternuts, dried	120.0	1.0 cup	284	29.88	734
20088	Wild rice, raw	160.0	1.0 cup	283	23.57	571
20076	Wheat, durum	192.0	1.0 cup	276	26.27	651
20038	Oats	156.0	1.0 cup	276	26.35	607
20078	Wheat germ, crude	115.0	1.0 cup	275	26.62	414
16091	Peanuts, spanish, raw	146.0	1.0 cup	274	38.18	832
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	272	14.25	688
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	269	36.99	827
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	269	36.99	827
16093	Peanuts, valencia, raw	146.0	1.0 cup	269	36.63	832
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	267	23.76	834
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	260	35.55	857
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	258	43.39	613
01115	Whey, sweet, dried	145.0	1.0 cup	255	18.75	512
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	254	46.61	605
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	254	41.46	620
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	253	40.36	863
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	253	40.36	863
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	251	30.08	774
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	251	43.83	327
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	250	13.00	304

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16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	250	39.14	648
16095	Peanuts, virginia, raw	146.0	1.0 cup	250	36.78	822
20069	Triticale	192.0	1.0 cup	250	25.06	645
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	249	66.31	807
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	249	66.31	807
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	247	41.17	851
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	247	41.17	851
20004	Barley, hulled	184.0	1.0 cup	245	22.96	651
20072	Wheat, hard red winter	192.0	1.0 cup	242	24.21	628
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	242	27.04	627
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	242	254.67	1174
19352	Syrups, malt	332.0	1.0 cup	239	20.58	1056
20071	Wheat, hard red spring	192.0	1.0 cup	238	29.57	632
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	237	20.70	693
19059	Snacks, trail mix, regular	150.0	1.0 cup	237	20.70	693
20140	Spelt, uncooked	174.0	1.0 cup	237	25.35	588
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	235	20.73	707
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	235	20.73	707
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	232	8.98	235
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	230	38.94	848
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	230	38.94	848
20012	Bulgur, dry	140.0	1.0 cup	230	17.21	479
20031	Millet, raw	200.0	1.0 cup	228	22.04	756
16099	Peanut flour, defatted	60.0	1.0 cup	222	31.32	196
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	221	30.76	209
20033	Oat bran, raw	94.0	1.0 cup	221	16.26	231
11667	Seaweed, spirulina, dried	112.0	1.0 cup	218	64.37	325
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	215	13.92	104
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	215	13.95	679
90560	Mollusks, snail, raw	85.0	3.0 oz	212	13.69	76
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	212	40.29	418
20073	Wheat, soft red winter	168.0	1.0 cup	212	17.39	556
20014	Corn grain, yellow	166.0	1.0 cup	211	15.64	606
20314	Corn grain, white	166.0	1.0 cup	211	15.64	606
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	210	9.47	166
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	208	15.26	788

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08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	205	16.68	597
20063	Rye flour, dark	128.0	1.0 cup	205	20.36	416
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	203	14.13	94
16113	Natto	175.0	1.0 cup	201	33.95	369
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	200	50.00	309
20070	Triticale flour, whole-grain	130.0	1.0 cup	199	17.13	439
11432	Radishes, oriental, dried	116.0	1.0 cup	197	9.16	314
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	196	16.44	744
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	196	7.14	811
16106	Meat extender	88.0	1.0 cup	190	36.70	274
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	187	17.19	722
20062	Rye grain	169.0	1.0 cup	186	17.47	571
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	185	17.82	765
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	185	30.74	889
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	184	13.82	207
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	184	13.82	207
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	184	13.79	587
20074	Wheat, hard white	192.0	1.0 cup	179	21.72	657
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	178	8.14	558
19367	Toppings, nuts in syrup	328.0	1.0 cup	177	14.76	1469
20090	Rice flour, brown	158.0	1.0 cup	177	11.42	574
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	174	12.05	212
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	174	12.29	189
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	174	12.38	208
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	174	10.60	962
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	173	23.06	829
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	173	23.06	829
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	171	27.08	799
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	171	27.08	799
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	170	0.00	290
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	169	9.62	247
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	168	11.87	285
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	168	11.87	285

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16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	168	14.18	202
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	168	14.18	202
11450	Soybeans, green, raw	256.0	1.0 cup	166	33.15	376
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	165	24.74	699
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	165	24.74	745
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	165	24.74	745
20080	Wheat flour, whole-grain	120.0	1.0 cup	164	15.85	408
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	164	13.90	200
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	164	13.90	200
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	163	6.01	49
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	162	33.45	1818
20002	Amaranth grain, cooked	246.0	1.0 cup	160	9.35	251
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	159	15.79	227
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	159	15.79	227
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	158	40.94	756
20005	Barley, pearled, raw	200.0	1.0 cup	158	19.82	704
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	158	9.96	193
20131	Barley malt flour	162.0	1.0 cup	157	16.65	585
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	157	5.35	41
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	157	5.35	41
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	156	10.28	948
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	156	10.28	945
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	155	9.91	442
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	155	9.91	442
16157	Chickpea flour (besan)	92.0	1.0 cup	153	20.60	356
20075	Wheat, soft white	168.0	1.0 cup	151	17.96	571
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	150	3.29	35
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	150	3.29	35
20132	Oat flour, partially debranned	104.0	1.0 cup	150	15.25	420
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	150	9.56	269
20648	Sorghum flour, whole-grain	121.0	1.0 cup	149	10.20	434
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	149	24.80	689
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	148	21.80	714
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	148	31.32	296
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	148	31.32	296
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	147	5.04	1509

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15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	146	40.53	234
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	146	13.98	1064
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	145	58.95	779
21270	TACO BELL, Taco Salad	533.0	1.0 item	144	35.66	906
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	143	19.52	773
20130	Barley flour or meal	148.0	1.0 cup	142	15.54	511
20647	Millet flour	119.0	1.0 cup	142	12.79	455
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	140	10.17	232
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	140	13.36	218
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	140	20.00	332
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	140	25.00	198
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	138	8.90	212
11616	Dock, raw	133.0	1.0 cup, chopped	137	2.66	29
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	135	4.23	431
16114	Tempeh	166.0	1.0 cup	134	33.68	319
19061	Snacks, trail mix, tropical	140.0	1.0 cup	134	8.82	619
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	134	25.89	700
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	134	25.89	704
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	134	19.31	299
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	134	19.31	299
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	134	19.02	299
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	133	10.12	786
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	133	10.12	786
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	133	9.79	168
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	132	6.00	89
12142	Nuts, pecans	109.0	1.0 cup, chopped	132	10.00	753
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	131	4.94	44
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	131	4.94	44
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	131	16.21	255
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	131	16.21	255
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	130	44.30	960
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	130	19.44	171

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	130	93.70	1698
09287	Prickly pears, raw	149.0	1.0 cup	127	1.09	61
20143	Teff, cooked	252.0	1.0 cup	126	9.75	255
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	126	11.58	209
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	126	11.58	209
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	125	148.22	1201
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	125	7.83	375
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	124	23.36	838
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	123	19.73	296
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	123	7.25	96
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	122	16.06	254
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	122	16.06	254
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	120	15.24	227
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	120	15.24	227
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	120	78.39	1603
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	120	21.39	696
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	120	17.30	294
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	120	17.30	294
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	118	8.34	190
20137	Quinoa, cooked	185.0	1.0 cup	118	8.14	222
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	117	5.66	45
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	116	12.62	320
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	115	9.47	189
16059	Chili with beans, canned	256.0	1.0 cup	115	15.67	264
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	115	10.53	321
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	114	12.65	245
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	114	8.23	189
01113	Whey, acid, dried	57.0	1.0 cup	113	6.69	193
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	113	13.57	189
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	113	13.57	189
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	113	8.79	190
16144	Lentils, pink or red, raw	192.0	1.0 cup	113	45.91	687
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	113	17.42	249
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	113	17.42	249

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	112	4.07	80
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	112	10.65	307
09322	Tamarinds, raw	120.0	1.0 cup, pulp	110	3.36	287
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	110	15.31	252
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	110	15.31	252
20316	Corn flour, whole-grain, white	117.0	1.0 cup	109	8.11	422
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	109	8.11	422
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	109	33.69	635
16005	Beans, baked, home prepared	253.0	1.0 cup	109	14.02	392
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	108	7.08	219
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	108	22.23	254
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	108	3.89	346
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	108	5.48	148
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	108	5.48	148
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	108	22.23	254
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	107	10.01	420
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	107	9.65	267
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	107	2.64	31
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	106	9.64	414
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	106	9.64	414
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	106	9.64	414
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	106	71.31	1765
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	105	6.40	70
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	105	10.10	407
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	105	10.10	407
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	105	45.80	835
43476	Tofu yogurt	262.0	1.0 cup	105	9.17	246
11955	Tomatoes, sun-dried	54.0	1.0 cup	105	7.62	139
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	105	11.09	209
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	104	33.78	722
05305	Ground turkey, raw	453.6	1.0 lb	104	89.18	671
11413	Potato flour	160.0	1.0 cup	104	11.04	571
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	104	4.57	445
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	104	56.69	658
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	104	35.35	897

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	104	6.00	202
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	104	21.86	196
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	103	6.58	199
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	103	6.45	200
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	103	11.43	108
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	102	8.73	149
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	102	9.73	213
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	102	9.73	221
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	102	64.41	698
09094	Figs, dried, uncooked	149.0	1.0 cup	101	4.92	371
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	101	4.81	160
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	101	12.55	253
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	101	11.97	189
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	101	13.00	355
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	101	11.97	189
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	101	49.49	845
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	100	2.11	116
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	100	4.59	147
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	100	10.00	235
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	100	9.99	200
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	100	73.95	1570
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	100	10.00	239
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	99	10.10	97
11212	Edamame, frozen, prepared	155.0	1.0 cup	99	18.46	188
20126	Spaghetti, spinach, dry	57.0	2.0 oz	99	7.61	212
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	99	12.48	228
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	99	4.48	191
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	99	12.48	228
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	99	19.81	283
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	98	4.81	161
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	98	3.70	39
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	98	3.70	39
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	97	19.99	373

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	97	42.74	742
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	97	14.18	212
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	97	2.81	32
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	97	14.18	212
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	97	46.93	693
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	96	14.63	229
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	96	14.63	229
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	96	14.98	255
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	96	14.98	255
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	96	6.81	146
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	96	69.02	1578
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	96	35.46	469
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	96	14.21	94
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	96	7.06	212
20141	Spelt, cooked	194.0	1.0 cup	95	10.67	246
12006	Seeds, chia seeds, dried	28.35	1.0 oz	95	4.69	138
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	95	4.15	186
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	95	12.29	329
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	94	30.45	635
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	94	32.08	670
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	94	11.88	190
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	94	30.19	658
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	93	16.13	308
09451	Horned melon (Kiwano)	233.0	1.0 cup	93	4.15	103
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	93	18.27	253
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	93	18.27	253
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	93	47.60	776
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	92	12.78	201
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	92	14.30	592
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	92	14.30	592
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	92	11.25	702
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	92	6.29	385
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	92	6.29	388
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	91	22.86	1188

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	91	44.03	603
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	91	8.25	108
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	91	15.13	240
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	91	15.13	240
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	91	13.22	198
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	91	13.22	198
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	91	27.15	652
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	91	16.98	320
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	90	10.67	176
16069	Lentils, raw	192.0	1.0 cup	90	47.29	676
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	90	12.75	327
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	90	7.86	290
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	90	6.24	142
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	90	25.85	193
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	90	25.85	198
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	89	18.04	93
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	89	5.57	234
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	89	5.50	552
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	89	4.32	113
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	89	19.36	316
20087	Wheat, sprouted	108.0	1.0 cup	89	8.09	214
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88	14.74	209
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88	16.53	241
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88	16.53	241
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88	14.74	209
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	88	2.30	115
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	88	2.30	115
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	88	14.37	222
16172	Refried beans, canned, fat-free	231.0	1.0 cup	88	12.34	182
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	88	89.97	382
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	88	2.03	206
20034	Oat bran, cooked	219.0	1.0 cup	--	7.03	88

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11683	Carrot, dehydrated	74.0	1.0 cup	87	5.99	252
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	87	6.41	182
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	87	14.06	447
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	86	7.58	290
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	86	40.64	603
16009	Beans, baked, canned, with pork	253.0	1.0 cup	86	13.13	268
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	86	5.23	160
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	86	4.52	218
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	86	5.23	155
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	86	46.07	590
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	86	5.68	155
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	86	12.01	329
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	86	15.41	245
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	86	15.41	245
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	85	20.99	231
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	85	20.83	230
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	85	14.43	223
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	85	14.43	224
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	85	16.16	219
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	85	16.16	219
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	85	12.41	234
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	84	4.88	447
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	84	25.93	130
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	84	10.09	176
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	84	41.68	696
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	84	14.47	218
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	84	14.47	218
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	84	11.65	336
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	84	6.88	266
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	84	12.67	231
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	83	11.85	214
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	83	11.85	212

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	83	14.40	216
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	83	24.30	203
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	83	5.17	157
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	83	9.82	227
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	82	27.58	341
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	82	12.45	216
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	82	14.00	182
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	82	19.89	530
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	81	12.14	266
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	81	14.66	216
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	81	14.66	216
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	81	16.94	152
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	81	6.28	281
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	81	15.33	339
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	81	14.41	370
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	81	31.52	655
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	80	4.50	202
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	80	6.00	170
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	80	21.23	330
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	80	15.35	225
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	80	15.35	225
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	80	15.35	225
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	80	23.87	243
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	80	23.87	243
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	79	11.04	197
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	79	11.04	197
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	79	54.26	1644
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	79	7.92	247
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	79	5.53	248
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	79	14.53	269
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	79	14.53	269
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	79	4.08	302
20066	Semolina, enriched	167.0	1.0 cup	78	21.18	601
20466	Semolina, unenriched	167.0	1.0 cup	78	21.18	601

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	78	48.67	614
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	78	5.06	172
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	78	3.81	32
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	78	3.81	32
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	77	11.36	203
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	77	11.36	203
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	77	1.71	21
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	77	1.71	21
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	77	88.17	402
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	77	4.19	60
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	77	3.86	485
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	77	13.36	207
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	77	13.36	207
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	77	29.05	569
20032	Millet, cooked	174.0	1.0 cup	77	6.11	207
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	76	20.36	488
20028	Couscous, dry	173.0	1.0 cup	76	22.07	650
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	76	2.40	399
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	76	46.60	641
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	76	2.00	140
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	76	35.29	615
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	76	57.74	1061
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	76	9.15	237
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	76	2.81	387
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	75	8.77	288
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	75	3.43	134
09095	Figs, dried, stewed	259.0	1.0 cup	75	3.68	277
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	75	29.18	678
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	75	4.51	194
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	75	5.83	381
11122	Cardoon, raw	178.0	1.0 cup, shredded	75	1.25	30
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	75	11.25	261
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	74	8.18	199

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	74	16.80	218
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	74	15.35	225
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	74	16.80	218
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	74	2.47	36
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	74	2.47	36
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	74	4.28	130
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	73	13.79	486
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	73	13.79	495
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	73	12.92	187
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	73	21.18	100
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	73	12.92	187
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	73	20.26	116
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	73	21.76	181
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	73	3.57	357
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	73	11.07	881
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	73	2.79	28
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	73	2.79	28
16008	Beans, baked, canned, with franks	259.0	1.0 cup	73	17.48	368
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	72	10.81	303
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	72	4.55	188
11211	Edamame, frozen, unprepared	118.0	1.0 cup	72	13.24	129
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	72	6.51	209
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	72	5.00	190
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	71	10.32	175
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	71	10.32	175
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	71	3.79	418
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	71	17.86	230
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	71	17.86	226
19154	Candies, sesame crunch	28.35	1.0 oz	71	3.29	146
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	71	27.43	666
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	71	26.00	150
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	71	16.35	231
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	71	16.35	227

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11964	Nopales, cooked, without salt	149.0	1.0 cup	70	2.01	22
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	70	10.41	334
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	70	5.70	60
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	70	5.70	60
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	69	24.40	444
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	69	26.83	493
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	69	16.80	332
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	69	13.36	215
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	69	20.70	94
28322	Bagels, multigrain	81.0	1.0 piece bagel	69	8.02	195
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	69	2.97	98
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	69	6.87	270
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	69	12.06	239
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	68	16.72	509
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	68	5.19	229
09446	Plantains, green, fried	118.0	1.0 cup	68	1.77	365
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	68	12.89	702
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	68	12.89	702
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	68	5.36	252
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	68	7.04	289
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	68	6.00	190
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	68	6.00	190
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	68	14.04	259
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	68	11.61	490
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	68	11.61	490
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	67	12.09	363
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	67	55.02	898
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	67	52.14	942
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	67	52.14	942
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	67	4.93	106
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	67	10.56	149
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	67	5.78	382

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	67	11.38	185
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	67	22.64	454
09038	Avocados, raw, California	230.0	1.0 cup, pureed	67	4.51	384
16007	Beans, baked, canned, with beef	266.0	1.0 cup	66	16.97	322
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	66	40.83	513
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	66	3.28	178
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	66	2.57	358
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	66	16.54	321
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	66	5.67	377
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	66	3.90	212
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	66	17.84	352
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	65	42.03	731
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	65	5.78	172
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	65	10.23	231
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	65	5.68	172
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	65	11.81	211
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	65	11.81	211
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	65	16.23	323
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	65	15.47	177
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	65	2.21	170
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	64	6.14	292
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	64	6.37	212
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	64	6.33	213
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	64	8.50	200
20064	Rye flour, medium	102.0	1.0 cup	64	11.10	356
09278	Plantains, cooked	200.0	1.0 cup, mashed	64	1.58	232
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	64	6.29	212
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	64	4.00	196
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	64	1.64	83
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	64	1.64	83
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	64	26.12	312
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	64	6.36	229

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
36045	ON THE BORDER, refried beans	135.0	1.0 cup	63	9.86	194
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	63	6.45	505
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	63	28.19	154
09087	Dates, deglet noor	147.0	1.0 cup, chopped	63	3.60	415
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	63	5.94	166
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	63	7.01	174
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	63	5.94	166
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	63	5.09	242
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	63	13.60	379
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	63	13.60	387
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	63	43.92	356
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	63	41.01	621
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	63	65.47	373
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	63	4.07	203
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	62	15.70	303
14066	Beverages, Protein powder whey based	32.0	0.33 cup	62	25.00	113
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	62	8.58	134
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	62	8.58	134
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	62	27.55	129
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	62	4.81	314
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	62	15.42	302
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	62	27.78	524
19117	Candies, halavah, plain	28.35	1.0 oz	62	3.54	133
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	62	5.89	229
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	62	5.81	490
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	61	4.29	201
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	61	26.65	579
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	61	9.32	187
11514	Sweet potato, canned, mashed	255.0	1.0 cup	61	5.05	258
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	61	9.12	170

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	61	9.12	170
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	61	5.48	293
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	61	5.34	158
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	61	14.27	244
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	61	17.88	351
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	61	5.55	159
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	61	5.85	233
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	61	21.26	387
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	61	10.24	170
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	61	1.99	51
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	61	7.95	131
09040	Bananas, raw	225.0	1.0 cup, mashed	61	2.45	200
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	61	6.56	150
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	61	20.42	458
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	61	20.42	458
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	61	40.83	473
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	60	6.38	188
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	60	16.81	270
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	60	17.16	340
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	60	4.79	228
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	60	14.61	212
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	60	27.76	460
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	60	2.67	77
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	60	1.73	46
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	60	7.33	192
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	60	7.80	188
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	60	8.00	193
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	60	16.03	1246
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	59	1.84	82
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	59	1.84	82
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	59	5.88	192
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	59	3.37	472

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	59	4.14	474
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	59	13.99	633
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	59	13.99	616
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	59	4.49	249
09085	Currants, zante, dried	144.0	1.0 cup	59	5.88	408
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	59	30.25	360
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	59	4.49	249
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	59	1.88	28
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	59	21.53	377
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	59	51.21	747
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	59	14.48	369
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	59	47.49	762
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	59	3.44	316
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	59	4.72	133
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	59	47.49	734
11525	Taro, tahitian, raw	125.0	1.0 cup slices	59	3.49	55
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	59	21.04	312
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	59	32.93	290
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	58	5.88	175
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	58	37.95	607
20013	Bulgur, cooked	182.0	1.0 cup	58	5.61	151
36027	DENNY'S, chicken strips	194.0	1.0 serving	58	37.19	572
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	58	36.68	310
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	58	5.06	202
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	58	2.89	94
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	58	5.78	230
09297	Raisins, golden seedless	165.0	1.0 cup, packed	58	5.59	498
11349	Poi	240.0	1.0 cup	58	0.91	269
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	58	5.69	230
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	58	2.34	22
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	58	2.34	22
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	58	8.80	192
42279	Babyfood, peas and brown rice	230.0	1.0 cup	58	7.82	147
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	58	4.12	95

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	58	4.12	95
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	57	7.02	188
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	57	6.88	545
11278	Okra, raw	100.0	1.0 cup	57	1.93	33
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	57	24.78	116
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	57	16.52	78
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	57	35.36	790
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	57	5.29	170
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	56	14.26	312
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	56	9.21	160
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	56	7.96	76
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	56	7.96	76
11846	Pumpkin, canned, with salt	245.0	1.0 cup	56	2.70	83
11424	Pumpkin, canned, without salt	245.0	1.0 cup	56	2.70	83
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	56	4.93	210
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	56	4.21	232
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	56	28.32	366
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	56	25.79	549
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	56	40.51	716
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	56	12.62	239
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	56	4.86	322
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	56	8.90	201
16055	Carob flour	103.0	1.0 cup	56	4.76	229
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	56	45.73	1232
11961	Hearts of palm, canned	146.0	1.0 cup	55	3.68	41
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	55	43.32	273
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	55	34.44	231
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	55	16.94	441
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	55	16.94	434
20061	Rice flour, white, unenriched	158.0	1.0 cup	55	9.40	578
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	55	17.49	104
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	55	5.13	276
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	55	31.69	492
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	55	2.96	90

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09059	Breadfruit, raw	220.0	1.0 cup	55	2.35	227
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	55	4.63	213
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	55	5.00	195
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	55	22.64	565
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	55	22.64	572
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	55	5.02	220
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	55	12.48	853
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	55	32.84	418
09277	Plantains, raw	148.0	1.0 cup, sliced	55	1.92	181
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	55	26.15	572
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	55	31.26	363
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	55	31.75	1197
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	55	4.68	413
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	55	4.93	212
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	55	4.93	212
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	55	3.10	41
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	55	2.09	20
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	55	2.09	19
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	54	25.42	156
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	54	49.99	692
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	54	8.20	192
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	54	33.14	403
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	54	4.02	180
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	54	3.20	32
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	54	3.20	32
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	54	3.09	96
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	54	16.41	296
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	54	7.11	191
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	54	7.11	191
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	54	4.74	125
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	54	7.42	162
15044	Fish, ling, raw	85.0	3.0 oz	54	16.14	74
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	54	20.16	98
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	54	23.87	125

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	53	2.98	181
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	53	4.00	279
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	53	4.84	150
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	53	4.84	150
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	53	0.01	131
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	53	46.51	490
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	53	39.88	419
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	53	23.77	125
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	53	5.41	162
09298	Raisins, seedless	165.0	1.0 cup, packed	53	5.07	493
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	53	2.88	58
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	53	5.41	162
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	53	47.73	467
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	53	7.42	162
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	53	12.94	162
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	52	2.35	102
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	52	5.15	235
09043	Blackberry juice, canned	250.0	1.0 cup	52	0.75	95
20089	Wild rice, cooked	164.0	1.0 cup	52	6.54	166
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	52	24.87	353
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	52	24.87	353
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	52	31.25	678
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	52	45.32	772
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	52	7.37	162
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	52	6.75	184
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	52	15.37	502
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	52	29.22	524
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	52	29.22	517
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	52	5.22	76
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	52	5.22	76
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	52	5.24	143
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	52	30.49	495

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	52	4.51	205
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	52	2.46	48
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	52	2.46	48
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	52	30.27	535
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	52	6.16	194
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	52	37.98	704
21083	Fast foods, taco salad	198.0	1.5 cup	51	13.23	279
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	51	36.14	796
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	51	3.68	296
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	51	8.32	125
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	51	7.70	188
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	51	7.70	188
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	51	4.93	143
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	51	25.35	139
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	51	41.60	451
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	51	17.85	129
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	51	5.05	61
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	51	27.61	134
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	51	5.05	61
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	51	4.68	210
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	51	45.03	568
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	51	3.87	185
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	51	7.69	202
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	51	17.79	321
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	51	39.50	726
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	51	8.75	152
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	51	8.75	152
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	51	8.66	254
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	51	2.41	37
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	51	11.90	198
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	51	2.54	109
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	50	6.90	166

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	50	4.76	198
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	50	3.47	61
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	50	3.47	64
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	50	3.68	176
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	50	27.64	470
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	50	11.16	581
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	50	11.16	581
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	50	11.16	581
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	50	11.16	581
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	50	5.00	206
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	50	47.72	315
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	50	5.36	39
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	50	3.40	190
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	50	33.08	505
18968	Bagels, wheat	98.0	1.0 bagel	50	10.00	245
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	50	13.39	308
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	50	13.89	692
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	50	13.89	692
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	50	15.34	575
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	50	1.74	164
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	50	5.34	203
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	50	2.76	99
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	50	2.76	99
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	50	34.28	540
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	50	18.13	315
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	50	2.47	42
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	50	2.47	42
09299	Raisins, seeded	165.0	1.0 cup, packed	50	4.16	488
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	50	36.73	220
15005	Fish, bluefish, raw	150.0	1.0 fillet	50	30.06	186
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	49	2.51	85
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	49	23.42	468
36014	Restaurant, family style, french fries	170.0	1.0 serving	49	5.93	491

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	49	7.45	169
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	49	18.97	94
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	49	54.60	345
36036	Restaurant, family style, onion rings	259.0	1.0 serving	49	12.67	922
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	49	32.66	754
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	49	24.95	531
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	49	33.12	162
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	49	30.06	186
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	49	14.66	415
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	49	4.26	183
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	49	1.19	111
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	49	12.40	323
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	49	12.40	323
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	49	31.60	513
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	49	3.22	78
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	49	2.61	110
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	49	2.61	110
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	49	34.25	800
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	49	6.84	206
20015	Corn bran, crude	76.0	1.0 cup	49	6.35	170
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	49	34.75	255
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	49	14.09	67
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	49	4.86	136
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	49	10.37	190
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	49	24.14	112
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	49	33.30	595
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	48	42.04	532
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	48	6.63	161
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	48	4.06	183
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	48	5.06	166
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	48	5.06	166
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	48	5.06	166
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	48	5.06	166

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01057	Eggnog	254.0	1.0 cup	48	11.56	224
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	48	11.87	338
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	48	11.87	338
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	48	7.51	109
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	48	5.78	309
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	48	10.32	190
22911	Chili, no beans, canned entree	240.0	1.0 cup	48	18.07	283
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	48	3.94	42
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	48	14.80	244
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	48	2.88	65
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	48	30.92	739
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	48	8.59	226
09144	Jackfruit, raw	165.0	1.0 cup, sliced	48	2.84	157
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	48	5.13	155
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	48	4.34	208
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	48	5.13	155
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	48	5.13	155
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	48	5.13	155
11304	Peas, green, raw	145.0	1.0 cup	48	7.86	117
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	48	15.59	316
16087	Peanuts, all types, raw	28.35	1.0 oz	48	7.31	161
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	48	19.21	428
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	48	16.69	161
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	48	1.40	63
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	48	11.42	626
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	48	15.03	432
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	48	6.58	181
36002	APPLEBEE'S, french fries	164.0	1.0 serving	48	5.43	476
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	48	9.98	188
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	47	25.36	665
43541	Ice creams, chocolate, rich	148.0	1.0 cup	47	6.99	371
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	47	5.00	189

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	47	14.72	292
09315	Soursop, raw	225.0	1.0 cup, pulp	47	2.25	148
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	47	4.53	350
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	47	13.38	556
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	47	13.38	570
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	47	30.43	148
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	47	26.65	148
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	47	2.70	308
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	47	3.65	178
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	47	63.87	785
15074	Fish, sablefish, raw	85.0	3.0 oz	47	11.40	166
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	47	2.07	180
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	47	3.49	188
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	47	11.39	98
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	47	10.27	198
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	47	3.55	86
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	47	3.82	103
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	47	7.03	216
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	47	7.03	216
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	47	24.92	499
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	46	2.68	466
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	46	4.96	189
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	46	3.51	309
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	46	14.04	283
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	46	3.51	81
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	46	12.96	280
11613	Borage, raw	89.0	1.0 cup (1" pieces)	46	1.60	19
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	46	11.13	182
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	46	13.19	675
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	46	13.19	675
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	46	4.21	134
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	46	4.21	130
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	46	12.61	231

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	46	5.32	70
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	46	6.07	200
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	46	5.06	134
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	46	13.00	716
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	46	13.00	716
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	46	21.47	461
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	46	6.00	58
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	46	12.83	191
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	46	0.00	78
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	46	24.16	569
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	46	15.84	304
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	46	4.84	188
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	46	4.75	211
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	46	2.47	38
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	46	22.07	302
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	46	5.00	180
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	45	3.88	178
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	45	6.93	151
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	45	42.53	289
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	45	26.70	146
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	45	7.66	168
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	45	31.82	576
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	45	5.08	102
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	45	5.08	102
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	45	1.00	41
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	45	4.78	193
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	45	8.72	231
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	45	10.23	233
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	45	11.99	344
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	45	27.09	529
11620	Drumstick pods, raw	100.0	1.0 cup slices	45	2.10	37
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	45	30.44	468

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	45	30.44	466
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	45	35.09	522
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	45	1.81	85
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	45	49.47	324
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	45	5.60	80
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	45	5.60	83
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	45	1.12	56
11963	Nopales, raw	86.0	1.0 cup, sliced	45	1.14	14
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	45	2.34	111
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	45	4.48	109
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	45	2.38	265
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	45	3.35	98
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	45	3.35	98
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	45	2.28	374
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	45	4.78	194
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	45	4.73	194
36610	DENNY'S, french fries	165.0	1.0 serving	45	5.63	465
18283	Muffins, oat bran	28.35	1.0 oz	45	1.98	77
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	44	4.34	192
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	44	8.59	133
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	44	10.09	332
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	44	28.01	558
14287	Beverages, Lemonade, powder	18.0	1.0 serving	44	0.00	68
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	44	32.78	214
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	44	1.80	74
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	44	22.11	458
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	44	1.06	79
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	44	27.00	480
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	44	24.70	368
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	44	24.70	368
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	44	4.42	215
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	44	6.27	168

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	44	5.68	162
01109	Milk, sheep, fluid	245.0	1.0 cup	44	14.65	265
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	44	5.25	69
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	44	4.40	51
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	44	28.43	646
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	44	25.89	563
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	44	29.03	513
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	44	6.48	183
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	44	16.60	493
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	44	2.63	49
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	44	31.47	564
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	44	2.63	49
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	44	25.83	512
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	44	21.46	311
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	44	21.46	311
01040	Cheese, swiss	132.0	1.0 cup, diced	44	35.59	519
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	44	4.45	184
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	44	3.35	236
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	44	4.45	184
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	44	4.45	184
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	44	3.66	119
42186	Frozen yogurts, chocolate	174.0	1.0 cup	44	5.22	221
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	44	3.00	240
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	43	20.87	398
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	43	8.85	195
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	43	4.21	200
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	43	17.69	395
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	43	22.45	122
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	43	2.66	388
15129	Fish, turbot, european, raw	85.0	3.0 oz	43	13.64	81
11134	Cassava, raw	206.0	1.0 cup	43	2.80	330
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	43	1.64	36
11426	Pumpkin pie mix, canned	270.0	1.0 cup	43	2.94	281

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	43	1.64	36
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	43	5.15	197
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	43	1.44	156
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	43	14.27	429
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	43	2.79	193
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	43	7.64	168
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	43	3.57	120
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	43	3.57	122
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	43	3.00	216
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	43	4.80	537
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	43	4.27	184
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	43	5.49	48
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	43	40.78	345
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	43	4.47	159
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	43	12.60	684
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	42	19.83	122
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	42	21.10	98
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	42	14.29	255
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	42	16.78	270
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	42	16.78	270
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	42	47.60	307
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	42	4.00	180
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	42	4.11	119
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	42	26.14	128
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	42	5.19	145
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	42	5.19	145
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	42	7.65	202
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	42	5.05	88
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	42	13.71	300
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	42	2.41	392
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	42	0.99	153

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	42	42.52	285
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	42	25.58	468
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	42	12.40	230
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	42	3.60	132
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	42	3.98	328
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	42	4.42	221
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	42	4.47	244
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	42	43.42	254
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	42	1.65	148
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	42	5.98	114
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	42	0.96	126
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	42	10.13	346
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	42	31.63	164
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	42	15.55	71
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	42	17.83	110
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	42	40.94	523
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	42	15.72	76
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	42	4.21	315
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	42	4.41	313
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	42	5.23	67
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	42	5.23	64
11973	Beans, fava, in pod, raw	126.0	1.0 cup	42	9.98	111
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	42	4.68	249
09140	Guavas, strawberry, raw	244.0	1.0 cup	41	1.42	168
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	41	3.70	138
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	41	6.10	78
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	41	4.29	166
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	41	5.76	58
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	41	4.00	233
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	41	9.34	270
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	41	5.76	58
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	41	1.38	155

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	41	5.86	234
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	41	2.81	94
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	41	24.82	444
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	41	26.81	438
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	41	27.44	168
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	41	4.29	280
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	41	40.87	226
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	41	4.99	164
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	41	4.99	164
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	41	3.96	165
35147	Tamales (Navajo)	186.0	1.0 piece	41	11.68	285
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	41	5.33	62
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	41	1.61	28
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	41	5.40	229
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	41	2.32	324
11658	Spinach souffle	136.0	1.0 cup	41	10.73	234
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	41	14.54	89
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	41	0.89	198
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	41	45.95	269
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	41	19.17	410
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	41	43.43	231
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	41	34.62	468
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	41	22.97	406
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	40	3.16	305
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	40	5.01	149
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	40	8.40	185
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	40	1.88	55
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	40	27.33	767
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	40	6.00	169
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	40	0.91	131
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	40	11.01	239
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	40	5.27	231
11972	Lemon grass (citronella), raw	67.0	1.0 cup	40	1.22	66

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	40	5.93	234
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	40	2.14	75
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	40	4.50	205
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	40	4.85	192
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	40	4.00	168
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	40	26.41	150
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	40	3.00	100
11199	Yardlong bean, raw	91.0	1.0 cup slices	40	2.55	43
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	40	2.96	95
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	40	15.00	211
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	40	9.12	285
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	40	18.57	97
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	40	4.61	162
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	40	4.30	227
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	40	5.15	63
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	40	5.15	63
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	40	4.12	237
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	40	4.30	227
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	40	1.46	11
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	40	39.66	217
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	40	8.93	225
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	40	9.73	228
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	40	18.04	93
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	40	5.00	212
11878	Taro, cooked, with salt	132.0	1.0 cup slices	40	0.69	187
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	40	0.69	187
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	40	30.74	319
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	40	14.90	190
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	40	2.94	72
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	39	3.83	122
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	39	9.99	213
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	39	1.97	69

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	39	9.67	118
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	39	9.74	101
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	39	9.72	138
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	39	27.53	464
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	39	38.15	214
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	39	20.62	417
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	39	20.62	419
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	39	10.99	124
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	39	7.20	191
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	39	39.99	251
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	39	4.87	55
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	39	4.87	57
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39	7.33	158
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	39	7.33	158
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	39	29.98	135
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	39	40.68	266
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	39	6.81	195
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	39	0.88	216
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	39	2.47	32
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	39	2.47	32
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	39	7.05	107
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	39	6.00	100
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	39	5.01	119
16237	SILK Chocolate, soymilk	243.0	1.0 cup	39	5.01	141
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	39	7.00	80
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	39	7.00	109
16238	SILK Light Plain, soymilk	243.0	1.0 cup	39	6.00	70
16235	SILK Plain, soymilk	243.0	1.0 cup	39	7.00	100
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	39	6.95	80

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	39	6.00	129
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	39	6.00	100
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	39	6.00	80
16236	SILK Vanilla, soymilk	243.0	1.0 cup	39	6.00	100
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	39	8.29	158
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	39	8.29	161
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	39	1.93	103
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	39	6.00	178
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	39	10.96	168
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	39	3.01	169
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	39	3.98	158
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	39	29.43	576
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	39	29.43	576
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	39	11.04	308
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	39	7.73	53
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	39	39.12	287
11298	Parsnips, raw	133.0	1.0 cup slices	39	1.60	100
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	38	4.99	156
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	38	11.09	185
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	38	4.99	156
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	38	8.06	211
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	38	4.45	189
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	38	8.37	160
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	38	38.25	207
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	38	14.80	73
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	38	17.60	115
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	38	5.86	348
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	38	2.98	226
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	38	3.72	52
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	38	20.00	265
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	38	23.13	106
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	38	23.12	296

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	38	23.12	294
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	38	39.07	263
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	38	2.03	131
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	38	3.96	158
15022	Fish, cusk, raw	122.0	1.0 fillet	38	23.17	106
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	38	3.99	237
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	38	38.84	269
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	38	42.80	307
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	38	41.72	276
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	38	3.91	237
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	38	43.27	242
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	38	4.01	174
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	38	2.58	341
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	38	3.68	151
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	38	17.81	82
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	38	38.60	284
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	38	42.15	297
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	38	24.11	417
11656	Corn pudding, home prepared	250.0	1.0 cup	38	11.05	328
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	38	5.50	168
06165	Sauce, homemade, white, thin	250.0	1.0 cup	38	9.42	262
11414	Potato salad, home-prepared	250.0	1.0 cup	38	6.70	358
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	37	6.50	150
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	37	6.72	145
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	37	14.34	467
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	37	2.69	201
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	37	2.69	201
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	37	3.71	157
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	37	23.98	112
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	37	35.82	159
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	37	5.17	278
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	37	27.26	457

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	37	4.67	243
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	37	8.70	237
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	37	11.27	185
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	37	10.02	94
15006	Fish, burbot, raw	116.0	1.0 fillet	37	22.40	104
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	37	16.38	217
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	37	4.55	141
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	37	12.41	213
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	37	3.01	176
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	37	32.60	362
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	37	28.30	492
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	37	3.01	176
01035	Cheese, provolone	132.0	1.0 cup, diced	37	33.77	463
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	37	43.25	244
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	37	10.44	247
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	37	3.69	216
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	37	22.28	104
12071	Nuts, almond paste	28.35	1.0 oz	37	2.55	130
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	37	4.73	195
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	37	1.50	31
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	37	16.78	278
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	37	16.78	278
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	37	1.50	27
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	37	9.68	137
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	37	2.94	59
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	37	8.75	91
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	37	4.31	74
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	37	3.48	88
11549	Tomato products, canned, sauce	245.0	1.0 cup	37	2.94	59
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	37	6.09	279
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	37	40.59	245

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	37	10.53	86
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	37	15.83	194
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	37	17.06	150
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	37	6.48	81
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	37	10.85	84
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	37	20.93	473
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	37	2.57	44
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	37	2.57	44
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	37	15.83	192
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	36	29.73	650
09428	Rowal, raw	114.0	0.5 cup	36	2.62	127
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	36	40.30	248
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	36	5.49	153
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	36	5.10	114
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	36	6.32	104
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	36	38.20	296
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	36	5.49	153
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	36	5.78	73
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	36	36.99	323
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	36	33.46	298
09139	Guavas, common, raw	165.0	1.0 cup	36	4.21	112
21139	Fast foods, potato, mashed	242.0	1.0 cup	36	3.99	215
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	36	6.00	186
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	36	47.18	402
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	36	15.09	378
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	36	15.09	374
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	36	29.31	127
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	36	17.19	361
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	36	4.05	234
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	36	1.08	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	36	40.30	302
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	36	1.08	350
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	36	1.08	350
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	36	6.32	151
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	36	3.34	101
09294	Prune juice, canned	256.0	1.0 cup	36	1.56	182
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	36	41.43	340
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	36	16.13	395
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	36	24.78	110
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	36	19.41	89
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	36	4.62	167
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	36	19.12	88
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	36	5.53	97
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	36	3.20	170
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	36	5.53	97
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	36	20.80	146
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	36	37.22	413
01030	Cheese, muenster	132.0	1.0 cup, diced	36	30.90	486
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	36	32.14	525
01025	Cheese, monterey	132.0	1.0 cup, diced	36	32.31	492
01009	Cheese, cheddar	132.0	1.0 cup, diced	36	30.19	533
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	36	31.35	389
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	36	1.17	100
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	36	1.17	96
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	36	41.69	278
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	35	21.41	521
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	35	9.74	180
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	35	11.01	227
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	35	5.59	176
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	35	3.92	155

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	35	5.10	185
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	35	3.04	114
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	35	2.56	31
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	35	36.18	342
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	35	2.56	31
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	35	39.60	263
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	35	2.04	246
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	35	31.96	229
11230	Pepeao, dried	24.0	1.0 cup	35	1.16	72
06166	Sauce, homemade, white, medium	250.0	1.0 cup	35	9.60	368
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	35	1.00	128
06167	Sauce, homemade, white, thick	250.0	1.0 cup	35	9.98	465
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	35	40.59	335
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	35	7.48	195
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	35	4.34	180
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	35	40.50	266
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	35	7.48	190
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	35	14.26	291
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	35	4.56	157
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	35	1.05	149
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	35	19.35	89
15001	Fish, anchovy, european, raw	85.0	3.0 oz	35	17.30	111
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	35	4.00	127
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	35	22.10	114
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	35	6.99	103
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	35	19.43	590
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	35	37.91	240
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	--	2.61	35
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	35	34.22	215
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	--	2.61	35
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	35	3.29	121

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	35	3.72	158
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	35	31.88	427
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	35	4.92	270
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	35	37.76	216
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	35	12.97	294
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	35	0.77	13
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	35	5.00	146
20006	Barley, pearled, cooked	157.0	1.0 cup	35	3.55	193
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	34	1.45	129
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	34	4.37	159
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	34	12.32	1052
01011	Cheese, colby	132.0	1.0 cup, diced	34	31.36	520
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	34	29.83	470
11518	Taro, raw	104.0	1.0 cup, sliced	34	1.56	116
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	34	36.30	370
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	34	5.19	228
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	34	8.53	105
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	34	9.70	265
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	34	8.53	125
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	34	9.80	167
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	34	18.26	348
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	34	29.29	180
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	34	22.60	361
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	34	22.60	364
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	34	16.41	495
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	34	16.41	495
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	34	24.05	366
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	34	3.00	105
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	34	2.05	27
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	34	7.01	114
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	34	1.82	148

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	34	3.26	137
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	34	7.41	333
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	34	20.99	96
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	34	18.24	113
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	34	18.18	206
05626	Emu, full rump, raw	85.0	3.0 oz	34	19.41	95
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	34	17.51	95
15004	Fish, bass, striped, raw	85.0	3.0 oz	34	15.07	82
01032	Cheese, parmesan, grated	100.0	1.0 cup	34	28.42	420
11215	Garlic, raw	136.0	1.0 cup	34	8.65	203
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	34	3.35	124
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	34	28.25	441
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	34	37.00	207
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	34	1.46	81
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	34	36.49	282
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	34	12.42	1053
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	34	39.70	285
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	34	39.14	274
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	34	9.68	376
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	34	35.70	231
21268	TACO BELL, Nachos	80.0	1.0 serving	34	3.46	280
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	34	7.26	221
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	34	7.26	221
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	34	34.44	252
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	34	7.26	221
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	34	7.26	221
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	34	3.00	129
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	34	40.57	211
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	34	5.00	277
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	34	3.46	274
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	34	2.99	199
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	34	1.46	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	34	1.46	20
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	33	4.91	143
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	33	1.05	221
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	33	10.64	168
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	33	4.26	191
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	33	5.96	179
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	33	5.94	123
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	33	2.09	114
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	33	3.01	159
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	33	15.43	616
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	33	15.60	368
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	33	1.78	97
36031	DENNY'S, onion rings	166.0	1.0 serving	33	8.78	639
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	33	5.64	284
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	33	20.38	84
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	33	4.03	60
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	33	36.43	373
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	33	21.30	350
11655	Carrot juice, canned	236.0	1.0 cup	33	2.24	94
01094	Milk, buttermilk, dried	30.0	0.25 cup	33	10.29	116
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	33	10.85	109
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	33	10.85	109
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	33	1.94	97
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	33	4.96	289
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	33	26.37	206
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	33	2.78	83
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	33	2.48	12
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	33	2.48	12
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	33	9.00	219
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	33	6.10	139
20065	Rye flour, light	102.0	1.0 cup	33	10.02	364
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	33	9.18	188

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	33	1.16	112
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	33	14.89	303
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	33	41.99	360
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	33	41.99	360
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	33	14.89	303
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	33	3.91	120
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	33	25.17	437
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	33	24.02	437
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	33	25.17	437
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	32	7.92	208
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	32	1.75	258
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	32	8.65	155
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	32	2.68	45
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	32	46.97	268
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	32	47.31	278
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	32	46.47	255
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	32	8.60	73
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	32	2.01	38
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	32	1.97	132
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	32	2.86	278
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	32	2.01	38
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	32	19.20	554
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	32	19.12	130
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	32	19.43	138
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	32	15.25	149
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	32	9.74	95
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	32	22.37	162
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	32	19.21	105
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	32	27.11	128
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	32	20.16	93
36030	DENNY'S, hash browns	124.0	1.0 serving	32	3.09	244

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	32	3.19	111
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	32	46.26	298
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	32	38.22	335
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	32	4.00	130
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32	37.98	214
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32	38.32	287
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	32	35.40	190
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	32	2.20	44
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	32	2.96	144
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	32	15.71	367
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	32	3.35	203
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	32	4.51	243
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	32	2.41	126
19081	Candies, sweet chocolate	28.35	1.0 oz	32	1.11	144
11618	Eppaw, raw	100.0	1.0 cup	32	4.60	150
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	32	1.68	37
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	32	2.90	172
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	32	10.75	246
21251	BURGER KING, Cheeseburger	133.0	1.0 item	32	19.38	380
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	32	26.97	130
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	32	3.39	105
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	32	24.24	270
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	32	7.98	234
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	32	1.09	114
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	32	4.00	133
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	32	35.34	190
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	32	3.68	197
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	32	3.46	174
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	32	32.71	183

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	32	4.34	191
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	32	32.16	202
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	32	10.04	137
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	32	4.90	122
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	32	4.01	180
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	32	9.08	76
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	32	7.19	176
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	32	2.97	165
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	32	2.34	66
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	32	8.00	156
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	32	33.95	264
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	32	8.13	154
16130	Okara	122.0	1.0 cup	32	4.29	93
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	32	8.13	154
01005	Cheese, brick	132.0	1.0 cup, diced	32	30.68	490
01034	Cheese, port de salut	132.0	1.0 cup, diced	32	31.39	465
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	32	1.64	29
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	32	1.64	29
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	32	2.00	137
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	32	30.99	178
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	32	14.05	82
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	32	6.37	83
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	32	0.91	6
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	32	2.77	82
11601	Yam, raw	150.0	1.0 cup, cubes	32	2.30	177
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	32	7.82	119
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	31	17.46	94
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	31	22.36	109
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	31	21.11	100
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	31	21.62	155

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	31	19.36	101
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	31	20.23	146
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	31	16.51	68
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	31	8.49	254
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	31	32.40	265
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	31	2.91	76
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	31	3.19	120
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	31	2.97	48
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	31	4.54	132
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	31	3.58	217
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	31	4.54	132
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	31	2.97	48
15261	Fish, tilapia, raw	116.0	1.0 fillet	31	23.29	111
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	31	25.57	459
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	31	14.99	332
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	31	31.82	147
11080	Beets, raw	136.0	1.0 cup	31	2.19	58
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	31	2.36	44
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	31	2.36	44
11141	Celeriac, raw	156.0	1.0 cup	31	2.34	66
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	31	31.50	213
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	31	3.76	54
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	31	1.73	36
19147	Candies, peanut bar	28.35	1.0 oz	31	4.39	148
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	31	2.12	142
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	31	5.55	145
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	31	9.06	413
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	31	41.23	230
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	31	39.42	270
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	31	31.73	182
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	31	44.92	298

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	31	45.22	310
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	31	45.42	317
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	31	15.01	396
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	31	14.23	357
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	31	3.27	193
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	31	2.55	124
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	31	2.73	116
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	31	2.23	81
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	31	10.51	228
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	31	1.68	73
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31	42.59	332
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	31	37.23	342
18235	Crackers, whole-wheat	28.0	1.0 serving	31	2.96	120
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	31	30.98	525
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	31	45.36	335
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	31	31.08	526
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	31	35.22	427
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	31	38.35	258
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	31	31.67	249
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31	40.43	223
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	31	35.07	220
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31	39.40	361
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	31	2.29	105
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	31	34.22	185
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	31	8.91	80
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	31	1.40	22
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	31	2.12	233
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	31	5.61	151
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	31	1.40	26
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	31	23.07	140
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	31	20.60	387
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	31	3.49	71

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	31	3.49	71
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	31	28.40	250
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	31	27.05	416
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	31	9.98	887
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	31	12.93	191
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	31	2.32	66
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	31	25.86	159
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	31	22.51	133
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	31	32.10	155
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	31	2.05	110
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	31	4.39	109
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	31	3.42	202
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	31	26.97	247
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	31	3.92	97
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	31	19.05	373
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	31	19.05	373
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	31	27.91	306
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	30	2.31	48
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	30	12.01	197
09226	Papayas, raw	145.0	1.0 cup 1" pieces	30	0.68	62
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	30	16.63	420
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	30	26.10	470
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	30	9.98	115
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	30	5.04	352
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	30	30.02	495
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	30	28.46	494
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	30	40.30	313
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	30	1.03	121
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	30	18.57	165
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	30	8.16	154

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	30	32.16	212
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	30	2.78	134
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	30	4.99	429
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	30	31.87	318
43109	Pretzels, soft	143.0	1.0 large	30	11.73	483
25024	Pretzels, soft, unsalted	143.0	1.0 large	30	11.73	493
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	30	2.28	135
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	30	9.60	514
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	30	0.90	132
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	30	0.90	132
11297	Parsley, fresh	60.0	1.0 cup chopped	30	1.78	22
11697	Arrowroot, raw	120.0	1.0 cup, sliced	30	5.09	78
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	30	30.31	212
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	30	26.15	373
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	30	30.51	278
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	30	1.56	23
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	30	1.08	26
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	30	7.00	237
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	30	21.25	417
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	30	19.23	303
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	30	28.86	371
18448	Taco shells, baked, without added salt	28.35	1.0 oz	30	2.04	133
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	30	26.94	128
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	30	22.12	107
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	30	23.26	156
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	30	9.71	87
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	30	19.93	146
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	30	24.64	117
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	30	28.84	194
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	30	17.36	71
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	30	25.38	171

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	30	11.36	340
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	30	17.08	72
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	30	13.72	89
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	30	36.22	369
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	30	4.98	145
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	30	37.15	219
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	30	0.00	68
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	30	3.00	117
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	30	20.77	452
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	30	25.52	363
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	30	17.11	332
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	30	2.23	203
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	30	26.70	155
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	30	26.48	163
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	30	1.24	96
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	30	27.08	140
09128	Grapefruit juice, white, raw	247.0	1.0 cup	30	1.24	96
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	30	6.19	263
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	30	6.19	263
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	30	6.10	120
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	30	1.32	83
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	30	22.75	111
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	30	14.17	348
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	30	30.17	456
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	30	31.30	452
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	29	3.63	98
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	29	39.69	239
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	29	13.43	307
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	29	37.00	382
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	29	35.01	234

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	29	29.62	190
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	29	2.04	20
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	29	10.44	312
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	29	35.00	273
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	29	2.04	20
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	29	38.21	248
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	29	2.90	133
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	29	24.23	138
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	29	23.09	136
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	29	23.20	131
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	29	24.30	136
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	29	2.26	56
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	29	2.73	109
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	29	22.07	365
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	29	33.95	264
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	29	32.06	301
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	29	2.21	165
11427	Purslane, raw	43.0	1.0 cup	29	0.87	9
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	29	5.02	258
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	29	14.05	358
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	29	17.13	343
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	29	13.84	309
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	29	13.00	298
11147	Chard, swiss, raw	36.0	1.0 cup	29	0.65	7
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	29	2.93	119
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	29	19.36	424
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	29	2.46	128
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	29	4.17	116
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	29	4.39	263
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	29	2.47	64
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	29	20.67	527
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	29	20.67	527
09311	Roselle, raw	57.0	1.0 cup, without refuse	29	0.55	28
09002	Acerola juice, raw	242.0	1.0 cup	29	0.97	56

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	29	1.60	222
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	29	3.94	35
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	29	3.94	35
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	29	37.31	281
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	29	38.29	268
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	29	38.27	238
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	29	38.82	239
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	29	2.56	38
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	29	2.56	31
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	29	3.90	177
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	29	26.41	428
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	29	3.90	177
09313	Sapodilla, raw	241.0	1.0 cup, pulp	29	1.06	200
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	29	8.92	107
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	29	25.96	128
01133	Egg, whole, dried	85.0	1.0 cup, sifted	29	40.84	503
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	29	22.55	158
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	29	23.23	135
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	29	18.70	88
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	29	21.96	183
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	29	22.55	158
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	29	14.59	60
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	29	16.81	118
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	29	25.67	188
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	29	28.62	143
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	29	23.75	155
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	29	15.35	74
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	29	24.75	133
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	29	2.00	90
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	29	1.87	34
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	29	1.50	18
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	29	2.78	120

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	29	1.87	41
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	29	2.99	119
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	29	1.50	18
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	29	4.16	37
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	29	1.20	91
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	29	2.92	120
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	29	4.55	546
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	29	1.51	120
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	29	25.00	175
09042	Blackberries, raw	144.0	1.0 cup	29	2.00	62
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	29	0.94	278
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	29	3.24	275
16100	Peanut flour, low fat	60.0	1.0 cup	29	20.28	257
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	29	1.96	27
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	29	8.95	601
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	29	10.45	261
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	29	11.78	214
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	29	2.08	98
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	29	1.01	29
43128	Chicken, meatless	168.0	1.0 cup	29	39.72	376
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	29	15.46	301
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	28	24.56	116
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	28	24.56	115
11741	Broccoli, stalks, raw	114.0	1.0 stalk	28	3.40	32
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	28	24.26	129
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	28	12.63	311
01019	Cheese, feta	150.0	1.0 cup, crumbled	28	21.32	396
11248	Lentils, sprouted, raw	77.0	1.0 cup	28	6.90	82
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	28	0.00	1008
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	28	4.49	170
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	28	16.85	330
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	28	31.44	147
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	28	12.63	310
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	28	2.11	100

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	28	12.70	313
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	28	8.94	340
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	28	18.80	428
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	28	14.72	338
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	28	13.95	305
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	28	21.98	135
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	28	2.53	225
01024	Cheese, limburger	134.0	1.0 cup	28	26.87	438
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	28	11.41	279
05621	Emu, ground, raw	117.0	1.0 patty	28	26.64	157
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	28	13.45	276
18980	KASHI, Original Waffle	72.0	2.0 pieces	28	4.32	142
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	28	4.38	41
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	28	13.49	304
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	28	2.39	90
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	28	4.61	87
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	28	25.42	127
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	28	14.25	70
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	28	16.23	114
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	28	20.35	390
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	28	5.95	67
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	28	14.89	74
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	28	25.29	135
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	28	16.40	118
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	28	20.08	109
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	28	22.81	111
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	28	19.24	93
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	28	27.52	133
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	28	15.66	203
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	28	21.86	169
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	28	19.93	118
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	28	16.80	80
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	28	28.04	226
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	28	22.08	472
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	28	4.44	50

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	28	20.08	109
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	28	16.66	94
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	28	0.91	26
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	28	29.32	234
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	28	32.87	281
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	28	32.55	249
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	28	20.77	528
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	28	33.84	308
11435	Rutabagas, raw	140.0	1.0 cup, cubes	28	1.51	52
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	28	35.45	286
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	28	36.36	269
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	28	11.84	321
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	28	19.35	109
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	28	5.64	65
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	28	7.30	304
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	28	5.64	65
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	28	21.43	563
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	28	21.43	579
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	28	28.72	208
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	28	5.00	340
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	28	13.34	325
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	28	2.35	56
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	28	27.25	195
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	28	2.85	54
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	28	12.74	285
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	28	6.17	203
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	28	24.26	145
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	28	2.58	116
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	28	2.58	116
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	28	13.94	279
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	28	27.05	171
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	28	15.29	331
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	28	2.97	86
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	28	2.97	86

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	28	2.56	31
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	28	12.88	268
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	28	2.43	180
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	28	12.91	455
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	28	0.90	125
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	28	12.91	455
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	28	12.91	455
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	28	3.00	212
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	28	12.91	455
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	28	1.65	146
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	27	3.12	118
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	27	3.12	118
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	27	2.47	126
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	27	3.05	260
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	27	22.62	426
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	27	1.69	122
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	27	1.54	92
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	27	1.74	92
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	27	1.69	122
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	27	1.69	117
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	27	1.69	117
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	27	31.51	312
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	27	14.18	342
09427	Abiyuch, raw	114.0	0.5 cup	27	1.71	79
16104	Bacon, meatless	144.0	1.0 cup	27	16.83	445
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	27	25.40	155
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	27	10.17	502
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	27	2.55	67
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	--	1.28	27
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	27	6.21	177

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09206	Orange juice, raw	248.0	1.0 cup	27	1.74	112
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	27	20.85	186
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	27	33.41	552
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	27	25.86	617
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	27	17.43	85
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	27	15.91	126
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	27	15.14	70
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	27	19.64	117
09062	Cherimoya, raw	160.0	1.0 cup, pieces	27	2.51	120
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	27	25.61	125
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	27	23.83	168
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	27	25.61	125
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	27	8.26	178
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	27	2.99	71
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	27	7.97	258
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	27	24.15	184
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	27	20.89	130
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	27	25.61	118
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	27	8.38	144
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	27	8.26	178
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	27	16.39	91
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	27	20.61	121
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	27	25.61	125
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	27	8.38	144
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	27	27.25	133
15049	Fish, mackerel, king, raw	85.0	3.0 oz	27	17.24	89
15097	Fish, sheepshead, raw	85.0	3.0 oz	27	17.18	92
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	27	8.42	159
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	27	8.26	178
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	27	13.93	166
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	27	28.19	156
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	27	7.36	147
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	27	8.38	146
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	27	25.12	150

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	27	1.36	101
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	27	8.40	86
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	27	0.92	109
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	27	13.56	339
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	27	1.92	68
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	27	24.50	137
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	27	23.94	158
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	27	23.65	137
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	27	23.57	148
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	27	12.71	308
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	27	23.78	165
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	27	23.65	137
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	27	0.95	157
09302	Raspberries, raw	123.0	1.0 cup	27	1.48	64
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	27	8.12	123
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	27	2.35	63
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	27	34.20	310
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	27	31.97	228
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	27	11.86	79
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	27	4.47	149
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	27	5.43	78
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	27	1.93	15
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	27	1.93	15
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	27	8.26	83
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	27	8.11	98
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	27	8.26	83
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	27	15.87	296
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	27	2.46	134
09083	Currants, european black, raw	112.0	1.0 cup	27	1.57	71
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	27	21.76	261
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	27	24.76	242
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	27	15.00	564

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	27	2.75	120
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	27	4.85	265
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	27	27.35	249
15103	Fish, spot, raw	64.0	1.0 fillet	27	11.85	79
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	27	4.20	142
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	27	8.22	102
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	27	1.56	120
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	27	31.21	317
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	27	8.22	102
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	27	8.05	122
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	27	2.07	41
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	27	2.07	41
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	27	1.43	49
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	27	28.30	149
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27	23.51	216
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	27	15.00	286
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	27	13.06	292
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	27	1.82	76
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	27	1.82	76
11987	Mushrooms, oyster, raw	148.0	1.0 large	27	4.90	49
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	27	13.03	313
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	27	4.10	138
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	27	2.18	40
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	27	1.45	53
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	27	37.22	357
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	27	2.17	47
11086	Beet greens, raw	38.0	1.0 cup	27	0.84	8
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	27	6.41	136
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	27	30.76	231
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	27	34.55	307

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	27	1.66	36
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	26	2.46	101
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	26	4.56	163
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	26	5.37	215
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	26	12.43	312
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	26	22.98	163
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	26	0.67	113
20030	Hominy, canned, white	165.0	1.0 cup	26	2.44	119
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	26	0.00	--
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	26	13.45	320
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26	29.94	314
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	26	23.87	158
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	26	16.47	78
05625	Emu, flat fillet, raw	85.0	3.0 oz	26	18.91	87
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	26	26.99	179
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	26	19.30	405
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	26	17.41	101
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	26	28.07	147
17142	Veal, ground, raw	85.0	3.0 oz	26	15.79	167
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	26	24.76	168
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	26	14.23	88
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26	23.69	133
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	26	12.24	243
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	26	25.08	126
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	26	20.05	142
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	26	18.08	136
15062	Fish, pike, northern, raw	85.0	3.0 oz	26	16.37	75
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	26	18.38	124
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	26	23.75	132

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	26	24.96	170
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	26	23.20	202
21238	McDONALD'S, french fries	71.0	1.0 small serving	26	2.42	229
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	26	13.85	359
19349	Syrups, corn, dark	328.0	1.0 cup	26	0.00	938
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	26	26.35	149
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	26	24.04	133
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	26	33.00	221
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	26	13.66	358
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	26	23.77	315
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	26	7.00	352
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	26	10.01	782
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	26	3.15	132
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	26	2.25	97
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	26	6.50	149
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	26	0.99	279
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	26	1.50	168
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	26	1.50	194
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	26	4.22	80
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	26	1.36	66
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	26	25.04	185
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	26	25.23	151
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	26	23.29	166
43132	Meatballs, meatless	144.0	1.0 cup	26	30.24	284
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	26	11.66	278
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	26	2.98	231
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	26	0.98	228
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	26	7.43	254
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	26	1.00	15
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	26	7.37	205

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	26	3.24	275
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	26	31.89	232
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	26	3.18	119
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	26	4.01	298
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	26	12.11	282
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	26	13.18	244
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	26	14.31	321
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	26	14.31	321
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	26	22.16	173
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	26	6.47	248
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	26	30.92	195
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	26	12.19	285
11241	Kohlrabi, raw	135.0	1.0 cup	26	2.30	36
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	26	2.01	38
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	26	2.01	38
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	26	4.92	177
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	26	5.66	197
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	26	5.66	197
20330	Hominy, canned, yellow	160.0	1.0 cup	26	2.37	115
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	26	2.66	283
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	26	8.09	192
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	26	25.05	254
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	26	1.27	68
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	26	1.95	187
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	26	18.76	91
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	26	22.92	108
05631	Emu, oyster, raw	85.0	3.0 oz	26	19.39	120
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	26	12.67	70
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	26	13.80	67
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	26	31.20	173
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	26	7.43	173
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	26	28.63	171

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	26	26.58	191
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	26	22.92	108
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	26	23.55	170
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	26	12.50	283
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	26	14.99	82
15064	Fish, pike, walleye, raw	85.0	3.0 oz	26	16.27	79
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	26	30.37	171
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	26	18.79	175
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	26	14.88	82
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	26	24.71	129
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	26	18.22	120
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	26	18.22	120
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	26	22.54	133
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26	24.87	172
15023	Fish, mahimahi, raw	85.0	3.0 oz	26	15.72	72
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	26	7.43	173
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	26	22.92	108
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	26	24.82	217
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	26	16.73	110
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	26	19.67	124
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	26	17.54	130
15094	Fish, shad, american, raw	85.0	3.0 oz	26	14.39	167
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	26	14.91	101
15107	Fish, sucker, white, raw	85.0	3.0 oz	26	14.25	78
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	26	22.92	108
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	26	24.27	161
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	26	7.48	162
15053	Fish, milkfish, raw	85.0	3.0 oz	26	17.45	126
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	26	26.58	131
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	26	7.48	162
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	26	12.62	61
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	26	3.00	110

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	25	2.24	127
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	25	9.45	218
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	25	0.80	143
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	25	6.07	172
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	25	3.84	94
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	25	1.99	118
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	25	6.63	201
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	25	1.42	152
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	25	1.28	24
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	25	16.95	245
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	25	0.82	109
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	25	5.01	125
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	25	0.94	152
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	25	0.94	157
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	25	23.75	184
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	25	15.02	292
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	25	0.94	152
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	25	6.01	101
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	25	5.53	160
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	25	15.27	366
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	25	15.27	366
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	25	2.01	134
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	25	2.01	138
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	25	2.61	86
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	25	2.52	112
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	25	25.56	227
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	25	2.48	105
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	25	14.77	350
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	25	17.19	287
09190	Mulberries, raw	140.0	1.0 cup	25	2.02	60
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	25	12.23	246
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25	0.98	174
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	25	38.05	253

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	25	35.56	211
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	25	4.58	43
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	25	2.10	35
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	25	31.25	206
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	25	17.19	287
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	25	2.10	35
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	25	27.45	326
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	25	6.00	169
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	25	12.58	289
11376	Potatoes, canned, drained solids	180.0	1.0 cup	25	2.54	108
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	25	22.73	134
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	25	17.94	410
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	25	6.30	198
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	25	22.82	168
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	25	5.00	71
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	25	24.27	181
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	25	25.18	147
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	25	25.50	148
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25	21.89	136
05157	Quail, meat and skin, raw	109.0	1.0 quail	25	21.40	209
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	25	1.83	31
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25	1.45	115
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	25	7.95	120
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	25	1.82	31
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	25	4.34	171
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	25	3.22	73
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	25	4.00	115
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	25	2.24	136
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	25	2.49	115
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	25	20.32	261
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	25	2.49	115
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	25	11.92	236
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	25	1.34	54
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	25	1.69	117

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	25	1.49	92
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	25	1.49	92
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	25	17.99	493
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	25	23.05	130
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	25	12.96	329
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	25	22.46	191
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	25	25.04	145
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	25	24.57	159
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	25	20.93	119
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	25	22.77	131
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	25	24.19	155
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	25	24.46	164
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	25	24.84	137
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	25	25.52	460
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25	26.61	313
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	25	2.44	222
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	25	25.27	143
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	25	0.99	131
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	25	2.58	231
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	25	3.06	204
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	25	3.55	172
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25	21.98	108
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	--	0.48	25
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	25	14.70	258
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	25	7.81	121
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	25	6.97	319
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	25	29.51	399
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	25	1.48	106
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	25	2.01	112
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	25	2.04	142
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	25	0.75	29
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	25	25.51	163

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	25	22.13	125
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	25	25.04	149
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	25	17.40	130
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	25	28.87	173
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	25	16.86	121
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	25	24.49	135
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	25	22.24	122
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	25	24.28	178
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	25	20.66	113
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	25	21.93	174
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	25	28.59	201
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25	24.95	140
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	25	24.70	135
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	25	25.64	160
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	25	30.74	179
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	25	24.66	139
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	25	20.03	95
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	25	23.05	178
15110	Fish, swordfish, raw	85.0	3.0 oz	25	16.71	122
05630	Emu, outside drum, raw	85.0	3.0 oz	25	19.62	88
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	25	29.62	180
15008	Fish, carp, raw	85.0	3.0 oz	25	15.16	108
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	25	23.04	181
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	25	30.21	237
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	25	20.38	133
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	25	2.74	121
01173	Egg, white, dried	28.0	1.0 oz	25	22.71	107
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	25	26.83	311
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	25	1.79	72
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	25	16.94	273
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	25	22.44	166
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	25	8.95	166

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01112	Whey, acid, fluid	246.0	1.0 cup	25	1.87	59
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	25	1.01	125
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	25	16.94	273
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	25	14.77	284
19238	Candies, REESE'S BITES	39.0	16.0 pieces	25	4.42	203
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	24	0.98	211
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	24	7.86	152
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	24	0.87	15
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	24	6.26	268
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	24	2.48	155
36019	APPLEBEE'S, chili	136.0	1.0 cup	24	17.08	214
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	24	2.03	155
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	24	4.11	120
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	24	2.03	158
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	24	17.08	214
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	24	1.63	85
36039	Restaurant, family style, hash browns	94.0	1.0 cup	24	2.34	185
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	24	2.51	134
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	24	7.69	149
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	24	1.42	88
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	24	7.44	188
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	24	7.69	149
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	24	1.54	117
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	24	2.24	102
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	24	1.17	147
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	24	4.03	46
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	24	0.95	77
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	24	3.69	92
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	24	6.00	107
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	24	3.89	73
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	24	3.69	92
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	24	31.43	394
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	24	29.73	174
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	24	8.66	262

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	24	30.25	180
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	24	6.00	68
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	24	1.45	57
11693	Tomatoes, crushed, canned	121.0	0.5 cup	24	1.98	39
11015	Asparagus, canned, drained solids	242.0	1.0 cup	24	5.18	46
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	24	4.34	210
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	24	3.59	134
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	24	4.43	242
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	24	4.43	242
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	24	21.44	237
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24	20.68	165
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	24	14.56	383
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	24	8.88	166
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	24	4.12	82
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	24	3.38	129
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	24	2.94	119
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	24	2.24	95
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	24	2.43	102
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	24	2.38	102
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	24	8.35	158
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	24	20.50	354
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	24	17.00	458
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	24	1.99	50
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	24	3.98	81
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	24	3.27	122
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	24	2.49	116
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	24	0.50	50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	24	2.52	96
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	24	0.75	93
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	24	1.90	38
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	24	2.00	120

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	24	1.90	38
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	24	0.00	41
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	24	5.96	137
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	24	5.82	158
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	24	21.97	131
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	24	24.05	214
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	24	4.39	213
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	24	25.64	139
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	24	21.97	131
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	24	25.09	168
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	24	23.91	213
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	24	21.97	131
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	24	25.02	200
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	24	23.85	142
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	24	5.70	52
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	24	5.70	52
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	24	3.92	159
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	24	2.01	134
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	24	1.19	64
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	24	1.88	141
19524	Snacks, taro chips	28.35	1.0 oz	24	0.65	141
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	24	24.86	146
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	24	25.89	168
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	24	17.06	134
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	24	29.70	160
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	24	23.22	206
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	24	23.93	151
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	24	24.64	133
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	24	23.86	128
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	24	26.30	133

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	24	19.79	161
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	24	21.95	131
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	24	20.11	93
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	24	14.91	61
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	24	27.76	168
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	24	24.00	123
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	24	26.15	147
05159	Quail, breast, meat only, raw	85.0	3.0 oz	24	19.20	105
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	24	25.03	128
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	24	25.49	184
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	24	27.12	167
09205	Oranges, raw, with peel	170.0	1.0 cup	24	2.21	107
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	24	25.83	151
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	24	28.63	169
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24	24.55	178
15112	Fish, tilefish, raw	85.0	3.0 oz	24	14.88	82
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	24	25.04	184
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24	24.79	164
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	24	2.44	74
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	24	7.54	67
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	24	23.54	136
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	24	24.33	178
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	24	25.65	148
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	24	28.74	316
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	24	24.62	133
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	24	24.83	162
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	24	15.43	313
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	24	28.64	190
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	24	28.19	201

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	24	30.84	162
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	24	21.34	219
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	24	20.11	97
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	24	20.11	97
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	24	24.45	266
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	24	19.12	102
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	24	19.16	94
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	24	1.83	66
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	24	15.75	401
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	24	15.75	396
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24	20.42	100
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	24	12.36	442
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	24	25.12	164
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	24	23.99	134
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	24	23.56	172
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	24	22.83	162
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	24	22.46	146
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	24	23.30	185
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	24	20.69	168
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24	21.18	128
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	24	24.25	129
11457	Spinach, raw	30.0	1.0 cup	24	0.86	7
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	24	14.90	90
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	24	2.34	100
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	24	0.04	3
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	24	0.03	3
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	24	2.00	200
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	24	15.02	280
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	24	4.33	142
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	24	12.77	274
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	24	5.17	197

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	24	10.22	135
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	24	5.19	186
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	24	2.00	273
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	24	3.73	72
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	24	14.99	91
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	24	13.03	185
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	24	12.15	309
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	24	2.51	212
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	24	3.25	56
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	24	19.28	123
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	24	2.74	41
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	24	13.03	185
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	24	19.53	160
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	23	15.74	199
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	23	23.69	265
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	23	3.72	280
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	23	20.82	170
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	23	8.58	79
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	23	2.65	214
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	23	2.47	36
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	23	1.58	103
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	23	4.57	81
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	23	3.69	39
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	23	4.57	81
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	23	3.69	39
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	23	2.47	36
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	23	1.59	16
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	23	2.92	39
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	23	10.72	450
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	23	6.17	317
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	23	7.67	204
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	23	29.22	140
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	23	2.21	141
12059	Nuts, acorns, dried	28.35	1.0 oz	23	2.30	144

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	23	2.59	80
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	23	1.87	111
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	23	4.43	123
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	23	17.71	80
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	23	2.60	72
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	23	3.03	85
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	23	3.03	85
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23	20.56	122
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	23	20.51	169
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	23	24.52	201
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	23	3.79	33
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	23	2.03	163
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	23	3.72	204
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	23	2.86	92
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	23	3.79	33
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	23	2.86	88
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	23	1.83	34
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	23	16.10	399
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	23	1.80	65
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	23	6.59	168
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	23	15.28	295
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	23	19.97	266
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	23	4.40	136
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	23	5.01	264
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	23	3.81	222
05158	Quail, meat only, raw	92.0	1.0 quail	23	20.02	123
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	23	2.62	90
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	23	25.36	140
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	23	22.68	177
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	23	20.84	276
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	23	2.18	140

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18066	Bread, wheat bran	28.35	1.0 oz	23	2.49	70
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	23	2.38	79
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	23	2.00	20
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	23	17.36	177
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23	26.18	150
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	23	25.30	142
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	23	24.18	196
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	23	25.97	159
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23	24.75	144
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	23	23.55	140
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	23	24.31	137
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	23	14.28	126
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	23	3.26	28
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23	22.78	203
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	23	26.57	214
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	23	19.24	95
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	23	25.18	163
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23	23.83	168
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	23	15.61	76
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	23	19.22	122
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	23	23.32	177
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	23	27.89	241
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	23	21.17	229
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	23	23.84	145
15083	Fish, salmon, pink, raw	85.0	3.0 oz	23	17.42	108
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	23	23.75	110
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	23	24.85	136

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	23	22.37	143
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23	27.25	194
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	23	23.18	175
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	23	22.60	172
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	23	22.21	139
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	23	15.78	82
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	23	28.53	192
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	23	17.55	102
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	23	21.68	99
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	23	19.84	97
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	23	23.53	190
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	23	19.05	108
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	23	24.06	136
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	23	22.18	150
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	23	13.57	65
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23	24.62	147
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	23	23.55	147
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23	26.95	162
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	--	22.95	194
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	23	24.53	140
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	23	22.36	138
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23	23.96	144
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	23	31.68	428
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23	23.83	191
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	23	19.82	104
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	23	23.55	147
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	23	17.81	93
18459	Breakfast tart, low fat	52.0	1.0 tart	23	2.07	193
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	23	27.44	152

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	23	12.00	273
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	23	11.30	298
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	23	11.63	306
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	23	3.16	68
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	23	4.98	424
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	23	24.57	172
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	23	25.31	183
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	23	22.86	186
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	23	22.54	184
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	23	7.03	154
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	23	1.00	91
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	23	1.52	210
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	23	5.54	649
18059	Bread, rice bran	28.35	1.0 oz	23	2.52	69
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	23	6.22	46
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	23	14.34	365
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	23	1.81	113
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	23	3.08	104
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23	1.54	169
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	23	7.04	472
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	23	2.21	32
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	23	5.80	52
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	23	1.03	55
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	23	1.03	55
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	23	2.26	105
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	23	3.94	149
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	23	23.20	160
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	--	22.60	199
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	23	20.78	210
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	23	23.65	170
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	23	24.08	165
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	23	23.29	166

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	23	20.44	119
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	23	22.42	171
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	23	17.41	250
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	23	24.07	174
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	23	2.49	70
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	23	5.63	172
05150	Goose, liver, raw	94.0	1.0 liver	23	15.39	125
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	22	2.36	44
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	22	2.36	44
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	22	22.20	175
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	22	31.89	349
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	22	4.34	146
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	22	34.92	238
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	22	26.59	472
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	22	25.16	202
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	22	0.74	82
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	22	4.20	160
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	22	24.83	336
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	22	15.17	212
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	22	1.50	21
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	22	24.60	174
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	22	7.19	196
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	22	5.68	164
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	22	7.19	195
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	22	1.86	50
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	22	1.91	114
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	22	7.19	196
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	22	9.28	139
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	22	6.80	186
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	22	7.19	195
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	22	9.23	136
43483	Millet, puffed	21.0	1.0 cup	22	2.73	74
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	22	4.52	481
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22	26.23	256

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08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	22	2.34	110
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	22	2.03	18
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	22	9.35	98
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	22	3.79	75
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22	25.47	225
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	22	20.77	239
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	22	26.35	166
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	22	26.60	152
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22	22.08	168
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22	24.35	228
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	22	22.37	149
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	22	19.16	108
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	22	19.46	106
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22	30.70	176
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	22	26.44	286
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	--	22.10	206
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22	25.20	175
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	22	21.47	262
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22	23.59	260
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	22	23.99	175
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22	24.11	144
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22	22.62	138

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	22	25.05	179
05628	Emu, inside drum, raw	85.0	3.0 oz	22	18.89	92
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	22	18.46	108
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22	22.74	156
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22	22.36	155
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	22	23.44	185
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22	24.06	162
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	22	12.21	158
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	22	6.77	168
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	22	24.20	138
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	22	25.03	150
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	22	26.57	191
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22	30.70	162
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22	22.36	202
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22	25.97	156
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	22	18.64	103
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	22	18.16	108
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	22	23.81	141
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	22	19.26	113
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	22	23.03	211
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	22	20.76	236
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22	23.80	160
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	22	20.58	197

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	22	18.36	144
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22	27.50	245
15045	Fish, lingcod, raw	85.0	3.0 oz	22	15.01	72
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22	22.55	163
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	22	23.38	151
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	22	24.17	122
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22	25.44	155
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22	24.31	149
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22	24.11	254
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	22	24.26	151
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	22	25.58	199
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22	23.04	181
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	22	21.37	172
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22	23.94	153
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22	22.85	160
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22	20.31	281
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	22	29.27	185
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22	21.64	163
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	22	19.12	127
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	22	24.27	133
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	22	23.36	156
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	22	18.32	132
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22	24.72	143

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	22	21.50	135
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22	23.41	200
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	22	6.56	73
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	22	24.96	139
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	22	18.01	111
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	22	23.61	173
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22	23.33	186
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	22	28.71	164
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22	25.83	294
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	22	18.69	108
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22	25.75	160
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	22	27.34	199
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	22	19.14	117
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	22	23.15	147
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	22	26.26	235
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22	24.89	244
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22	24.11	139
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22	24.63	163
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	22	21.64	156
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	22	25.58	196
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	22	21.66	179
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22	26.50	170

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22	23.76	239
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	22	6.56	73
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22	24.80	162
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	22	23.49	221
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22	23.49	178
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	22	6.77	168
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	22	19.03	112
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22	23.49	160
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22	24.21	152
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	22.10	150
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	22	12.83	297
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	22	6.11	158
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	22	6.11	156
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	22	12.35	269
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	22	20.52	151
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	22	2.00	145
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	22	7.99	103
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	22	1.76	49
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	22	1.76	44
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	22	5.38	146
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	22	5.38	146
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	22	2.32	46
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	22	19.90	146
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	22	5.03	45
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	22	11.76	282
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	22	6.18	257
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	22	12.91	279

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	22	8.25	200
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	22	2.13	32
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	22	11.23	496
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	22	3.64	29
09334	Feijoa, raw	243.0	1.0 cup, pureed	22	1.73	148
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	22	23.10	210
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	22	4.00	24
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	22	4.99	172
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	22	2.39	33
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	22	0.84	8
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	22	3.16	31
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	22	2.39	36
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	22	6.52	342
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	22	2.72	63
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	22	1.98	148
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	22	1.98	148
05641	Ostrich, ground, raw	109.0	1.0 patty	22	22.04	180
09035	Apricots, frozen, sweetened	242.0	1.0 cup	22	1.69	237
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	22	7.09	244
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	22	18.14	150
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	22	10.46	233
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	22	17.41	436
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	22	2.00	148
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	22	22.09	206
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	22	21.73	219
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	22	22.56	253
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	22	25.11	152
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	22	22.81	244
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	22	2.04	108

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	22	16.86	76
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	22	1.98	117
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	22	2.95	94
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	22	2.28	43
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	22	2.28	43
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	22	2.95	94
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	22	12.79	386
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	22	2.14	105
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	22	2.25	139
19400	Snacks, banana chips	28.35	1.0 oz	22	0.65	147
18384	Bread, rice bran, toasted	28.35	1.0 oz	22	2.75	75
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	21	22.74	182
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	21	23.84	137
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	21	24.54	203
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	21	18.71	308
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	21	23.16	150
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	21	25.80	444
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	21	23.24	200
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	21	16.79	87
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	21	2.55	77
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	21	2.55	77
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	21	25.78	209
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	21	24.32	163
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	21	12.90	255
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	21	3.76	110
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	21	3.80	116
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	21	2.75	24
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	21	16.90	119
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	21	2.08	116
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	21	3.60	117
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	21	2.58	124
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	21	2.09	147
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	21	2.41	141
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21	21.20	173

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21	23.29	188
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	21	24.66	120
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	18.10	105
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21	20.55	198
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	21	24.28	229
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	21	23.40	215
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	21	21.77	178
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21	18.23	106
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21	20.92	178
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21	21.08	184
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	21	19.59	104
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	21	23.90	132
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21	24.55	174
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	21	22.41	149
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	21	20.26	228
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	21	23.39	155
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	21	26.94	157
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21	19.58	112
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	21	18.67	105
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21	26.76	167
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21	22.86	165
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	21	18.28	103

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21	26.38	173
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21	30.28	178
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	21	26.81	162
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	21	29.04	202
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	21	22.00	212
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21	23.21	162
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	21	18.52	116
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	21	23.10	126
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21	21.68	190
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21	23.28	183
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	21	26.44	133
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	21	21.98	176
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	21	23.92	149
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	21	22.68	195
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	21	23.88	177
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21	24.05	155
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21	23.75	178
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21	23.18	194
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21	20.96	209
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	21	29.41	191
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21	22.98	195
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21	21.89	200
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	21	24.02	146
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	21	17.96	119

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	21	18.37	99
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	21	24.08	166
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	17.96	109
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21	24.90	148
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	21	23.40	187
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	21	23.38	171
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	21	22.64	196
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21	23.77	176
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	21	17.60	144
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21	23.20	184
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21	24.93	180
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21	24.02	154
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21	23.10	155
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21	18.17	114
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	21	24.28	231
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	21	20.62	180
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	21	24.22	123
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21	30.28	184
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	21	18.09	92
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21	26.62	170
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21	19.47	115
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	21	23.83	122

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	21	22.48	163
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	21	19.45	96
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	21	24.41	172
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21	21.71	183
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	21	18.39	122
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	21	24.15	145
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	21	27.57	213
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21	20.60	220
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	21	18.67	137
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21	25.00	164
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21	23.77	178
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21	24.00	175
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	21	23.57	218
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21	23.89	175
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21	22.35	211
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	21	17.96	122
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	18.18	110
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	21	17.27	92
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	21	22.22	144
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21	23.59	183
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	21	18.31	87
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	21	23.80	116
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	21	18.40	110

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21	27.27	183
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21	22.72	184
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21	30.28	170
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	21	27.39	150
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	21	23.40	202
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	21	21.94	144
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21	23.96	161
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	21	21.66	154
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	18.39	105
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21	24.10	173
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21	23.53	240
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	21	23.14	162
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	19.58	109
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	21	25.04	287
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	21	21.52	156
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21	24.40	144
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21	21.92	158
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21	21.67	186
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	21	18.09	92
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	21	24.44	139
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	21	17.04	144
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21	22.16	180

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21	22.45	191
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	21	19.35	115
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	21	18.18	101
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21	23.70	169
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	21	20.14	121
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	21	22.15	252
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	21	21.72	169
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	21	1.49	60
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	21	22.84	194
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	21	18.37	507
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	21	32.14	228
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	21	11.49	286
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	21	13.79	238
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	21	23.27	149
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	21	2.08	236
11986	Malabar spinach, cooked	44.0	1.0 cup	21	1.31	10
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	21	1.45	66
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	21	11.45	260
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	21	2.98	128
11976	Pepper, banana, raw	124.0	1.0 cup	21	2.06	33
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	21	3.96	66
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	21	12.89	232
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21	23.75	192
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	21	18.03	505
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	21	25.89	344
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	21	9.60	388
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	21	11.73	280
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	21	0.46	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11118	Cabbage, kimchi	150.0	1.0 cup	21	1.65	22
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	21	0.99	60
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	21	1.42	105
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	21	2.30	151
15075	Fish, sablefish, smoked	28.35	1.0 oz	21	5.00	73
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	21	1.81	106
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	21	6.01	91
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	21	22.73	142
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	21	1.54	266
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	21	4.07	156
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	21	1.42	72
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	21	1.38	57
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	21	6.61	219
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	21	2.16	98
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	21	2.07	124
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	21	2.13	105
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	21	1.59	76
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	21	1.77	97
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21	21.02	150
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	21	2.02	85
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	21	1.15	85
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	21	17.71	343
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	21	1.45	74
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	21	1.32	214
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	21	5.95	115
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	21	4.26	172
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	21	4.26	157
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	21	4.00	228
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	21	4.00	219
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	21	3.15	127
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	21	24.17	179
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	21	23.46	223

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	21	25.25	158
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	21	20.34	193
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	21	20.77	256
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	20	8.25	362
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	20	5.22	136
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	20	5.17	154
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	20	1.57	50
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	20	1.43	114
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	20	2.07	124
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	20	1.62	62
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20	22.70	171
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	19.61	113
19366	Toppings, pineapple	340.0	1.0 cup	20	0.34	860
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	24.15	150
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	20	17.95	101
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	20	22.16	156
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	20	22.18	134
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	20	22.38	134
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	20	28.98	212
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	21.82	170
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	23.76	199
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	18.22	109
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	20	24.70	337
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	20	24.49	182
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	23.77	151
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	20	20.72	196

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	22.27	206
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	20	24.21	259
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	18.83	110
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	20	29.19	202
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	26.24	159
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	20	24.38	292
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	20	24.62	195
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	20	19.36	132
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20	22.98	186
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	20	22.73	193
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	18.48	105
05152	Guinea hen, meat only, raw	85.0	3.0 oz	20	17.54	94
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	20	17.68	169
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	20	25.23	139
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	26.04	190
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	20	24.39	149
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	20	25.13	166
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	17.79	122
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	20	21.95	232
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20	21.93	139
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	20	24.23	293

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	20	23.09	152
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	20	21.04	241
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	17.63	128
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	20	20.59	148
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	23.00	248
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	20	25.07	143
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	22.21	173
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	19.78	246
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	16.74	153
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	23.77	159
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	20	5.02	84
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	23.69	195
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	20	24.43	200
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	18.44	110
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	20	25.66	124
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	20	24.58	288
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	20	19.27	106
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	20	18.60	132
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	20	20.93	116
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	20	21.84	252
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	22.21	187
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20	25.22	156
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	20	23.44	149
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20	22.13	122
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	20	22.18	134

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20	21.39	269
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	22.98	247
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	23.61	156
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	20	19.90	177
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	20	24.74	218
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	20	22.18	134
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	20	16.15	88
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	20.55	210
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	18.05	128
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20	26.29	176
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	25.63	192
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	18.20	113
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	20	21.70	138
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	18.25	112
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20	19.62	236
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20	22.19	184
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	20	1.25	37
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	22.49	255
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	16.54	159
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	20	22.16	200
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	20	21.79	145

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20	23.82	201
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	20	18.14	141
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20	19.96	227
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	17.08	152
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	21.87	184
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	20	19.55	139
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	20	21.38	158
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	23.77	183
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20	21.72	219
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	20	22.03	264
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	20	20.73	147
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	25.55	198
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20	24.18	175
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	20	22.37	139
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20	5.90	104
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	20	25.68	134
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	23.54	165
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20	21.68	212
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	19.98	217
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	17.33	122
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	20	20.72	146
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	18.04	99
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	22.66	174

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	20	18.07	126
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	23.10	204
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20	21.90	193
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20	24.67	186
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	20	18.14	117
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	20	24.49	199
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	26.32	156
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20	20.44	219
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	20	25.66	241
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	18.35	121
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20	23.05	196
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20	21.73	155
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	20	22.58	198
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	18.09	116
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20	17.94	159
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	22.24	156
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	20	21.68	230
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	17.83	116
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	20	21.22	157
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20	19.60	289
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	20	17.74	89
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	20	21.90	150

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	20	20.77	164
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20	22.12	112
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	20	24.88	114
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	17.99	113
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	20	19.34	137
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	25.49	199
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20	19.49	117
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	20	21.50	180
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	20	23.98	167
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	17.57	120
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	21.49	192
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	20	24.25	184
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	20	22.41	202
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20	23.98	185
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	17.89	104
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	20	2.12	99
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	20	23.39	154
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	20	24.04	201
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	20	19.10	285
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	20	19.70	261
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	20	24.67	175
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	20	22.97	218
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	20	19.23	311
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	20	9.99	290
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	20	1.42	234
01238	Ice cream sandwich	70.0	1.0 serving	20	3.00	166

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	20	2.26	81
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	20	39.37	228
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	20	2.26	81
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	20	0.97	81
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	20	8.24	356
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	20	8.28	356
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	20	1.34	159
11098	Brussels sprouts, raw	88.0	1.0 cup	20	2.97	38
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	20	1.29	146
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	20	7.24	174
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	20	21.35	232
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	20	12.02	408
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	20	1.79	58
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	20	1.73	151
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20	20.87	218
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	20	1.13	154
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	20	1.39	126
25027	Snacks, plantain chips, salted	28.35	1.0 oz	20	0.65	151
18266	English muffins, whole-wheat	28.35	1.0 oz	20	2.49	58
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	20	1.95	114
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	20	2.13	110
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	20	2.25	112
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	20	9.46	231
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	20	2.60	55
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	20	20.39	163
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	20	2.60	59
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	20	1.83	32
07056	Peppered loaf, pork, beef	100.0	3.52 slices	20	17.30	149
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	20	17.22	148
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	20	11.30	266
21249	BURGER KING, french fries	74.0	1.0 small serving	20	2.39	207
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	20	18.75	184

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	20	2.07	103
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	20	21.58	178
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	20	21.84	142
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	20	2.44	55
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	20	12.27	251
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	20	22.89	183
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	20	21.38	215
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	20	1.27	124
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	20	1.24	124
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	20	20.18	156
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	20	1.76	31
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	20	1.76	31
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	20	1.71	34
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	20	1.71	120
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	20	1.96	128
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	20	1.11	101
01021	Cheese, gjetost	28.35	1.0 oz	20	2.74	132
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	20	2.73	107
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	20	1.04	24
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	20	1.04	24
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	20	6.32	161
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	20	1.48	25
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	20	0.89	82
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	20	21.98	133
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20	25.85	256
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	20	0.91	74
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	20	12.13	93
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	20	0.87	84

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	20	22.78	235
09221	Tangerine juice, raw	247.0	1.0 cup	20	1.24	106
09316	Strawberries, raw	152.0	1.0 cup, halves	20	1.02	49
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	20	1.43	84
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	20	1.43	84
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	20	10.97	259
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	20	11.07	261
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	20	15.75	111
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20	22.93	175
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	20	6.26	122
01114	Whey, sweet, fluid	246.0	1.0 cup	20	2.09	66
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	20	1.35	236
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	20	12.10	302
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	20	12.10	302
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	20	2.70	159
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	20	7.28	100
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	20	28.60	392
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	20	6.15	135
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	20	8.06	100
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	20	1.40	19
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	20	4.04	137
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	20	29.30	203
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	20	1.25	118
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	20	2.00	135
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20	20.41	207
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	20	1.94	34
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	20	5.68	281
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	20	8.19	60
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	20	2.19	78
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20	21.02	265

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	22.25	193
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20	18.69	133
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20	22.71	212
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	20	21.37	169
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	24.96	208
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	21.12	230
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	20	22.41	130
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	21.15	239
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	20	20.71	110
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	20	17.67	122
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20	22.92	189
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	20	28.31	178
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	20	23.49	202
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20	21.87	137
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	20	23.09	236
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	23.51	163
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20	17.65	110
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	20	1.43	37
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20	26.40	215
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	19.09	121
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	20	18.58	313

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	22.21	133
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20	18.81	307
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	20	23.59	128
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	20	21.00	194
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20	19.86	102
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	23.41	186
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20	28.82	168
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	21.17	242
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	20	1.43	37
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	22.18	201
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	21.99	136
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20	19.15	237
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20	20.14	108
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	24.56	215
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	20	17.65	119
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	20	27.55	162
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20	24.51	212
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	21.21	241
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	20.31	242
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	23.18	212
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	22.55	178
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	18.33	120
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	20	23.43	134

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	20	20.43	292
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	20	22.17	135
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	19.30	229
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	22.52	187
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20	28.90	182
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	23.45	178
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	20	17.41	143
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20	25.29	185
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	18.17	104
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20	22.24	197
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	20	24.10	192
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20	20.84	250
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	20	21.31	227
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20	22.52	118
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	20	21.37	135
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20	21.11	232
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	20	25.58	203
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	18.14	110
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	25.13	206
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	20	19.39	103
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	20	13.92	81
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	20	22.74	155

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	20	25.24	264
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	20	23.05	196
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20	21.73	290
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	21.39	207
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	20	22.75	165
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20	20.36	150
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	20	22.51	169
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20	23.94	181
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	16.47	141
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	20	16.29	102
15090	Fish, scup, raw	85.0	3.0 oz	20	16.05	89
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	20	21.70	202
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20	22.36	183
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20	23.93	167
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	20	15.78	77
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	20	17.33	90
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20	22.93	224
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	20	27.56	220
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	20	27.45	158
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20	24.47	190
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	23.18	212
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	20	19.49	227
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20	24.70	168
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	19.17	126

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20	29.69	175
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20	19.17	263
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	20	18.22	122
43134	Vegetarian fillets	85.0	1.0 fillet	--	19.55	246
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20	19.13	235
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	22.52	194
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	20	27.62	167
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20	21.43	173
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	23.71	158
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	20	17.97	171
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	20	22.76	199
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	20	22.69	246
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	17.88	114
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	20	20.03	166
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	21.46	196
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	20	19.61	99
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20	24.31	162
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20	24.58	173
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	20	17.14	97
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	20	21.19	189
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20	23.50	188
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	20	21.88	137
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	18.09	122

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20	23.65	165
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	20	22.95	231
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	20	24.22	186
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	25.88	179
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20	24.04	172
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20	19.23	230
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	20	22.47	171
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	20	17.28	94
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	20	20.43	156
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	20	19.43	98
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	20	21.63	152
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20	24.50	204
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20	22.02	135
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	18.57	131
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	20	3.00	90
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	20	2.35	113
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	20	1.12	54
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	20	2.46	131
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	20	3.40	28
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	20	9.96	249
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	20	3.40	28
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	20	1.72	28
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	20	9.75	399
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	20	1.64	78
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	20	1.64	78
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	19	16.91	84
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	19	3.89	99
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	19	2.88	115

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	19	19.22	235
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	19	24.33	201
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	19	22.50	221
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	19	23.88	193
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	19	23.77	196
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	19	9.44	210
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	19	9.44	210
09174	Loquats, raw	149.0	1.0 cup, cubed	19	0.64	70
09160	Lime juice, raw	242.0	1.0 cup	19	1.02	60
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	19	16.33	148
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	19	1.73	115
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	19	16.85	83
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	19	1.69	62
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	19	2.54	217
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	19	1.97	127
11978	Peppers, ancho, dried	17.0	1.0 pepper	19	2.02	48
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	19	20.89	285
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	19	19.40	287
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	19	1.37	18
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	19	1.81	397
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	19	7.25	134
43144	Cabbage, mustard, salted	128.0	1.0 cup	19	1.41	36
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	19	11.89	420
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	19	3.36	156
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	19	3.94	61
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	19	0.99	38
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	19	0.99	35
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	19	2.32	214
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	19	20.68	207
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	19	1.79	341
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	19	10.69	257

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11090	Broccoli, raw	91.0	1.0 cup chopped	19	2.57	31
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	19	1.29	189
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	19	11.60	373
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	19	1.86	50
11203	Cress, garden, raw	50.0	1.0 cup	19	1.30	16
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	19	3.59	39
09164	Litchis, raw	190.0	1.0 cup	19	1.58	125
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19	20.68	259
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	19	0.73	85
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	19	1.98	152
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	19	1.98	152
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	19	2.46	141
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	19	21.81	100
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	19	2.89	144
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	19	1.98	152
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	19	2.72	152
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	19	4.25	205
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	19	10.56	242
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	19	4.25	205
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	19	4.62	130
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	19	4.25	205
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	19	4.25	205
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	19	2.02	118
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	19	5.69	99
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	19	2.08	73
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	19	11.35	421
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	19	11.35	429
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	19	4.00	140
11011	Asparagus, raw	134.0	1.0 cup	19	2.95	27
22971	Potato salad with egg	125.0	0.5 cup	19	2.45	196
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	19	3.39	44
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	19	3.39	44

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	19	14.24	100
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	19	10.32	57
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	19	5.84	108
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19	22.92	207
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	19	23.15	167
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19	16.92	162
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	19	11.38	311
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	19	22.32	137
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	19	20.51	301
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19	24.36	177
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	19	18.15	105
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19	28.12	190
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	28.27	174
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	19	18.93	150
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	19	22.06	164
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	25.96	184
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	19	22.97	146
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19	20.73	162
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	19	24.50	175
15079	Fish, salmon, chum, raw	85.0	3.0 oz	19	17.12	102
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19	18.04	123
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19	20.94	248
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	19	18.57	97
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19	26.27	189
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19	17.68	123

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	19	22.41	147
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	19	23.88	146
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	18.10	130
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19	21.97	247
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19	19.84	316
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	19	18.75	215
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19	17.46	97
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	19	26.40	217
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	18.07	121
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	19	2.65	20
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	19	17.32	100
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19	22.49	227
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	19	14.42	232
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	19	19.12	113
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	19	25.15	175
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19	17.48	134
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	19	25.98	187
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	19	22.25	153
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19	16.74	169
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	19	20.37	235
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	19	1.89	48
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	19	2.65	20
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	19	20.93	197

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	19	22.54	149
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	19	20.84	218
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19	19.30	266
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19	17.79	147
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19	18.38	137
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	19	19.08	147
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	19	18.54	99
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19	17.13	144
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	19	22.34	235
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	19	17.81	99
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	17.96	119
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19	17.58	159
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	19	22.19	184
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	19	23.38	142
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19	18.37	130
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19	20.31	269
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	19	15.45	105
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19	25.88	196
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	19	12.91	321
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19	27.21	183
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	19	22.29	164
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	19	22.65	156
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	19	15.92	112

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	19	22.94	214
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	19	22.07	197
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	19	18.69	99
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	19	25.77	185
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	19	22.59	225
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	17.41	128
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19	18.22	138
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19	21.28	227
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	28.53	190
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19	22.39	164
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19	18.11	136
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	19	18.54	102
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19	20.31	275
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	19	21.32	163
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	19	23.62	243
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19	22.78	218
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	19	24.91	169
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	19	21.15	200
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	19	17.76	100
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	19	17.80	227
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	19	17.44	100
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	19	20.07	241
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	19	15.70	250

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19	28.36	180
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	19	23.81	207
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	19	20.52	116
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	19	23.44	131
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	19	26.69	224
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	19	19.03	94
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	19	23.38	187
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	23.84	207
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19	18.22	116
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	19	18.39	105
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	19	17.48	96
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	19	23.07	256
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19	28.55	174
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19	18.01	123
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19	22.47	224
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19	21.12	235
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	19	27.77	204
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	18.04	132
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	19	18.28	282
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	19	18.42	101
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19	26.08	184
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	26.65	186
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	19	24.94	161

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19	22.45	162
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19	29.23	184
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	19	19.89	134
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19	20.14	247
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	19	18.53	129
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	19	23.21	148
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19	18.91	239
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	17.91	107
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	19	18.76	105
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	19	22.80	146
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19	22.06	145
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19	17.27	140
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	19	22.35	148
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19	17.99	131
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	19	24.42	173
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	19	21.31	204
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	19	20.37	194
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	19	22.25	198
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19	21.23	235
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	20.60	306
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	19	23.38	140
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	19	17.51	99
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	19	20.80	227

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	19	23.42	172
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19	28.36	166
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	19	3.18	230
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	19	27.62	165
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	19	10.07	298
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	19	21.41	174
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	19	1.99	131
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	19	8.39	217
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	19	2.11	60
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	19	1.92	113
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	19	3.29	23
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	19	2.31	124
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	19	3.29	24
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	19	14.12	171
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	19	1.49	42
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	19	1.49	42
11430	Radishes, oriental, raw	116.0	1.0 cup slices	19	0.70	21
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	18	1.30	85
01020	Cheese, fontina	132.0	1.0 cup, diced	18	33.79	513
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	18	4.34	120
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	18	1.29	27
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	18	4.12	143
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	18	0.83	151
18043	Bread, protein (includes gluten)	28.35	1.0 oz	18	3.43	69
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	18	1.62	63
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	18	2.85	26
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	18	2.85	26
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	18	22.19	198
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	18	1.27	69

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	18	1.45	74
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	18	1.49	292
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	18	1.55	39
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	18	6.80	1019
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	18	2.34	114
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	18	5.60	67
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	18	1.95	111
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	18	2.09	120
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	18	9.77	230
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	18	6.00	222
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	18	4.46	157
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	18	23.06	133
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	18	3.58	36
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	18	3.58	36
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	18	4.62	188
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	18	1.50	81
19415	Snacks, potato sticks	28.35	1.0 oz	18	1.90	148
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	18	0.84	57
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	18	2.10	156
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	18	20.08	275
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	18	17.19	95
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	18	20.33	246
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	18	1.37	214
11527	Tomatoes, green, raw	180.0	1.0 cup	18	2.16	41
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	18	1.64	20
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	18	11.63	55
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	18	1.69	85
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	18	1.24	27
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	18	1.24	27
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	18	5.31	32
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	18	1.87	88
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	18	1.64	20
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	18	5.31	32

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	18	2.43	135
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18	23.53	181
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	18	2.40	45
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	18	4.39	182
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	18	4.39	182
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	18	5.12	133
11270	Mustard greens, raw	56.0	1.0 cup, chopped	18	1.60	15
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	18	1.47	126
11231	Jute, potherb, raw	28.0	1.0 cup	18	1.30	10
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	18	1.48	46
18021	Bread, boston brown, canned	28.35	1.0 oz	18	1.47	55
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	18	19.46	263
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	18	27.28	188
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	18	25.67	170
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	18	19.30	104
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18	17.54	140
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	18	22.04	212
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18	18.04	141
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	18	22.49	133
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	18	20.71	113
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18	17.44	113
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	18	17.96	233
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	18	19.80	128
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	18	17.03	99
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	18	22.98	163

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	18	20.66	248
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	18	22.77	247
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	18	19.41	247
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	18	11.66	283
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	18	15.73	197
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	18	16.00	101
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	18	22.42	189
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18	21.40	239
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	18	27.82	196
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	18	19.48	258
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	18	25.42	173
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18	17.99	139
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	18	24.00	211
15054	Fish, monkfish, raw	85.0	3.0 oz	18	12.31	65
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18	17.58	161
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	18	21.21	241
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	18	21.06	201
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18	17.54	133
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	18	17.46	133
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	18	17.20	124
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	18	18.49	109
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	18	20.04	252
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	18	24.25	261

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	18	27.38	188
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18	20.00	261
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18	16.27	168
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	18	23.53	154
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18	16.73	144
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	18	1.35	245
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	18	22.24	236
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	18	21.54	174
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	18	22.63	182
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	18	18.84	107
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	18	22.07	247
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18	20.26	196
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18	22.88	210
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18	17.52	194
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	18	24.70	167
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18	20.33	258
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	18	17.60	183
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18	17.52	116
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	18	16.78	168
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	18	15.83	106
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	18	24.51	179
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	18	16.18	134

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	18	25.08	175
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	18	22.32	157
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	18	25.80	218
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18	16.14	150
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	18	16.97	120
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18	17.74	148
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	18	20.43	209
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18	17.10	177
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	18	26.04	171
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	18	19.86	246
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	18	24.29	165
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18	17.54	148
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18	18.83	119
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	18	24.21	140
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	18	19.10	150
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	18	23.20	167
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	18	25.64	144
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18	19.71	258
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18	18.40	132
15033	Fish, haddock, raw	85.0	3.0 oz	18	13.87	63
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18	17.50	190
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	18	23.38	144
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	18	23.68	180
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	18	19.16	246

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18	17.26	171
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	18	20.36	156
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18	16.47	149
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	18	16.38	98
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	18	27.96	181
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18	17.57	118
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	18	23.04	230
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	18	15.95	199
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	18	21.24	164
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	18	20.80	205
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	18	27.92	216
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	18	18.51	133
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18	17.76	145
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	18	18.41	101
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	18	25.15	210
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	18	21.93	143
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	18	18.39	110
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18	17.14	133
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	18	21.74	220
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	18	27.85	210
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	18	22.94	211
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	18	18.32	106
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	18	21.94	244
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	18	27.73	180

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	18	18.23	244
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	18	21.16	256
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	18	19.95	255
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	18	21.84	176
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	18	16.24	94
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	18	23.44	193
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18	21.21	123
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	18	21.48	142
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	18	6.75	1002
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	18	0.64	164
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	18	0.89	164
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	18	2.12	20
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18	18.79	131
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	18	1.00	60
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	18	6.91	110
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	18	3.94	130
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	18	5.95	164
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	18	4.06	154
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	18	0.39	31
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	18	19.50	150
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	18	1.79	149
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	18	4.00	110
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	18	4.12	62
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	18	0.96	209
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	18	4.12	62
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	18	0.96	209
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	18	1.76	59
12058	Nuts, acorns, raw	28.35	1.0 oz	18	1.74	110

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	18	1.42	28
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	18	0.40	125
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	18	1.58	110
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	18	0.70	24
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	18	16.80	460
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	18	0.70	19
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	17	11.44	54
09442	Pomegranate juice, bottled	249.0	1.0 cup	17	0.37	134
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	17	22.53	448
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	17	1.56	262
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	17	5.22	221
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	17	1.76	44
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	17	16.41	117
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	17	5.96	200
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	17	3.84	87
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	17	1.81	88
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	17	2.52	26
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	17	7.46	191
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	17	1.88	157
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	17	1.76	79
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	17	1.00	38
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	17	1.00	38
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	17	5.78	149
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	17	16.51	118
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	17	1.96	74
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	17	2.52	24
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	17	0.84	124
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	17	2.29	139
21509	BURGER KING, Onion Rings	91.0	1.0 small	17	3.51	379
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	17	1.54	58
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	17	1.60	59
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	17	16.72	179
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	17	1.01	121
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	17	1.92	123

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14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	17	1.01	121
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	17	0.62	52
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	17	1.01	121
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	17	0.74	113
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	17	19.59	150
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	17	1.36	47
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	17	1.46	68
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	17	1.46	68
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	17	18.75	204
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	17	2.00	107
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	17	1.03	14
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	17	2.74	29
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	17	4.06	222
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	17	2.01	174
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	17	0.93	14
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	17	2.34	20
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	17	3.51	137
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	17	1.52	57
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	17	1.02	42
11568	Turnip greens, raw	55.0	1.0 cup, chopped	17	0.82	18
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	17	2.33	149
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	17	1.02	42
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	17	19.10	432
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	17	1.00	98
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	17	3.51	128
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	17	3.83	162
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	17	30.91	234
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	17	1.73	66
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	17	2.69	78
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	17	10.94	249
16129	Tofu, fried	28.35	1.0 oz	17	5.34	77
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	17	8.29	114

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	17	10.06	100
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	17	16.70	222
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	17	24.28	173
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	16.37	194
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17	19.45	162
07024	Frankfurter, chicken	85.0	3.0 oz	17	13.18	190
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	16.51	144
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	17	20.37	187
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17	19.21	310
93600	Turtle, green, raw	85.0	3.0 oz	17	16.83	76
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	17	14.96	102
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	17	25.60	257
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	16.29	167
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	16.75	188
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	17.12	137
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	17	19.35	298
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17	24.80	222
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	17	14.92	219
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17	18.73	111
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	15.93	175
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	17	20.10	116
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	17	19.93	211
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	17	19.38	316
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	17	21.84	234

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	17	28.95	242
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17	21.13	195
10158	USDA Commodity, pork, canned	85.0	3.0 oz	17	16.49	167
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17	18.55	290
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17	20.85	258
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	17	17.75	250
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	17	15.67	156
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	17	23.23	270
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	17	14.81	158
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	17.33	113
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	17	21.97	281
07008	Bologna, beef and pork	100.0	3.527 oz	17	15.20	308
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	17	17.22	102
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17	16.02	161
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	17	16.92	179
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	17	24.14	196
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	17	21.66	259
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	17	22.19	220
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17	17.05	166
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	17	25.54	251
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	17	21.59	235
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	16.75	133

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	17	21.34	110
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	17	21.81	188
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	17	23.94	230
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17	26.10	190
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	17	19.43	202
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	17	20.92	184
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	17	18.83	349
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	17	22.96	196
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	17	22.85	242
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	17	15.81	183
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17	19.96	281
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	17	26.07	173
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	17	22.79	218
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17	15.91	214
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	17	19.35	275
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	17	24.00	234
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	17	20.75	252
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	17	19.30	154
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	17	14.86	213
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	17	16.61	137
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17	18.94	305
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	17	23.82	189
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	16.03	184

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	17	25.10	172
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	17	23.36	184
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	17	21.12	241
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	17	20.94	201
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	17	24.68	177
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	17	18.57	253
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17	17.95	305
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	17	19.16	290
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	17	20.16	196
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	17	22.77	274
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	17.24	116
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	16.32	146
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	17.31	118
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	17	23.94	198
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	17	29.33	172
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	17	18.66	328
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	17	21.47	269
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	17	22.92	226
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	17	22.15	208
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	17	18.62	105
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	17	19.43	334

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	17	26.10	168
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	17	14.81	179
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	17	20.69	105
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	17	20.37	190
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	17	19.32	268
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	17	0.92	61
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	17	26.55	142
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	17	25.67	263
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	16.32	159
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	17	8.45	189
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17	18.92	299
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17	16.62	196
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	17	1.58	51
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17	15.70	180
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	17	19.89	283
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	15.67	189
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	17	21.09	209
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	17	21.73	230
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	17	23.98	206
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	17	22.25	224
10130	Canadian bacon, unprepared	85.0	3.0 oz	17	17.26	94
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	17	19.06	286
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	17	25.82	175

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	17	23.46	241
05154	Pheasant, raw, meat only	85.0	3.0 oz	17	20.03	113
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	17	21.96	224
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	17	21.73	237
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	17	21.27	218
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	16.24	203
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17	16.63	209
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	17	18.45	247
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	17	20.48	230
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	17.99	127
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	17	21.54	199
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	17	25.40	160
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	17	19.56	302
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	17	15.58	181
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	17	22.68	194
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	17	19.18	340
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17	16.85	209
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17	23.09	245
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	17	22.28	224
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	16.14	155
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17	16.35	151
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	17	19.64	280

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17	15.94	155
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17	16.67	210
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17	17.32	159
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	17	21.97	228
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	17	22.04	204
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	17	14.36	457
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	17	2.33	61
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	17	2.29	108
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	17	16.13	254
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	17	2.18	105
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	17	18.27	381
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	17	17.81	331
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	17	13.01	342
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	17	17.72	98
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	17	1.95	79
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	17	0.99	182
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	17	2.50	26
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	17	1.88	167
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	17	3.07	35
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	17	1.47	26
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	17	0.89	411
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	17	2.20	125
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	17	2.20	137
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	17	4.37	127
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	17	4.37	132
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	17	4.73	31
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	17	1.49	55
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	17	8.63	209
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	17	1.01	91
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	17	0.00	216
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	17	1.49	59
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	17	15.48	89

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	17	6.00	282
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	17	1.85	108
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	17	1.69	127
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	17	3.72	183
18065	Bread, wheat, toasted	28.35	1.0 oz	17	3.67	89
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	17	1.45	16
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	17	15.53	223
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	17	1.36	21
19080	Candies, semisweet chocolate	14.5	1.0 serving	17	0.61	70
09143	Guava sauce, cooked	238.0	1.0 cup	17	0.76	86
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	17	2.31	82
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	17	4.16	155
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	17	4.21	142
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	17	1.76	163
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	17	1.09	109
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	17	1.00	76
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	17	8.22	181
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	17	10.55	209
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	17	15.87	317
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	17	1.96	119
09176	Mangos, raw	165.0	1.0 cup pieces	16	1.35	99
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	16	3.27	111
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	16	12.04	126
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	16	13.60	106
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16	15.85	200
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	16	3.30	33
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	16	1.42	52
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	16	2.07	109
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	16	1.72	89
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	16	2.00	184
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	16	3.92	176
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	16	1.85	138
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	16	0.82	43
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	16	4.84	266

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11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	16	1.31	27
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	16	3.99	91
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	16	1.86	27
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	16	1.86	27
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	16	4.00	110
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	16	19.67	122
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	16	19.79	148
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	16	18.21	146
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	16	1.59	103
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	16	2.27	117
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	16	1.71	12
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	16	1.59	103
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	16	4.24	123
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	16	5.27	37
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	16	0.10	123
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	16	1.10	39
21023	Fast foods, french toast with butter	135.0	2.0 slices	16	10.34	356
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	16	16.31	81
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	16	2.90	31
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	16	1.98	127
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	16	2.90	34
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	16	2.11	120
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	16	3.97	169
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	16	25.68	184
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	16	19.92	268
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16	17.14	124
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	16	24.05	144
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	16	13.91	182
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16	16.30	153
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	16	24.62	238

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13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16	24.60	252
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16	15.40	236
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	16	25.35	167
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	16	19.59	251
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16	16.42	201
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16	16.02	207
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	16	20.82	184
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16	22.70	247
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	16	21.84	184
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	16	23.87	149
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	16	23.76	179
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	16	19.40	135
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	16	26.12	148
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16	15.28	197
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	17.06	129
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	16.03	193
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	16	27.27	177
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	16	14.19	201
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	16	16.89	164
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	16	21.46	216
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	16	17.68	141
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	16	22.56	217
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	16	22.66	222

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	16	15.55	104
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	15.89	205
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16	26.70	194
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	16	28.50	164
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	16.27	157
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	16	24.85	241
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	16	17.55	343
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	16.28	172
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	16	12.95	101
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16	15.63	215
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	16	17.76	104
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	16	18.32	275
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	16	20.74	297
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	16	19.80	114
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	16	21.34	123
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	15.04	202
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	16	15.29	99
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	16	18.32	287
15128	Fish, tuna salad	85.0	3.0 oz	16	13.63	159
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	16	23.53	150
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	16	14.36	153
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	16	24.28	190

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	16	22.41	305
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	16	21.47	230
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	16	16.81	95
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	16	22.43	260
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	16	12.47	73
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16	16.36	147
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	16	20.76	259
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	16	24.20	242
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	16	21.57	235
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	16	14.53	181
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	16	16.51	168
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	16	16.87	132
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	16	15.87	190
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	16	23.60	150
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	16	21.15	182
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	16	19.12	321
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	16	23.15	203
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	16	15.10	107
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	16	17.25	213
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	16	14.74	94
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	16	24.84	179
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	16	19.41	199
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	16	20.22	216
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	16	24.50	246

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	16	18.09	111
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	16	20.65	216
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16	16.03	190
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	16	23.96	198
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16	17.30	122
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	16	24.32	173
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	16	22.04	240
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	16	25.09	173
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	16	22.76	290
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	16	14.80	277
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	16	16.68	266
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	16	2.54	127
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	16	1.60	68
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	16	17.39	97
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	16	1.87	88
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	16	1.87	92
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	16	1.31	149
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	16	3.85	207
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	16	17.98	170
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	16	0.88	19
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	16	0.85	54
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	16	0.88	22
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	16	0.85	54
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	16	14.49	90
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	16	2.05	27

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	16	7.37	222
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	16	2.45	190
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	16	22.74	154
11282	Onions, raw	160.0	1.0 cup, chopped	16	1.76	64
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	16	2.02	120
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	16	6.98	262
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	16	1.43	108
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	16	1.90	109
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	16	1.54	105
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	16	1.27	106
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	16	1.57	107
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	--	0.78	16
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	16	6.47	203
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	16	2.41	107
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	16	14.99	104
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	16	1.97	120
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	16	1.48	103
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	16	2.30	102
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	16	1.51	103
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	16	1.57	103
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	16	1.54	103
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	16	1.76	102
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	16	0.99	76
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	16	1.44	74
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	16	1.98	62
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	16	2.49	111
19036	Snacks, popcorn, cakes	10.0	1.0 cake	16	0.97	38
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	16	3.74	77
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	16	1.47	151
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	16	1.17	25
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	16	1.82	127
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	16	1.08	25

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	16	2.88	112
11969	Broccoli, chinese, cooked	88.0	1.0 cup	16	1.00	19
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	16	19.01	105
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	16	2.88	112
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	16	12.43	81
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	16	16.22	375
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	16	12.80	133
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	16	1.99	64
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	16	16.10	391
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	--	0.93	16
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	16	1.26	52
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	16	2.54	105
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	16	3.97	35
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	16	3.97	35
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	16	8.64	194
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	16	2.38	174
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	16	4.05	146
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	16	5.46	165
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	16	0.96	18
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	16	5.09	196
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	16	1.33	67
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	16	2.00	179
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	16	1.33	67
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	16	27.66	304
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	16	0.96	18
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	16	1.86	114
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	16	0.96	18
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	16	1.92	115
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	16	1.22	55
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	16	2.27	57
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	16	1.24	131
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	16	1.62	138
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	16	1.62	138
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	16	2.78	137
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	16	1.87	155

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	16	2.69	68
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	16	2.73	218
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	16	9.52	129
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	16	4.51	252
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	16	7.08	147
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	16	1.99	167
09021	Apricots, raw	155.0	1.0 cup, halves	16	2.17	74
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	15	1.48	10
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	15	18.34	129
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	15	1.12	25
09326	Watermelon, raw	154.0	1.0 cup, balls	15	0.94	46
11003	Amaranth leaves, raw	28.0	1.0 cup	15	0.69	6
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	15	1.12	25
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	15	2.80	286
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	15	1.87	233
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	15	10.11	193
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	15	1.23	195
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	15	3.69	134
11124	Carrots, raw	128.0	1.0 cup chopped	15	1.19	52
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	15	3.64	147
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	15	3.76	129
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	15	2.02	93
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	15	1.40	182
18044	Bread, pumpernickel	28.35	1.0 oz	15	2.47	71
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	15	2.10	54
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	15	7.15	33
01156	Cheese, goat, hard type	28.35	1.0 oz	15	8.65	128
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	15	0.57	37
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	15	23.91	173
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	15	1.33	199
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	15	26.60	194
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	15	22.75	180

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15	23.36	156
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15	16.54	158
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	15	2.31	107
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	15	18.20	103
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	15	23.19	133
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	15	18.04	122
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	15	19.64	229
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	15	12.31	181
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15	14.86	200
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15	23.40	148
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	15	13.48	315
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15	15.41	217
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15	17.82	124
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	15	21.72	126
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15	23.21	156
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	15	19.11	138
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15	15.90	164
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	15	14.24	184
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	15	16.15	239
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	15	27.15	212
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15	15.10	235
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	15	12.44	173
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	15	15.85	77
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15	23.15	157

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	15	20.00	304
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	15	24.21	180
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	15	18.57	180
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	15	28.24	192
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	15	19.20	320
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15	17.73	314
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	15	14.61	144
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	15	24.75	158
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	15	14.58	170
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	15	23.98	303
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15	14.64	204
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15	15.25	235
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	15	16.36	428
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	15	20.91	246
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15	15.23	221
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	15	21.97	172
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	15	17.31	115
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15	17.08	137
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15	23.17	160
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15	17.74	129
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	15	24.36	253
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15	25.92	179
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	15	26.31	199
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	15	17.76	307

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	15	25.02	291
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	15	24.06	177
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	15	15.80	183
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	15	20.88	216
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	15	19.24	89
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	15	26.14	165
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	15	17.78	109
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15	23.38	150
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	15	18.93	220
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	15	23.26	127
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	15	25.61	177
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15	23.31	159
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15	15.67	211
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	15	22.58	154
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	15	23.70	199
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	15	17.94	116
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	15	25.43	214
21127	Fast foods, coleslaw	191.0	1.0 cup	15	1.81	292
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	15	1.20	57
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	15	1.20	57
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	15	11.26	440
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	15	2.91	28
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	15	2.23	225
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	15	3.83	117
43382	Cranberry juice, unsweetened	253.0	1.0 cup	15	0.99	116
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	15	1.46	87
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	15	1.98	80

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	15	1.86	189
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	15	6.91	99
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	15	4.80	43
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	15	7.06	34
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	15	1.64	184
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	15	5.93	231
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	15	0.97	118
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	15	0.62	273
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	15	3.80	215
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	15	8.91	281
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	15	1.28	54
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	15	1.98	156
18157	Cookies, chocolate wafers	28.35	1.0 oz	15	1.87	123
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	15	2.93	99
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	15	1.76	132
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	15	1.51	134
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	15	12.38	159
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	15	2.14	120
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	15	12.26	154
09107	Gooseberries, raw	150.0	1.0 cup	15	1.32	66
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	15	12.18	128
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	15	2.35	197
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	15	0.42	130
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	15	12.08	123
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	15	8.60	175
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	15	10.70	114
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	15	12.96	117
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	15	12.04	120
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	15	11.19	222
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	15	14.14	229
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	15	3.06	22
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	15	15.87	286
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	15	1.28	30
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	15	0.99	104
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	15	4.39	242
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	15	0.99	102

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	15	1.22	110
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	15	3.88	118
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	15	1.19	107
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	15	10.39	134
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	15	18.02	393
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	15	1.48	121
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	15	0.95	18
11418	Pumpkin leaves, raw	39.0	1.0 cup	15	1.23	7
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	15	1.08	27
18025	Bread, cracked-wheat	28.35	1.0 oz	15	2.47	74
18177	Cookies, molasses	28.35	1.0 oz	15	1.59	122
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	15	10.90	253
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	15	5.52	190
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	15	9.24	271
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	15	1.22	98
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	15	1.07	86
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	15	9.24	267
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	15	0.54	44
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	15	0.89	33
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	15	4.27	149
09152	Lemon juice, raw	244.0	1.0 cup	15	0.85	54
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	15	1.88	88
09307	Rhubarb, raw	122.0	1.0 cup, diced	15	1.10	26
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	15	1.70	159
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	15	1.41	117
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	15	2.27	133
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	15	4.37	134
09084	Currants, red and white, raw	112.0	1.0 cup	15	1.57	63
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	15	5.08	191
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	14	2.51	119
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	14	2.51	119
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	14	3.75	186

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	14	12.10	68
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	14	2.75	48
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	14	4.43	149
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	14	2.50	121
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	14	2.84	152
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	14	9.41	116
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	14	20.29	205
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14	23.54	252
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	25.70	141
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	14	20.58	250
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	14	22.14	190
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	25.60	144
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	14	3.76	59
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14	13.39	286
15073	Fish, roughy, orange, raw	85.0	3.0 oz	14	13.95	65
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	14	22.45	185
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14	22.77	160
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	14	11.96	99
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	14	25.39	167
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	25.34	134
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	14	27.08	214
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14	14.24	259
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	22.75	169
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	22.96	167

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	14	22.35	217
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14	25.47	142
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	14	14.76	194
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	14	25.32	167
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	14	14.77	81
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	14	15.98	133
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	14	20.53	217
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	14	9.10	241
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14	25.58	138
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	14	15.56	230
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14	15.19	193
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14	13.73	275
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	14	15.83	170
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	14	16.63	165
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	14	19.56	248
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	14	16.60	172
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	14	10.73	412
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	14	4.00	179
11603	Yambean (jicama), raw	120.0	1.0 cup slices	14	0.86	46
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	14	9.31	43
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	14	13.02	178
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	14	0.15	5
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	14	2.13	119
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	14	5.11	127
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	14	1.92	126
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	14	1.96	43
27065	Dip, bean, original flavor	36.0	2.0 tbsp	14	1.96	43
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	14	2.67	86

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	14	8.91	172
11564	Turnips, raw	130.0	1.0 cup, cubes	14	1.17	36
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	14	1.15	103
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	14	1.16	103
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	14	2.21	25
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	14	2.21	25
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	14	19.77	130
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	14	2.08	124
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	14	2.55	89
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	14	6.87	195
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	14	6.28	158
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	14	2.61	89
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	14	1.27	28
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	14	4.60	194
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	14	4.60	194
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	14	3.00	152
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	14	0.00	232
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	14	1.50	48
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	14	1.65	155
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	14	3.00	92
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	14	9.20	42
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	14	1.25	63
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	14	1.11	34
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	14	1.15	105
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	14	10.37	146
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	14	4.40	159
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	14	8.43	88
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	14	1.64	23
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	14	1.85	104
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	14	2.05	166
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	14	8.43	88
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14	15.89	116

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	14	1.43	71
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	14	1.55	78
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	14	1.22	118
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	14	1.12	165
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	14	2.26	57
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	14	1.16	30
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	14	12.26	180
18172	Cookies, gingersnaps	28.35	1.0 oz	14	1.59	118
03213	Babyfood, cookies	28.35	1.0 oz	14	3.35	123
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	14	2.49	136
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	14	0.64	44
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	14	2.04	124
09236	Peaches, yellow, raw	154.0	1.0 cup slices	14	1.40	60
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	14	2.13	120
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	14	5.06	299
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	14	16.15	428
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	14	1.43	90
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	14	14.31	100
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	14	6.93	222
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	14	0.80	209
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	14	5.55	238
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	14	2.88	74
07912	Roast beef spread	57.0	1.0 serving .25 cup	14	8.70	127
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14	11.76	449
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14	15.82	238
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	14	1.46	98
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	14	0.93	172
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	14	13.96	216
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	14	0.87	60
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	14	2.71	129
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	14	1.68	151
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	14	1.97	158

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	14	2.81	72
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	14	1.43	72
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	14	1.84	131
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	14	2.47	31
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14	16.12	174
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	14	3.00	100
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	14	10.58	286
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	14	10.65	270
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	14	7.45	431
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14	16.04	178
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	14	17.86	106
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14	23.09	258
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	25.24	138
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	14	13.12	81
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	25.32	139
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	14	14.02	263
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14	16.24	167
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	14	16.21	190
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	14	20.58	107
19114	Ice creams, chocolate, light	68.0	1.0 serving	14	3.40	127
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	14	17.11	211
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	14	13.15	235
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	14	14.08	167
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	14	6.80	86
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	14	18.85	219
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	14	9.76	116
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	25.45	134
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	14	18.33	234
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	14	1.89	82
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	14	0.81	34

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	14	0.81	34
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	14	1.96	45
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	14	1.24	38
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	14	1.24	38
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	14	9.26	48
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	14	0.82	26
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	13	3.86	237
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	13	1.43	113
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	13	1.16	71
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	13	7.79	148
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	13	11.75	286
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	13	13.29	204
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	13	1.68	152
15013	Fish, cisco, raw	79.0	1.0 fillet	13	15.00	77
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	13	0.00	228
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	13	1.33	151
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	13	2.52	99
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	13	8.85	49
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	13	1.18	47
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	13	1.14	19
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	13	5.61	323
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	13	0.99	151
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	13	7.43	361
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	13	1.05	9
11974	Grape leaves, raw	14.0	1.0 cup	13	0.78	13
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	13	1.46	161
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	13	6.68	195
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	13	1.10	93
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	13	14.24	114
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	13	1.37	34
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	13	0.98	25
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	13	0.98	25
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	13	0.53	30
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	13	0.79	208
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	13	0.53	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	13	2.48	121
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	13	0.88	382
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	13	1.37	41
11154	Chicory roots, raw	60.0	1.0 root	13	0.84	43
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	13	0.95	40
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	13	0.95	40
11106	Butterbur, (fuki), raw	94.0	1.0 cup	--	0.37	13
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	13	3.46	162
01239	Ice cream cookie sandwich	82.0	1.0 serving	13	3.03	197
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	13	0.02	8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	13	1.18	194
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	13	1.23	252
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	13	0.94	264
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	13	1.85	298
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	13	1.00	153
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	13	6.97	62
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	13	2.41	59
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	13	4.01	109
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	13	0.92	134
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	13	0.38	146
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	13	14.10	328
09421	Dates, medjool	24.0	1.0 date, pitted	13	0.43	66
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	13	0.73	35
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	13	0.85	228
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	13	4.27	86
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	13	4.71	326
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	13	2.52	142
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	13	4.77	685
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	13	0.93	230
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	13	0.69	147
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	13	1.00	34
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	13	8.78	603
09191	Nectarines, raw	143.0	1.0 cup slices	13	1.52	63
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	13	2.47	38

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11965	Cauliflower, green, raw	64.0	1.0 cup	13	1.89	20
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	13	1.11	33
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	13	1.29	142
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	13	3.09	153
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	13	3.09	153
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	13	16.40	241
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13	25.70	134
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	13	14.88	231
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	13	11.80	105
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	13	9.77	343
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	13	16.88	269
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	13	18.44	112
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13	25.49	161
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13	24.79	176
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13	25.21	135
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	13	22.92	219
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	13	17.41	320
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13	25.09	127
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13	25.42	136
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13	25.37	139
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	13	25.34	128
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13	25.21	142
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	13	11.80	105

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11005	Arrowhead, raw	25.0	1.0 large	13	1.33	25
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	13	19.21	163
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	13	15.44	199
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	13	18.19	133
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	13	23.97	127
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13	25.57	139
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13	25.45	141
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13	25.37	132
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13	25.32	145
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13	25.58	138
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	13	0.87	186
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	13	14.90	96
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	13	10.68	167
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	13	11.93	131
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	13	18.33	400
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	13	26.32	133
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13	25.05	131
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	13	9.95	80
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	13	10.39	242
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	13	6.97	58
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	13	15.23	93
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	13	1.10	141
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	13	12.90	141
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	13	14.68	104
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	13	2.27	228

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	13	3.48	141
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	13	1.83	25
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	13	3.92	158
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	13	3.01	181
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	13	2.38	37
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	13	4.62	195
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	13	3.06	29
11520	Taro leaves, raw	28.0	1.0 cup	13	1.39	12
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	13	0.86	146
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	13	0.93	159
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	13	3.06	29
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	13	2.16	20
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	13	2.32	86
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	13	2.16	20
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	13	7.56	197
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	13	2.32	86
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	13	0.49	54
20029	Couscous, cooked	157.0	1.0 cup, cooked	13	5.95	176
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	13	0.93	141
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	13	3.61	126
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	13	0.93	141
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	13	3.04	131
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	13	3.66	126
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	13	1.13	136
11240	Mushrooms, morel, raw	66.0	1.0 cup	13	2.06	20
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	13	11.63	193
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	12	1.58	235
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	12	1.19	22
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	12	1.19	23
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	12	1.11	34
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	12	2.53	134
01033	Cheese, parmesan, hard	28.35	1.0 oz	12	10.14	111
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	12	2.72	75

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	12	2.84	110
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	12	2.76	146
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	12	0.97	102
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	12	12.88	77
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	12	1.56	100
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	12	0.97	181
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	12	0.25	114
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	12	0.25	114
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	12	2.17	123
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	12	2.45	35
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	12	0.74	116
21024	Fast foods, french toast sticks	65.0	3.0 pieces	12	3.90	221
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	12	0.99	104
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	12	1.10	16
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	12	0.15	56
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	12	0.76	35
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	12	0.76	35
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	12	9.39	43
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	12	9.30	91
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	12	4.31	111
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	12	9.30	73
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	12	0.86	74
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	12	2.84	159
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	12	14.45	94
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	12	1.77	169
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	12	0.68	35
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	12	4.96	112
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	12	0.68	35
01089	Milk, low sodium, fluid	244.0	1.0 cup	12	7.56	149
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	12	1.07	59
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	12	1.93	127
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12	3.78	62
15109	Fish, surimi	28.35	1.0 oz	12	4.30	28

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	12	3.78	112
18061	Bread, rye, toasted	28.35	1.0 oz	12	2.66	81
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	12	5.09	87
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	12	14.71	159
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	12	0.65	31
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	12	0.17	4
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	12	0.97	138
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	12	1.98	155
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	12	15.48	104
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	12	3.27	271
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	12	10.38	134
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	12	1.65	111
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	12	1.48	130
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	12	1.65	42
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	12	0.00	53
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	12	1.65	363
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	12	1.12	36
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	12	11.84	70
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	12	13.62	112
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	12	0.22	5
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	12	2.55	200
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	12	0.33	112
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	12	0.33	112
18265	English muffins, wheat, toasted	28.35	1.0 oz	12	2.66	69
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	12	1.84	123
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	12	2.15	138
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	12	2.68	219
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	12	0.31	109
07059	Polish sausage, pork	85.0	3.0 oz	12	11.98	277
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	12	1.78	17
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12	26.43	168
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	12	12.11	281

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12	26.29	172
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12	23.42	144
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	12	22.12	140
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	12	12.30	88
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	12	8.97	130
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	12	4.62	195
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	12	4.41	160
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	12	1.78	17
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	12	20.47	110
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	12	9.21	276
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12	25.09	133
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12	23.27	148
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	12	24.95	225
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	12	12.10	172
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12	25.03	138
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	12	10.67	123
18064	Bread, wheat	29.0	1.0 slice	12	3.09	79
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	12	11.34	76
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	12	3.87	28
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	12	0.99	55
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	12	0.31	128
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	12	1.92	159
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	12	1.30	8
25059	Snacks, brown rice chips	9.0	1.0 cake	12	0.74	35
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	12	0.74	35
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	12	0.74	35
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	12	1.88	20
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	12	1.43	121
19089	Ice creams, vanilla, rich	107.0	0.5 cup	12	3.74	266

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	12	11.42	181
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	12	11.94	131
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	12	1.56	125
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	12	1.84	169
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	12	4.77	215
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	12	4.28	130
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	12	3.82	146
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	12	0.93	36
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	12	0.93	36
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	12	1.00	88
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	12	2.87	151
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	12	2.87	151
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	12	2.58	67
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	12	2.13	130
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	12	2.41	122
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	12	1.30	111
01038	Cheese, romano	28.35	1.0 oz	12	9.02	110
18040	Bread, oatmeal, toasted	28.35	1.0 oz	12	2.61	83
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	12	2.58	143
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	12	1.06	111
11429	Radishes, raw	116.0	1.0 cup slices	12	0.79	19
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	12	2.33	264
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	12	2.16	86
09279	Plums, raw	165.0	1.0 cup, sliced	12	1.15	76
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	12	3.71	127
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	12	1.04	31
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	12	1.33	99
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	12	1.78	166
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	11	7.43	135
11209	Eggplant, raw	82.0	1.0 cup, cubes	11	0.80	20
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	11	3.66	195
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	11	4.03	197

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	11	3.33	146
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	11	10.85	98
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	11	1.47	133
09295	Pummelo, raw	190.0	1.0 cup, sections	11	1.44	72
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	11	5.00	142
07939	Frankfurter, pork	76.0	1.0 link	11	9.74	204
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	11	2.55	112
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	11	3.12	109
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	11	1.33	66
18060	Bread, rye	28.35	1.0 oz	11	2.41	73
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	11	1.90	122
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	11	0.11	87
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	11	3.65	62
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	11	1.50	143
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	11	1.13	123
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	11	4.98	377
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	11	2.47	227
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	11	1.75	15
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	11	3.25	86
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	11	0.95	17
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	11	0.95	17
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	11	0.90	18
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	11	1.00	96
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	11	1.02	20
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	11	0.67	296
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	11	19.87	367
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	11	0.93	146
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	11	4.06	208
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	11	1.29	153
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	11	4.06	204
07015	Brotwurst, pork, beef, link	70.0	1.0 link	11	10.01	226
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	11	1.02	20
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	11	1.00	124
11143	Celery, raw	101.0	1.0 cup chopped	11	0.70	16
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	11	1.15	160
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	11	2.25	133

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18216	Crackers, crispbread, rye	14.2	0.5 oz	11	1.12	52
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	11	0.73	28
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	11	3.61	148
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	11	0.71	28
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	11	1.02	136
25046	Snacks, bagel chips, plain	28.35	1.0 oz	11	3.50	128
16422	Soy protein isolate, potassium type	28.35	1.0 oz	11	25.04	91
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	11	2.55	135
16122	Soy protein isolate	28.35	1.0 oz	11	25.04	95
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	11	10.20	272
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	18.84	115
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	18.84	115
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	11	10.34	498
15059	Fish, pout, ocean, raw	85.0	3.0 oz	11	14.14	67
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	11	14.69	244
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	11	11.66	75
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	11	10.76	73
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	11	9.21	62
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	11	1.72	109
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	11	4.72	41
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	11	4.72	40
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	11	1.72	109
09082	Cranberry-orange relish, canned	275.0	1.0 cup	11	0.82	490
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	11	12.61	104
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	11	2.20	18
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	11	1.07	16
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	11	2.20	18
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	11	2.10	100

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11	11.24	144
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	11	3.22	204
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	11	3.48	191
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	11	1.39	36
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	11	0.82	35
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	11	1.00	36
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	11	0.82	33
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	11	9.03	213
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	11	2.03	153
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	11	0.48	47
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	11	10.71	88
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	11	0.95	172
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	11	2.55	125
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	11	1.53	116
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	11	3.00	157
43406	Yeast extract spread	6.0	1.0 tsp	11	1.43	11
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	11	1.00	122
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	11	4.32	225
18385	Bread, wheat germ, toasted	28.35	1.0 oz	11	3.03	83
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	11	1.08	201
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	11	3.67	126
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	11	4.40	94
18360	Taco shells, baked	12.9	1.0 shell	11	0.83	61
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	11	0.30	4
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	11	1.01	150
11109	Cabbage, raw	89.0	1.0 cup, chopped	11	1.14	22
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	11	1.12	134
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	11	0.00	199
16158	Hummus, commercial	15.0	1.0 tbsp	11	1.18	25
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	11	0.51	258
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	11	7.84	155
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	11	3.63	137

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	11	7.84	155
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	11	9.45	68
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	11	0.53	197
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	11	1.31	144
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	11	1.09	104
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	11	3.94	147
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	11	8.25	60
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	11	1.79	150
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	11	1.38	166
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	11	0.47	93
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	11	3.41	118
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	11	1.74	88
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	11	3.26	118
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	10	0.97	164
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	10	0.98	123
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	10	3.85	186
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	10	6.74	104
25037	Snacks, pita chips, salted	28.35	1.0 oz	10	3.34	130
18264	English muffins, wheat	28.35	1.0 oz	10	2.47	63
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	10	6.57	44
18039	Bread, oatmeal	28.35	1.0 oz	10	2.38	76
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	10	2.32	130
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	10	1.96	32
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	10	2.84	380
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	10	0.96	31
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	10	3.88	214
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	10	0.87	92
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	10	2.00	340
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	10	1.09	166
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	10	1.45	72
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	10	2.03	116
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	10	1.42	137
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	10	1.57	99
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	10	2.84	166

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	10	0.84	18
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	10	3.53	191
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	10	3.53	191
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	10	3.92	146
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	10	10.81	135
19419	Snacks, corn cakes	9.0	1.0 cake	10	0.73	35
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	10	13.51	296
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	10	0.76	35
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	10	0.73	35
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	10	5.77	113
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	10	11.17	54
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	10	4.47	87
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	10	1.66	225
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	10	0.66	15
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	10	0.66	15
01023	Cheese, gruyere	28.35	1.0 oz	10	8.45	117
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	10	7.29	57
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	10	1.03	113
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	10	1.23	141
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	10	1.30	141
19071	Candies, carob, unsweetened	28.35	1.0 oz	10	2.31	153
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	10	1.13	119
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	10	14.11	84
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	18.66	121
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	10	9.92	128
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.86	103
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	19.94	109
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	19.37	128
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	10	0.56	145
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	10	0.97	27
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.86	103

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	19.97	108
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	18.62	122
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	10	8.55	497
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	20.05	103
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	18.51	122
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	10	15.44	213
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	10	19.61	122
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	20.05	103
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	10	23.18	134
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	18.51	122
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	10	2.28	145
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	10	0.82	74
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	19.85	105
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10	10.32	117
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	19.92	103
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	10	19.05	122
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	18.46	125
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	19.85	105
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	19.97	102
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	10	9.98	330
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	20.05	105
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	20.05	105
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	19.80	115

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	18.42	127
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	10	19.80	115
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.77	105
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	10	8.01	543
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.78	105
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	18.33	128
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.93	106
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	20.05	99
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.97	105
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	20.05	99
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	10	0.97	27
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	18.65	118
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	18.28	130
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	19.61	122
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	10	4.99	458
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	19.75	108
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	18.65	118
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	19.77	108
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	10	11.81	92
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	10	3.96	93
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	10	2.61	186
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	10	2.61	186
08546	Rice and Wheat cereal bar	22.0	1.0 bar	10	2.00	90

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10	12.23	146
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	10	4.30	123
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	10	7.95	50
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	10	3.87	119
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	10	13.55	125
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	10	2.88	114
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	10	2.41	76
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	10	11.76	110
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	10	3.95	121
43405	Cheese, swiss, low sodium	28.0	1.0 slice	10	7.95	105
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	10	7.95	36
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	10	2.97	64
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	10	1.54	138
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	10	2.19	77
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	10	8.53	110
21420	KFC, Coleslaw	112.0	1.0 package	10	1.02	161
09437	Tamarind nectar, canned	251.0	1.0 cup	10	0.23	143
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	10	0.48	143
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	10	8.92	81
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	10	9.77	236
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	10	9.93	228
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	10	1.02	58
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	10	0.69	28
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	10	0.54	90
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	10	3.26	129
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	10	0.67	134
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	10	2.12	75
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	10	0.67	134
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	10	3.02	123
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	10	2.58	108
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	10	6.92	31
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	10	7.00	80
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	10	2.58	108
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	10	1.42	33
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	10	1.08	122

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	10	2.58	108
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	10	1.42	33
18037	Bread, oat bran	28.35	1.0 oz	10	2.95	67
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	10	1.74	169
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	10	2.26	124
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	10	2.94	60
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	10	1.70	140
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10	3.15	62
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	10	0.74	5
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10	2.88	60
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	10	0.36	133
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	10	8.05	196
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	10	1.89	160
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	10	0.37	135
18963	Garlic bread, frozen	43.0	1.0 slice presliced	10	3.59	150
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	10	2.27	124
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	10	3.65	252
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	10	3.80	242
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	10	0.91	12
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	10	1.58	96
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	10	3.86	178
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	10	2.92	58
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	10	3.00	99
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	10	0.50	94
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	10	4.34	206
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	10	1.00	56
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	10	1.97	131
09252	Pears, raw	140.0	1.0 cup, slices	10	0.50	80
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	10	0.62	92
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	10	3.85	186
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	10	0.00	80
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	10	3.29	159
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	10	1.29	8
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	10	2.71	88
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	10	2.54	215

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10	3.15	85
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10	5.78	73
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	10	0.61	51
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10	1.88	73
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	10	0.46	71
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10	4.39	132
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	10	6.55	105
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	10	0.83	51
11161	Collards, raw	36.0	1.0 cup, chopped	10	1.09	12
02033	Spices, poppy seed	2.8	1.0 tsp	10	0.50	15
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	10	20.95	178
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	10	0.54	143
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	10	12.29	166
18038	Bread, oat bran, toasted	28.35	1.0 oz	10	3.23	73
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	10	1.28	118
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	10	2.20	166
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	10	9.09	179
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	10	1.83	162
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10	10.50	69
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	10	6.05	86
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	10	12.26	127
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	10	6.48	54
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	10	1.30	146
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	10	4.98	158
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	10	8.17	75
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	10	7.31	118
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	10	0.85	33
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10	10.16	100
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	9	5.25	147
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	9	5.25	147
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	9	1.79	150
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	9	11.90	70
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	9	4.65	234
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	9	1.28	22
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	9	1.28	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	9	1.28	22
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	9	10.62	70
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	9	0.93	124
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	9	0.93	124
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	9	8.42	59
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	9	0.98	15
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	9	1.76	128
18345	Rolls, dinner, oat bran	28.35	1.0 oz	9	2.69	67
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	9	4.42	26
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	9	16.90	96
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9	18.79	136
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	19.49	127
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	19.80	102
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9	18.97	132
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	19.79	102
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9	18.89	130
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9	19.07	139
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	9	8.00	230
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9	18.31	162
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9	19.22	123
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9	18.81	137
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	19.90	99
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	19.90	99
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	9	17.12	385

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	18.86	145
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9	18.10	169
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9	19.49	127
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	9	0.34	2
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	9	8.26	498
18952	Tostada shells, corn	12.3	1.0 piece	9	0.76	58
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	9	1.34	119
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	9	1.54	132
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	9	1.92	166
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9	9.54	123
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	9	4.93	67
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	9	2.31	137
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	9	3.70	187
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	9	1.55	45
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	9	10.52	70
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	9	0.90	146
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	9	4.36	140
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	9	0.74	28
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	9	8.20	58
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	9	1.00	110
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	9	3.01	101
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	9	10.64	153
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	9	3.46	165
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	9	0.81	163
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	9	3.39	159
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	9	9.17	229
11982	Peppers, pasilla, dried	7.0	1.0 pepper	9	0.86	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	9	2.89	294
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	9	5.78	28
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	9	3.05	77
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	9	1.50	130
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	9	1.70	134
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	9	5.09	45
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	9	2.01	122
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	9	1.67	86
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	9	0.99	74
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	9	1.42	99
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	9	1.58	64
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	9	12.57	111
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	9	3.65	122
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	9	2.27	124
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	9	0.94	101
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	9	2.70	120
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	9	1.05	118
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	9	6.00	29
80200	Frog legs, raw	45.0	1.0 leg	9	7.38	33
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	9	1.32	118
16107	Sausage, meatless	25.0	1.0 link	9	5.07	64
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	9	1.16	145
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	9	1.54	109
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	9	1.39	115
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	9	11.17	84
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	9	2.75	96
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	9	8.64	132
18971	Bread, potato	32.0	1.0 slice	9	4.00	85
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	9	2.30	148
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	9	2.23	126
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	9	1.32	8
09050	Blueberries, raw	148.0	1.0 cup	9	1.10	84

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	9	10.64	80
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	9	4.00	264
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	8.29	188
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	9	0.21	85
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	9	0.69	60
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	9	1.89	77
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	9	2.80	91
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	9	5.80	77
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	9	1.97	13
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	9	3.16	86
09413	Pears, raw, red anjou	126.0	1.0 small	9	0.42	78
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	9	0.52	35
18428	Crackers, wheat, low salt	14.2	0.5 oz	9	1.22	67
02007	Spices, celery seed	2.0	1.0 tsp	9	0.36	8
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	9	3.58	162
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	9	0.50	133
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	9	0.64	155
21129	Fast foods, hush puppies	22.0	1.0 piece	9	1.36	65
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	9	3.19	169
11096	Broccoli raab, raw	40.0	1.0 cup chopped	--	1.27	9
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	9	1.53	136
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	9	2.84	101
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	9	9.48	66
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	9	3.69	90
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	9	1.36	115
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	9	2.24	114
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	10.50	101
11362	Potatoes, raw, skin	38.0	1.0 skin	9	0.98	22
11970	Cabbage, napa, cooked	109.0	1.0 cup	9	1.20	13
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	9	1.68	107
11152	Chicory greens, raw	29.0	1.0 cup, chopped	9	0.49	7
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	9	1.02	142

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	9	3.51	169
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	9	1.02	142
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	9	3.89	157
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	9	0.80	64
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	9	0.66	42
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	9	2.00	124
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	9	3.36	168
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	9	2.21	187
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	9	0.72	40
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	9	1.44	80
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	9	2.41	25
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	9	0.45	163
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	9	0.94	96
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	9.44	115
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	9	1.81	19
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	9	3.83	120
01039	Cheese, roquefort	28.35	1.0 oz	9	6.11	105
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	9	6.31	37
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	9	1.40	128
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	9	1.73	116
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	9	1.73	75
01018	Cheese, edam	28.35	1.0 oz	9	7.08	101
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	9	0.46	56
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	9	3.15	103
01045	Cheese food, cold pack, American	28.35	1.0 oz	9	5.57	94
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8	17.42	182
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8	17.96	174
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	8	1.00	148
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8	8.01	546
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	8	1.00	144
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8	17.31	185

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8	17.09	190
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	8	3.74	916
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	8	18.57	271
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	8	3.18	84
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8	17.59	177
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8	17.00	194
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	8	17.34	102
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8	17.24	183
19194	Puddings, rice, dry mix	106.0	1.0 package	8	2.86	399
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	8	3.41	408
21401	Fast foods, chicken tenders	30.0	1.0 strip	8	5.77	81
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	8	8.92	144
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	8	2.13	120
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	8	1.44	116
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	8	0.56	232
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	8	0.55	88
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	8	5.29	31
21416	POPEYES, Coleslaw	120.0	1.0 package	8	1.18	193
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	8	1.71	159
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	8	3.57	105
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	8	2.60	350
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	8	5.88	32
09192	Oheloberries, raw	140.0	1.0 cup	8	0.53	39
18220	Crackers, melba toast, plain	14.2	0.5 oz	8	1.72	55
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	8	1.72	55
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	8	7.44	52
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	8	2.18	207
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	8	2.39	214
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	8	2.39	203
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	8	2.39	138
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	8	3.60	205
21142	Fast food, biscuit	55.0	1.0 biscuit	8	3.89	204

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	8	2.98	78
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	8	6.18	32
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	8	2.98	78
15055	Fish, mullet, striped, raw	28.35	1.0 oz	8	5.49	33
01157	Cheese, goat, semisoft type	28.35	1.0 oz	8	6.12	103
01022	Cheese, gouda	28.35	1.0 oz	8	7.07	101
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	8	2.98	78
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	8	2.85	109
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	8	1.23	1685
36028	DENNY'S, coleslaw	91.0	1.0 serving	8	0.88	167
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	8	2.16	77
18972	Bread, cheese	48.0	1.0 slice	8	5.00	196
16112	Miso	17.0	1.0 tbsp	8	2.17	34
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	8	1.99	132
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	8	0.91	46
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	8	8.99	58
43146	Eggplant, pickled	136.0	1.0 cup	8	1.22	67
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	8	3.60	245
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	8	1.20	115
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	8	2.12	99
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	8	1.84	125
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	8	1.86	111
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	8	1.87	14
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	8	1.51	107
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	8	1.43	105
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	8	1.00	110
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	8	1.02	117
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	8	1.56	123
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	8	7.88	85
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	8	1.50	121
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	8	1.46	103
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	8	1.51	99

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	8	1.00	128
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	8	2.03	119
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	8	1.14	46
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	8	1.73	101
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	8	1.57	103
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	8	1.45	126
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	8	1.35	99
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	8	2.78	66
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	8	1.89	171
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	8	1.98	115
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	8	1.64	116
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8	8.74	68
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	8	5.54	117
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	8	0.48	149
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	8	8.39	57
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	8	2.15	95
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	8	2.89	155
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	8	1.57	123
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	8	2.70	219
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	8	0.00	54
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	8	0.84	6
07005	Blood sausage	100.0	4.0 slices	8	14.60	379
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	8	2.02	120
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	8	1.44	162
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	8	1.44	161
15007	Fish, butterfish, raw	32.0	1.0 fillet	8	5.53	47
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	8	1.00	91
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	8	5.54	47
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	8	7.12	62
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	8	3.01	74
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	8	2.49	71
07052	Pastrami, turkey	57.0	2.0 slices	8	9.29	79
18222	Crackers, melba toast, wheat	14.2	0.5 oz	8	1.83	53

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18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	8	1.76	70
03215	Babyfood, pretzels	28.35	1.0 oz	8	3.06	113
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	8	1.53	120
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	8	6.28	128
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	8	2.18	141
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	8	1.42	33
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	8	6.21	92
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	8	2.93	77
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	8	2.44	84
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	8	2.51	78
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	8	0.33	20
11416	Pumpkin flowers, raw	33.0	1.0 cup	8	0.34	5
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	8	2.00	114
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	8	1.82	127
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	8	1.34	59
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	8	1.98	174
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	8	1.49	129
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	8	1.33	16
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	8	1.31	149
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	8	7.99	221
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	8	12.08	110
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	8	7.88	680
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	8	0.64	40
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	8	0.54	16
28351	Cookies, Marie biscuit	28.0	5.0 cookie	8	1.97	114
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	8	7.50	176
21419	KFC, biscuit	49.0	1.0 biscuit	8	3.68	175
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	8	7.00	164
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	8	9.77	203
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	8	2.18	19
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	8	0.83	115
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	8	2.18	19
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	8	1.63	70

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	8	0.58	28
21415	POPEYES, biscuit	60.0	1.0 biscuit	8	3.60	241
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	8	5.08	145
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	8	5.34	151
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	8	0.89	48
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8	9.54	95
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	8	3.03	157
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	8	17.70	184
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	8	0.65	79
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	8	1.30	144
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	8	1.81	77
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	8	1.58	156
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	8	1.81	77
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	8	2.17	150
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	8	9.68	142
02018	Spices, fennel seed	2.0	1.0 tsp, whole	8	0.32	7
09077	Crabapples, raw	110.0	1.0 cup slices	8	0.44	84
02014	Spices, cumin seed	2.1	1.0 tsp, whole	8	0.37	8
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	8	0.50	23
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	8	1.50	125
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	8	1.39	71
17144	Game meat, antelope, raw	28.35	1.0 oz	8	6.34	32
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8	5.92	41
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	8	1.39	139
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	8	2.81	83
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8	5.82	35
18033	Bread, italian	28.35	1.0 oz	8	2.49	77
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8	8.75	53
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	8	1.25	107
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8	5.83	38
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	8	0.57	108
18170	Cookies, fig bars	28.35	1.0 oz	8	1.05	99

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15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	8	5.24	46
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	8	6.03	30
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8	5.83	36
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	8	1.22	52
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	8	0.46	194
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	8	6.72	476
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	8	10.62	198
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	8	2.60	100
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	8	1.03	19
21140	Side dishes, potato salad	95.0	0.333 cup	8	1.45	108
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	8	1.03	19
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	8	0.60	91
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	8	0.60	25
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	8	2.21	130
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	8	0.74	46
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	8	2.17	74
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	8	2.78	95
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	8	7.45	39
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	8	2.15	42
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	8	3.40	64
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	8	2.15	42
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	8	2.46	101
09436	Mango nectar, canned	251.0	1.0 cup	8	0.28	128
09434	Guanabana nectar, canned	251.0	1.0 cup	8	0.28	148
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	8	0.68	8
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	8	7.82	54
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	8	2.56	142
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	8	0.28	150
09229	Papaya nectar, canned	250.0	1.0 cup	8	0.42	142
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	8	0.28	150
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	8	0.62	12

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28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	8	2.16	161
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	7	1.96	71
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	7	1.96	71
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	7	1.38	220
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	7	8.50	276
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	7	8.15	210
42270	Beverages, Orange juice drink	249.0	1.0 cup	7	0.50	134
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	7	2.08	119
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	7	1.46	166
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	7	3.72	62
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	7	2.23	68
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	7	1.69	92
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	7	0.59	44
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	7	1.74	68
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	7	1.74	67
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	7	2.57	106
09433	Clementines, raw	74.0	1.0 fruit	7	0.63	35
02024	Spices, mustard seed, ground	2.0	1.0 tsp	7	0.52	10
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	7	0.49	55
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	7	0.39	167
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	7	4.28	84
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	7	0.62	2
18414	Bread, raisin, unenriched	28.35	1.0 oz	7	2.24	78
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	7	2.47	92
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	7	5.68	30
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	7	1.39	117
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	7	2.55	82
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	7	5.14	105
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	7	2.55	83
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	7	5.95	33
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	7	5.01	115

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	7	5.73	38
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	7	2.30	118
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	7	1.28	131
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7	6.70	67
18047	Bread, raisin, enriched	28.35	1.0 oz	7	2.24	78
18413	Bread, pita, white, unenriched	28.35	1.0 oz	7	2.58	78
17162	Game meat, caribou, raw	28.35	1.0 oz	7	6.42	36
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.75	38
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	7	5.73	31
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	7	5.14	104
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	7	8.11	58
09296	Quinces, raw	92.0	1.0 fruit without refuse	7	0.37	52
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	7	12.40	174
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	7	2.06	56
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	7	5.44	76
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	7	0.41	102
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	7	4.34	137
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	7	2.20	127
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	7	4.71	83
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	7	0.18	11
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	7	0.41	102
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	7	2.20	127
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	7	0.22	33
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	7	2.55	71
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	7	3.04	87
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	7	6.27	183
18967	Bread, white wheat	28.0	1.0 slice	7	2.98	67
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	7	8.20	48
11190	Cornsalad, raw	56.0	1.0 cup	7	1.12	12
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	7	2.18	206
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	7	2.51	102
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	7	1.77	63

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	7	1.33	109
09088	Elderberries, raw	145.0	1.0 cup	7	0.96	106
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	7	2.92	80
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	7	4.27	82
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	7	2.07	67
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	7	0.57	165
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	7	2.20	69
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	7	1.87	69
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	7	1.89	11
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	7	0.60	110
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	7	0.24	46
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	7	0.60	10
28348	Rolls, dinner, sweet	30.0	1.0 roll	7	3.01	96
13166	USDA Commodity, beef, canned	45.0	1.0 serving	7	9.23	111
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	7	2.61	119
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	7	0.00	5
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	7	1.71	145
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	7	0.60	110
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	7	0.45	91
09163	Blueberries, dried, sweetened	40.0	0.25 cup	7	1.00	127
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	--	0.74	7
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	7	2.10	69
11591	Watercress, raw	34.0	1.0 cup, chopped	7	0.78	4
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	7	0.00	52
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	7	0.00	--
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	7	3.00	181
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.56	37
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	7	1.90	75
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.43	40
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	7	5.73	32
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	7	2.95	105

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	7	8.27	57
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	7	5.48	37
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	7	6.13	31
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	7	8.35	50
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	7	5.81	39
18344	Rolls, dinner, egg	28.35	1.0 oz	7	2.69	87
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	5.38	52
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	7	2.07	95
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7	8.31	54
17150	Game meat, beaver, raw	28.35	1.0 oz	7	6.82	41
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	7	8.24	55
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.67	37
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7	8.39	55
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7	5.79	37
18003	Bagels, egg	28.35	1.0 oz	7	3.01	79
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.32	34
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.98	34
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7	8.23	57
18339	Popovers, dry mix, enriched	28.35	1.0 oz	7	2.95	105
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.49	36
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	7	8.37	53
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.41	35
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	7	0.98	24
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	7	5.75	31

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7	8.34	50
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.66	48
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7	5.85	41
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	7	8.32	48
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	7	7.88	55
02019	Spices, fenugreek seed	3.7	1.0 tsp	7	0.85	12
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	7	1.09	69
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	7	0.00	322
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	7	0.00	341
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	7	0.42	57
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	7	0.80	21
10898	Pork, pickled pork hocks	117.0	3.0 oz	7	22.36	200
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	7	3.00	130
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	7	1.51	83
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	7	4.00	140
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	7	1.36	22
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	7	6.59	100
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	7	2.42	101
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	7	1.51	83
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	7	2.00	88
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	7	6.67	65
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	7	3.70	50
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	7	0.87	152
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	7	1.29	115
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	7	0.09	5
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	7	0.23	18
20133	Rice noodles, dry	57.0	2.0 oz	7	3.39	207
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	7	1.09	123
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7	6.06	42

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.29	46
17183	Game meat, squirrel, raw	28.35	1.0 oz	7	6.02	34
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	7	6.07	32
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.54	41
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	7	2.04	88
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	7	5.61	32
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	7	2.18	96
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.47	43
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7	5.95	41
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	7	6.93	35
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	7	0.85	123
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	7	2.32	76
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	7	6.97	117
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.29	36
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	7	6.27	33
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.30	40
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	7	1.98	119
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	7	2.51	64
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	7	1.98	119
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	7	7.39	73
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	7	8.22	58
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	7	5.49	41
18236	Cracker meal	28.35	1.0 oz	7	2.64	109
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.27	57
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	7	5.98	31
18241	Croissants, cheese	28.35	1.0 oz	7	2.61	117
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.22	48
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	7	6.01	38

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	5.24	59
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.25	47
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	7	8.02	57
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.29	36
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	7	2.15	60
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	7	5.41	43
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	7	6.31	49
17170	Game meat, horse, raw	28.35	1.0 oz	7	6.06	38
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	7	1.43	18
05286	Turkey and gravy, frozen	85.0	3.0 oz	7	5.00	57
11954	Tomatillos, raw	34.0	1.0 medium	7	0.33	11
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	7	0.70	45
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7	15.93	88
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	7	2.12	174
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	7	0.34	72
19296	Honey	339.0	1.0 cup	7	1.02	1031
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	7	0.34	8
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	7	2.61	137
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	7	3.97	166
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	7	1.82	160
07018	Chicken spread	56.0	1.0 serving (1 serving)	7	10.09	88
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	7	0.73	53
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	7	1.81	107
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	7	8.01	48
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	7	6.09	91
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	7	1.00	161
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	7	0.05	3
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	7	4.64	71
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	7	2.57	77
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	7	1.42	138

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7	7.82	71
43212	Bacon bits, meatless	7.0	1.0 tbsp	7	2.24	33
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	7	0.75	28
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	7	3.62	21
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	7	4.22	199
07911	Liverwurst spread	55.0	0.25 cup	7	6.81	168
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	7	0.47	118
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	7	1.92	154
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	7	12.98	110
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	7	2.04	116
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	7	3.00	125
09078	Cranberries, raw	110.0	1.0 cup, chopped	7	0.51	51
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	7	0.58	8
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	7	1.44	1115
17166	Game meat, elk, raw	28.35	1.0 oz	7	6.51	31
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	7	4.88	29
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.27	43
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.15	49
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	4.88	74
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.39	38
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	7	9.81	58
01004	Cheese, blue	28.35	1.0 oz	7	6.07	100
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	7	9.84	64
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.26	37
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	7	4.34	22
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.29	45
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	7	5.46	37
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	7	5.66	34

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	7	5.69	50
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	7	9.74	61
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	7	5.43	55
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	7	6.16	42
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7	5.08	65
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	7	9.83	61
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.25	42
17164	Game meat, deer, raw	28.35	1.0 oz	7	6.51	34
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.33	40
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7	5.81	39
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.09	47
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	7	5.87	44
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.31	35
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.12	36
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.23	39
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.21	38
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	7	9.77	58
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	7	9.70	65
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	7	6.88	72
17172	Game meat, moose, raw	28.35	1.0 oz	7	6.31	29
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	7	1.83	81
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	7	2.01	90
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	7	2.24	68
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	6.27	37

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	7	1.45	142
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.31	36
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	6.04	45
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.15	37
18057	Bread, reduced-calorie, white	28.35	1.0 oz	7	2.47	59
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	7	6.68	75
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	6.27	42
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	7	6.02	41
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7	5.80	38
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	7	1.87	82
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	7	5.51	24
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	6	0.51	114
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	6	3.06	58
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	6	1.20	106
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	6	0.98	140
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	6	2.27	103
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	6	4.56	50
01144	Egg substitute, powder	9.9	0.35 oz	6	5.49	44
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	8.30	96
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	6	4.76	101
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	6	0.80	94
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	6	1.00	82
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	6	0.90	13
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	6	0.36	8
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	6	2.16	15
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	6	6.16	183
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	6	1.66	91
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	6	4.72	769
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	6	0.00	835

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	6	0.65	50
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	6	2.77	111
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	6	0.00	101
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	6	2.16	15
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	6	2.58	140
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	6	5.61	79
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	6	0.00	876
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	6	4.78	82
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	6	3.02	59
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	6	1.29	118
19129	Syrups, table blends, pancake	314.0	1.0 cup	6	0.00	735
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	6	1.32	82
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	6	6.84	133
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	6	0.32	65
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	6	4.81	84
02043	Spices, turmeric, ground	3.0	1.0 tsp	6	0.29	9
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	6	3.06	120
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	6	1.14	132
07954	Beef sausage, pre-cooked	48.0	1.0 serving	6	7.44	194
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.20	59
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	6	5.40	49
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	5.36	57
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	6	9.40	56
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.80	38
43282	Quail, cooked, total edible	28.35	1.0 oz	6	7.12	64
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	5.36	57
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	6	5.19	30
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	6	2.58	58
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	4.79	76

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6	8.96	50
17174	Game meat, muskrat, raw	28.35	1.0 oz	6	5.89	46
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	6	9.08	55
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	6	5.62	46
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	6	5.35	46
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	5.83	55
01008	Cheese, caraway	28.35	1.0 oz	6	7.14	107
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6	6.02	47
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	5.56	54
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	6	9.41	54
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	6	9.39	58
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	6	2.79	131
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	5.87	56
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	4.97	69
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.48	58
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	6	5.57	37
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	5.87	54
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	6	1.81	114
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	5.60	50
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	6	1.93	119
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	4.87	79
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.74	40
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	6	2.15	120
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	4.87	69
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	6.08	35

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	6	2.21	62
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	6	6.74	35
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	4.80	77
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6	5.71	46
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.64	39
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	6	1.93	119
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	5.83	52
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	6	1.28	115
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	6	4.76	768
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	6	1.21	160
11941	Pickles, cucumber, sour	155.0	1.0 cup	6	0.51	17
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	6	0.60	97
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	6	2.08	87
07070	Salami, cooked, turkey	28.0	1.0 serving	6	5.38	48
07926	Salami, Italian, pork	28.0	1.0 oz	6	6.08	119
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	6	2.98	81
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	6	0.41	70
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	6	2.40	209
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	6	3.00	88
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	6	2.70	115
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	6	0.37	137
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	6.27	164
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	6	1.07	103
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	6	0.99	95
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	6	3.07	50
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	6	3.51	50
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	6	3.92	206
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	6	3.56	74
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	6	7.83	143
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	6	0.58	32

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6	6.57	55
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	7.16	49
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	6	2.25	194
01131	Egg, whole, cooked, poached	50.0	1.0 large	6	6.26	72
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	6	0.00	36
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	6	2.05	196
01123	Egg, whole, raw, fresh	50.0	1.0 large	6	6.28	72
01128	Egg, whole, cooked, fried	46.0	1.0 large	6	6.26	90
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	6	2.30	135
18243	Croutons, seasoned	14.2	0.5 oz	6	1.53	66
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	4.82	69
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	6	5.31	47
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	6	5.51	31
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	6	1.25	124
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	4.63	88
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	6	5.17	60
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	6	1.11	128
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	6	2.18	67
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	6	9.02	52
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	6	6.12	90
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	6	5.02	32
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	4.76	74
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	6	0.65	9
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	6	5.47	31
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	4.84	69
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	6	4.21	43
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	6	5.34	42
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	6	5.49	32

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	6	2.18	67
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.49	44
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	6	5.31	43
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	6	5.37	61
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	6	4.45	63
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	6	6.10	156
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	6	5.54	42
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	6	4.88	29
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	4.70	75
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	6	5.43	32
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	4.71	73
17224	Lamb, ground, raw	28.35	1.0 oz	6	4.69	80
18191	Cookies, raisin, soft-type	28.35	1.0 oz	6	1.16	114
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	6	2.18	67
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	6	1.56	89
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	6	2.10	91
01010	Cheese, cheshire	28.35	1.0 oz	6	6.63	110
18028	Bread, egg, toasted	28.35	1.0 oz	6	2.98	89
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	6	6.32	49
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	5.52	56
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	6	5.52	621
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	6	14.45	337
02013	Spices, coriander seed	1.8	1.0 tsp	6	0.22	5
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	6	0.81	107
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	6	1.03	27
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	6	0.87	31
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	6	0.89	31
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	6	5.33	41
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	6	5.65	37

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	6	0.54	9
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	6	1.09	96
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	6	0.54	9
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	6	6.11	31
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	6	1.10	70
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	6	5.11	148
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	6	2.13	204
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	6	0.43	18
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	6	5.70	61
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	6	0.42	32
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	6	5.12	145
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	6	2.67	69
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	6	3.60	24
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	6	2.00	203
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	6	0.75	61
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	6	1.38	181
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	6	1.18	118
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	6	2.44	207
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	6	0.98	13
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	6	1.17	217
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	6.70	160
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	6	0.47	16
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	6	3.99	135
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	6	1.44	180
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	6	0.34	11
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	6	1.44	180
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	6	4.56	104
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	6	2.13	140
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	6	3.10	59
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	6	9.01	84
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	6	0.56	21
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	6	1.01	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01007	Cheese, camembert	28.35	1.0 oz	6	5.61	85
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.06	65
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	6	1.67	96
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	6	8.43	48
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.41	46
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	6	0.60	84
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	6	4.94	38
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	6	3.60	60
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	6	1.47	55
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	6	1.17	27
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	6	2.78	82
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	6	5.74	65
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	6	6.99	99
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.17	61
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	5.65	61
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	6	1.81	102
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	6	6.13	50
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	6	3.39	54
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.27	57
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	5.91	35
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	6	4.94	69
01006	Cheese, brie	28.35	1.0 oz	6	5.88	95
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	6	4.23	110
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6	4.89	72
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	6	5.15	78
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	6	2.35	56
18349	Rolls, french	28.35	1.0 oz	6	2.44	79
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	6	8.39	46

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	6	1.63	158
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	6	2.82	37
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	5.48	72
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	6	8.47	50
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	6	5.65	40
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	6	5.46	31
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	6	5.75	52
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	6	14.01	81
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	6	1.81	56
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	6	14.00	81
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	6	14.01	84
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	6	9.60	774
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	6	4.96	141
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	6.30	166
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	6	1.61	105
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	6	4.98	35
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	6	4.13	128
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	6	5.15	39
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	6	4.99	33
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	6	0.21	6
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	6	6.07	134
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	6	1.50	126
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	6	1.14	14
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	6	1.14	14
11980	Peppers, chili, green, canned	139.0	1.0 cup	6	1.00	29
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	6	0.99	58
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	6	2.49	440
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	6	1.65	55
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	6	2.54	71
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	6	1.76	110
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	6	0.75	153
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	6	0.30	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	6	5.16	149
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	5	0.39	9
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	5	0.22	69
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	5	0.31	62
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	5	0.48	63
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	5	0.27	62
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	5	0.29	64
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	5	1.89	164
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	5	1.15	153
02011	Spices, cloves, ground	2.1	1.0 tsp	5	0.13	6
02005	Spices, caraway seed	2.1	1.0 tsp	5	0.42	7
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	5	2.64	151
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	5	0.55	10
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	5	3.27	140
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	5	2.91	133
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	5	1.23	145
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	5	1.92	70
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	5	2.36	249
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	5	5.73	154
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	5	5.78	39
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	5.48	68
10219	Pork, fresh, ground, raw	28.35	1.0 oz	5	4.79	75
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	5	5.60	76
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	5	5.68	39
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	5	1.11	18
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	5	4.90	33
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	4.84	69
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	5	1.56	78
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5	4.84	34
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	5.43	71
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	5	6.34	54
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	5	0.34	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5	2.41	90
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	4.34	97
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	5	8.07	46
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	5	7.81	51
18027	Bread, egg	28.35	1.0 oz	5	2.69	81
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	5	6.24	47
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	5	1.98	114
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	5	1.98	114
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	5.45	69
18355	Sweet rolls, cheese	28.35	1.0 oz	5	2.01	102
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5	5.58	57
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	5	1.36	124
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	5	5.29	37
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	5.41	75
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	5	2.24	82
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	5	5.55	35
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	5	1.28	58
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	5.22	71
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	5.34	55
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5	2.24	81
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	5	7.94	46
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5	5.88	36
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	5	0.68	75
02016	Spices, dill seed	2.1	1.0 tsp	5	0.34	6
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	5	4.48	129
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	5	2.71	210
13350	Beef, cured, dried	28.0	10.0 slices	5	8.71	43

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	5	6.29	31
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5	3.30	66
05311	Chicken, canned, no broth	28.0	1.0 oz	5	7.08	52
11151	Chicory, witloof, raw	53.0	1.0 head	5	0.48	9
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	5	1.46	68
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5	1.46	68
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5	1.46	70
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5	1.81	72
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	5	0.66	63
11953	Squash, zucchini, baby, raw	16.0	1.0 large	5	0.43	3
20134	Rice noodles, cooked	176.0	1.0 cup	5	3.15	190
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	5	1.36	48
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	6.77	57
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	5	0.53	52
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	5	1.33	75
02039	Spices, savory, ground	1.4	1.0 tsp	5	0.09	4
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	5	1.05	151
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	5	1.31	68
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	5	0.42	8
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	5	5.78	266
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	5	2.25	168
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	5	0.61	42
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	5	0.42	8
08510	Milk and cereal bar	25.0	1.0 bar	5	1.62	103
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	5	2.25	25
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	5	1.26	11
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	5	1.77	107
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	5	2.24	180
11952	Radicchio, raw	40.0	1.0 cup, shredded	5	0.57	9
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	5	0.48	83

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19314	Pie fillings, canned, cherry	74.0	0.125 can	5	0.27	85
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	5	1.32	47
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	5	1.18	47
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5	1.18	47
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	5	2.12	120
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	5	0.57	72
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	5	4.61	78
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	5	0.44	91
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	5	2.27	148
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	5	1.32	68
18224	Crackers, rusk toast	14.2	0.5 oz	5	1.92	58
18434	Crackers, cheese, low sodium	14.2	0.5 oz	5	1.43	71
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	5	5.08	30
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	4.73	73
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	5	6.06	38
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	5	4.87	67
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	5	0.23	16
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	5.00	75
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	5	1.56	90
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5	4.25	52
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	5	3.52	20
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	5	1.08	24
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	5	1.98	100
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	5	4.87	31
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	5	5.18	33
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	5	4.24	78
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	5	5.76	119
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	5	4.96	78
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	5	4.95	59
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	5	1.15	105
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	5	1.96	126
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5	4.45	67

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	5	4.62	64
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	5	1.08	24
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	5.32	57
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	5	5.18	33
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	5	1.39	154
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	5	1.06	24
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	5	0.96	118
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	5	1.55	161
07019	Chorizo, pork and beef	28.35	1.0 oz	5	6.83	129
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	5	1.67	74
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	5	0.59	40
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5	4.12	105
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	5	0.48	95
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	6.92	154
02015	Spices, curry powder	2.0	1.0 tsp	5	0.29	6
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	5	1.23	14
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	5	2.58	163
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	5	2.86	196
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5	5.32	31
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	5	1.36	78
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	5.01	47
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	5	3.00	113
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	5	4.01	34
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	5	0.65	10
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	5	1.33	141
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	5	2.00	58
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	5	10.79	173
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	5	0.23	158
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	5	0.00	38
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	5	1.95	186
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	5	0.16	2
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	5	2.08	151
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	5	3.12	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	5	1.55	168
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	5	2.18	128
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5	1.64	97
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	5	0.00	112
07971	Bologna, meat and poultry	33.0	1.0 slice	5	3.41	93
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	5	1.25	44
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	5	1.28	40
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5	5.41	156
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	5	0.54	121
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	5	0.32	111
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	5	2.03	116
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	5	1.65	148
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	5	2.12	59
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	5	9.73	162
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	5	0.00	5
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	5	1.48	44
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	5	3.90	68
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5	2.29	85
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	5	2.44	129
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	5	3.05	215
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	5	2.64	56
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5	2.76	107
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	5	1.10	45
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	5	1.23	46
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	5	1.10	45
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	5	1.45	45
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	5	0.00	35
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	5	1.15	101

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	5	5.86	44
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	5	0.67	10
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5	3.08	72
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	5	2.80	65
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5	2.10	58
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5	4.56	51
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	5	1.76	105
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5	1.96	84
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5	3.98	33
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	5	4.49	49
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	5	4.91	82
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	5	4.24	78
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5	4.67	28
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	5	2.21	90
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	4.81	75
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	5	4.87	37
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	4.75	82
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	5	5.19	28
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	5	0.79	78
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	5	4.96	79
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	5	1.47	121
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	4.67	74
18106	Coffeecake, fruit	28.35	1.0 oz	5	1.47	88
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	5	2.10	60
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	5	4.67	35
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5	5.26	56
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	4.86	70
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	5	2.18	78
15014	Fish, cisco, smoked	28.35	1.0 oz	5	4.64	50
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	5	1.74	119

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5	4.75	95
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	5	1.36	127
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	5	5.30	39
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5	4.46	27
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5	2.18	65
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	4.92	65
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	5	1.76	96
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5	4.93	28
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	5	4.72	47
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	5	2.55	151
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	5	2.52	150
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	5	2.85	138
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	5	2.61	151
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	5	0.00	--
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	5	1.68	199
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	5	2.58	151
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	5	2.74	17
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	5	0.50	7
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	5	2.58	150
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	5	0.00	91
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	5	0.00	110
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	5	2.91	150
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	5	0.00	50
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	5	0.00	120
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	5	0.50	7
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	5	12.24	235
19858	Candies, sugar-coated almonds	3.5	1.0 piece	5	0.35	17
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	5	6.10	98
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	5	1.40	153
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	5	4.19	65
07921	Bacon and beef sticks	28.0	1.0 oz	5	8.15	145
06121	Gravy, mushroom, canned	238.0	1.0 cup	5	3.00	119
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	5	6.19	121

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	5	1.06	65
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	5	0.34	11
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5	5.21	42
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	5	8.97	125
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	5	3.16	196
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	5	3.49	166
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	5	0.49	5
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	5	3.04	191
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	5	3.28	193
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	5	4.21	192
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	5	3.08	192
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	5	4.21	192
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	5	4.13	191
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	5	2.81	166
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	5	4.13	191
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	5	1.06	43
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	5	8.74	123
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	5	1.05	30
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5	5.90	149
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	5.76	94
01199	Cream, half and half, fat free	29.0	2.0 tbsp	5	0.75	17
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	5	1.72	110
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	5	0.92	196
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	5	0.00	83
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	5	0.58	62
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	5	0.45	17
02006	Spices, cardamom	2.0	1.0 tsp, ground	5	0.22	6
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	5	3.67	128
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	5	0.87	34
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	5	0.16	102
18239	Croissants, butter	28.35	1.0 oz	5	2.32	115
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	5	2.07	156

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	4.68	84
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	5	1.81	64
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	4.61	90
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	5.09	66
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	5	5.72	58
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5	4.58	101
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	5	4.26	86
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5	1.84	81
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	4.63	91
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	5	1.67	68
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	5	1.73	63
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5	4.47	28
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	5	0.82	92
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	4.69	87
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	5	2.10	158
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	5	4.46	46
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	5	4.22	64
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	5	4.62	33
07061	Mother's loaf, pork	28.35	1.0 oz	5	3.42	80
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	5	4.70	131
07030	Ham, minced	28.35	1.0 oz	5	4.62	75
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	5	1.25	76
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	5	1.73	98
01159	Cheese, goat, soft type	28.35	1.0 oz	5	5.25	75
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	5	3.93	41
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	5	12.32	76
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	5	12.32	107
02017	Spices, dill weed, dried	1.0	1.0 tsp	5	0.20	3
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	4	2.70	152
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	4	0.55	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	4	2.16	139
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	4	1.75	110
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	4	2.86	154
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	4	2.75	123
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	4	2.30	208
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	4	0.56	22
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	4	4.54	131
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	4	3.42	152
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	4	2.70	121
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	4	3.42	152
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	4	2.70	131
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	4	2.10	129
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	4	9.00	44
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4	3.81	67
43046	Candies, nougat, with almonds	14.0	1.0 piece	4	0.47	56
07960	Bologna, chicken, pork	28.0	1.0 serving	4	2.89	94
07011	Bologna, turkey	28.0	0.99 oz 1 serving	4	3.20	59
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4	4.62	50
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	4	1.18	44
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	4	1.12	40
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	4	1.01	131
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4	6.58	54
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	4	1.47	49
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	4	1.11	40
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	4	0.54	37
18242	Croutons, plain	14.2	0.5 oz	4	1.69	58
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	4	9.86	67
09004	Apples, raw, without skin	110.0	1.0 cup slices	4	0.30	53
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	4	0.26	325
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4	1.00	40

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4	1.13	40
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4	1.00	41
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	4	0.97	39
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	4	0.22	16
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	4	44.07	223
16137	Hummus, home prepared	15.0	1.0 tablespoon	4	0.73	27
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	4	5.61	155
11981	Peppers, hungarian, raw	27.0	1.0 pepper	4	0.22	8
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	4	3.42	167
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	4	1.25	109
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	4	5.00	88
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	4	1.08	135
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	4	1.08	138
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	4	0.98	40
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	4	1.59	161
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	4	3.00	187
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	4	2.96	189
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	4	2.92	193
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	4	1.09	21
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	4	1.42	56
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4	4.68	35
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	4	1.53	105
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4	4.47	104
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	4.87	77
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4	4.54	94
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	4	1.42	94
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	4	1.93	64
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	4	1.53	105
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4	3.97	49

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	4	1.53	105
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4	4.75	79
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	4.87	71
18338	Phyllo dough	28.35	1.0 oz	4	2.01	85
18103	Coffeecake, cheese	28.35	1.0 oz	4	1.98	96
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	4	1.96	147
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	4	1.39	94
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	4	1.53	105
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	4	0.43	76
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	4	5.01	27
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	4	1.50	21
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	5.11	63
18245	Danish pastry, cheese	28.35	1.0 oz	4	2.27	106
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	4	2.02	140
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	4	18.65	202
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4	4.54	32
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	4	2.02	140
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4	4.18	65
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	4	0.22	491
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	4	2.77	83
27064	Wasabi	20.0	1.0 tablespoon	4	0.45	58
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	4	3.17	76
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	4	0.54	50
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	4	0.98	54
19353	Syrups, maple	20.0	1.0 tbsp	4	0.01	52
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	4	0.54	8
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	4	0.54	8
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	4	1.51	87
19014	Snacks, fruit leather, rolls	21.0	1.0 large	4	0.02	78
01225	Dulce de Leche	19.0	1.0 tbsp	4	1.30	60
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	4	0.00	82
18087	Cake, angelfood, dry mix	38.0	1.0 serving	4	2.43	139

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	4	1.82	178
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	4	0.13	2
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	4	0.75	137
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	4	2.22	51
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	4	4.63	34
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4	4.11	29
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	4	0.00	9
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	4	0.52	63
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	4	0.32	19
02028	Spices, paprika	2.3	1.0 tsp	4	0.33	6
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	4	0.37	137
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	4	0.99	65
28292	Crackers, multigrain	14.0	4.0 crackers	4	0.99	67
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	4	1.05	109
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	4	0.99	219
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	4	1.27	155
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	4	1.27	154
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	4	1.27	156
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	4	1.70	148
02025	Spices, nutmeg, ground	2.2	1.0 tsp	4	0.13	12
02009	Spices, chili powder	2.7	1.0 tsp	4	0.36	8
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	4	2.00	262
09159	Limes, raw	67.0	1.0 fruit (2" dia)	4	0.47	20
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	4	3.05	128
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	4	2.25	196
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	4	0.80	49
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	4	2.20	188
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	4	2.00	200
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	4	2.79	95
21386	BURGER KING, french toast sticks	21.0	1.0 stick	4	1.26	73
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	4	2.91	36
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	4	3.45	67
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	4	4.14	126

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	4	1.52	146
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	4	1.28	137
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	4	0.99	22
18281	Muffins, corn, toaster-type	28.35	1.0 oz	4	1.50	98
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	4	5.93	41
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	4	1.08	17
07025	Frankfurter, turkey	28.35	1.0 oz	4	3.47	63
03217	Zwieback	28.35	1.0 oz	4	2.86	121
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	4	0.74	82
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4	3.88	42
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	4	4.08	110
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	4	7.68	71
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	4	4.59	26
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	4	1.48	66
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	4	1.11	69
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	4	2.93	33
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	4	0.28	102
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	4	3.99	24
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	4	4.05	69
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	4	1.22	92
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	4	3.28	95
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	4	4.16	56
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	4	4.73	27
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	4	1.42	125
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4	6.17	36
01186	Cheese, cream, fat free	18.0	1.0 tbsp	4	2.82	19
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	4	1.04	49
02030	Spices, pepper, black	2.3	1.0 tsp, ground	4	0.24	6
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	4	4.28	69
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	4	3.09	88
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	4	1.22	42
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	4	1.22	211

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	4	0.15	14
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	4	1.71	123
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	4	2.45	38
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	4	3.21	153
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	4	3.08	193
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	4	0.32	51
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	4	3.28	195
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	4	1.56	117
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	4	1.58	59
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	4	1.56	117
07007	Bologna, beef	30.0	1.0 slice	4	3.27	90
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	4	0.11	62
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	4	1.66	104
02021	Spices, ginger, ground	1.8	1.0 tsp	4	0.16	6
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	4	0.53	35
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	4	1.82	150
20003	Arrowroot flour	128.0	1.0 cup	4	0.38	457
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	4	1.89	132
20027	Cornstarch	128.0	1.0 cup	4	0.33	488
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	4	1.24	47
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	4	0.17	6
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	4	1.31	62
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	4	1.05	71
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	4	0.61	9
09149	Kumquats, raw	19.0	1.0 fruit without refuse	4	0.36	13
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	4	0.43	6
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	4	1.71	178
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	4	1.71	178
11285	Onions, canned, solids and liquids	63.0	1.0 onion	4	0.54	12
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	4	1.70	100
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	4	2.65	57
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	4	3.81	35
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	4	7.05	33
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	4	2.29	87
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	4	1.62	130

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	4	1.91	110
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	4	1.00	31
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	4	0.14	12
11213	Endive, raw	25.0	0.5 cup, chopped	4	0.31	4
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	4	3.85	72
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	4	0.33	6
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	4	3.73	21
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	4	1.06	109
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	4	1.06	109
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	4	0.33	6
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	4	3.91	20
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	4	1.32	121
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	4	5.51	117
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	4	1.86	164
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	4	1.00	27
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	4	0.99	90
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	4	0.82	51
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	4	1.36	79
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	4	5.06	28
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	4	3.42	24
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	4	3.08	41
18240	Croissants, apple	28.35	1.0 oz	4	2.10	72
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	4	5.51	121
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	4	3.94	107
07026	Ham, chopped, canned	28.35	1.0 oz	4	4.55	68
01041	Cheese, tilsit	28.35	1.0 oz	4	6.92	96
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	4	4.67	76
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	4	1.52	132
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	4.50	88
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4	3.97	37
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4	4.27	42
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	4	0.28	18
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	4	1.18	48

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	4	0.43	46
01124	Egg, white, raw, fresh	33.0	1.0 large	4	3.60	17
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	4	1.03	65
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4	4.96	61
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	4	1.53	139
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	4	1.47	136
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	4	1.51	172
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	4	1.84	13
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	4	0.29	62
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	4	1.84	14
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	4	1.77	129
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	4	1.68	138
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	4	1.15	44
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	4	0.86	97
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	4	0.93	44
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	4	0.92	44
02002	Spices, anise seed	2.1	1.0 tsp, whole	4	0.37	7
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	4	1.11	44
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	4	0.94	44
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	4	1.03	45
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	4	0.94	44
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	4	3.90	54
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	4	1.35	60
18217	Crackers, matzo, plain	14.2	0.5 oz	4	1.42	56
18214	Crackers, cheese, regular	14.2	0.5 oz	4	1.55	69
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	4	0.21	28
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	4	0.02	25
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	4	0.02	24
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	4	0.22	10
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	4	1.14	44

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	4	7.04	231
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	4	0.35	13
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	4	0.32	9
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	4	2.05	199
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	4	0.88	56
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	4	2.35	208
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	4	0.62	35
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	3	0.74	36
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	3	0.92	43
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	3	1.04	18
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3	3.51	53
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	3	2.21	39
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3	0.86	41
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	3	0.04	14
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3	0.86	41
11522	Taro shoots, raw	43.0	0.5 cup slices	3	0.40	5
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3	1.41	62
19350	Syrups, corn, light	341.0	1.0 cup	3	0.00	965
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	3	1.10	32
18218	Crackers, matzo, egg	14.2	0.5 oz	3	1.75	56
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	3	0.90	42
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	3	0.90	43
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	3	1.30	89
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	3	0.88	117
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	3	1.25	101
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	3	3.01	103
07040	Liver cheese, pork	28.35	1.0 oz	3	4.31	86
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	3	4.62	26
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	3	3.01	103
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	3	3.48	114
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	3	1.73	132
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	3	1.67	134

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	3	0.96	71
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	3	1.19	110
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	3	2.95	35
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	3	1.53	103
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	3	2.55	102
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	3	1.73	132
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	3	0.08	311
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3	0.21	1
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	3	1.67	165
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	3	0.08	309
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	3	1.10	45
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	3	1.10	45
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	3	0.00	35
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	3	1.06	48
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	3	1.04	47
07068	Salami, cooked, beef	26.0	1.0 slice	3	3.28	68
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	3	0.37	4
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	3	0.35	17
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3	3.53	117
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	3	1.92	191
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	3	1.65	72
02034	Spices, poultry seasoning	1.5	1.0 tsp	3	0.14	5
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	3	1.92	191
42161	Bologna, beef, low fat	28.0	1.0 slice	3	3.30	57
19018	Fruit syrup	334.0	1.0 cup	3	0.00	1139
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	3	1.22	45
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	3	1.53	156
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	3	0.00	5
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	3	1.26	119
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	3	0.14	4
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	3	0.12	4
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	3	1.76	101

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	3	0.10	65
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	3	0.22	68
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	3	0.34	30
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	3	2.49	26
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3	3.54	60
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	3	1.47	121
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	3	2.14	144
06120	Gravy, chicken, dry	8.0	1.0 tbsp	3	0.90	30
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	3	0.60	62
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	3	1.95	134
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	3	1.54	140
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	3	1.02	46
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	3	1.04	40
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	3	0.79	28
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	3	0.76	24
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	3	0.98	40
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.86	41
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.85	41
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	3	0.98	40
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	3	0.98	44
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	3	0.84	41
18223	Crackers, milk	14.2	0.5 oz	3	1.08	63
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	3	2.09	12
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	3	2.13	203
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	3	2.08	203
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	3	2.08	203
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	3	3.26	106
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	3	0.31	16
18147	Cheesecake commercially prepared	28.35	1.0 oz	3	1.56	91
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	3	0.25	21
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	3	1.64	145

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
10132	Pork, cured, feet, pickled	28.35	1.0 oz	3	3.30	40
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	3	1.45	14
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	3	1.56	60
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	3	1.19	22
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	3	1.53	82
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	3	0.34	12
19041	Snacks, pork skins, plain	28.35	1.0 oz	3	17.38	154
07050	Mortadella, beef, pork	28.35	1.0 oz	3	4.64	88
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	3	0.25	22
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	3	1.42	94
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	3	0.77	55
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3	4.11	93
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	3	3.41	23
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	3	0.48	18
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	3	4.40	84
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	3	3.20	27
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	3	3.67	115
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	3	4.78	45
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	3	3.55	43
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	3	0.15	13
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	3	1.97	71
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	3	2.86	13
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3	6.41	43
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	3	0.92	67
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	3	0.57	7
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	3	0.95	69
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	3	1.37	131
06126	Gravy, turkey, dry	7.0	1.0 serving	3	0.73	26
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	3	0.80	27
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	3	2.37	17
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	3	0.11	25
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	3	1.01	44
01049	Cream, fluid, half and half	30.2	1.0 fl oz	3	0.95	37
02066	Spearmint, dried	0.5	1.0 tsp	3	0.10	1
01070	Dessert topping, powdered	43.0	1.5 oz	3	2.11	248
43135	Sandwich spread, meatless	15.0	1.0 tbsp	3	1.20	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	3	2.05	195
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	3	1.95	196
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	3	1.50	136
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	3	2.20	198
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	3	1.95	196
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	3	1.34	100
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	3	2.00	198
02038	Spices, sage, ground	0.7	1.0 tsp	3	0.07	2
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	3	3.28	55
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	3	3.10	90
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	3	0.79	42
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	3	1.65	151
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	3	1.00	111
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	3	0.30	132
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	3	0.02	14
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	3	2.10	188
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	3	1.04	49
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	3	0.02	24
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	3	0.02	78
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	3	0.02	25
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	3	1.10	149
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	3	1.10	141
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	3	0.34	17
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	3	1.10	149
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	3	1.10	149
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	3	1.36	139
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	3	0.14	2
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	3	1.42	138
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	3	1.10	149
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	3	1.73	160
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	3	0.18	29
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	3	1.06	82
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	3	1.37	113
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	3	1.11	39

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	3	3.10	19
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	3	0.75	91
07974	Bacon, turkey, low sodium	15.0	1.0 serving	3	2.00	38
11944	Pickle relish, hot dog	15.0	1.0 tbsp	3	0.22	14
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	3	1.29	62
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	3	0.10	38
02054	Capers, canned	8.6	1.0 tbsp, drained	3	0.20	2
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3	3.93	87
18444	Pie, fried pies, cherry	28.35	1.0 oz	3	0.85	90
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	3	3.97	35
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	3	1.53	80
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	3	0.36	19
18319	Pie, fried pies, fruit	28.35	1.0 oz	3	0.85	90
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	3	1.27	106
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	3	0.57	18
18445	Pie, fried pies, lemon	28.35	1.0 oz	3	0.85	90
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	3	4.31	32
01031	Cheese, neufchatel	28.35	1.0 oz	3	2.59	72
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	3	1.25	122
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	3	3.62	89
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	3	0.17	20
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	3	1.33	115
07045	Luncheon meat, pork, canned	28.35	1.0 oz	3	3.54	95
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	3	0.28	10
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	3	3.71	37
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	3	0.85	113
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	3	1.16	73
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	3	2.66	148
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.91	41
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.88	40
03172	Babyfood, juice, orange	31.2	1.0 fl oz	3	0.19	14
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	3	0.16	15
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	3	0.09	52

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	3	1.37	131
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	3	0.80	150
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	3	1.00	54
43114	Vermicelli, made from soy	140.0	1.0 cup	3	0.14	463
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3	3.12	20
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	3	1.86	143
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	3	0.94	45
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	3	0.55	22
02022	Spices, mace, ground	1.7	1.0 tsp	3	0.11	8
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	3	21.43	108
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	3	0.32	9
06958	Gravy, instant beef, dry	6.7	1.0 serving	3	0.66	25
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	3	0.65	24
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	3	0.22	6
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	3.96	26
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	3	0.84	99
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	3	0.93	44
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	3	0.93	44
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	3	0.52	8
02026	Spices, onion powder	2.4	1.0 tsp	3	0.25	8
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	3	0.00	141
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	3	0.00	122
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	3	0.70	31
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	3	1.11	82
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	3	0.09	3
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	3	0.89	57
07033	Ham and cheese spread	15.0	1.0 tbsp	3	2.43	37
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	3	0.99	46
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	3	0.00	--

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	3	0.70	10
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	--	0.00	3
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	3	2.81	183
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	3	7.02	205
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	3	0.06	45
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	3	0.06	47
02036	Spices, rosemary, dried	1.2	1.0 tsp	3	0.06	4
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	3	2.96	43
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	3	0.85	36
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	3	1.30	146
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	3	1.30	146
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	3	0.00	78
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	3	0.03	91
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	3	0.23	61
02001	Spices, allspice, ground	1.9	1.0 tsp	3	0.12	5
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	3.17	53
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	3	0.15	27
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3	0.08	72
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	3	2.63	144
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	3	1.13	120
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	3	0.79	77
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	3	1.11	120
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	3	2.00	177
18354	Strudel, apple	28.35	1.0 oz	3	0.94	78
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	1.89	189
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	3	2.07	84
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	3	2.17	168
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	3	0.51	15
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	3	1.11	120
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	3	3.48	108
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	3	0.26	20
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	3	1.89	21
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3	0.15	15
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	3	0.08	70

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	3	0.14	89
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	3	1.10	100
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3	3.87	44
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	3	1.82	135
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	3	3.45	41
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	3	0.46	36
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	3	5.57	39
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	3.62	25
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	3	3.07	39
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	3	0.13	55
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.83	40
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.83	40
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3	0.83	40
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	2	0.17	10
43408	Babyfood, juice, pear	31.2	1.0 fl oz	2	0.00	15
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	2	0.19	22
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	2	0.72	139
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	2	1.59	15
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	2	0.89	57
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	2	0.47	114
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	2	2.23	72
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	2	0.55	47
11108	Butterbur, canned	124.0	1.0 cup, chopped	2	0.14	4
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	2	0.69	122
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	2	0.17	117
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	2	0.17	111
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	2	2.19	14
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	2	0.10	72
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	2	3.76	57
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	2	0.18	4
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	2	0.18	4
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	--	0.54	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	2	3.44	117
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	2	0.83	39
43543	Milk, imitation, non-soy	244.0	1.0 cup	2	3.90	112
06963	Fish broth	244.0	1.0 cup	2	4.88	39
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2	4.93	39
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2	1.76	73
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	2	0.95	12
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	2	2.89	44
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	2	1.76	127
07973	Turkey bacon, microwaved	8.1	1.0 slice	2	2.39	30
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2	2.60	135
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	2	0.69	13
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	2	3.26	17
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	2	0.54	35
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	2	0.00	70
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	2	0.00	--
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	2	0.12	28
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	2	1.20	66
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	2	1.19	111
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	2	0.49	15
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	2	1.71	147
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	2	0.50	130
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	2	0.94	43
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	2	4.80	38
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	2	1.50	156
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	2	0.19	3
02020	Spices, garlic powder	3.1	1.0 tsp	2	0.51	10
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	2	0.15	28
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2	0.00	10
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	2	0.00	152

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	2	0.00	64
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	2	0.00	--
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	2	0.50	9
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	2	0.17	9
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2	0.05	80
19243	Candies, HEATH BITES	39.0	15.0 pieces	2	1.54	207
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2	2.69	41
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	2	0.10	6
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	2	1.32	144
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	2	1.09	98
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	2	3.76	120
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	2	2.18	21
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	2	0.17	35
06124	Gravy, pork, dry, powder	6.7	1.0 serving	2	0.59	25
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	2	1.23	9
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	2	1.42	23
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	2	0.89	19
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	2	1.33	139
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	2	0.34	12
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2	2.72	125
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	2	0.14	14
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	2	0.77	69
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	2	0.98	106
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	2	5.03	107
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	2	1.45	118
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	2	0.57	74
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	2	0.12	14
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	2	0.27	10
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	2	0.98	73
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	2	0.99	73
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	2	0.13	4
07254	Turkey bacon, unprepared	14.0	1.0 serving	2	2.23	32
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	2	0.13	4
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	2	1.01	63
11145	Celtuce, raw	8.0	1.0 leaf	2	0.07	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	2	0.43	11
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	2	1.09	148
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	2	0.67	11
06971	Sauce, worcestershire	17.0	1.0 tbsp	2	0.00	13
11935	Catsup	17.0	1.0 tbsp	2	0.18	17
11949	Catsup, low sodium	17.0	1.0 tbsp	2	0.18	17
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	2	0.53	11
06150	Sauce, barbecue	17.0	1.0 tbsp	2	0.14	29
07951	Scrapple, pork	17.0	1.0 cubic inch	2	1.37	36
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	2	0.51	13
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	2	0.09	3
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	2	2.50	13
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	2	0.06	22
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	2	0.25	14
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	2	0.06	16
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	2	0.09	34
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2	0.93	158
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	2	1.62	13
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	2	2.54	59
02032	Spices, pepper, white	2.4	1.0 tsp, ground	2	0.25	7
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	2	0.09	15
06957	Gravy, brown instant, dry	6.7	1.0 serving	2	0.57	25
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	2	0.65	20
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	2	0.50	20
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	2	2.56	13
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	2	0.55	19
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	2	0.66	20
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	2	0.56	20
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2	0.56	20
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	2	1.20	71
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	2	0.88	40
11677	Shallots, raw	10.0	1.0 tbsp chopped	2	0.25	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
90480	Syrup, Cane	21.0	1.0 serving	2	0.00	56
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	2.64	37
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	2	0.07	56
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	2	0.11	12
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	2	0.14	2
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	2	1.04	77
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	2	0.40	12
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	2	1.09	132
02023	Spices, marjoram, dried	0.6	1.0 tsp	2	0.08	2
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	2	0.06	11
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	2	0.11	83
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	2	1.74	13
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	2	0.07	9
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	2	0.05	120
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	2	0.50	89
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	2	0.27	7
06118	Gravy, brown, dry	6.0	1.0 tbsp	2	0.64	22
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	2	0.08	58
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	2	0.46	19
06959	Gravy, instant turkey, dry	6.7	1.0 serving	2	0.79	27
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	2	0.05	5
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	2	0.90	93
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	2	0.05	5
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	--	2.00	18
02029	Spices, parsley, dried	0.5	1.0 tsp	2	0.13	1
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	2	0.54	67
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	2	4.07	108
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	2	1.43	212
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	2	0.20	24
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	2	6.36	66
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	2	3.99	78
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	2	1.78	184

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	2	0.68	75
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	2	1.01	151
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	2	0.09	16
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	2	0.74	17
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	2	0.60	14
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	2	0.20	23
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	2	0.54	67
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	2	0.60	14
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	2	3.15	109
18171	Cookies, fortune	28.35	1.0 oz	2	1.19	107
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	2	1.62	147
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	2	0.00	382
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	2	0.17	35
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	2	0.00	363
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2	2.06	37
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	2	0.90	128
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2	1.65	100
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	2	0.00	97
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	2	0.20	77
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	2	0.14	11
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	2	1.70	15
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2	0.08	12
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	2	0.51	9
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	2	0.90	72
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	2	2.06	20
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	2.11	45
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	2	0.10	5
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	2	1.73	148
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	2	1.73	148
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	2	0.38	10
02069	Vinegar, balsamic	16.0	1.0 tbsp	2	0.08	14
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	2	0.86	41
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	2	0.14	2
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	2	0.14	2
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	2	1.00	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	2	1.22	28
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	2	0.00	18
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	2	0.06	15
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	2	0.41	16
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	2	0.06	16
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	2	0.12	15
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	2	0.03	14
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	2	1.73	11
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	2	1.05	122
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	2	0.11	14
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2	0.62	22
02037	Spices, saffron	0.7	1.0 tsp	2	0.08	2
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	2	0.09	339
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	2	0.09	339
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	2	0.57	8
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2	0.59	21
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	2	0.60	20
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	2	0.60	20
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	2	0.60	20
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	2	0.00	721
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	2	0.02	73
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	2	0.10	3
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	2	0.78	51
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	2	2.07	154
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	2	0.62	6
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	2	0.59	20
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	2	0.78	51
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	2	0.30	63
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	2	1.72	17
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	2	0.06	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	2	0.14	3
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	2	0.00	2
21422	KFC, Popcorn Chicken	6.4	1.0 piece	2	1.13	22
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	2	0.10	8
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	2	0.14	13
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	2	0.06	11
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	2	0.06	8
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	2	0.41	11
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	2	2.10	13
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	2	0.15	39
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	2	2.06	139
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	2	0.39	27
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	2	2.06	139
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	2	6.84	178
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	2	0.62	22
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	2	0.40	27
42316	Babyfood, carrots, toddler	28.35	1.0 oz	2	0.17	7
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	2	1.08	81
01074	Sour cream, imitation, cultured	28.35	1.0 oz	2	0.68	59
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	2	2.62	179
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	2	3.02	193
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	2	0.68	71
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	2	1.61	164
43276	Cheese spread, cream cheese base	28.35	1.0 oz	2	2.01	84
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	2	0.57	14
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	2	1.96	181
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	2	0.61	18
18323	Pie, peach	28.35	1.0 oz	2	0.54	64
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	2	2.17	52
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	2	0.55	37
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	2	6.57	60
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	2	0.06	14
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	2	6.63	324
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	2	6.63	324
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	2	1.48	60

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	2	1.75	26
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	2	1.48	60
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	2	1.85	41
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	2	1.47	175
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	2	0.40	66
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	2	0.18	48
19137	Toppings, strawberry	42.0	2.0 tbsp	2	0.08	107
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	2	0.44	29
06115	Gravy, au jus, dry	3.0	1.0 tsp	2	0.28	9
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	2	0.63	53
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	2	1.59	23
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2	2.10	22
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	2	0.12	81
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	2	1.77	12
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	2	0.27	49
09079	Cranberries, dried, sweetened	40.0	0.25 cup	2	0.07	123
02044	Basil, fresh	2.5	5.0 leaves	2	0.08	1
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	2	0.61	11
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	2	0.39	10
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	2	0.83	12
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	2	0.00	17
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	2	0.46	21
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	2	1.79	51
02010	Spices, cinnamon, ground	2.6	1.0 tsp	2	0.10	6
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2	0.03	15
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	2	0.09	16
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	2	0.12	13
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	2	0.09	12
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	2	5.99	23
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2	0.42	19
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	2	0.44	20
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	2	0.44	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2	0.49	20
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	2	0.49	20
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	2	0.42	20
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2	0.55	20
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	2	0.42	19
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	2	0.46	19
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	2	0.52	20
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	2	0.55	20
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	2	0.42	19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	2	0.42	20
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	2	0.43	19
20068	Tapioca, pearl, dry	152.0	1.0 cup	2	0.29	544
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2	0.44	20
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2	0.54	20
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2	0.44	20
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	2	0.18	14
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	2	0.03	2
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	2	0.06	8
11960	Carrots, baby, raw	15.0	1.0 large	2	0.10	5
07031	Ham salad spread	15.0	1.0 tbsp	2	1.30	32
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2	0.09	10
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	2	1.09	120
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	2	0.10	53
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	2	0.26	139
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	2	0.44	20
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	2	0.94	238
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2	0.16	12
11625	Parsley, freeze-dried	0.4	1.0 tbsp	1	0.13	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19312	Pie fillings, apple, canned	74.0	0.125 can	1	0.07	74
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1	0.03	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	1	0.07	9
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	1	0.04	0
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	1	0.52	19
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	1	0.00	120
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1	0.43	11
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	1	0.10	26
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	1	0.00	5
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	1	1.88	135
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	1	1.88	135
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1	0.06	11
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	1	0.06	36
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1	0.05	7
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	1	0.38	9
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1	2.16	27
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	1	0.49	24
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	1	0.06	18
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	1	0.31	23
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	1	0.51	66
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	1	0.71	22
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1	1.71	181
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	1	0.06	17
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	1	2.33	191
05335	Chicken, feet, boiled	28.35	1.0 oz	1	5.50	61
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	1	0.06	20
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	1	1.16	40
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	1	0.09	40
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	1	0.74	112
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1	1.46	19
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1	1.88	16
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	1	0.52	111
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	1	0.51	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	1	0.16	17
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	1	0.50	45
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	1	0.61	24
02055	Horseradish, prepared	5.0	1.0 tsp	1	0.06	2
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	1	0.20	12
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	1	1.65	84
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	1	0.82	4
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	1	0.84	22
09216	Orange peel, raw	6.0	1.0 tbsp	1	0.09	6
01017	Cheese, cream	14.5	1.0 tbsp	1	0.89	51
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	1	0.53	24
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1	1.51	26
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	1	0.00	50
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1	0.48	201
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1	0.05	7
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	1	0.36	8
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	1	0.26	8
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	1	0.17	61
11615	Chives, freeze-dried	0.2	1.0 tbsp	1	0.04	1
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	1	0.09	37
02049	Thyme, fresh	0.8	1.0 tsp	1	0.04	1
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	1	0.09	36
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	1	0.59	24
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	1	0.83	138
11156	Chives, raw	3.0	1.0 tbsp chopped	1	0.10	1
19300	Jellies	21.0	1.0 serving 1 tbsp	1	0.03	56
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	1	1.78	99
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	1	0.00	2
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1	1.03	119
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	1	0.42	20
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	1	0.41	20
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	1	0.41	20
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	1	0.43	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01056	Cream, sour, cultured	12.0	1.0 tbsp	1	0.29	24
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	1	0.11	3
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1	0.04	10
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1	1.15	35
01179	Sour cream, light	12.0	1.0 tablespoon	1	0.42	16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	1	0.39	21
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1	1.18	30
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	1	0.21	73
01180	Sour cream, fat free	12.0	1.0 tablespoon	1	0.37	9
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	1	0.49	24
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	1	0.04	1
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	1	0.03	1
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1	0.16	11
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1	0.16	11
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	1	0.05	8
06114	Gravy, au jus, canned	59.0	0.25 cup	1	0.71	9
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	1	1.17	14
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	1	0.95	49
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	1	0.97	23
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1	6.15	284
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	1	0.11	3
43497	Jellyfish, dried, salted	58.0	1.0 cup	1	3.19	21
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1	0.14	15
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1	0.06	34
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	1	0.06	16
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	1	0.41	37
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	1	0.06	16
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	1	0.00	14
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	1	0.03	11
10005	Pork, fresh, belly, raw	28.35	1.0 oz	1	2.65	147
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	1	0.00	14
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	1	0.82	121
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1	0.06	22
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	1	0.04	17
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	1	0.40	9

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	1	0.58	16
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	1	0.38	9
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1	1.68	37
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	1	0.05	7
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1	0.16	17
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	1	1.43	135
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	1	0.40	9
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	1	0.05	7
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	1	0.14	7
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	1	3.43	286
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	1	6.05	276
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	1	5.71	207
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	1	1.34	18
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	1	1.51	127
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	1	0.07	3
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	1	0.32	15
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	1	0.28	64
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1	0.39	9
09165	Litchis, dried	2.5	1.0 fruit	1	0.10	7
11958	Pickle relish, hamburger	15.0	1.0 tbsp	1	0.09	19
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	1	1.03	99
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1	0.08	11
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	1	0.76	15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	1	0.12	29
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	1	0.03	107
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	1	0.03	117
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	1	0.09	1
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	1	0.13	6
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	1	0.32	15
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1	1.05	9
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	1	0.26	12
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	1	5.10	55
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1	1.37	19
19116	Candies, marshmallows	50.0	1.0 cup of miniature	1	0.90	159

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	1	0.47	44
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	1	0.08	5
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	1	0.12	5
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	1	0.40	127
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	1	0.00	373
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	1	0.00	27
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1	0.07	3
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	1	0.07	3
11984	Epazote, raw	0.8	1.0 tbsp	1	0.00	0
11292	Onions, young green, tops only	6.0	1.0 tbsp	1	0.06	2
03166	Babyfood, juice, apple	31.7	1.0 fl oz	1	0.00	15
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	1	3.06	48
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	1	0.06	3
01069	Cream substitute, powdered	94.0	1.0 cup	1	2.33	497
11959	Arugula, raw	2.0	1.0 leaf	1	0.05	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	1	0.11	3
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	1	0.06	15
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	1	0.00	14
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	1	0.03	13
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	1	0.03	15
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	1	0.06	13
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	1	0.00	15
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	1	0.00	15
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	1	0.17	10
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	1	0.32	22
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	1	0.06	17
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	1	0.06	20
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1	0.45	21
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	1	0.95	9
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	1	0.00	154
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	1	0.12	4
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	1	0.12	4
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1	0.04	10
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	1	0.00	154
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	1	0.03	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	1	0.06	4
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	1	0.07	3
09156	Lemon peel, raw	6.0	1.0 tbsp	1	0.09	3
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	1	0.19	29
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	1	0.19	30
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	1	0.03	10
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1	0.27	49
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	--	0.03	1
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	1	0.08	33
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1	0.00	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	1	0.04	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	1	0.00	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	1	0.03	48
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	1	0.22	9
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1	0.02	12
11216	Ginger root, raw	2.0	1.0 tsp	1	0.04	2
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	1	0.20	10
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	1	0.62	16
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	1	0.03	10
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1	0.06	17
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	1	0.54	14
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1	0.06	18
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1	1.81	186
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	1	0.54	15
19107	Candies, hard	28.35	1.0 oz	1	0.00	112
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	1	0.30	109
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	1	0.00	56
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1	0.24	18
01125	Egg, yolk, raw, fresh	17.0	1.0 large	1	2.70	55
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	1	0.07	22
09129	Grapes, muscadine, raw	6.0	1.0 grape	1	0.05	3
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	1	0.27	100
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	1	1.01	78

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
11950	Mushrooms, enoki, raw	5.0	1.0 large	1	0.13	2
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	1	0.12	73
19297	Jams and preserves	20.0	1.0 tbsp	1	0.07	56
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	1	0.72	80
42040	Syrups, grenadine	20.0	1.0 tbsp	1	0.00	54
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1	1.23	9
19719	Jams and preserves, apricot	20.0	1.0 tbsp	1	0.14	48
09173	Longans, dried	1.7	1.0 fruit	1	0.08	5
02008	Spices, chervil, dried	0.6	1.0 tsp	1	0.14	1
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	1	0.48	81
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1	0.07	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1	0.07	1
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	1	0.04	9
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1	0.15	10
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	1	0.20	64
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	1	0.12	69
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	1	0.04	9
11945	Pickle relish, sweet	15.0	1.0 tbsp	1	0.06	20
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	1	0.15	21
02048	Vinegar, cider	14.9	1.0 tbsp	1	0.00	3
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	1	0.06	35
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	1	0.05	2
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1	0.15	6
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	1	0.24	9
11943	Pimento, canned	12.0	1.0 tbsp	1	0.13	3
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	1	0.04	61
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	1	0.28	46
01072	Dessert topping, pressurized	70.0	1.0 cup	1	0.69	185
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	1	0.46	70
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	1	0.14	7
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	1	0.46	70
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	1	0.03	92
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	1	0.03	92

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
19294	Fruit butters, apple	17.0	1.0 tbsp	1	0.07	29
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	1	0.03	137
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	1	0.11	136
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	1	0.03	8
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	1	0.09	21
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	1	0.34	14
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1	0.03	7
02063	Rosemary, fresh	0.7	1.0 tsp	1	0.02	1
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	1	0.24	16
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	1	0.87	102
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	1	0.12	251
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	1	0.00	15
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	1	0.02	14
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1	0.02	13
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1	0.00	16
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1	0.02	12
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1	0.02	56
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	1	0.12	11
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1	0.06	15
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1	0.07	11
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	1	2.94	134
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	1	0.22	6
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	1	0.15	12
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	1	0.06	10
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	1	0.22	45
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	1	0.02	11
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	1	0.04	9
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	1	0.04	9
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	1	0.06	10
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	1	0.02	11
02068	Vinegar, red wine	14.9	1.0 tbsp	1	0.01	3
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	--	0.01	1
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	1	0.02	0
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	1	0.00	--
14555	Water, bottled, generic	29.6	1.0 fl oz	1	0.00	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	1	0.00	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	1	0.00	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1	0.01	6
19340	Sugars, maple	3.0	1.0 tsp	1	0.00	11
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	1	0.06	17
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	1	0.09	22
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	1	0.83	230
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	1	0.09	17
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	1	0.06	19
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	1	0.06	21
19365	Toppings, marshmallow cream	28.35	1.0 oz	1	0.23	91
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	1	0.06	20
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	--	0.06	1
11975	Grape leaves, canned	4.0	1.0 leaf	1	0.17	3
02045	Dill weed, fresh	1.0	5.0 sprigs	1	0.03	0
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	1	0.00	12
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	1	0.00	13
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	1	0.00	41
11446	Seaweed, laver, raw	26.0	10.0 sheets	1	1.51	9
02050	Vanilla extract	4.2	1.0 tsp	1	0.00	12
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0	1.15	123
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0	0.15	162
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0	0.02	2
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0	0.19	13
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0	0.03	7
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0	0.13	67
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0	0.02	2
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0	0.00	6
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0	0.03	21
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0	0.11	7
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0	0.06	43
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0	0.04	155
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0	0.02	102
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0	0.02	100

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0	0.02	100
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0	0.02	100
19303	Marmalade, orange	20.0	1.0 tbsp	0	0.06	49
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0	0.06	28
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0	0.00	53
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0	0.16	163
19181	Candies, YORK BITES	39.0	15.0 pieces	0	0.69	154
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0	0.00	159
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0	0.17	10
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0	0.03	103
11447	Sesbania flower, raw	3.0	1.0 flower	0	0.04	1
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0	0.00	17
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0	0.07	10
27066	Sauce, horseradish	5.6	1.0 tsp	0	0.06	28
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0	1.88	164
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0	0.00	12
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0	0.03	27
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0	0.03	28
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0	0.03	1
09172	Longans, raw	3.2	1.0 fruit without refuse	0	0.04	2
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0	0.12	6
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0	0.03	10
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0	0.03	13
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0	0.14	62
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0	0.00	17
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0	0.00	19
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0	0.00	3
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0	0.00	13
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0	0.00	13
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0	0.01	15
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0	0.00	15
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0	0.00	16
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0	0.03	13

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0	0.00	37
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0	0.02	12
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0	0.00	13
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0	0.00	11
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0	0.00	19
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0	0.00	12
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0	0.00	38
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0	0.00	10
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0	0.00	45
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0	0.02	47
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0	0.04	16
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0	0.06	54
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0	0.22	24
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0	0.04	10
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0	0.14	58
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0	0.04	10
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0	0.06	36
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0	0.03	4
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0	0.00	--
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0	0.00	--
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0	0.00	--
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0	0.00	--
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	--	0.00	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0	0.00	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0	0.03	0
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0	0.00	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0	0.00	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0	0.03	1
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0	0.00	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0	0.00	--
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	--	0.07	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0	0.03	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	--	0.00	0
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	--	0.00	0
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0	0.32	80
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0	0.10	37
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0	0.13	38
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0	0.02	77
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0	0.09	75
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0	0.43	242
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0	0.50	243
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0	0.08	75
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0	0.14	51
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0	0.04	28
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0	0.02	75
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0	0.21	47
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0	0.13	101
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0	0.02	75
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0	0.02	75
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0	0.14	63
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0	0.02	76
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0	0.04	88
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0	0.02	75
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0	0.04	88
19334	Sugars, brown	3.0	1.0 tsp unpacked	0	0.00	11
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0	0.16	76
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0	0.06	3
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0	0.02	7
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0	0.04	17
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0	0.02	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0	0.00	89
19108	Candies, jellybeans	11.0	10.0 small	0	0.00	41
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0	0.02	86
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0	0.15	40
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0	0.00	10
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0	0.01	8
19030	Syrup, fruit flavored	20.0	1.0 serving	0	0.00	52
02065	Spearmint, fresh	0.3	2.0 leaves	0	0.01	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0	0.00	103
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0	0.00	26
02053	Vinegar, distilled	14.9	1.0 tbsp	0	0.00	3
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0	0.08	51
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0	0.08	51
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0	0.01	6
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0	0.03	101
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0	0.03	101
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0	0.04	34
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0	0.04	103
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0	0.00	47
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0	0.03	100
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0	0.03	59
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0	0.03	100
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0	0.02	100
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0	0.00	50
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0	0.13	94
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0	0.15	99
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0	0.00	17
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0	0.00	22
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0	1.00	13
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0	0.00	41
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0	0.04	36

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0	0.04	36
19908	Sugar, turbinado	4.6	1.0 tsp	0	0.00	18
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0	4.98	31
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0	4.98	31
02064	Peppermint, fresh	0.1	2.0 leaves	0	0.00	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0	0.01	21
02047	Salt, table	6.0	1.0 tsp	0	0.00	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0	0.00	8
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0	0.00	2
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0	0.02	27
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0	0.03	9
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0	0.01	2
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	--	0.00	113
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	--	0.00	3
04002	Lard	12.8	1.0 tbsp	--	0.00	115
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	--	0.00	113
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	--	0.00	120
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	--	0.00	644
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	--	0.00	64
04529	Oil, almond	13.6	1.0 tablespoon	--	0.00	120
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	--	0.00	296
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	--	0.00	88
19336	Sugars, powdered	120.0	1.0 cup unsifted	--	0.00	467
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	--	0.00	113
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	--	0.00	13
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	--	0.00	113
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0	0.11	18
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	--	0.00	72
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	--	0.00	721
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	--	0.00	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	--	0.00	76
04583	Oil, mustard	14.0	1.0 tbsp	--	0.00	124

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	--	0.00	126
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	--	0.00	100
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	--	0.00	125
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	--	0.00	122
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	--	0.00	120
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	--	0.00	114
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0	0.99	65
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	--	0.00	120
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	--	0.00	21
14073	Beverages, ZEVIA, cola	355.0	1.0 can	--	0.00	--
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	--	0.00	11
04576	Fat, goose	12.8	1.0 tbsp	--	0.00	115
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0	0.18	95
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0	0.12	19
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	--	0.00	211
19070	Candies, butterscotch	28.35	1.0 oz	0	0.01	111
04515	Oil, tomatoseed	13.6	1.0 tablespoon	--	0.00	120
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	--	0.00	75
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	--	0.00	120
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	--	0.00	374
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0	3.52	58
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	--	0.00	73
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	--	0.00	70
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	--	0.00	115
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	--	0.00	73
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0	0.15	20
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	--	0.00	119
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	--	0.00	10
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	--	0.00	10
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	--	0.00	120
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	--	0.00	--
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0	0.00	60

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	--	0.00	120
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	--	0.00	120
04593	Fish oil, salmon	13.6	1.0 tbsp	--	0.00	123
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	--	0.00	73
04541	Oil, cupu assu	13.6	1.0 tablespoon	--	0.00	120
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	--	0.00	120
19351	Syrups, corn, high-fructose	310.0	1.0 cup	--	0.00	871
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	--	0.00	113
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	--	0.00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	--	0.00	113
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	--	0.00	120
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0	0.50	74
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	--	0.00	120
16247	SILK Chai, soymilk	243.0	1.0 cup	0	6.00	129
04590	Fish oil, herring	13.6	1.0 tbsp	--	0.00	123
04534	Oil, babassu	13.6	1.0 tbsp	--	0.00	120
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	--	0.00	120
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	--	0.00	119
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	--	0.00	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0	1.01	149
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	--	0.00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	--	0.00	113
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	--	0.00	36
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0	0.00	2
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	--	0.00	--
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0	0.92	105
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	--	0.00	124
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	--	0.00	113
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	--	0.00	120
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	--	0.00	12
04530	Oil, apricot kernel	13.6	1.0 tablespoon	--	0.00	120

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	--	0.00	3
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	--	0.00	120
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0	0.08	13
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	--	0.00	120
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	--	0.00	13
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	--	0.00	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	--	0.00	115
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	--	0.00	3
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	--	0.00	120
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0	11.01	239
19163	Chewing gum	3.0	1.0 stick	--	0.00	11
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	--	0.00	82
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	--	0.00	124
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	--	0.00	126
04520	Fat, mutton tallow	12.8	1.0 tbsp	--	0.00	115
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	--	0.00	120
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0	0.01	68
04609	Animal fat, bacon grease	4.3	1.0 tsp	--	0.00	39
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	--	0.00	60
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	--	0.00	120
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	--	0.00	5
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	--	0.00	113
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0	1.13	113
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0	6.00	169
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	--	0.00	222
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0	1.60	298
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	--	0.00	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	--	0.00	212
04581	Oil, avocado	14.0	1.0 tbsp	--	0.00	124
43026	Syrups, sugar free	240.0	1.0 cup	0	1.92	125
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	--	0.00	58
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	--	0.00	12

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
18372	Leavening agents, baking soda	4.6	1.0 tsp	--	0.00	--
04516	Oil, teaseed	13.6	1.0 tablespoon	--	0.00	120
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	--	0.00	120
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0	0.24	21
42289	Oil, corn and canola	14.0	1.0 tbsp	--	0.00	124
04055	Oil, palm	13.6	1.0 tbsp	--	0.00	120
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0	0.04	32
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0	5.25	268
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0	0.01	4
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	--	0.00	1
04574	Fat, duck	12.8	1.0 tbsp	--	0.00	113
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	--	0.00	117
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	--	0.00	120
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0	9.00	179
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0	0.08	23
04594	Fish oil, sardine	13.6	1.0 tbsp	--	0.00	123
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0	0.13	49
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	--	0.00	64
04542	Fat, chicken	12.8	1.0 tbsp	--	0.00	115
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	--	0.00	120
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	--	0.00	13
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0	0.01	15
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0	0.44	20
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0	4.98	205
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	--	0.00	120
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	--	0.00	120
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0	0.01	120
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	--	0.00	120
16248	SILK Mocha, soymilk	243.0	1.0 cup	0	5.01	141
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	--	0.00	--
04591	Fish oil, menhaden	13.6	1.0 tbsp	--	0.00	123
04536	Oil, sheanut	13.6	1.0 tablespoon	--	0.00	120

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	--	0.00	120
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	--	0.00	120
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	--	0.00	6
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	--	0.00	--
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0	1.01	10
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	--	0.00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	--	0.00	113
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0	23.04	122
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	--	0.00	108
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	--	0.00	0
04588	Oil, oat	13.6	1.0 tbsp	--	0.00	120
43060	Chewing gum, sugarless	2.0	1.0 piece	--	0.00	5
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	--	0.00	104
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	--	0.00	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	--	0.00	120
04037	Oil, rice bran	13.6	1.0 tablespoon	--	0.00	120
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	--	0.00	--
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	--	0.00	106
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	--	0.00	115
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0	0.26	334
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	--	0.00	120
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	--	0.00	46
04001	Fat, beef tallow	12.8	1.0 tbsp	--	0.00	115
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	--	0.00	120
04528	Oil, walnut	13.6	1.0 tbsp	--	0.00	120
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	--	0.00	120
19335	Sugars, granulated	2.8	1.0 serving packet	--	0.00	11
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0	5.35	29
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0	0.04	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	--	0.00	113
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	--	0.00	113

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0	0.01	88
04582	Oil, canola	14.0	1.0 tbsp	--	0.00	124
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0	0.04	112
04517	Oil, grapeseed	13.6	1.0 tablespoon	--	0.00	120
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	--	0.00	120
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0	0.04	35
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	--	0.00	120
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	--	0.00	120
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0	5.25	271
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	--	0.00	70
04575	Fat, turkey	12.8	1.0 tbsp	--	0.00	115
04514	Oil, poppyseed	13.6	1.0 tablespoon	--	0.00	120
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	--	0.00	120
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	--	0.00	70
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	--	0.00	113
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0	0.06	763
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	--	0.00	64
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	--	0.00	120
04047	Oil, coconut	13.6	1.0 tbsp	--	0.00	121
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0	5.56	257
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0	1.76	163
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0	2.44	228
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	--	0.00	90
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	--	0.00	8
04572	Oil, nutmeg butter	13.6	1.0 tbsp	--	0.00	120
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	--	0.00	19
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	--	0.00	120
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	--	0.00	120
16249	SILK Coffee, soymilk	243.0	1.0 cup	0	5.01	151
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	--	0.00	113
42136	Cream substitute, powdered, light	94.0	1.0 cup	0	1.79	405

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure	Protein(g) Per Measure	Energy(kcal) Per Measure
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	--	0.00	--
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0	1.30	94
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	--	0.00	120
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0	0.15	20
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0	1.54	110
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	--	0.00	113
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	--	0.00	12
04501	Oil, cocoa butter	13.6	1.0 tablespoon	--	0.00	120
16246	SILK Nog, soymilk	122.0	0.5 cup	0	3.00	90
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0	0.46	66
04589	Fish oil, cod liver	4.5	1.0 tsp	--	0.00	41
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0	16.41	153
04532	Oil, hazelnut	13.6	1.0 tablespoon	--	0.00	120
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	--	0.00	120
04038	Oil, wheat germ	4.5	1.0 tsp	--	0.00	40