USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Isoleucine (g) ; Valine (g) ; Leucine (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 21, 2016 19:10 EDT

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	9.626	10.235	20.820
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	9.131	9.597	21.074
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)	6.743	7.351	11.790
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.375	6.602	7.674
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	4.720	6.126	7.873
05305	Ground turkey, raw	453.6	1.0 lb	3.992	4.128	7.357
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	3.732	3.979	6.486
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.666	3.774	6.155
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.594	3.933	5.541
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	3.346	3.551	6.093
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	3.017	3.247	5.489
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2.939	3.024	4.933
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2.939	3.024	4.933
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	2.926	3.309	5.343
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.907	2.718	4.937
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)	2.907	3.168	5.081
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	2.852	3.000	5.182
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	2.709	2.823	4.631
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	2.672	2.785	4.545
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.664	2.931	4.324
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.660	2.736	4.465
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2.603	2.839	4.681
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.562	2.948	3.596
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	2.462	3.053	4.228
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	2.443	4.362	4.220
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.442	2.295	3.471
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	2.425	2.279	3.448

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.400	2.602	4.255
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	2.397	2.382	3.768
16117	Soy flour, defatted	105.0	1.0 cup	2.395	2.463	4.019
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.364	2.519	3.771
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	2.354	2.753	4.229
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.339	2.552	4.385
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.293	2.155	3.259
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.285	2.146	3.247
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	2.257	2.122	3.212
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.248	2.113	3.196
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	2.230	1.439	3.020
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.223	2.345	4.143
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2.192	2.505	3.592
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	2.158	2.426	3.964
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.142	2.012	3.045
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	2.139	2.009	3.039
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	2.139	2.013	3.046
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.135	2.006	3.034
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.135	2.045	3.077
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	2.129	2.427	3.942
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	2.128	2.168	3.499
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	2.123	2.314	3.712
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	2.121	2.318	3.390
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2.121	2.231	3.583
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	2.094	2.185	3.553
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	2.090	2.542	4.012
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2.087	2.561	3.823
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	2.083	2.468	3.767
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.080	1.954	2.957
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.071	2.188	3.916
16144	Lentils, pink or red, raw	192.0	1.0 cup	2.070	2.377	3.473
01133	Egg, whole, dried	85.0	1.0 cup, sifted	2.069	2.542	3.528

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.057	2.173	3.887
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	2.057	2.438	3.720
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	2.057	2.356	3.665
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	2.052	2.169	3.339
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	2.048	2.188	3.560
16069	Lentils, raw	192.0	1.0 cup	2.045	2.348	3.429
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	2.044	2.172	3.432
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	2.038	2.255	3.300
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.035	2.150	3.846
01040	Cheese, swiss	132.0	1.0 cup, diced	2.029	2.823	3.906
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)	2.026	2.266	3.266
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)	2.026	2.266	3.266
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.023	1.900	2.874
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.018	2.134	3.725
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	2.017	1.894	2.867
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	2.016	2.256	3.730
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	2.010	2.298	3.293
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.009	1.887	2.855
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.006	1.884	2.850
01025	Cheese, monterey	132.0	1.0 cup, diced	2.005	2.158	3.094
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	2.004	2.374	3.623
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.998	2.283	3.467
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.996	2.231	3.520
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.983	2.350	3.584
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.982	2.156	3.233
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)	1.982	2.124	3.334
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.980	2.092	3.653
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.980	2.581	3.584

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.980	2.346	3.581
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.974	2.109	3.432
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	1.971	2.078	3.673
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	1.970	2.281	3.658
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.968	2.089	3.406
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)	1.967	2.201	3.171
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.962	1.843	2.789
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.961	1.879	2.827
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.959	2.191	3.457
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.958	3.649	3.418
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.953	2.060	3.640
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.952	2.086	3.393
01011	Cheese, colby	132.0	1.0 cup, diced	1.947	2.094	3.003
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.942	2.302	3.513
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.942	2.107	3.129
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.940	2.538	3.773
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.933	2.020	3.048
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.932	2.052	3.653
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.923	2.043	3.636
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)	1.923	2.041	3.327
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.919	1.803	2.729
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.915	2.269	3.463
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)	1.915	2.141	3.087
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.913	2.024	3.505
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1.913	2.023	3.504

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.911	2.030	3.612
01034	Cheese, port de salut	132.0	1.0 cup, diced	1.909	2.253	3.276
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.909	2.038	3.316
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.909	2.038	3.316
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.907	1.855	2.780
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.905	2.256	3.442
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.901	2.088	3.948
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	1.900	2.048	3.192
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.900	2.017	3.289
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.886	1.994	3.480
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.868	1.976	2.967
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.867	1.994	3.244
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.859	2.153	3.186
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	1.851	2.018	3.236
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.851	2.192	3.347
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.849	1.736	2.628
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.848	1.736	2.626
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	1.847	2.013	3.229
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1.845	1.952	3.380
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	1.833	1.975	2.831
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	1.833	1.975	2.831
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.831	2.169	3.310
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1.829	2.108	3.286
01020	Cheese, fontina	132.0	1.0 cup, diced	1.827	2.542	3.516
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.820	2.161	3.356
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.816	1.911	2.839
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.810	2.038	3.806
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1.802	1.877	3.014

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.792	1.729	2.597
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1.786	1.838	2.997
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.779	1.905	3.645
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.766	2.094	3.193
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.764	1.730	2.930
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.761	1.903	3.089
16106	Meat extender	88.0	1.0 cup	1.756	1.861	2.871
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.749	2.491	3.317
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.732	1.912	2.880
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.728	1.845	3.004
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.726	1.679	2.516
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.726	2.046	3.122
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.725	1.842	2.999
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.723	1.848	3.189
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.719	1.614	2.443
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.702	1.648	2.472
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	1.702	1.963	3.129
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)	1.693	1.846	2.961
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.692	1.893	2.985
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1.691	1.854	3.032
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	1.690	1.889	2.981
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.688	1.719	2.776
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)	1.684	1.835	2.944
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	1.684	1.789	2.915
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.681	1.926	3.007
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.681	1.808	3.090
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	1.677	1.793	3.132
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.656	1.725	2.953
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.652	2.037	3.121

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16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.652	1.937	3.113
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	1.649	1.812	3.088
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.644	1.940	2.865
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.637	2.130	3.347
01024	Cheese, limburger	134.0	1.0 cup	1.633	1.928	2.805
16113	Natto	175.0	1.0 cup	1.629	1.782	2.641
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.621	1.680	2.509
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.618	1.899	3.053
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	1.618	1.886	2.990
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	1.617	1.882	2.802
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.612	1.896	3.034
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.609	1.921	3.175
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.608	1.718	2.795
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.608	1.718	2.795
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.605	1.869	2.582
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.605	1.666	2.488
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.602	1.790	2.824
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.601	1.855	2.743
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	1.600	1.790	2.823
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1.600	2.073	3.060
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	1.597	1.658	2.475
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.597	1.872	3.009
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.592	1.853	2.559
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.587	1.774	2.799
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.580	1.742	2.946
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.579	1.648	2.734
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1.573	1.692	2.819
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.570	1.474	2.232
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.570	1.474	2.232
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1.558	2.015	3.286
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.541	1.494	2.241

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.538	1.776	2.240
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.537	1.520	2.783
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.537	1.725	2.484
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.534	1.639	2.667
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.532	1.515	2.772
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.529	1.811	2.764
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.519	1.522	2.262
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.518	1.621	2.639
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.517	1.697	2.677
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.514	1.699	2.446
01030	Cheese, muenster	132.0	1.0 cup, diced	1.511	1.956	2.983
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.510	1.689	2.664
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)	1.507	1.459	2.193
01005	Cheese, brick	132.0	1.0 cup, diced	1.501	1.943	2.962
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.499	1.595	2.602
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.496	1.679	2.417
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.493	1.840	2.818
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.493	1.840	2.818
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	1.483	1.640	2.635
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.478	1.656	2.622
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.477	1.579	2.568
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.477	1.503	2.635
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.474	1.571	2.871
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.469	1.743	2.682
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.467	1.547	2.734
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1.466	1.640	2.587
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.463	1.641	2.364
16114	Tempeh	166.0	1.0 cup	1.461	1.527	2.374
11450	Soybeans, green, raw	256.0	1.0 cup	1.459	1.475	2.371
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.458	1.630	2.349

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1.457	1.739	3.055
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.456	1.536	2.714
01032	Cheese, parmesan, grated	100.0	1.0 cup	1.455	1.865	2.747
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.451	1.636	2.540
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.450	1.627	2.574
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.449	1.680	2.321
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.448	1.727	2.670
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.448	1.727	2.670
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1.444	1.597	2.338
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1.444	1.597	2.338
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	1.442	1.648	2.649
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.442	1.618	2.330
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.441	1.495	2.591
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	1.440	2.165	3.032
01035	Cheese, provolone	132.0	1.0 cup, diced	1.440	2.165	3.032
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.440	1.610	2.540
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.440	1.529	2.494
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.437	1.516	2.678
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.435	1.476	2.409
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	1.432	1.855	2.738
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.428	1.658	2.766
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.425	1.468	2.001
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.421	1.595	2.298
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	1.420	1.671	2.662
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.420	1.500	2.619
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.419	1.507	2.576
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.419	1.679	2.480
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.416	1.669	2.824
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.415	1.849	2.639
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	1.411	1.475	2.544

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.409	1.582	2.278
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.408	1.650	2.609
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.408	1.650	2.609
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.408	1.579	2.275
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.407	1.448	2.362
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.407	1.605	2.453
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	1.407	1.764	3.236
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.407	1.682	2.481
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.406	1.624	2.411
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	1.405	1.577	2.271
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.403	1.566	2.258
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.402	1.567	2.473
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	1.402	1.831	2.905
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.399	1.424	2.496
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.397	1.562	2.252
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)	1.396	1.522	2.442
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)	1.395	1.577	2.471
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	1.395	1.485	2.340
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.394	1.646	2.862
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.394	1.560	2.460
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	1.391	1.467	2.593
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	1.391	1.766	2.662
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.389	1.559	2.244
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.388	1.464	2.587
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.388	1.429	2.331
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.388	1.429	2.331
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.387	1.976	2.630
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.386	1.545	2.463

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.385	1.549	2.443
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.385	1.460	2.580
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.384	1.548	2.444
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.384	1.464	2.536
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	1.381	1.545	2.227
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.380	1.493	2.427
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.380	1.493	2.427
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.378	1.502	2.409
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.376	1.452	2.565
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	1.375	1.631	2.852
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.373	1.448	2.558
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.372	1.397	2.448
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.370	1.394	2.443
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.369	1.633	2.524
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.369	1.633	2.524
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.369	1.354	2.479
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.367	1.534	2.209
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.361	1.472	2.393
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.361	1.472	2.393
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.359	1.433	2.532
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.359	1.433	2.532
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.357	1.524	2.194
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.354	1.563	1.972
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.354	1.563	1.972

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.351	1.473	2.362
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.350	1.511	2.178
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.348	1.673	2.798
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.348	1.452	2.520
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.347	1.420	2.510
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	1.347	1.506	2.376
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)	1.346	1.429	2.330
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.346	1.504	2.169
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.346	1.422	2.482
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.343	1.602	2.476
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.343	1.417	2.503
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.342	1.506	2.169
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.339	1.535	2.457
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1.337	1.411	2.254
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.335	1.499	2.158
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.335	1.499	2.157
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.335	1.408	2.490
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.333	1.408	2.459
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.332	1.426	2.187
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.330	1.403	2.479
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.330	1.402	2.479
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.330	1.450	2.326
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	1.329	1.492	2.148
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.329	1.633	1.898

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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)	1.327	1.410	2.298
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.327	1.484	2.139
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)	1.323	1.296	1.947
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.322	1.431	2.325
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.321	1.479	2.132
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.321	1.641	2.745
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.317	1.388	2.454
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.315	1.434	2.299
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	1.313	1.376	2.249
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)	1.313	1.432	2.296
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.312	1.420	2.307
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.312	1.431	2.294
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	1.312	1.383	2.444
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.311	1.430	2.292
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.310	1.480	2.320
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.309	1.469	2.115
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.308	1.398	2.443
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.308	1.469	2.115
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	1.306	1.387	2.262
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.303	1.409	2.290
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.301	1.552	2.398
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.301	1.552	2.398
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)	1.301	1.271	1.902

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.300	1.374	2.398
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.299	1.416	2.271
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.298	1.452	2.292
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.298	1.472	2.404
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.298	1.396	2.386
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.298	1.415	2.270
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.296	1.524	2.135
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.296	1.524	2.135
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	1.294	1.326	2.769
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.294	1.367	2.386
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.294	1.543	2.384
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.292	1.363	2.408
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.292	1.365	2.383
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.292	1.386	2.391
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.290	1.407	2.256
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.290	1.352	2.209
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.290	1.407	2.256
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.288	1.536	2.375
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.287	1.392	2.263
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.286	1.310	2.115
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.286	1.402	2.249
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.285	1.271	2.325
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)	1.284	1.253	1.876

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
01173	Egg, white, dried	28.0	1.0 oz	1.283	1.446	1.915
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	1.283	1.352	2.390
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1.282	1.369	2.229
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.279	1.395	2.236
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	1.279	1.352	2.360
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.279	1.353	2.343
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.276	1.346	2.377
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.275	1.327	2.303
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.275	1.426	2.056
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1.273	1.344	2.148
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.272	1.387	2.224
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.272	1.507	2.332
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.272	1.306	1.810
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.271	1.481	2.045
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.271	1.385	2.221
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.270	1.423	2.049
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.269	1.361	2.290
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.269	1.674	2.752
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	1.267	1.337	2.362
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	1.267	1.442	2.187
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.266	1.381	2.215
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.266	1.340	2.320
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.266	1.209	2.337

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.266	1.380	2.213
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.264	1.418	2.043
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.261	1.375	2.206
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.261	1.313	2.279
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.261	1.334	2.328
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.261	1.364	2.217
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	1.260	1.331	2.323
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.260	1.414	2.036
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.259	1.283	2.070
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.257	1.219	2.058
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	1.254	1.331	2.171
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.254	1.332	2.320
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.252	1.276	2.059
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.252	1.337	2.176
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.251	1.329	2.301
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.249	1.335	2.332
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.248	1.333	2.169
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.247	1.197	2.152
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.246	1.394	2.009
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.245	1.398	2.013
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.245	1.358	2.178
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.244	1.316	2.279
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.243	1.229	2.250
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.243	1.272	2.071

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.242	1.357	2.139
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.239	1.325	2.315
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.238	1.380	2.201
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.238	1.428	1.802
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.238	1.428	1.802
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.238	1.428	1.802
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.237	1.198	1.798
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	1.237	1.407	2.133
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.236	1.288	2.234
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.235	1.306	2.279
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.235	1.217	1.860
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.234	1.159	1.754
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	1.234	1.533	2.563
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.233	1.291	2.111
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.231	1.310	2.254
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.231	1.355	2.149
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	1.230	1.376	2.171
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.230	1.375	1.982
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1.230	1.298	2.074
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.229	1.299	2.267
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.228	1.300	2.250
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.228	1.373	2.165
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.227	1.298	2.265
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.225	1.266	1.836
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.225	1.312	2.012
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	1.224	1.295	2.259

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.223	1.306	2.126
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.223	1.183	1.778
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	1.222	1.292	2.255
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.222	1.312	2.263
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.222	1.297	2.116
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.221	1.313	2.051
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.220	1.361	1.963
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	1.220	1.295	2.213
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.220	1.191	1.788
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.220	1.289	2.251
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.220	1.289	2.251
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.219	1.368	1.969
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)	1.219	1.294	2.109
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.218	1.288	2.247
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.218	1.204	2.204
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.217	1.308	2.237
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.217	1.361	2.148
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.216	1.450	2.241
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.216	1.299	2.113
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.214	1.357	1.957
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.212	1.295	2.264
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	1.212	1.281	2.236
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.210	1.402	2.075

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.209	1.278	2.286
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.209	1.346	2.148
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.208	1.419	2.658
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	1.208	1.352	1.948
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	1.208	1.264	2.600
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.208	1.589	2.105
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	1.207	1.350	1.946
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.206	1.235	1.995
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.206	1.274	2.280
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.206	1.178	1.765
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.206	1.297	2.218
16122	Soy protein isolate	28.35	1.0 oz	1.206	1.162	1.923
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.206	1.162	1.923
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.205	1.252	2.243
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	1.205	1.247	2.221
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.205	1.226	2.150
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.205	1.598	2.092
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.204	1.273	2.205
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.203	1.272	2.203
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.202	1.206	1.944
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.202	1.344	1.938
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.202	1.270	2.272
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.201	1.310	2.100
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	1.201	1.289	2.223
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.201	1.271	2.201
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1.200	1.498	2.983
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.199	1.267	2.213

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	1.199	1.490	2.491
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.199	1.192	1.885
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)	1.199	1.158	1.740
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.197	1.279	2.080
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.197	1.247	1.858
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.197	1.272	2.181
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.195	1.217	2.134
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.195	1.293	2.100
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	1.195	1.359	2.061
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.195	1.252	2.048
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.194	1.262	2.258
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.194	1.353	2.190
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.193	1.216	1.964
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.192	1.260	2.199
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.192	1.273	2.072
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.191	1.299	2.083
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.191	1.259	2.252
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	1.191	1.260	2.181
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.191	1.212	2.124
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.190	1.271	2.068
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.188	1.270	2.219
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	1.188	1.314	2.110

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) 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	1.187	1.255	2.190
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.187	1.306	2.071
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.186	1.295	1.944
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	1.186	1.232	2.028
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.186	1.293	2.073
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.186	1.293	2.073
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.186	1.326	1.912
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.185	1.258	2.150
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.185	1.337	1.912
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.185	1.250	2.209
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)	1.184	1.146	1.719
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.182	1.325	1.908
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	1.182	1.345	2.039
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.182	1.374	2.031
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	1.182	1.262	2.206
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.182	1.288	2.066
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.182	1.289	2.066
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.181	1.288	2.065
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.180	1.247	2.231
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.179	1.260	2.049
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.179	1.108	1.675
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.179	1.298	2.058
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.177	1.143	1.713

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.177	1.243	1.986
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	1.177	1.232	2.015
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.177	1.605	2.060
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.177	1.605	2.060
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.176	1.265	2.162
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	1.176	1.315	1.896
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	1.175	1.242	2.167
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.175	1.281	2.054
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	1.175	1.260	2.173
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.175	1.319	1.899
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	1.174	1.246	2.131
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	1.174	1.262	2.012
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.174	1.318	1.896
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.173	1.241	2.149
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	1.173	1.359	2.009
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.173	1.278	1.996
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.172	1.255	1.924
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.172	1.358	2.009
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.172	1.261	2.093
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.171	1.238	2.214
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.171	1.239	2.145
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	1.171	1.218	2.003
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.171	1.310	2.066
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.171	1.278	2.048

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	1.170	1.237	2.159
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.170	1.226	2.003
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.170	1.313	1.890
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.170	1.308	1.885
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.169	1.235	2.210
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.169	1.249	2.032
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.167	1.232	2.206
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	1.166	1.912	2.492
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.165	1.234	1.919
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.165	1.232	2.204
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.164	1.235	1.799
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.164	1.147	1.754
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.164	1.269	2.034
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	1.164	1.210	1.990
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.163	1.231	2.131
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.163	1.301	1.874
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.163	1.248	2.151
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1.162	1.241	2.020
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.162	1.289	1.955
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)	1.162	1.234	2.012
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.161	1.240	2.018
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.160	1.090	1.649
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.160	1.298	1.871

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.160	1.239	2.016
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.159	1.238	2.015
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.159	1.301	1.874
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.158	1.225	2.122
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.158	1.262	2.024
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.157	1.212	1.981
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.157	1.236	2.011
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.157	1.294	1.865
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.157	1.340	1.982
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.157	1.295	1.866
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.155	1.086	1.643
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.155	1.292	1.862
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	1.155	1.314	1.992
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.155	1.201	1.976
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1.154	1.233	2.007
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.154	1.332	1.680
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.154	1.332	1.680
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.154	1.079	1.960
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.154	1.079	1.960
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.153	1.225	1.998
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	1.153	1.198	1.972
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.153	1.220	2.112
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)	1.152	1.115	1.674
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	1.152	1.288	1.856

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.152	1.216	2.177
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	1.151	1.196	1.968
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.151	1.230	2.001
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.151	1.255	2.012
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.151	1.283	2.045
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.150	1.216	2.175
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.150	1.229	2.000
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.148	1.203	1.966
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.148	1.233	2.064
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.147	1.201	1.964
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.147	1.250	2.004
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.147	1.201	1.964
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.147	1.329	1.965
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.146	1.356	2.128
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.146	1.111	1.667
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.146	1.200	1.962
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.146	1.224	1.992
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.146	1.327	2.131
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.145	1.189	2.088
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.145	1.199	1.961
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.144	1.284	1.849
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.144	1.198	1.959
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.144	1.198	1.959

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	1.144	1.213	1.963
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.143	1.221	1.987
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.142	1.229	2.039
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	1.142	1.229	1.959
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.142	1.227	2.098
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	1.142	1.208	2.091
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.142	1.208	2.092
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.142	1.206	2.158
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.141	1.212	2.100
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.141	1.074	1.952
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.141	1.276	2.013
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.141	1.244	1.994
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.140	1.221	2.077
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.140	1.272	1.834
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.140	1.296	1.948
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.140	1.235	2.456
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.139	1.193	1.950
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.139	1.210	1.972
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1.139	1.320	1.952
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	1.138	1.224	1.951
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.138	1.285	1.837
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	1.137	1.318	1.948
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	1.137	1.318	1.948
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.137	1.240	1.988

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.136	1.271	1.832
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.136	1.201	2.149
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.136	1.190	1.947
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.136	1.244	1.960
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.136	1.213	1.974
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.136	1.189	1.944
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	1.136	1.221	1.947
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	1.136	1.181	1.942
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.135	1.291	1.958
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.135	1.270	1.830
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.135	1.212	1.972
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.135	1.266	1.826
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.135	1.237	1.983
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.134	1.200	2.078
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.134	1.200	2.078
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.134	1.239	1.897
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	1.134	1.204	2.057
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.133	1.198	2.143
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	1.133	1.283	2.570
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	1.131	1.214	2.094
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)	1.131	1.166	2.028

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.130	1.232	1.976
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)	1.130	1.233	1.977
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.130	1.110	1.662
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.130	1.183	1.935
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.130	1.266	1.823
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.130	1.261	1.817
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.130	1.183	1.935
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.130	1.232	1.975
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.130	1.183	1.934
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	1.129	1.194	2.069
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.129	1.198	2.048
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.128	1.182	1.931
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.128	1.204	1.960
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.128	1.536	1.973
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.127	1.204	2.105
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.127	1.198	2.132
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	1.125	1.195	2.043
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.125	1.281	1.942
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.125	1.109	1.696
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.125	1.203	1.956
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.125	1.470	2.250
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)	1.125	1.227	1.966
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.125	1.178	1.926

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.124	1.207	2.048
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	1.124	1.208	2.066
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1.124	1.244	1.936
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.124	1.178	1.925
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.124	1.286	2.090
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	1.123	1.394	2.332
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.123	1.310	1.696
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	1.123	1.188	2.057
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.123	1.188	2.058
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.122	1.192	2.122
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.122	1.366	1.971
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	1.122	1.252	1.805
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.122	1.224	1.962
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)	1.121	1.190	1.941
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.120	1.221	1.958
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	1.120	1.390	2.325
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.120	1.107	2.027
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.119	1.221	1.957
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.119	1.431	2.122
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.118	1.181	2.115
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.118	1.188	2.115
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.118	1.210	1.965

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.118	1.050	1.589
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.117	1.218	1.952
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.116	1.199	2.021
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.116	1.245	1.796
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.115	1.146	1.996
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.114	1.161	2.013
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.114	1.196	2.043
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	1.114	1.183	1.930
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.114	1.183	1.929
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.113	1.289	1.906
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.112	1.181	1.924
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.112	1.244	1.793
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.112	1.188	1.933
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.112	1.196	1.906
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.111	1.131	1.982
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.110	1.173	2.099
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.110	1.186	1.930
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.110	1.186	1.929
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.109	1.251	2.006
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.108	1.209	1.938
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.108	1.163	2.131
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.107	1.341	2.219

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.107	1.341	2.219
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.107	1.167	2.062
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.107	1.167	2.062
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.107	1.230	1.952
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.107	1.175	1.915
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.106	1.174	2.007
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.106	1.174	2.007
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.106	1.237	1.783
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.106	1.184	2.041
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.105	1.235	1.949
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.104	1.126	1.758
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.104	1.142	2.035
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.104	1.187	2.031
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.104	1.180	2.061
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	1.103	1.171	2.003
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.103	1.108	1.784
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.103	1.221	1.961
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.103	1.255	1.903
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.102	1.186	1.890
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.102	1.130	2.037
16099	Peanut flour, defatted	60.0	1.0 cup	1.102	1.313	2.030
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.102	1.277	1.888
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.102	1.237	1.781
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.102	1.254	1.901

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.102	1.237	1.781
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.101	1.121	1.965
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.100	1.229	1.940
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.099	1.189	1.933
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	1.099	1.226	1.768
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.099	1.426	1.956
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.098	1.222	1.938
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1.098	1.250	1.895
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.097	1.158	2.046
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.097	1.158	2.046
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.097	1.224	1.765
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.097	1.180	1.880
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.096	1.226	1.767
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.096	1.248	1.892
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.096	1.218	1.932
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.096	1.171	2.047
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.096	1.179	1.879
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.095	1.226	1.932
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.095	1.162	1.895
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	1.095	1.193	1.914
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.094	1.210	1.863
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.094	1.193	1.912
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.094	1.227	1.768
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	1.094	1.176	1.874
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.094	1.237	1.938

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.094	1.222	1.930
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.093	1.155	2.067
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.093	1.168	2.041
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.092	1.153	2.037
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.092	1.171	2.020
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.092	1.176	1.873
05158	Quail, meat only, raw	92.0	1.0 quail	1.092	1.086	1.717
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)	1.092	1.160	1.890
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.092	1.026	1.552
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.091	1.241	2.066
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.091	1.220	1.758
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.090	1.216	1.754
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.089	1.199	1.902
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	1.089	1.261	1.866
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.089	1.157	1.886
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.088	1.124	1.953
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.088	1.187	1.902
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	1.088	1.170	1.865
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.088	1.149	2.057
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.087	1.161	1.890
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.087	1.237	1.876
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.087	1.236	1.874
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.086	1.160	1.888

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.086	1.184	1.899
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	1.086	1.153	1.972
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.086	1.105	1.937
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.085	1.235	1.873
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	1.085	1.160	2.027
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.085	1.216	1.753
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.085	1.184	1.898
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.085	1.019	1.542
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.085	1.253	2.303
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.085	1.253	2.303
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.085	1.253	2.303
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.085	1.234	1.871
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.085	1.205	1.913
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.085	1.159	1.886
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.085	1.052	1.778
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.084	1.112	1.796
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.084	1.182	1.895
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.084	1.129	1.976
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1.083	1.127	2.076
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)	1.083	1.182	1.894
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.083	1.211	1.746
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.083	1.242	1.857
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.083	1.181	1.893
20038	Oats	156.0	1.0 cup	1.083	1.462	2.003
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.082	1.127	1.956

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.082	1.144	1.982
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.081	1.160	2.001
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.081	1.214	1.748
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	1.081	1.179	1.890
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.081	1.179	1.890
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.081	1.140	2.014
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.081	1.141	2.043
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	1.080	1.148	1.871
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	1.080	1.183	1.869
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.080	1.213	1.747
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	1.080	1.367	2.040
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.079	1.125	1.859
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.079	1.146	1.867
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.079	1.176	1.885
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.079	1.153	1.876
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.078	1.013	1.532
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.078	1.210	1.742
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.077	1.209	1.740
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.077	1.263	1.867
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.077	1.151	1.873
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.076	1.150	1.871
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.076	1.158	1.980
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.076	1.173	1.881

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.075	1.127	1.842
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.075	1.200	1.731
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	1.074	1.202	1.732
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.074	1.171	1.878
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.074	1.244	1.841
12061	Nuts, almonds	143.0	1.0 cup, whole	1.074	1.223	2.106
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.074	1.134	2.029
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.074	1.170	1.877
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.073	1.133	2.028
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.073	1.199	1.729
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.073	1.204	1.734
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.073	1.147	1.865
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.072	1.159	1.884
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.072	1.159	1.884
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.072	1.198	1.890
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.072	1.239	1.738
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.072	1.246	1.843
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.072	1.132	2.026
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.072	1.159	1.884
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	1.072	1.132	2.026
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.071	1.149	1.982
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1.071	1.219	1.848

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.071	1.137	1.855
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.071	1.252	1.850
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.070	1.234	1.953
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.070	1.166	1.871
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.070	1.167	1.872
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.070	1.304	1.960
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	1.070	1.190	1.888
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.070	1.096	1.754
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.069	1.195	1.723
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	1.069	1.148	1.978
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.068	1.129	1.971
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.068	1.142	1.857
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.068	1.187	1.884
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.068	1.129	2.020
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.068	1.129	2.019
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.068	1.126	1.990
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	1.068	1.177	1.839
15022	Fish, cusk, raw	122.0	1.0 fillet	1.068	1.194	1.884
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	1.067	1.148	1.830
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	1.067	1.148	1.829
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.067	1.125	1.988
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.066	1.158	1.720
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.066	1.191	1.880
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.066	1.247	1.843

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	1.066	1.132	1.935
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.066	1.196	1.723
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.066	1.138	1.852
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	1.065	1.117	1.826
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.065	1.193	1.890
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.065	1.162	1.862
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.065	1.161	1.862
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.065	1.162	1.863
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.065	1.131	1.960
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.064	1.115	1.823
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.064	1.161	1.862
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)	1.064	1.160	1.862
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.064	1.125	2.013
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.064	1.233	1.823
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.064	1.130	1.932
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.064	1.165	1.817
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.063	1.129	1.930
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.063	1.210	1.834
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.063	1.189	1.875
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.063	1.209	1.844
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1.063	1.210	1.834
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	1.062	1.175	1.887

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.062	1.234	2.227
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.062	1.112	1.817
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.062	1.230	1.820
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	1.062	1.122	2.008
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	1.061	1.114	1.775
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.061	1.119	1.682
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.061	1.157	1.855
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.061	1.206	1.829
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.061	1.207	1.830
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.061	1.126	1.924
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.060	1.133	1.980
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.060	1.190	1.713
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.059	1.205	1.826
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.058	1.138	1.946
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.058	1.154	1.850
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	1.057	1.123	1.918
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.057	1.115	1.970
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	1.057	1.180	1.702
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	1.057	1.088	1.893
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.057	1.137	1.813
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.057	1.130	1.974

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.057	1.152	1.847
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.056	1.142	1.856
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	1.056	1.120	1.916
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.056	1.151	1.846
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1.055	1.200	1.820
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.055	1.161	1.840
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.055	1.121	1.995
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	1.055	1.150	1.844
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.055	1.106	1.807
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	1.055	1.150	1.844
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.054	1.140	1.853
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.054	1.119	1.912
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.054	1.191	1.867
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.053	1.111	1.964
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.053	1.118	1.911
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.053	1.148	1.841
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.053	1.278	2.068
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.052	1.124	1.829
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.052	1.112	1.990
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.052	1.138	1.850
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.052	1.182	1.701
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.052	1.182	1.702

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.052	1.138	1.850
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.052	1.138	1.850
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)	1.052	1.148	1.840
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)	1.052	1.021	1.537
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.051	1.168	1.811
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.051	1.168	1.811
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	1.051	1.146	1.838
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.051	1.108	1.958
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.051	1.146	1.837
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.050	1.125	1.932
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.050	1.144	1.835
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	1.049	1.170	1.688
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.049	1.143	1.833
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.049	1.135	1.844
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.049	1.114	1.816
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.049	1.114	1.903
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.048	1.041	1.647
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	1.048	1.172	1.689
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.048	1.107	1.981
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.048	1.099	1.797

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.048	1.079	1.614
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.048	1.088	1.764
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.048	1.191	1.806
05641	Ostrich, ground, raw	109.0	1.0 patty	1.047	1.088	1.791
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.047	1.182	1.768
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.047	1.169	1.685
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.047	1.133	1.876
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.047	1.112	1.900
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.046	1.170	1.686
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.045	0.983	1.486
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.045	1.124	1.921
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.045	1.130	1.836
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.045	1.164	1.856
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	1.045	1.087	2.003
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.045	1.169	1.685
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	1.045	1.124	1.791
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.045	1.139	1.827
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.045	1.116	1.816
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	1.044	1.187	1.800
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.044	1.168	1.683
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.044	1.045	1.590
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.044	1.095	1.789
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.043	1.061	1.861
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	1.043	1.186	1.800

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.043	1.137	1.823
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.043	1.169	1.850
01115	Whey, sweet, dried	145.0	1.0 cup	1.043	1.011	1.720
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.042	1.127	1.832
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.042	1.107	1.891
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	1.042	1.121	1.786
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	1.042	1.185	1.798
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.042	1.158	1.839
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.041	1.158	1.837
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.041	1.100	1.968
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.041	1.099	1.967
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.041	1.099	1.968
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.041	1.105	1.889
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.040	1.099	1.967
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)	1.040	1.012	1.523
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.040	1.162	1.833
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.040	1.096	1.937
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.040	1.096	1.937
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	1.040	1.162	1.675
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.040	1.098	1.965
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	1.040	1.162	1.833
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.040	1.134	1.818
20071	Wheat, hard red spring	192.0	1.0 cup	1.039	1.304	1.993

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	1.039	1.117	1.909
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	1.038	1.182	1.792
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.038	1.182	1.792
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.038	1.149	1.681
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	1.038	1.149	1.681
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.038	1.096	1.962
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.038	1.102	1.884
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.038	1.165	1.678
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.037	1.142	1.810
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.037	1.157	1.669
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	1.037	1.113	1.918
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.037	1.101	1.882
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.036	1.016	1.522
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.036	1.130	1.811
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.036	1.130	1.811
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.036	1.151	1.828
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.036	1.208	2.203
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	1.035	1.159	1.669
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.035	1.129	1.810
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.035	1.112	1.898
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.034	1.105	1.798
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.034	1.097	1.877
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.034	1.105	1.798
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	1.034	1.128	1.809

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.034	1.176	1.783
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	1.034	1.176	1.784
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	1.034	1.153	1.663
15006	Fish, burbot, raw	116.0	1.0 fillet	1.032	1.154	1.821
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.032	1.154	1.664
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.032	1.068	1.901
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	1.032	1.174	1.780
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.031	1.115	1.812
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.031	1.115	1.812
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	1.031	1.153	1.818
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.030	1.102	1.924
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.030	1.152	1.816
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.029	1.122	1.799
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.029	1.079	1.763
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.029	1.094	1.947
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	1.029	1.105	1.905
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	1.029	1.171	1.774
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	1.028	1.099	1.920
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.028	1.079	1.764
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	1.028	1.170	1.774
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.028	1.170	2.016
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.028	1.170	2.016
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.028	1.314	1.562
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.028	1.120	1.796
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.028	1.112	2.020

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	1.028	1.121	1.798
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.027	1.114	1.837
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.027	1.148	1.811
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.027	1.112	1.838
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.027	1.110	1.846
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.027	1.091	1.942
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.026	1.089	1.861
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.026	1.140	1.809
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.026	1.082	1.912
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.025	1.111	1.829
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.024	1.202	1.776
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.023	1.107	1.799
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.023	1.116	1.789
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.023	1.144	1.650
20076	Wheat, durum	192.0	1.0 cup	1.023	1.140	1.793
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.023	1.087	1.935
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.023	1.115	1.788
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.023	1.080	1.886
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.023	1.185	1.752
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.023	1.080	1.886
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.023	1.144	1.649
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.023	1.115	1.788

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	1.022	1.140	1.645
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.022	1.142	1.646
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.022	1.163	1.763
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.022	1.085	1.853
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.021	1.113	1.784
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.021	1.145	1.649
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.021	1.085	1.930
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.019	1.280	1.878
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.019	1.335	2.006
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.019	1.159	1.759
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	1.019	1.139	1.798
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.018	1.111	1.781
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.018	1.180	1.744
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.018	1.139	1.796
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.018	1.094	1.878
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.018	1.167	2.054
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.017	1.137	1.640
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.017	1.136	1.638
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.017	1.080	1.845
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)	1.017	1.109	1.778
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)	1.017	1.109	1.778
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.017	1.139	1.804
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.016	1.129	1.791
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	1.016	1.071	1.892

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.016	1.073	1.920
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.015	1.155	1.751
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.015	1.085	1.896
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.015	1.135	1.636
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.015	1.200	2.181
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.014	1.127	1.789
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	1.014	1.091	1.865
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.013	1.068	1.889
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.013	1.070	1.868
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.013	1.070	1.868
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.012	1.089	1.736
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.012	0.988	1.478
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.012	1.371	1.822
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.012	1.371	1.822
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.011	1.103	1.769
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	1.011	1.130	1.784
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.010	1.130	1.629
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1.009	1.167	2.145
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.009	0.991	1.484
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.009	1.129	1.627
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.009	1.072	1.831
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	1.009	1.085	1.731
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)	1.008	1.099	1.763
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	1.008	1.084	1.728

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.008	1.070	1.830
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.008	1.070	1.829
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.008	1.065	1.905
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	1.007	1.126	1.776
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.007	1.065	1.845
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.007	1.091	1.771
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	1.007	1.124	1.621
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.007	1.032	1.711
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.006	1.041	1.855
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.006	1.039	1.553
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.006	1.144	1.735
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.006	1.074	1.748
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	1.006	1.062	1.901
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.006	1.125	1.622
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.006	1.079	1.861
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.006	1.061	1.874
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.005	1.062	1.902
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.005	1.088	1.806
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.005	1.062	1.902
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.004	1.211	2.217
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.003	1.125	1.621
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.003	1.224	1.801
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.002	1.178	1.741

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	1.002	1.071	1.872
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.002	1.121	1.616
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.001	1.425	1.760
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.001	1.425	1.760
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	1.001	1.120	1.615
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	1.001	1.070	1.870
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.001	1.120	1.615
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.001	1.139	1.726
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.001	1.124	1.778
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.001	1.064	1.895
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.001	1.070	1.741
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.001	1.119	1.613
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.001	1.063	1.817
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.001	1.062	1.816
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.001	1.142	1.803
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	1.000	1.063	1.893
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.000	1.111	1.763
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.000	1.111	1.764
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	1.000	1.091	1.748
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.000	1.057	1.844
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.000	1.136	1.724
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	1.000	1.057	1.844
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.999	1.061	1.814
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.999	1.117	1.762
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.999	1.301	1.972

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.998	1.119	1.771
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.998	1.055	1.842
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.998	0.979	1.468
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.998	1.061	1.887
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.998	1.113	1.774
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.998	1.059	1.810
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.997	1.060	1.886
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.996	1.114	1.757
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.996	1.034	1.879
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.996	1.004	1.727
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.996	1.026	1.785
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.996	1.057	1.806
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.995	1.070	1.707
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.994	1.057	1.881
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.994	1.075	1.954
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.993	1.011	1.634
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.992	1.081	1.818
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.992	1.046	1.673
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.992	1.082	1.735
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	0.992	1.048	1.875
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.992	1.052	1.800
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	0.991	1.066	1.699
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.991	1.072	1.742
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.990	1.107	1.747
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.990	1.064	1.820
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.990	1.100	1.746
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.989	1.023	1.823

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
20088	Wild rice, raw	160.0	1.0 cup	0.989	1.373	1.629
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.989	1.050	1.793
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.988	1.156	1.969
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.988	1.069	1.737
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.988	1.097	1.742
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.987	1.097	1.741
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	0.987	1.043	1.867
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	0.986	1.042	1.865
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	0.986	1.041	1.863
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.986	1.021	1.818
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.984	1.094	1.737
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	0.983	1.056	1.821
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.983	1.044	1.784
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.983	1.117	1.901
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.983	1.044	1.858
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.983	0.962	1.439
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	0.983	1.039	1.858
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.982	1.038	1.811
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.982	1.042	1.782
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.982	1.049	1.707
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.982	1.044	1.857
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.982	1.117	1.693
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.982	1.055	1.805
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.981	1.090	1.730
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.980	1.089	1.728

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.980	1.037	1.796
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.980	1.035	1.807
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.980	1.037	1.796
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.979	1.092	1.575
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)	0.978	1.067	1.710
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.977	1.045	1.699
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	0.977	1.093	1.576
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.977	0.988	1.589
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.977	0.988	1.589
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.977	1.233	1.800
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	0.977	1.051	1.675
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.977	0.991	1.700
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.976	1.091	1.722
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.976	1.099	1.646
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.975	1.048	1.671
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.975	1.055	1.917
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.975	1.156	1.742
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.974	1.094	1.729
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.974	0.945	1.596
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.974	1.083	1.718
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	0.974	1.045	1.802
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.974	1.123	1.595
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.974	1.137	2.017
20078	Wheat germ, crude	115.0	1.0 cup	0.974	1.378	1.807
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.973	1.088	1.716
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.973	1.121	1.593

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.973	1.059	1.750
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.972	1.027	1.839
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.972	1.032	1.765
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.972	1.043	1.686
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.972	1.038	1.689
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.972	1.105	1.675
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.971	1.079	1.712
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.970	1.027	1.777
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.970	1.027	1.777
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.970	1.141	1.799
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.970	1.141	1.799
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	0.969	1.081	1.559
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.968	1.028	1.757
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.967	1.081	1.706
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.967	1.081	1.705
20142	Teff, uncooked	193.0	1.0 cup	0.967	1.324	2.061
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.966	0.952	1.430
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.966	1.026	1.754
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.966	1.045	1.697
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	0.965	1.026	1.826
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.964	1.117	1.652
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.964	1.023	1.749
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.964	1.024	1.750
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.964	1.139	1.774
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.963	1.077	1.552

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	0.963	1.017	1.776
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.963	1.080	1.709
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)	0.963	0.922	1.388
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.963	1.023	1.748
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.962	1.095	1.660
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.962	1.022	1.747
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	0.962	1.032	1.780
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.961	1.068	1.696
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.961	1.074	1.694
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.960	1.110	1.557
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.960	1.067	1.693
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.960	1.074	1.549
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.960	0.902	1.364
20140	Spelt, uncooked	174.0	1.0 cup	0.960	1.185	1.862
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.960	1.073	1.693
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.960	1.067	1.693
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.959	1.091	1.655
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.959	1.015	1.758
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.959	1.072	1.691
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.959	1.029	1.775
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.958	1.016	1.695
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.957	0.994	1.636
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.957	1.114	2.116
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.957	1.073	1.699
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.957	1.067	1.700
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.957	0.991	1.765
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.956	1.028	1.758

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.956	0.935	1.405
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.956	1.088	1.650
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)	0.955	1.041	1.670
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.955	1.085	1.646
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.955	1.068	1.538
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.955	1.020	1.659
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.954	1.066	1.682
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.954	0.896	1.356
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.954	1.059	1.681
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.953	1.007	1.758
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	0.953	1.007	1.758
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.952	1.030	1.674
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.952	1.007	1.745
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.952	1.007	1.745
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.951	1.183	1.811
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.951	1.009	1.725
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.950	1.005	1.754
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.950	1.005	1.754
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	0.950	1.010	1.798
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.950	1.089	1.726
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	0.949	1.034	1.658
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.949	0.982	1.466
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.949	1.054	1.673
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.948	1.026	1.571

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.948	1.095	1.740
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.948	1.012	1.769
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.948	1.053	1.672
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.947	1.005	1.718
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	0.946	1.006	1.790
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.946	1.058	1.526
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.946	1.057	1.525
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.946	0.990	1.817
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.945	1.011	1.765
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.945	1.023	1.662
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.945	0.949	1.528
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.945	1.003	1.715
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	0.944	1.016	1.737
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.944	1.014	1.734
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	0.944	1.002	1.784
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.944	0.981	1.613
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.942	1.125	1.589
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.942	1.125	1.589
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.942	1.008	1.584
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	0.942	1.007	1.759
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.942	0.995	1.781
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.940	1.304	1.756
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.940	1.304	1.756
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.940	1.051	1.516
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.940	0.991	1.752

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.940	0.950	1.300
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.940	1.054	1.668
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.939	1.004	1.754
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.939	1.004	1.754
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.939	1.004	1.754
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	0.938	1.009	1.609
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.938	0.990	1.582
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.938	1.268	1.770
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.938	0.995	1.624
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	0.938	1.006	1.735
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.937	0.995	1.701
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.937	0.994	1.622
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.936	0.993	1.697
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.935	1.047	1.658
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.935	1.194	1.773
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.935	0.989	1.713
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.935	0.989	1.714
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	0.935	1.000	1.747
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.935	0.914	1.368
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.935	0.992	1.695
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.935	1.063	1.613
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.934	1.212	1.663
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.934	1.212	1.663
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.934	0.950	1.666
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.934	1.065	1.642
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.934	1.047	1.658

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.933	0.992	1.765
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.933	1.043	1.462
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.933	1.137	1.674
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.933	1.061	1.609
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.932	1.009	1.639
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.932	1.380	1.711
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.932	1.046	1.653
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.931	1.030	1.654
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	0.931	1.041	1.500
20031	Millet, raw	200.0	1.0 cup	0.930	1.156	2.800
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.930	1.058	1.605
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.930	0.998	1.721
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.930	0.953	1.580
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.930	0.907	1.364
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	0.929	0.999	1.708
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.929	1.039	1.639
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.929	1.057	1.603
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	0.929	0.997	1.719
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.929	1.023	1.622
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.928	1.056	1.601
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.928	0.996	1.718
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.928	0.924	1.685
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.927	1.038	1.495
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.927	0.997	1.705
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.927	1.222	1.687
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.927	1.053	1.598

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.927	1.038	1.644
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.927	0.870	1.317
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.927	0.979	1.709
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.927	0.996	1.703
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.926	1.038	1.643
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.926	0.989	1.610
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.925	1.061	1.721
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)	0.925	0.887	1.335
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.925	1.028	1.631
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.925	1.034	1.632
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.925	1.034	1.491
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.925	1.034	1.631
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.925	1.034	1.632
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.925	0.966	1.550
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.924	1.137	1.678
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.924	1.034	1.490
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.924	1.037	1.493
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.924	0.975	1.723
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.923	1.051	1.593
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	0.923	1.033	1.488
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.923	0.960	1.578
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	0.922	0.997	1.621
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.922	0.975	1.701
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.922	1.025	1.627

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.921	0.991	1.694
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.921	0.989	1.704
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.921	0.989	1.705
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.921	0.979	1.742
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.921	0.983	1.601
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	0.920	0.972	1.697
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.920	0.966	2.122
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.920	1.057	1.805
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.920	0.977	1.592
20069	Triticale	192.0	1.0 cup	0.920	1.169	1.749
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.919	1.197	1.816
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.919	0.970	1.550
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	0.919	0.988	1.575
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.919	0.994	1.615
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.919	0.988	1.689
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.919	0.982	1.716
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.919	1.027	1.620
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	0.919	0.988	1.574
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.918	0.972	1.682
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.918	0.987	1.687
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.918	0.981	1.595
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.918	0.863	1.305
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.917	0.970	1.692
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.917	0.889	1.503

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.917	0.968	1.732
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.916	0.998	1.649
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.916	0.951	1.542
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.916	1.023	1.614
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.915	1.041	1.579
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.915	1.071	2.050
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.915	1.027	1.478
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.915	1.028	1.624
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.914	1.114	1.640
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.914	1.114	1.640
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.914	1.022	1.612
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.914	0.989	1.606
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.914	0.989	1.606
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.914	0.989	1.606
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.913	1.052	1.495
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.913	0.971	1.727
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.912	1.020	1.471
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.912	0.857	1.297
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.912	1.036	1.572
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.911	1.076	1.682
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.911	0.904	1.348
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.911	0.968	1.578
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.910	0.961	1.719
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)	0.909	0.878	1.319
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.908	1.015	1.463
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.908	0.969	1.578
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.908	1.019	1.469

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.908	1.044	1.567
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	0.907	0.973	1.678
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.906	1.013	1.599
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	0.905	0.973	1.664
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.905	0.961	1.567
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.905	0.967	1.573
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.904	0.940	1.546
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.904	0.961	1.711
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.904	0.957	1.658
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.904	0.957	1.658
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.904	0.954	1.708
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.904	0.960	1.565
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.903	0.960	1.708
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.903	1.003	1.592
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.902	0.970	1.617
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.902	0.958	1.706
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.901	0.937	1.544
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.901	1.025	1.555
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.901	0.957	1.561
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.900	1.056	1.561
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.899	0.845	1.278
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.899	0.921	1.527
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.899	0.955	1.556

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.899	0.972	1.580
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	0.898	0.955	1.699
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.898	0.950	1.646
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.898	0.950	1.646
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.898	0.947	1.673
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.898	0.971	1.578
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	0.897	0.964	1.649
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.897	0.996	1.582
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.896	1.001	1.579
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.896	1.020	1.546
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.895	1.000	1.442
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.894	0.916	1.520
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.894	0.925	1.648
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.894	1.000	1.578
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	0.894	0.967	1.572
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.892	0.948	1.545
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.892	0.907	1.658
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.892	0.973	1.560
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.892	0.997	1.572
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.892	0.995	1.436
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.892	0.927	1.524
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.891	1.077	1.614
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.891	1.013	1.536
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	0.890	0.946	1.684

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.889	0.925	1.524
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.888	0.944	1.921
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	0.888	0.953	1.643
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.888	0.923	1.519
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.887	0.938	1.624
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.887	0.966	1.550
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.887	0.991	1.564
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.886	0.966	1.549
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.886	0.871	1.443
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.886	0.973	1.612
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.885	0.989	1.561
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.885	0.946	1.652
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	0.885	0.940	1.674
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.883	0.955	1.552
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.883	0.944	1.650
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.882	0.917	1.509
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.882	1.025	1.578
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.881	0.915	1.506
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.881	0.884	1.425
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.881	0.985	1.554
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.881	0.960	1.540
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.880	0.934	1.596
20072	Wheat, hard red winter	192.0	1.0 cup	0.879	1.068	1.640
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.879	0.929	1.662
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.879	0.977	1.550

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	0.879	0.951	1.545
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.878	0.938	1.526
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.878	0.966	1.532
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.876	0.931	1.516
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.876	0.942	1.611
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.876	0.910	1.497
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.874	0.928	1.513
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.874	0.981	1.550
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	0.874	0.945	1.535
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.873	0.980	1.550
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.872	0.980	1.428
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.871	0.930	1.514
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.871	0.931	1.515
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.871	0.943	1.532
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.871	0.931	1.627
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.871	0.977	1.546
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	0.870	0.941	1.530
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.870	0.904	1.488
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.870	0.924	1.579
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	0.870	0.941	1.529
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	0.870	0.920	1.593
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.869	0.922	1.576
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	0.869	0.928	1.622
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.869	0.939	1.527

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.868	1.006	1.487
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.868	0.922	1.503
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.868	0.918	1.590
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.866	0.968	1.396
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.866	0.966	1.540
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.866	0.920	1.499
05621	Emu, ground, raw	117.0	1.0 patty	0.866	0.887	1.471
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.865	0.968	1.527
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.864	0.917	1.568
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.864	0.934	1.518
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.864	0.917	1.495
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.864	0.885	1.467
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.863	0.933	1.516
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.862	0.963	1.520
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.861	0.980	1.485
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	0.861	0.932	1.514
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.860	0.923	1.591
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.860	0.978	1.483
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	0.860	0.930	1.511
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.859	0.918	1.494
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.859	0.988	1.583
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.858	0.964	1.523
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.858	0.955	1.515
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.858	0.963	1.523
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.858	0.913	1.625
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.858	0.954	1.513
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.858	0.921	1.587

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.857	0.934	1.498
20035	Quinoa, uncooked	170.0	1.0 cup	0.857	1.010	1.428
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.857	0.910	1.483
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	0.857	0.927	1.506
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.856	0.909	1.553
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.855	0.973	1.475
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.854	0.910	1.975
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.854	0.912	1.484
20028	Couscous, dry	173.0	1.0 cup	0.853	0.941	1.509
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.853	0.957	1.379
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.853	0.988	1.461
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.853	0.905	1.476
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.852	0.915	1.566
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	0.852	0.921	1.497
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.851	0.955	1.510
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.851	0.909	1.479
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.851	0.921	1.496
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.849	1.008	1.767
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.849	0.926	1.485
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.849	0.913	1.561
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.849	1.175	1.698
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.848	0.824	1.389
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.848	1.041	1.778
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.848	0.912	1.601
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.847	0.947	1.493
20008	Buckwheat	170.0	1.0 cup	0.847	1.153	1.414
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	0.847	0.915	1.488

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.846	0.894	1.561
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.846	0.948	1.501
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.845	0.982	1.474
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.845	0.982	1.474
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.845	0.893	1.597
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.844	0.948	1.366
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.843	0.929	1.556
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.843	0.895	1.459
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	0.843	0.904	1.560
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.842	0.891	1.543
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.842	0.899	1.572
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.841	0.940	1.482
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.840	0.943	1.357
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.840	0.971	1.363
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.840	0.938	1.481
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.840	0.938	1.481
20004	Barley, hulled	184.0	1.0 cup	0.839	1.126	1.560
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.839	0.955	1.448
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.839	0.915	1.466
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.839	0.908	1.475
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.838	0.996	1.517
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.838	0.788	1.192
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.837	0.953	1.444
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	0.836	0.897	1.546
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.835	0.886	1.515

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.835	0.910	1.459
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	0.835	0.897	1.534
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.835	0.910	1.459
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.834	0.869	1.394
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.834	0.869	1.394
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.834	0.910	1.459
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.834	0.892	1.558
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.833	0.932	1.470
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.832	0.932	1.476
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.832	0.853	1.364
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.831	0.946	1.435
20067	Sorghum grain	192.0	1.0 cup	0.831	1.077	2.863
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.831	0.863	1.518
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.830	0.926	1.476
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.829	0.904	1.449
01109	Milk, sheep, fluid	245.0	1.0 cup	0.828	1.098	1.438
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.828	0.929	1.337
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.828	0.903	1.448
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.827	0.906	2.164
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.827	0.854	1.273
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.827	0.883	1.437
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.827	0.902	1.446
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.825	0.872	1.562
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.825	0.900	1.443
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.824	0.869	1.389
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	0.824	0.891	1.448

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	0.824	0.891	1.448
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.824	0.874	1.494
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.823	1.283	1.884
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.823	0.941	1.373
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.823	0.876	1.901
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.823	0.867	1.440
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.822	1.077	1.617
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.822	0.952	1.312
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.822	1.071	1.624
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.822	0.921	1.459
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.822	0.919	1.449
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.822	0.897	1.437
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.821	0.896	1.436
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.821	0.921	1.326
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.821	0.883	1.510
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.821	0.917	1.448
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.820	0.895	1.435
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.820	0.895	1.435
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.819	0.892	1.431
20466	Semolina, unenriched	167.0	1.0 cup	0.818	0.902	1.448
20066	Semolina, enriched	167.0	1.0 cup	0.818	0.902	1.448
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.818	0.931	1.411
05150	Goose, liver, raw	94.0	1.0 liver	0.818	0.970	1.388
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.818	0.874	1.527
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.818	0.931	1.411
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	0.817	0.891	1.429
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.816	0.862	1.543

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.816	0.915	1.449
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.816	0.862	1.543
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.816	0.928	1.408
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.815	0.911	1.438
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.815	0.888	1.425
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.815	0.871	1.418
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.815	0.861	1.541
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.815	0.911	1.438
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.814	0.911	1.313
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.814	0.870	1.416
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.812	0.858	1.498
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.811	0.870	1.501
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.811	0.866	1.514
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.811	0.867	1.515
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.811	0.906	1.430
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.811	0.836	1.250
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.811	0.935	1.328
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.811	0.785	1.178
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.811	0.885	1.419
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.810	0.888	1.472
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.810	1.025	1.394
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.810	1.025	1.394
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.809	0.855	1.530
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.809	0.855	1.530
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.809	0.883	1.415

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.809	0.876	1.422
07008	Bologna, beef and pork	100.0	3.527 oz	0.809	0.927	1.385
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.808	0.855	1.482
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.808	0.878	1.386
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.808	0.906	1.305
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.807	0.866	1.493
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.806	0.851	1.522
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.806	0.901	1.421
16104	Bacon, meatless	144.0	1.0 cup	0.805	0.854	1.316
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.805	0.851	1.522
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.804	0.903	1.300
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.804	0.877	1.407
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.804	0.864	1.478
15053	Fish, milkfish, raw	85.0	3.0 oz	0.804	0.899	1.419
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.804	0.915	1.387
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.804	0.915	1.386
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.804	0.901	1.426
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.803	0.900	1.425
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.803	0.823	1.364
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.803	0.898	1.417
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.803	0.922	1.138
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.802	0.876	1.403
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.802	0.897	1.414
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.802	0.875	1.402
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.802	0.897	1.414
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.802	0.822	1.280

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.802	0.898	1.423
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.802	0.898	1.422
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.801	0.991	1.497
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.800	0.777	0.979
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	0.800	0.872	1.398
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.800	0.910	1.380
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.800	0.872	1.398
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.800	0.854	1.391
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.800	0.872	1.398
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.800	1.179	1.509
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.799	0.902	1.349
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.799	0.844	1.510
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.798	0.870	1.396
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.798	0.870	1.396
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.798	0.870	1.396
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.798	0.873	1.854
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.797	0.891	1.406
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.797	0.870	1.395
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	0.797	0.862	1.401
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.797	0.869	1.393
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.796	0.826	1.431
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.796	0.854	1.474
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.796	1.008	1.504
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.796	0.892	1.286

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.796	0.838	1.390
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.795	0.911	1.421
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.795	0.888	1.401
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.795	0.892	1.410
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.795	0.840	1.503
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.795	0.904	1.370
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.794	0.776	1.164
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.793	0.837	1.499
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.793	0.838	1.499
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.792	0.902	1.367
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.792	0.836	1.497
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.792	0.852	1.456
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.792	0.837	1.499
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.792	0.864	1.385
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.792	0.836	1.498
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.791	0.885	1.397
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.790	0.885	1.401
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.790	0.892	1.398
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	0.790	0.854	1.387
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.790	0.835	1.493
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.790	0.849	1.453
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.789	0.881	1.391
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	0.789	0.842	1.472

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.789	0.833	1.491
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	0.789	0.860	1.379
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.788	0.883	1.399
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	0.788	0.846	1.458
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.788	0.848	1.405
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.788	0.875	1.389
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.787	0.793	1.368
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	0.786	0.830	1.487
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.786	0.879	1.386
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)	0.786	0.771	1.158
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.785	0.830	1.484
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.785	0.878	1.385
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.785	0.767	1.148
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.785	0.835	1.485
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.785	0.856	1.373
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.784	0.832	1.357
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.784	0.880	1.266
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.783	0.827	1.480
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.781	0.825	1.476
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.781	1.334	1.496
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.780	0.824	1.475
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.779	0.850	1.363
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.779	0.887	1.345
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.779	0.871	1.374

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.779	0.898	1.275
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.779	0.911	1.346
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.778	0.794	1.192
17142	Veal, ground, raw	85.0	3.0 oz	0.778	0.873	1.256
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.778	0.836	1.431
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.778	0.823	1.425
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.777	0.780	1.257
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.777	0.869	1.371
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.777	0.820	1.468
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.776	0.868	1.369
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.775	0.866	1.367
15110	Fish, swordfish, raw	85.0	3.0 oz	0.775	0.867	1.368
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.774	0.873	1.316
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.774	0.836	1.030
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.774	0.836	1.030
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.774	0.904	1.336
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.774	0.822	1.463
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.773	0.862	1.870
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.773	0.882	1.265
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.773	0.882	1.265
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.772	0.987	1.335
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.772	0.987	1.335
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.772	0.887	1.295
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.772	0.887	1.295
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.772	0.834	1.402
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.771	0.803	1.311
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.771	0.803	1.311
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.770	0.747	0.940

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.770	0.747	0.940
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.770	0.759	1.136
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.770	0.881	1.263
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.770	0.881	1.263
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.770	0.757	1.278
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.770	0.832	1.024
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.770	0.876	1.328
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.769	0.822	1.338
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.769	0.813	1.454
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.769	0.894	1.383
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.769	0.754	1.278
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.769	0.954	1.595
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.768	0.911	1.389
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.768	0.911	1.389
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.768	0.812	1.406
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.768	0.862	1.363
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.767	0.836	1.340
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.767	0.805	1.769
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	0.767	0.810	1.450
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.766	0.952	1.591
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.766	0.853	1.361
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.766	0.814	1.449
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.766	0.839	1.339
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.765	0.813	1.448
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.765	0.813	1.324

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.764	0.807	1.444
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.764	0.812	1.445
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.762	0.819	1.411
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.762	0.740	1.248
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.762	0.852	1.343
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.761	0.808	1.439
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.761	0.851	1.342
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.760	0.849	1.340
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.759	0.802	1.435
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.759	0.848	1.339
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.758	0.852	1.346
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.758	0.827	1.326
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.758	0.801	1.432
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.758	0.827	1.326
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.757	0.800	1.431
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.757	0.900	1.372
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.757	0.819	1.341
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.757	0.819	1.341
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.757	0.825	1.323
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.756	0.869	1.261
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.756	0.869	1.261
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.756	0.845	1.334
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.756	0.845	1.333
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.754	0.843	1.330
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.754	0.732	1.234
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.753	0.804	1.309
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.752	0.856	1.298
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.751	0.802	1.414

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.750	0.792	1.417
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.750	0.807	1.337
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.750	0.818	1.311
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.750	0.838	1.322
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.749	0.930	1.557
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.749	0.796	1.360
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.748	0.799	1.301
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.748	0.836	1.318
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.747	0.922	1.350
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.746	0.760	1.332
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.746	0.838	1.207
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.746	0.767	1.232
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	0.746	0.801	1.381
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.745	0.725	1.086
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.745	0.864	1.450
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.745	0.722	0.910
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.745	0.812	1.301
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.745	0.776	1.289
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.745	0.722	0.910
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.744	0.758	1.224
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.744	0.790	1.407
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.744	0.722	1.218
15044	Fish, ling, raw	85.0	3.0 oz	0.744	0.831	1.312
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	0.744	0.795	1.388
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.743	0.823	1.378
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.743	0.794	1.388
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.742	0.878	1.357
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.742	0.834	1.317

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.742	0.878	1.340
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.742	0.878	1.340
15033	Fish, haddock, raw	85.0	3.0 oz	0.740	0.828	1.306
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.740	0.727	1.089
15090	Fish, scup, raw	85.0	3.0 oz	0.740	0.826	1.304
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.739	0.868	1.531
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.738	0.793	1.357
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.737	0.820	1.288
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.737	0.824	1.288
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.737	0.782	1.337
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.734	0.780	1.389
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.734	0.819	1.775
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.734	0.819	1.775
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.734	0.819	1.775
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.734	0.801	1.284
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.734	0.775	1.386
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.733	0.774	1.385
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.733	0.779	1.386
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.732	0.927	1.338
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.731	0.881	1.369
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.731	0.896	1.359
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.730	0.858	1.514
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.729	0.866	1.320
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.729	0.866	1.320
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.728	0.887	1.308
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.728	0.774	1.378
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.728	0.774	1.378
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.728	0.774	1.261

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.727	0.820	1.312
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.727	0.813	1.283
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.726	0.847	1.386
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	0.726	0.781	1.335
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.726	0.771	1.373
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.726	0.785	1.277
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.726	0.731	1.178
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.726	0.885	1.303
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.725	0.790	1.267
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.724	0.810	1.278
20005	Barley, pearled, raw	200.0	1.0 cup	0.724	0.972	1.346
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.723	0.984	1.207
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	0.722	0.763	1.367
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.722	0.809	1.282
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.722	0.808	1.274
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.722	0.822	1.245
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.722	0.807	1.272
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.721	0.762	1.363
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.720	0.704	1.054
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.720	0.699	1.180
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.719	0.763	1.244
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.717	0.706	1.058
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	0.717	0.770	1.329
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.717	0.696	1.174
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.717	0.848	1.296
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.717	0.848	1.296
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.717	0.878	1.305
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.716	0.797	1.263

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.716	0.757	1.353
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.716	0.802	1.270
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.715	0.907	1.342
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.714	0.800	1.266
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.713	0.846	1.290
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.713	0.846	1.290
16100	Peanut flour, low fat	60.0	1.0 cup	0.713	0.851	1.315
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.712	0.764	1.318
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.711	0.756	1.291
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.711	0.747	1.642
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.710	0.772	1.218
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.709	0.840	1.282
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.709	0.840	1.282
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.708	0.841	1.306
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.708	0.796	1.256
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	0.708	0.761	1.301
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.708	0.790	1.712
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.708	0.824	1.209
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.706	0.750	1.631
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.705	0.742	1.233
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.705	0.863	1.257
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.704	0.917	1.274
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.704	0.917	1.274
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.704	0.797	1.248
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.704	0.881	1.618
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.703	0.784	1.702
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.703	0.784	1.702
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.703	0.766	1.228
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.702	0.795	1.698

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.702	0.792	1.183
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.700	0.764	1.225
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.700	0.686	1.026
15008	Fish, carp, raw	85.0	3.0 oz	0.699	0.781	1.232
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.699	0.751	1.284
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.699	0.777	1.232
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.699	0.777	1.232
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.698	0.741	1.267
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.698	0.711	1.148
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.698	0.779	1.230
19352	Syrups, malt	332.0	1.0 cup	0.697	1.009	1.255
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.696	0.796	1.085
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.696	0.796	1.085
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.695	0.775	1.682
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	0.695	0.740	1.316
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.694	0.777	1.225
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	0.694	0.737	1.312
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	0.694	0.738	1.312
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	0.694	0.738	1.312
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.693	0.761	1.125
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.693	0.761	1.125
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.693	0.756	1.211
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	0.693	0.736	1.311
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	0.693	0.736	1.310
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	0.692	0.735	1.309
15045	Fish, lingcod, raw	85.0	3.0 oz	0.692	0.774	1.220

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
15013	Fish, cisco, raw	79.0	1.0 fillet	0.691	0.773	1.219
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.691	0.876	1.232
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.691	0.773	1.218
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.690	0.772	1.218
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.690	0.734	1.306
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.690	0.774	1.225
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.690	0.890	1.454
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.690	0.890	1.454
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.689	0.668	1.130
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.689	1.011	1.583
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.688	0.775	1.221
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.687	0.802	1.198
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	0.687	0.729	1.299
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.687	0.768	1.211
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.687	0.749	1.201
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.687	0.442	0.929
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.687	0.442	0.929
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.687	0.767	1.211
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.686	0.666	0.839
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.685	0.728	1.297
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.685	0.767	1.209
15112	Fish, tilefish, raw	85.0	3.0 oz	0.685	0.767	1.209
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.684	0.835	1.229
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.684	0.835	1.229
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.683	0.838	1.242
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.683	0.725	1.290
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.682	0.724	1.289
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.682	0.724	1.289

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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	0.682	0.724	1.289
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.682	0.725	1.289
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.681	0.764	1.209
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.680	0.716	1.279
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.680	0.716	1.279
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.680	0.750	1.223
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.679	0.750	1.245
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.679	0.770	1.169
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.678	0.804	1.227
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.678	0.804	1.227
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.678	0.804	1.227
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.677	0.767	1.636
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.676	0.801	1.222
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.676	0.801	1.222
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.676	0.722	1.261
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.675	0.778	0.949
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.675	0.668	0.929
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.675	0.753	1.633
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.675	0.753	1.633
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.675	0.753	1.633
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.674	0.772	1.172
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.674	0.772	1.172
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.674	0.711	1.273
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.673	0.753	1.187
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.673	0.798	1.218
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.673	0.798	1.218
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.672	0.754	1.194
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.672	0.713	1.218
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.670	0.755	1.262
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.670	0.827	1.252

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.670	0.827	1.252
20060	Rice bran, crude	118.0	1.0 cup	0.670	1.040	1.206
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.668	0.792	1.208
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.668	0.792	1.208
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.668	0.845	1.261
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.667	0.747	1.183
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.666	0.758	1.149
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.666	0.852	1.192
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.666	0.745	1.181
20073	Wheat, soft red winter	168.0	1.0 cup	0.665	0.837	1.282
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.665	0.779	1.174
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.663	0.644	0.811
15094	Fish, shad, american, raw	85.0	3.0 oz	0.663	0.741	1.170
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.663	0.668	1.077
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.663	0.644	0.811
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.661	0.819	1.668
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.661	0.867	1.509
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.660	0.677	0.910
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.660	0.698	1.248
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.659	0.638	0.805
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.659	1.000	1.218
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.657	0.733	1.589
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.657	0.733	1.589
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.657	0.733	1.589
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.657	0.799	1.293
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.656	0.726	1.063
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.656	0.726	1.063
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.656	0.637	1.075
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.656	0.734	1.158

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.656	0.734	1.157
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.656	0.787	1.255
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.654	1.012	1.023
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.653	0.720	1.204
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.652	0.728	1.149
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.652	0.671	1.099
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.651	0.772	1.177
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.651	0.772	1.177
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.650	0.794	1.167
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.650	0.794	1.167
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.649	0.726	1.145
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.648	0.768	1.200
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.648	0.806	1.316
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.647	0.630	0.791
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.647	0.731	1.091
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.647	0.724	1.142
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.647	0.688	1.120
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.647	0.687	1.174
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.647	0.726	1.151
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.646	0.687	1.222
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.646	0.776	1.142
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.646	0.776	1.142
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.645	0.822	1.306
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.644	0.768	1.044
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.643	0.666	1.187
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.643	0.637	1.165
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.642	0.685	1.484
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.642	0.718	1.132
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.642	0.730	1.553
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.642	0.717	1.131
16059	Chili with beans, canned	256.0	1.0 cup	0.640	0.753	1.167
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.639	0.686	1.183

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05630	Emu, outside drum, raw	85.0	3.0 oz	0.638	0.654	1.083
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.638	0.687	1.385
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.637	0.744	1.178
20012	Bulgur, dry	140.0	1.0 cup	0.637	0.776	1.162
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.637	0.754	1.152
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.636	0.709	1.538
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.636	0.709	1.538
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.636	0.709	1.538
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.635	0.714	1.177
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.635	0.765	1.270
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.635	0.773	1.139
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.634	0.660	1.130
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.634	0.763	1.074
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.633	0.805	1.239
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.633	0.719	1.530
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.632	0.707	1.115
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.632	0.635	1.023
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.632	0.672	1.195
05626	Emu, full rump, raw	85.0	3.0 oz	0.631	0.646	1.071
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.631	0.653	1.110
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.630	0.713	1.523
05631	Emu, oyster, raw	85.0	3.0 oz	0.630	0.646	1.070
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.629	0.707	1.143
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.629	0.702	1.522
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.629	0.702	1.522
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.629	0.702	1.522
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.629	0.744	1.135
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.629	0.800	1.196
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.629	0.703	1.109
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.628	0.794	1.185
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.628	0.660	1.449
15128	Fish, tuna salad	85.0	3.0 oz	0.628	0.700	1.099
20033	Oat bran, raw	94.0	1.0 cup	0.628	0.906	1.292

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.627	0.869	1.214
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.627	0.869	1.214
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.627	0.806	1.222
07019	Chorizo, pork and beef	28.35	1.0 oz	0.625	0.259	0.484
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.625	0.696	1.041
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.624	0.713	1.024
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.623	0.610	1.035
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.623	0.610	1.035
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.622	0.689	1.008
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.622	0.669	1.143
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.622	0.661	1.177
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.622	0.862	1.215
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.621	0.637	1.056
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.620	0.690	1.100
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.619	0.710	1.122
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.616	0.698	1.007
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.616	0.761	1.182
21083	Fast foods, taco salad	198.0	1.5 cup	0.616	0.679	1.087
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.615	0.700	1.487
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.615	0.630	1.044
05628	Emu, inside drum, raw	85.0	3.0 oz	0.614	0.629	1.042
16005	Beans, baked, home prepared	253.0	1.0 cup	0.612	0.713	1.083
11658	Spinach souffle	136.0	1.0 cup	0.612	0.687	0.963
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.612	0.954	1.006
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.612	0.954	1.006
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)	0.612	0.595	0.894
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.612	0.794	1.089
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.610	0.722	1.201
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.610	0.722	1.201
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.610	0.592	1.000
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.610	0.690	1.141
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.609	0.674	0.986

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.608	0.688	1.134
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.608	0.688	1.134
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.607	0.717	1.162
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.607	0.724	1.158
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.607	0.667	1.115
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.607	0.739	1.089
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.607	0.763	1.103
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.605	0.649	0.916
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.604	0.836	1.178
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.603	0.770	1.219
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.603	0.934	0.943
01057	Eggnog	254.0	1.0 cup	0.602	0.734	0.973
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.601	0.603	0.972
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.600	0.735	1.099
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.600	0.735	1.099
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.599	0.743	1.243
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.598	0.588	0.970
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.598	0.683	1.446
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.598	0.643	1.025
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.597	0.680	1.015
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.594	0.625	1.074
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.592	0.664	1.051
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.591	0.674	1.020
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.590	0.655	1.098
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.590	0.652	0.954
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.589	0.632	1.020
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.588	0.548	1.042
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.588	0.649	0.952
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.588	0.646	1.080
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.587	0.696	1.063
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.586	0.692	1.094

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.585	0.647	0.947
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.585	0.652	0.994
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.585	0.717	1.097
20131	Barley malt flour	162.0	1.0 cup	0.585	0.815	1.209
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.584	0.725	1.213
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.584	0.668	1.052
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.580	0.841	1.068
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.579	0.649	0.935
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.577	0.738	1.014
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.577	0.694	1.114
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.576	0.655	0.994
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.576	0.627	0.980
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.576	0.643	1.394
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.576	0.643	1.394
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.576	0.643	1.394
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.576	0.675	1.086
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.576	0.675	1.086
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.576	0.683	1.042
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.575	0.714	1.195
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.574	0.660	1.029
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.574	0.687	1.127
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.573	0.652	0.989
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.572	0.868	1.058
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.572	0.721	1.178
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.570	0.805	1.090
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.570	0.805	1.090
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.569	0.775	0.950
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.567	0.650	0.906
15054	Fish, monkfish, raw	85.0	3.0 oz	0.567	0.634	1.000
20130	Barley flour or meal	148.0	1.0 cup	0.567	0.762	1.055
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.567	0.609	0.972
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.566	0.591	0.955
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.566	0.622	1.052

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.566	0.636	0.938
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.565	0.660	1.050
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.564	0.840	1.095
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.564	0.662	1.065
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.564	0.662	1.065
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)	0.564	0.549	0.827
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.563	0.642	1.044
20647	Millet flour	119.0	1.0 cup	0.563	0.695	1.829
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.563	0.641	0.981
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.563	0.629	0.993
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.562	0.794	1.076
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.562	0.882	0.878
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.562	0.794	1.076
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.561	0.699	1.098
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.559	0.573	0.917
20014	Corn grain, yellow	166.0	1.0 cup	0.559	0.792	1.917
20314	Corn grain, white	166.0	1.0 cup	0.559	0.792	1.917
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.559	0.683	1.007
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.558	0.598	1.291
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.558	0.624	0.984
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.556	0.648	1.191
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.556	0.637	1.345
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.556	0.633	0.959
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.556	0.786	1.065
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.556	0.786	1.065
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.555	0.622	0.986
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.554	0.644	1.062
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.552	0.520	0.788
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.552	0.609	0.977
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.552	0.615	1.334
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.552	0.553	0.892
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.550	0.653	0.997

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.550	0.653	0.997
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.550	0.662	1.026
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.549	0.591	0.856
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.549	0.591	0.856
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.549	0.622	0.942
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.547	0.611	1.324
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.547	0.612	0.964
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.546	0.623	0.979
15103	Fish, spot, raw	64.0	1.0 fillet	0.546	0.611	0.963
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.544	0.634	0.981
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.544	0.770	1.042
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.542	0.665	1.155
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.542	0.692	1.094
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.542	0.692	1.078
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.541	0.574	0.981
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.541	0.711	1.016
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.541	0.552	0.870
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.540	0.605	0.958
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.539	0.553	0.884
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.539	0.612	0.902
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.539	0.591	1.251
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.537	0.696	0.979
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.537	0.629	1.012
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.537	0.629	1.012
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.537	0.639	1.004
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.536	0.599	0.946
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.536	0.666	1.109
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.535	0.667	0.952
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.534	0.931	1.352
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.534	0.607	0.921
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.534	0.755	1.829
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.533	0.597	0.945

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.533	0.597	0.945
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.532	0.806	0.981
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.532	0.625	0.817
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.532	0.677	1.078
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.531	0.652	0.987
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.529	0.586	0.858
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.529	0.586	0.858
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.529	0.551	0.822
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.527	0.589	0.929
15074	Fish, sablefish, raw	85.0	3.0 oz	0.525	0.587	0.927
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.524	0.585	1.269
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.524	0.585	1.269
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.524	0.605	0.763
07052	Pastrami, turkey	57.0	2.0 slices	0.523	0.543	0.810
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.523	0.631	0.998
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.520	0.575	0.972
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.520	0.575	0.972
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.519	0.602	0.956
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.519	0.657	0.951
07059	Polish sausage, pork	85.0	3.0 oz	0.519	0.577	0.915
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.518	0.578	1.254
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.518	0.578	1.254
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.518	0.589	1.255
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.518	0.658	1.044
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.517	0.571	0.835
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.517	0.571	0.835
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.517	0.583	1.250
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.516	0.643	1.025
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.515	0.555	0.877
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.514	0.552	0.781
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)	0.511	0.495	0.744

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.510	0.706	1.654
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.510	0.706	1.654
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.509	0.564	0.825
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.509	0.725	0.965
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.509	0.499	0.845
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.509	0.499	0.845
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.508	0.565	0.856
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.508	0.567	1.229
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.507	0.551	0.859
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.505	0.593	1.223
35147	Tamales (Navajo)	186.0	1.0 piece	0.504	0.591	1.056
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.503	0.618	0.936
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.502	0.571	0.982
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.502	0.571	0.982
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.502	0.714	0.951
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.501	0.568	0.881
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.501	0.586	0.950
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.500	0.575	0.925
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.500	0.558	1.209
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.498	0.558	0.803
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.497	0.565	0.914
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.496	0.603	0.951
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.495	0.534	0.893
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.495	0.548	0.800
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.492	0.481	0.720
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.492	0.534	0.834
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.492	0.638	0.875
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.491	0.554	0.895
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.490	0.544	0.795
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.490	0.544	0.795
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.490	0.608	1.018
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.488	0.559	0.874

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.488	0.550	0.822
11656	Corn pudding, home prepared	250.0	1.0 cup	0.488	0.638	1.095
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.487	0.623	1.012
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.487	0.537	0.787
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.486	0.738	0.899
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.485	0.602	1.008
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.485	0.676	0.948
20090	Rice flour, brown	158.0	1.0 cup	0.483	0.670	0.945
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.483	0.537	0.783
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.481	0.522	0.913
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.480	0.622	0.958
11413	Potato flour	160.0	1.0 cup	0.478	0.570	0.680
01038	Cheese, romano	28.35	1.0 oz	0.478	0.619	0.871
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.477	0.531	0.847
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.477	0.531	0.847
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.477	0.463	0.695
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.477	0.554	0.790
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.477	0.587	0.899
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)	0.476	0.462	0.696
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.476	0.607	0.961
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.475	0.535	1.147
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.473	0.574	0.932
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.469	0.533	0.812
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.469	0.524	1.135
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.469	0.524	1.135
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.468	0.526	0.766
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.468	0.580	0.914
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.466	0.526	0.931
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.465	0.535	0.899
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.465	0.535	0.899
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.465	0.502	1.155
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.465	0.512	0.750

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.465	0.481	0.726
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.463	0.542	0.871
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.461	0.433	0.656
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.460	--	0.629
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.460	0.468	0.782
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.459	0.505	0.742
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.458	0.494	0.773
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.457	0.692	0.843
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.457	0.694	0.845
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.457	0.694	0.845
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.457	0.692	0.843
01023	Cheese, gruyere	28.35	1.0 oz	0.457	0.636	0.879
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.456	0.487	0.765
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.456	0.566	0.947
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.456	0.446	0.792
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.454	0.518	0.811
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.454	0.518	0.811
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.453	0.497	0.898
20063	Rye flour, dark	128.0	1.0 cup	0.452	0.637	1.097
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.451	0.683	0.833
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.451	0.683	0.833
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.451	0.683	0.833
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.450	0.566	0.852
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.450	0.476	0.784
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.450	0.574	1.192
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.449	0.459	0.688
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.449	0.564	0.904
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.448	0.640	0.720
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.448	0.488	0.783
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.447	0.555	0.812
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.447	0.487	0.782

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.447	0.580	0.944
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.447	0.496	0.780
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.447	0.496	0.780
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.446	0.519	0.888
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.446	0.519	0.888
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.446	0.519	0.888
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.446	0.519	0.888
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.446	0.487	0.780
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.446	0.458	0.732
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.445	0.508	1.077
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.445	0.485	0.777
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.444	0.473	0.754
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.444	0.523	1.074
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.443	0.554	0.862
01008	Cheese, caraway	28.35	1.0 oz	0.443	0.477	0.684
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.443	0.457	0.750
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.443	0.470	0.803
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.443	0.483	0.775
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.443	0.470	0.783
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.442	0.547	1.116
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.441	0.481	0.772
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.441	0.477	0.755
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.440	0.532	0.776
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.438	0.448	0.671
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.438	0.520	0.744
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.437	0.493	0.714
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.437	0.511	0.710
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.437	0.448	0.749
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.435	0.491	0.711
07939	Frankfurter, pork	76.0	1.0 link	0.434	0.515	0.761
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.433	0.485	0.763
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.432	0.478	0.700

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.430	0.490	0.739
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.429	0.480	0.757
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.429	0.454	0.779
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.428	0.467	0.748
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.428	0.466	0.748
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.428	0.496	0.850
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.427	0.466	0.747
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.427	0.476	0.756
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.427	0.473	0.753
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.426	0.541	0.782
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.426	0.541	0.782
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.426	0.493	0.764
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.426	0.505	0.685
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.426	0.505	0.684
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.425	0.433	0.722
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.425	0.537	0.778
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.425	0.537	0.778
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.424	0.508	0.833
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.424	0.474	0.748
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.422	0.502	0.762
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.422	0.518	0.860
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.422	0.467	0.680
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.422	0.500	0.777
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.421	0.486	0.807
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.421	0.446	0.728
01041	Cheese, tilsit	28.35	1.0 oz	0.421	0.497	0.722
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.421	0.531	0.770
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.419	0.532	0.767
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.419	0.457	0.733
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.419	0.620	0.768

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.418	0.522	0.914
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.417	0.527	0.764
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.415	0.515	0.862
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.415	0.475	0.711
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.414	0.444	0.657
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.414	0.524	0.802
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.413	0.450	0.723
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.413	0.445	0.644
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.413	0.445	0.644
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.412	0.491	0.811
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.412	0.491	0.811
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.411	0.449	0.710
01010	Cheese, cheshire	28.35	1.0 oz	0.411	0.442	0.634
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.411	0.448	0.718
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.410	0.455	0.797
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.410	0.520	0.750
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.410	0.575	0.695
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.410	0.526	0.842
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.409	0.463	0.755
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.409	0.446	0.715
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.408	0.471	0.781
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.408	0.456	0.719
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.408	0.445	0.713
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.407	0.557	0.794
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.407	0.514	0.745
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.407	0.447	0.757
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.407	0.504	1.027
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.405	0.480	0.694
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.405	0.473	0.653
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.405	0.708	0.971
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.405	0.502	1.022
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.405	0.615	0.748

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.405	0.615	0.748
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.405	0.436	0.689
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.404	0.411	0.619
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.404	0.411	0.619
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.404	0.612	0.745
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.403	0.428	0.798
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.402	0.468	0.648
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.401	0.398	0.593
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.400	0.484	0.504
11432	Radishes, oriental, dried	116.0	1.0 cup	0.399	0.423	0.479
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.399	0.424	0.724
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.398	0.393	0.587
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.398	0.434	0.696
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.398	0.445	0.642
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.398	0.503	0.730
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.398	0.503	0.730
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)	0.398	0.382	0.575
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.397	0.462	0.734
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.397	0.645	0.741
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.397	0.464	0.753
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.396	0.426	0.617
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.396	0.504	0.785
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.396	0.475	0.583
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.394	0.443	0.638
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.394	0.395	0.587
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.392	0.563	0.955
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.392	0.686	0.942
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.391	0.447	0.797
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.390	0.445	0.609
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.390	0.502	0.768
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.389	0.662	0.913
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")	0.389	0.397	0.598

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
07024	Frankfurter, chicken	85.0	3.0 oz	0.388	0.456	0.870
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.388	0.490	0.708
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.387	0.432	0.622
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.386	0.533	0.649
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.386	0.550	0.771
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.385	0.420	0.674
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.385	0.463	0.735
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.384	0.418	0.670
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.383	0.504	0.794
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.383	0.418	0.670
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.382	0.474	0.794
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.382	0.431	0.673
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	0.382	0.416	0.668
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	0.382	0.416	0.667
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.382	0.416	0.667
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.381	0.415	0.665
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.380	0.559	0.984
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.380	0.529	1.579
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.380	0.529	1.579
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.380	0.529	1.579
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.380	0.529	1.579
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.380	0.483	0.706
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.380	0.423	0.608
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.380	0.414	0.664
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.380	0.414	0.664
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.379	0.409	0.591

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.378	0.412	0.662
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.378	0.459	0.743
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.378	0.412	0.661
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.378	0.355	0.537
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.377	0.422	0.666
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.376	0.410	0.658
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.375	0.487	0.668
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.375	0.403	0.584
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.375	0.409	0.655
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.375	0.409	0.655
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.374	0.408	0.654
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.374	0.468	1.313
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.373	0.407	0.653
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.373	0.420	0.629
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.372	0.425	0.642
01018	Cheese, edam	28.35	1.0 oz	0.371	0.513	0.729
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.371	0.431	0.737
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.371	0.454	0.660
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.371	0.454	0.660
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.371	0.431	0.711
01022	Cheese, gouda	28.35	1.0 oz	0.370	0.512	0.727
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.370	0.459	0.769
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.369	0.559	0.682
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.369	0.559	0.682
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.369	0.353	0.616
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.368	0.409	0.598
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.368	0.411	0.638

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
20143	Teff, cooked	252.0	1.0 cup	0.368	0.504	0.784
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.367	0.374	0.624
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.367	0.400	0.642
13350	Beef, cured, dried	28.0	10.0 slices	0.366	0.399	0.640
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.366	0.448	0.652
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.365	0.398	0.638
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.364	0.389	0.604
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.361	0.394	0.631
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.361	0.511	1.238
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.361	0.511	1.238
07911	Liverwurst spread	55.0	0.25 cup	0.359	0.471	0.626
01156	Cheese, goat, hard type	28.35	1.0 oz	0.358	0.595	0.746
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.358	0.379	0.607
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.358	0.439	0.665
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.357	0.336	0.508
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.357	0.543	0.660
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.357	0.543	0.660
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.356	0.388	0.622
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.356	0.388	0.621
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.355	0.501	1.215
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.355	0.501	1.215
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.355	0.418	0.632
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.354	0.447	0.708
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.353	0.426	0.551
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.353	0.426	0.551
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.352	0.377	0.571
11414	Potato salad, home-prepared	250.0	1.0 cup	0.352	0.430	0.505
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.352	0.377	0.571
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.352	0.524	1.388
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.352	0.390	0.571

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.352	0.385	0.595
20062	Rye grain	169.0	1.0 cup	0.352	0.536	0.951
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.350	0.450	0.688
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.349	0.390	0.582
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.347	0.310	0.481
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.347	0.310	0.481
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.347	0.326	0.494
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.346	0.401	0.674
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.346	0.342	0.625
01039	Cheese, roquefort	28.35	1.0 oz	0.345	0.458	0.599
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.345	0.381	0.572
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.344	0.384	0.580
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.343	0.438	0.582
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.343	0.425	0.865
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.342	0.425	0.711
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.342	0.397	0.556
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.341	0.424	0.709
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.341	0.472	0.656
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.341	0.339	0.504
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.341	0.339	0.504
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.340	0.384	0.558
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.339	0.404	0.587
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.337	0.344	0.516
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.337	0.348	0.542
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.336	0.376	0.593
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.336	0.373	0.592
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.336	0.429	0.543
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.335	0.428	0.541
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.334	0.428	0.541
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.334	0.360	0.828
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.333	0.369	0.532
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.332	0.434	0.809
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.332	0.338	0.564
01113	Whey, acid, dried	57.0	1.0 cup	0.331	0.330	0.636

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.330	0.430	0.670
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.329	0.369	0.581
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.328	0.407	0.681
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.328	0.347	0.594
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.325	0.412	0.525
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.324	0.349	0.538
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.324	0.410	0.611
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.324	0.315	0.396
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.323	0.547	0.458
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.323	0.547	0.458
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.323	0.335	0.537
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.322	0.370	0.514
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.322	0.360	0.518
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.322	0.340	0.505
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.321	0.488	0.595
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.321	0.356	0.520
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.321	0.359	0.566
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.321	0.380	0.511
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.321	0.375	0.552
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.320	0.301	0.455
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.320	0.306	0.535
07005	Blood sausage	100.0	4.0 slices	0.320	1.020	1.390
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.320	0.362	0.513
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.319	0.367	0.567
01004	Cheese, blue	28.35	1.0 oz	0.319	0.441	0.544
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.318	0.336	0.499
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.315	0.403	0.534
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.315	0.433	1.168
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.315	0.433	1.168
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.315	0.433	1.168
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.313	0.351	0.555
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.313	0.396	0.578

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.313	0.324	0.530
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.312	0.387	0.647
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.311	0.414	0.504
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.310	0.430	0.588
20087	Wheat, sprouted	108.0	1.0 cup	0.310	0.390	0.548
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.309	0.318	0.434
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.309	0.345	0.545
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.309	0.371	0.512
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.309	0.383	0.642
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.309	0.371	0.512
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.308	0.338	0.469
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.308	0.407	0.688
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.308	0.375	0.540
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.305	0.341	0.539
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.304	0.341	0.540
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.304	0.352	0.584
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.304	0.352	0.584
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.304	0.352	0.584
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.304	0.352	0.584
07926	Salami, Italian, pork	28.0	1.0 oz	0.304	0.314	0.455
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.303	0.348	0.521
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.303	0.339	0.534
17172	Game meat, moose, raw	28.35	1.0 oz	0.303	0.343	0.555
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.303	0.345	0.473
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.302	0.427	0.560
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.301	0.354	0.536
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.301	0.510	0.427
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.301	0.510	0.427
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.299	0.357	0.551
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.298	0.325	0.522
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.298	0.338	0.520
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.298	0.359	0.659
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.297	0.333	0.480

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17168	Goat, raw	28.35	1.0 oz	0.295	0.313	0.486
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.295	0.322	0.516
11215	Garlic, raw	136.0	1.0 cup	0.295	0.396	0.419
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.295	0.327	0.496
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.294	0.359	0.555
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.294	0.326	0.519
36031	DENNY'S, onion rings	166.0	1.0 serving	0.294	0.359	0.604
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.294	0.383	0.597
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.293	0.323	0.492
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.293	0.314	0.481
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.293	0.329	0.473
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293	0.319	0.512
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.292	0.348	0.523
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.292	0.329	0.475
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.291	0.318	0.509
17150	Game meat, beaver, raw	28.35	1.0 oz	0.291	0.278	0.538
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.291	0.318	0.503
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.291	0.318	0.509
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.291	0.317	0.508
20137	Quinoa, cooked	185.0	1.0 cup	0.290	0.342	0.483
17162	Game meat, caribou, raw	28.35	1.0 oz	0.290	0.301	0.529
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.290	0.411	0.994
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.290	0.411	0.994
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.290	0.357	0.531
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.290	0.307	0.498
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.290	0.303	0.496
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.289	0.430	0.605
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.288	0.322	0.465

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.288	0.314	0.503
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.288	0.310	0.529
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.288	0.314	0.503
01006	Cheese, brie	28.35	1.0 oz	0.288	0.380	0.547
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.288	0.321	0.463
17170	Game meat, horse, raw	28.35	1.0 oz	0.287	0.314	0.481
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.287	0.301	0.492
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.287	0.341	0.579
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.287	0.302	0.663
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.287	0.313	0.502
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.287	0.372	0.549
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.287	0.313	0.502
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.287	0.312	0.501
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.286	0.312	0.500
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.286	0.312	0.500
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.285	0.318	0.459
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.285	0.319	0.460
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.285	0.311	0.499
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.285	0.311	0.498
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.285	0.311	0.499
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.285	0.311	0.499
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.285	0.311	0.498
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.285	0.310	0.498
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.284	0.310	0.497

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.284	0.320	0.505
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.284	0.325	0.494
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.284	0.329	0.460
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.284	0.318	0.458
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.284	0.374	0.503
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.284	0.307	0.498
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.283	0.309	0.495
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.283	0.316	0.455
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.283	0.318	0.457
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.283	0.308	0.495
11304	Peas, green, raw	145.0	1.0 cup	0.283	0.341	0.468
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.283	0.325	0.546
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.283	0.325	0.546
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.283	0.308	0.494
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.282	0.316	0.456
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.282	0.316	0.456
20077	Wheat bran, crude	58.0	1.0 cup	0.282	0.421	0.538
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.282	0.327	0.483
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.282	0.340	0.466
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.281	0.314	0.453
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.281	0.314	0.453
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.281	0.314	0.452
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.280	0.304	0.373
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.280	0.304	0.373
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.280	0.313	0.451
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.280	0.397	0.961

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.280	0.305	0.490
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.280	0.313	0.451
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.280	0.313	0.451
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.280	0.312	0.544
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.280	0.312	0.450
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.280	0.305	0.489
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.280	0.305	0.489
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.280	0.314	0.452
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.280	0.348	0.504
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.279	0.313	0.451
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.279	0.432	0.437
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.279	0.297	0.507
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.278	0.303	0.486
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.278	0.320	0.538
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.278	0.320	0.538
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.278	0.344	0.701
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.278	0.310	0.448
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.277	0.310	0.446
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.277	0.302	0.485
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.277	0.300	0.487
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.277	0.284	0.452
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.277	0.284	0.452
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.277	0.302	0.484
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	0.276	0.309	0.446
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.276	0.300	0.478
01069	Cream substitute, powdered	94.0	1.0 cup	0.276	0.322	0.445
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.276	0.284	0.393
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.276	0.310	0.447

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.276	0.325	0.662
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.276	0.289	0.472
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.276	0.351	0.711
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.275	0.309	0.488
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.275	0.355	0.522
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.275	0.300	0.480
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.275	0.365	0.520
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.274	0.359	0.540
01007	Cheese, camembert	28.35	1.0 oz	0.274	0.363	0.522
20089	Wild rice, cooked	164.0	1.0 cup	0.274	0.380	0.453
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.274	0.302	0.416
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.274	0.302	0.416
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.274	0.299	0.471
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.274	0.298	0.479
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.274	0.306	0.441
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.273	0.348	0.704
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.273	0.306	0.441
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)	0.273	0.276	0.412
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.273	0.301	0.482
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.272	0.304	0.438
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.272	0.291	0.473
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.272	0.270	0.457
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.272	0.303	0.485
07921	Bacon and beef sticks	28.0	1.0 oz	0.272	0.303	0.485
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.272	0.315	0.466
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.272	0.324	0.436
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.271	0.374	0.505
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.271	0.303	0.479
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.270	0.303	0.437
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.270	0.303	0.436
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.270	0.289	0.443
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.270	0.199	0.236

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.270	0.199	0.236
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.269	0.302	0.435
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.269	0.302	0.435
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.269	0.354	0.397
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.269	0.314	0.504
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.269	0.362	0.530
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.267	0.300	0.431
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.267	0.299	0.431
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.267	0.291	0.467
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.267	0.291	0.467
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.266	0.299	0.430
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.266	0.337	0.486
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.266	0.337	0.486
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.265	0.296	0.427
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.265	0.326	0.428
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.265	0.275	0.410
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.265	0.295	0.426
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.264	0.286	0.464
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.264	0.284	0.486
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.264	0.295	0.425
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.263	0.295	0.517
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.263	0.295	0.426
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.263	0.275	0.449
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	0.263	0.293	0.422
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.262	0.284	0.461
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.262	0.284	0.461
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.262	0.267	0.445
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.262	0.292	0.421

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.261	0.305	0.422
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.261	0.262	0.422
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.260	0.265	0.399
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.260	0.291	0.419
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.259	0.301	0.445
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.259	0.260	0.419
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.259	0.289	0.417
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.259	0.289	0.417
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.258	0.295	0.419
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.258	0.288	0.416
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.258	0.277	0.476
20064	Rye flour, medium	102.0	1.0 cup	0.258	0.355	0.623
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.258	0.334	0.493
20032	Millet, cooked	174.0	1.0 cup	0.258	0.320	0.776
17164	Game meat, deer, raw	28.35	1.0 oz	0.257	0.304	0.553
16087	Peanuts, all types, raw	28.35	1.0 oz	0.257	0.307	0.474
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.257	0.253	0.341
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	0.257	0.287	0.414
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.257	0.278	0.451
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.256	0.318	0.491
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.256	0.274	0.471
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.255	0.285	0.450
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.255	0.289	0.518
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.255	0.285	0.450
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.255	0.284	0.410
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.254	0.290	0.410
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.254	0.392	0.374
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.254	0.284	0.410
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.254	0.272	0.466

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.253	0.294	0.435
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.253	0.421	0.528
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.253	0.283	0.446
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.253	0.278	0.384
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.253	0.278	0.384
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.253	0.283	0.407
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.252	0.329	0.370
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.252	0.278	0.445
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.252	0.270	0.465
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.252	0.304	0.418
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.252	0.272	0.442
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.251	0.280	0.404
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.251	0.307	0.484
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.251	0.266	0.399
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.251	0.248	0.454
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.251	0.303	0.417
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.250	0.276	0.442
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.250	0.281	0.444
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.250	0.270	0.439
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.250	0.272	0.437
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	0.250	0.279	0.402
20034	Oat bran, cooked	219.0	1.0 cup	0.250	0.361	0.515
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.249	0.240	0.421
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	0.249	0.272	0.436
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.249	0.272	0.436
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.249	0.269	0.419
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.249	0.318	0.472

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.249	0.287	0.378
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.249	0.254	0.381
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.249	0.279	0.441
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.248	0.275	0.403
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.248	0.268	0.436
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.248	0.278	0.440
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.248	0.254	0.401
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.248	0.274	0.437
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.247	0.289	0.428
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.247	0.318	0.479
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.247	0.276	0.398
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.246	0.268	0.431
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.246	0.276	0.437
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.246	0.286	0.377
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.246	0.315	0.419
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.246	0.315	0.419
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.246	0.353	0.468
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	0.246	0.274	0.396
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.245	0.272	0.398
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.245	0.274	0.395
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.245	0.310	0.462
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.245	0.317	0.389
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	0.245	0.273	0.425
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.245	0.285	0.486
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	0.244	0.273	0.393

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.244	0.273	0.394
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.244	0.273	0.396
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.243	0.272	0.429
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.243	0.240	0.440
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.243	0.263	0.427
17144	Game meat, antelope, raw	28.35	1.0 oz	0.243	0.282	0.536
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.243	0.272	0.395
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.243	0.297	0.446
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.243	0.297	0.446
16107	Sausage, meatless	25.0	1.0 link	0.242	0.257	0.397
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.242	0.264	0.424
16129	Tofu, fried	28.35	1.0 oz	0.242	0.246	0.370
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.241	0.270	0.426
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.241	0.269	0.391
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.241	0.278	0.444
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.241	0.270	0.392
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.241	0.268	0.401
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.240	0.262	0.421
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.240	0.268	0.387
20065	Rye flour, light	102.0	1.0 cup	0.240	0.329	0.567
11683	Carrot, dehydrated	74.0	1.0 cup	0.239	0.256	0.250
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.239	0.267	0.421
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.239	0.267	0.421
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.238	0.267	0.423
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.238	0.241	0.329
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.238	0.287	0.436
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.238	0.246	0.438
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.238	0.204	0.323
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.237	0.344	0.459
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.236	0.282	0.435
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.236	0.264	0.380
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.236	0.259	0.442

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
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)	0.235	0.237	0.352
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.235	0.263	0.380
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.235	0.263	0.379
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.235	0.263	0.379
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.235	0.263	0.379
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	0.235	0.263	0.379
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.235	0.282	0.429
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.235	0.254	0.413
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.235	0.262	0.414
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.235	0.263	0.400
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.234	0.260	0.414
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.234	0.284	0.469
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.234	0.261	0.376
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.233	0.261	0.376
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.233	0.255	0.382
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.233	0.260	0.375
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.232	0.256	0.375
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.232	0.269	0.418
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.232	0.393	0.328
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.232	0.259	0.373
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.232	0.260	0.422
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.231	0.250	0.407
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.231	0.258	0.372
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.231	0.271	0.363

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.231	0.271	0.363
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.231	0.254	0.407
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.231	0.258	0.407
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.230	0.257	0.370
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.230	0.244	0.416
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.229	0.257	0.407
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.229	0.238	0.432
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.229	0.248	0.306
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.229	0.308	0.529
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.229	0.256	0.369
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.229	0.286	0.424
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.229	0.257	0.373
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	0.229	0.255	0.368
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.228	0.250	0.425
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.228	0.269	0.387
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.227	0.254	0.367
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.227	0.269	0.389
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.227	0.254	0.366
17224	Lamb, ground, raw	28.35	1.0 oz	0.227	0.253	0.365
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.226	0.276	0.414
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.226	0.276	0.414
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.226	0.275	0.414
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.226	0.236	0.356
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.226	0.271	0.403
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.226	0.237	0.521
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.226	0.252	0.363
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.225	0.261	0.433
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.225	0.261	0.433

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.225	0.251	0.370
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.225	0.239	0.348
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.225	0.244	0.395
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.224	0.247	0.362
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.224	0.262	0.464
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.224	0.260	0.384
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.224	0.310	0.417
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.223	0.242	0.392
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.223	0.250	0.360
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.223	0.264	0.390
07070	Salami, cooked, turkey	28.0	1.0 serving	0.223	0.228	0.341
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.223	0.291	0.407
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.223	0.261	0.267
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.223	0.261	0.267
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.222	0.284	0.376
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.222	0.259	0.254
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.222	0.259	0.254
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.221	0.246	0.361
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.221	0.240	0.389
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.221	0.261	0.386
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.221	0.344	0.326
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.221	0.257	0.383
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.221	0.203	0.259
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.221	0.203	0.259
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.220	0.305	0.432
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.220	0.243	0.356
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.219	0.241	0.393
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.219	0.226	0.337
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.219	0.237	0.385
01124	Egg, white, raw, fresh	33.0	1.0 large	0.218	0.267	0.335

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.218	0.244	0.387
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.218	0.261	0.449
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.218	0.310	0.584
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.218	0.310	0.584
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.218	0.270	0.442
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.217	0.239	0.390
01159	Cheese, goat, soft type	28.35	1.0 oz	0.217	0.361	0.453
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.217	0.243	0.350
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.217	0.234	0.380
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.216	0.239	0.349
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.216	0.276	0.368
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.216	0.235	0.371
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.216	0.334	0.408
16055	Carob flour	103.0	1.0 cup	0.215	0.459	0.455
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.215	0.282	0.393
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.214	0.236	0.346
15014	Fish, cisco, smoked	28.35	1.0 oz	0.214	0.239	0.377
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.214	0.238	0.516
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.213	0.231	0.375
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.213	0.231	0.375
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.213	0.258	0.328
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.213	0.291	0.356
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.213	0.244	0.379
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.212	0.289	0.647
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.212	0.248	0.359
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.212	0.241	0.390
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.211	0.238	0.375
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.211	0.225	0.379
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.211	0.300	0.558
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.211	0.237	0.384

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) 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	0.211	0.228	0.370
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.211	0.240	0.371
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.211	0.228	0.370
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.210	0.239	0.387
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.210	0.292	0.406
17166	Game meat, elk, raw	28.35	1.0 oz	0.210	0.230	0.549
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.210	0.234	0.338
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.209	0.236	0.380
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.209	0.295	0.400
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.209	0.196	0.297
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.209	0.223	0.351
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.208	0.225	0.366
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.208	0.237	0.353
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.208	0.268	0.378
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.208	0.225	0.364
20013	Bulgur, cooked	182.0	1.0 cup	0.207	0.253	0.379
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	0.207	0.224	0.364
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.207	0.288	0.401
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.207	0.268	0.368
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.207	0.268	0.368
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.206	0.220	0.329
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.206	0.295	0.554
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.206	0.295	0.554
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.206	0.295	0.554
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.206	0.295	0.554
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.206	0.203	0.310
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.206	0.203	0.310

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.206	0.223	0.362
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.206	0.206	0.333
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.206	0.246	0.313
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.206	0.246	0.313
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.206	0.225	0.344
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.205	0.206	0.332
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.205	0.220	0.280
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.205	0.264	0.438
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.205	0.210	0.351
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.205	0.202	0.371
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.204	0.221	0.359
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.204	0.230	0.340
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.204	0.230	0.362
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.204	0.232	0.375
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.204	0.413	0.304
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.204	0.250	0.315
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.204	0.290	0.546
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.204	0.290	0.546
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.204	0.290	0.546
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.204	0.290	0.546
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.204	0.221	0.342
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.203	0.314	0.299
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.203	0.291	0.327
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.203	0.217	0.328
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.203	0.270	0.658
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.202	0.273	0.405
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.202	0.218	0.340
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.202	0.232	0.397
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.202	0.310	0.318
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.202	0.264	0.368
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.201	0.240	0.319
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.201	0.240	0.319

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.201	0.217	0.353
15109	Fish, surimi	28.35	1.0 oz	0.201	0.218	0.341
07050	Mortadella, beef, pork	28.35	1.0 oz	0.201	0.208	0.344
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.200	0.312	0.458
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.200	0.279	0.297
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)	0.200	0.279	0.297
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.200	0.231	0.368
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.200	0.238	0.362
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.200	0.287	0.538
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.200	0.287	0.538
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.200	0.287	0.538
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.200	0.285	0.538
36610	DENNY'S, french fries	165.0	1.0 serving	0.200	0.500	0.317
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.200	0.225	0.354
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.199	0.237	0.367
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198	0.222	0.320
07030	Ham, minced	28.35	1.0 oz	0.198	0.212	0.357
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.198	0.297	0.277
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.198	0.225	0.337
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.198	0.224	0.335
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)	0.197	0.185	0.280
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.197	0.250	0.495
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.197	0.250	0.495
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.197	0.278	0.315
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.196	0.205	0.230
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.196	0.205	0.230
07026	Ham, chopped, canned	28.35	1.0 oz	0.196	0.204	0.354
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.196	0.248	0.234
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.196	0.243	0.516
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.195	0.259	0.312
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.195	0.219	0.319
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.195	0.247	0.489
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.195	0.247	0.488

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.195	0.247	0.488
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.194	0.197	0.316
16130	Okara	122.0	1.0 cup	0.194	0.198	0.298
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.193	0.194	0.313
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.193	0.214	0.335
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.193	0.199	0.320
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.193	0.226	0.446
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.192	0.220	0.301
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.192	0.193	0.311
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.192	0.262	0.282
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.192	0.197	0.264
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.192	0.270	0.366
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.192	0.270	0.366
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.191	0.226	0.352
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.191	0.198	0.225
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.191	0.265	0.372
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.191	0.180	0.271
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.191	0.242	0.324
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.190	0.236	0.362
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.190	0.248	0.347
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.190	0.254	0.356
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.190	0.268	0.363
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.187	0.268	0.505
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.186	0.214	0.352
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.186	0.208	0.314
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.186	0.199	0.324
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.186	0.206	0.327
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.185	0.228	0.311
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.185	0.207	0.304
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.185	0.207	0.304
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.185	0.247	0.362
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.183	0.198	0.323

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.183	0.259	0.351
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.183	0.259	0.351
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.183	0.259	0.351
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.183	0.259	0.351
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.183	0.202	0.296
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.183	0.195	0.279
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.183	0.202	0.296
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.183	0.244	0.286
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.183	0.254	0.288
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.182	0.245	0.360
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.182	0.195	0.317
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.182	0.202	0.316
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.181	0.214	0.333
07061	Mother's loaf, pork	28.35	1.0 oz	0.181	0.189	0.318
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.181	0.200	0.294
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.180	0.204	0.310
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.180	0.183	0.306
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.180	0.202	0.319
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.180	0.213	0.343
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.179	0.203	0.319
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.179	0.256	0.481
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.179	0.256	0.481
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.179	0.256	0.481
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.179	0.256	0.481
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.179	0.208	0.288
07040	Liver cheese, pork	28.35	1.0 oz	0.179	0.229	0.377
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.179	0.255	0.269
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.179	0.203	0.274
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.179	0.276	0.339
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.179	0.204	0.324
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.177	0.262	0.335
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.177	0.200	0.315

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.177	0.238	0.350
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.177	0.244	0.260
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.176	0.196	0.312
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.175	0.204	0.281
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.175	0.185	0.313
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.175	0.196	0.319
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.175	0.190	0.267
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.175	0.190	0.267
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.175	0.209	0.308
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.174	0.235	0.277
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.174	0.185	0.308
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.174	0.196	0.309
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.174	0.213	0.317
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.173	0.188	0.271
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.172	0.225	0.258
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.172	0.232	0.260
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.172	0.202	0.135
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.171	0.174	0.265
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.171	0.173	0.264
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.170	0.201	0.306
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.170	0.198	0.274
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.170	0.200	0.204
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.170	0.182	0.284
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.169	0.240	0.296
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.169	0.203	0.328
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.169	0.181	0.233
07068	Salami, cooked, beef	26.0	1.0 slice	0.169	0.172	0.287
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.168	0.180	0.292
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.167	0.179	0.291
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.167	0.282	0.359
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.167	0.199	0.285
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.166	0.315	0.326
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.166	0.226	0.333
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.166	0.205	0.285

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.166	0.292	0.249
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.166	0.202	0.341
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.166	0.259	0.340
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.165	0.236	0.358
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.165	0.228	0.317
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.164	0.181	0.265
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.164	0.193	0.266
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.164	0.193	0.266
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.164	0.310	0.321
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.163	0.198	0.247
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.163	0.198	0.247
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.163	0.256	0.256
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.163	0.205	0.317
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.163	0.180	0.321
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.162	0.241	0.637
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.162	0.184	0.249
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.162	0.185	0.270
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.161	0.178	0.279
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.160	0.182	0.282
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.160	0.163	0.260
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.160	0.183	0.274
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.160	0.212	0.320
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.160	0.238	0.310
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.159	0.167	0.249
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.158	0.184	0.254
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.158	0.158	0.286
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.158	0.176	0.276
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.158	0.268	0.223
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.157	0.246	0.266
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.157	0.207	0.281
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.157	0.174	0.256
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.157	0.188	0.263
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.157	0.182	0.300
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.157	0.204	0.262

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.156	0.202	0.276
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.156	0.187	0.338
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.155	0.200	0.303
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.155	0.177	0.375
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.154	0.188	0.313
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.154	0.228	0.282
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.154	0.170	0.273
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.154	0.165	0.268
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.154	0.184	0.248
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.154	0.165	0.210
09139	Guavas, common, raw	165.0	1.0 cup	0.153	0.144	0.282
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.153	0.206	0.242
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.153	0.174	0.266
07025	Frankfurter, turkey	28.35	1.0 oz	0.153	0.166	0.330
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.153	0.181	0.308
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.152	0.208	0.290
07007	Bologna, beef	30.0	1.0 slice	0.152	0.164	0.282
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.152	0.171	0.266
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.152	0.171	0.266
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.152	0.208	0.299
19147	Candies, peanut bar	28.35	1.0 oz	0.151	0.181	0.280
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.151	0.214	0.291
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.151	0.197	0.222
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.151	0.197	0.222
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.151	0.117	0.155
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.151	0.117	0.155
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.151	0.168	0.254
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.151	0.235	0.286
21419	KFC, biscuit	49.0	1.0 biscuit	0.151	0.176	0.292
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.150	0.180	0.301
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.150	0.200	0.417
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.150	0.197	0.220
21268	TACO BELL, Nachos	80.0	1.0 serving	0.150	0.200	0.417
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.149	0.136	0.175

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.149	0.261	0.379
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.149	0.183	0.234
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.148	0.135	0.173
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.148	0.135	0.173
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.148	0.178	0.246
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)	0.148	0.151	0.224
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.148	0.178	0.246
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.148	0.182	0.269
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.148	0.179	0.589
11961	Hearts of palm, canned	146.0	1.0 cup	0.147	0.166	0.247
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.147	0.161	0.238
01021	Cheese, gjetost	28.35	1.0 oz	0.147	0.217	0.281
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.147	0.168	0.286
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.147	0.174	0.281
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.147	0.166	0.266
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.147	0.135	0.172
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.147	0.135	0.172
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.147	0.161	0.267
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.146	0.164	0.244
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.146	0.164	0.244
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.146	0.161	0.236
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.145	0.229	0.247
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.145	--	0.637
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.145	0.162	0.261
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.145	0.182	0.275
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.144	0.204	0.216
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.144	0.203	0.542
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.144	0.203	0.542
01031	Cheese, neufchatel	28.35	1.0 oz	0.142	0.173	0.287
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.142	0.187	0.252
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.142	0.192	0.214
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.142	0.166	0.229

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.141	0.182	0.276
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.141	0.175	0.357
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.141	0.171	0.236
09059	Breadfruit, raw	220.0	1.0 cup	0.141	0.103	0.143
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.141	0.178	0.257
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.141	0.164	0.162
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.140	0.152	0.187
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.140	0.152	0.187
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.140	0.264	0.276
07971	Bologna, meat and poultry	33.0	1.0 slice	0.140	0.159	0.258
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.140	0.220	0.236
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.139	0.235	0.331
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.139	0.149	0.249
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.139	0.170	0.204
20133	Rice noodles, dry	57.0	2.0 oz	0.139	0.198	0.278
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.139	0.158	0.231
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.139	0.197	0.269
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.138	0.163	0.263
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.138	0.196	0.207
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.138	0.165	0.227
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.137	0.186	0.416
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.137	0.150	0.240
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.137	0.135	0.182
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.137	0.175	0.293
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.137	0.087	0.117
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.137	0.087	0.117
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.137	0.151	0.198
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.137	0.151	0.198
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.137	0.154	0.248
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.136	0.147	0.182
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.136	0.169	0.280
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.136	0.169	0.282
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.136	0.154	0.225
11616	Dock, raw	133.0	1.0 cup, chopped	0.136	0.177	0.222
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.135	0.163	0.224

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.135	0.170	0.336
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.135	0.160	0.210
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.135	0.160	0.210
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.135	0.151	0.217
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.135	0.166	0.254
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.135	0.156	0.220
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.135	0.156	0.220
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.134	0.157	0.227
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.134	0.169	0.274
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.134	0.185	0.271
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.134	0.150	0.324
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.134	0.191	0.236
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.134	0.156	0.267
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.134	0.171	0.240
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.134	0.158	0.268
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.134	0.207	0.209
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.134	0.147	0.243
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.133	0.143	0.204
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.133	0.167	0.259
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.133	0.160	0.211
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.133	0.142	0.111
09094	Figs, dried, uncooked	149.0	1.0 cup	0.133	0.182	0.191
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.132	0.182	0.297
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.132	0.112	0.135
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.132	0.112	0.135
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.132	0.186	0.451
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.131	0.151	0.226
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.131	0.147	0.212
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.131	0.177	0.243
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.130	0.148	0.217
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.130	0.180	0.236
20006	Barley, pearled, cooked	157.0	1.0 cup	0.130	0.174	0.242
07960	Bologna, chicken, pork	28.0	1.0 serving	0.130	0.148	0.217

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.130	0.178	0.236
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.130	0.150	0.237
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.130	0.150	0.237
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.130	0.144	0.210
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.130	0.144	0.210
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.130	0.156	0.187
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.129	0.121	0.207
01070	Dessert topping, powdered	43.0	1.5 oz	0.129	0.151	0.208
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.129	0.137	0.224
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.129	0.157	0.228
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.129	0.138	0.213
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.129	0.143	0.209
20134	Rice noodles, cooked	176.0	1.0 cup	0.128	0.183	0.259
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.128	0.192	0.507
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.128	0.170	0.236
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.127	0.141	0.218
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.127	0.169	0.499
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.127	0.165	0.205
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.126	0.136	0.173
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.126	0.136	0.173
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.126	0.159	0.278
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.126	0.160	0.214
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.126	0.172	0.296
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.126	0.152	0.160
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.125	0.165	0.184
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.125	0.150	0.244
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.125	0.157	0.232
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.125	0.186	0.494
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.125	0.148	0.229
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.125	0.140	0.208
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.125	0.148	0.228
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.125	0.132	0.105
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.125	0.132	0.105

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.124	0.162	0.222
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.124	0.152	0.242
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.124	0.169	0.238
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.124	0.146	0.149
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.124	0.133	0.216
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.124	0.144	0.228
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)	0.123	0.125	0.186
18028	Bread, egg, toasted	28.35	1.0 oz	0.123	0.138	0.215
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.123	0.140	0.218
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.122	0.137	0.204
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.122	0.114	0.216
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.122	0.172	0.195
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.122	0.172	0.195
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.122	0.171	0.244
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.122	0.120	0.161
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.122	0.120	0.161
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.121	0.179	0.474
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.121	0.174	0.295
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.121	0.140	0.231
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.120	0.123	0.197
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.120	0.164	0.255
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.119	0.133	0.217
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.119	0.139	0.226
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.119	0.133	0.217
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.119	0.131	0.172
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.119	0.131	0.172
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.119	0.190	0.202
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.119	0.168	0.408
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.119	0.168	0.408
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.119	0.133	0.194
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.118	0.135	0.215
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.118	0.185	0.176
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.118	0.170	0.319

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.118	0.170	0.319
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.118	0.170	0.319
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.118	0.170	0.319
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.118	0.177	0.467
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.118	0.135	0.216
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.118	0.142	0.244
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.118	0.185	0.196
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.118	0.150	0.230
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.118	0.151	0.218
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.118	0.154	0.205
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.117	0.140	0.230
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.117	0.147	0.228
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.117	0.143	0.213
18003	Bagels, egg	28.35	1.0 oz	0.117	0.131	0.212
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.116	0.128	0.188
07033	Ham and cheese spread	15.0	1.0 tbsp	0.116	0.152	0.226
11098	Brussels sprouts, raw	88.0	1.0 cup	0.116	0.136	0.134
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.116	0.135	0.198
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.116	0.146	0.257
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.116	0.146	0.214
01114	Whey, sweet, fluid	246.0	1.0 cup	0.116	0.113	0.192
18241	Croissants, cheese	28.35	1.0 oz	0.115	0.128	0.196
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.115	0.130	0.212
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.115	0.130	0.212
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.115	0.136	0.215
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.115	0.127	0.168
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.115	0.127	0.168
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.115	0.149	0.205
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.115	0.129	0.208
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.115	0.129	0.208
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.115	0.132	0.219
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.115	0.129	0.185

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.115	0.129	0.208
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.114	0.124	0.174
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.114	0.119	0.186
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.114	0.164	0.175
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.114	0.141	0.288
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.114	0.142	0.170
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.114	0.147	0.226
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.113	0.131	0.225
18037	Bread, oat bran	28.35	1.0 oz	0.113	0.131	0.208
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.113	0.126	0.183
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.113	0.135	0.176
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.113	0.133	0.136
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.113	0.103	0.131
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.112	0.133	0.191
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.112	0.159	0.170
18344	Rolls, dinner, egg	28.35	1.0 oz	0.112	0.126	0.194
18027	Bread, egg	28.35	1.0 oz	0.112	0.126	0.196
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.112	0.117	0.217
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.112	0.107	0.186
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.111	0.130	0.200
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.111	0.131	0.133
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.111	0.131	0.133
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.111	0.142	0.168
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.110	0.143	0.201
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.110	0.147	0.420
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.110	0.146	0.169
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.110	0.146	0.169
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.110	0.142	0.195
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.110	0.127	0.191
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.109	0.496	0.182
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.109	0.122	0.196
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.108	0.161	0.217
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.108	0.123	0.191
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.108	0.128	0.188

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.108	0.140	0.192
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.108	0.119	0.186
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.108	0.114	0.210
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.108	0.122	0.196
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.108	0.109	0.171
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.107	0.109	0.176
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.107	0.124	0.192
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.107	--	0.128
12059	Nuts, acorns, dried	28.35	1.0 oz	0.107	0.129	0.183
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.106	0.121	0.186
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.106	0.119	0.176
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.106	0.144	0.186
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.106	0.144	0.186
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.106	0.156	0.175
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.106	0.132	0.207
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.106	0.115	0.185
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.106	0.125	0.197
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.105	0.127	0.217
11241	Kohlrabi, raw	135.0	1.0 cup	0.105	0.068	0.090
18245	Danish pastry, cheese	28.35	1.0 oz	0.105	0.117	0.183
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.105	0.127	0.134
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.105	0.163	0.199
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.105	0.138	0.185
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.105	0.120	0.184
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.105	0.162	0.198
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.105	0.130	0.195
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.105	0.118	0.194
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.105	0.120	0.220
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.104	0.138	0.160
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.104	0.120	0.191
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.104	0.131	0.199
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.104	0.111	0.170
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.104	0.115	0.222
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.104	0.123	0.187

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.104	0.124	0.159
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.104	0.154	0.408
18239	Croissants, butter	28.35	1.0 oz	0.103	0.116	0.177
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.103	0.127	0.247
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.103	0.122	0.189
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.103	0.120	0.185
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.103	0.083	0.120
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.103	0.104	0.168
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.103	--	0.205
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.103	0.116	0.179
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.103	0.117	0.166
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.103	0.144	0.153
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.102	0.120	0.184
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.102	--	0.152
18235	Crackers, whole-wheat	28.0	1.0 serving	0.102	0.130	0.197
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.102	0.156	0.192
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.101	0.118	0.181
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.101	0.120	0.186
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.101	0.079	0.105
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.101	0.079	0.105
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.101	0.114	0.175
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.101	0.118	0.178
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.101	0.065	--
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.101	0.065	--
11011	Asparagus, raw	134.0	1.0 cup	0.100	0.154	0.172
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.100	0.113	0.181
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.100	0.113	0.181
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.100	0.181	0.213
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.100	0.181	0.213
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.100	0.114	0.181
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.100	0.121	0.187
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.100	0.107	0.166
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.100	0.117	0.168
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.100	0.117	0.169
18266	English muffins, whole-wheat	28.35	1.0 oz	0.100	0.117	0.173
18061	Bread, rye, toasted	28.35	1.0 oz	0.100	0.118	0.181

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.100	0.122	0.171
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.099	0.135	0.196
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.099	0.144	0.196
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.099	0.112	0.167
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.099	0.129	0.192
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.099	0.093	0.141
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.099	0.107	0.167
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.099	0.087	0.135
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.099	0.101	0.177
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.099	0.112	0.180
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.099	0.115	0.160
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.099	0.119	0.169
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.099	0.121	0.175
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.099	0.121	0.175
11124	Carrots, raw	128.0	1.0 cup chopped	0.099	0.088	0.131
09095	Figs, dried, stewed	259.0	1.0 cup	0.098	0.137	0.142
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.098	0.139	0.173
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.098	0.176	0.178
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.098	0.124	0.192
18059	Bread, rice bran	28.35	1.0 oz	0.098	0.114	0.177
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.098	0.127	0.166
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.098	0.111	0.180
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.098	0.111	0.180
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.098	0.117	0.179
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.098	0.111	0.180
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.098	0.104	0.170
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.098	0.115	0.163
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.097	0.121	0.179
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.097	0.119	0.169
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.097	0.116	0.186
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.097	0.115	0.164
18236	Cracker meal	28.35	1.0 oz	0.097	0.110	0.181
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.097	0.103	0.159
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.097	0.080	0.089

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.097	0.080	0.089
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.097	0.114	0.175
18264	English muffins, wheat	28.35	1.0 oz	0.097	0.111	0.169
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.096	0.096	0.160
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.096	0.106	0.170
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.096	0.108	0.166
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.096	0.110	0.183
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.096	0.100	0.148
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.096	0.111	0.195
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.096	0.111	0.195
18025	Bread, cracked-wheat	28.35	1.0 oz	0.096	0.110	0.172
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.096	0.164	0.183
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.096	0.112	0.177
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.096	0.121	0.180
20030	Hominy, canned, white	165.0	1.0 cup	0.096	0.127	0.333
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.096	0.112	0.155
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.096	0.112	0.226
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.095	0.110	0.174
18349	Rolls, french	28.35	1.0 oz	0.095	0.108	0.172
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.095	0.131	0.187
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.095	0.109	0.173
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.095	0.128	0.166
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.095	0.106	0.153
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.095	0.101	0.165
18044	Bread, pumpernickel	28.35	1.0 oz	0.095	0.112	0.171
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.095	0.121	0.166
18033	Bread, italian	28.35	1.0 oz	0.094	0.107	0.174
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.094	0.112	0.204
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.094	0.135	0.254
18066	Bread, wheat bran	28.35	1.0 oz	0.094	0.109	0.171
09298	Raisins, seedless	165.0	1.0 cup, packed	0.094	0.137	0.158
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.094	0.126	0.280
01112	Whey, acid, fluid	246.0	1.0 cup	0.093	--	0.177
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.093	0.110	0.130

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.093	0.117	0.144
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.093	0.113	0.168
20330	Hominy, canned, yellow	160.0	1.0 cup	0.093	0.123	0.323
18103	Coffeecake, cheese	28.35	1.0 oz	0.092	0.102	0.161
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.092	0.110	0.127
18240	Croissants, apple	28.35	1.0 oz	0.092	0.104	0.158
18039	Bread, oatmeal	28.35	1.0 oz	0.092	0.111	0.172
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.092	0.107	0.162
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.092	0.103	0.135
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.092	0.103	0.119
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.092	0.113	0.158
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.091	0.116	0.149
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.091	0.116	0.149
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.091	0.102	0.164
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.091	0.125	0.165
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.091	0.103	0.160
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.091	0.102	0.147
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.091	0.110	0.201
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.091	0.100	0.135
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.090	0.100	0.132
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.090	0.099	0.153
18355	Sweet rolls, cheese	28.35	1.0 oz	0.090	0.100	0.157
18060	Bread, rye	28.35	1.0 oz	0.090	0.107	0.164
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.090	0.098	0.131
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.090	0.098	0.131
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.090	0.103	0.147
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.090	0.106	0.166
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.090	0.109	0.114
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.090	0.107	0.187
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.090	0.107	0.143
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.090	0.103	0.155
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.089	0.100	0.157

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.089	0.117	0.252
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.089	0.100	0.157
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.089	0.112	0.174
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.089	0.100	0.157
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.089	0.092	0.128
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.089	0.106	0.163
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.089	0.113	0.146
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.089	0.108	0.137
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.089	0.271	0.140
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.088	0.102	0.159
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.088	0.101	0.159
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.088	0.111	0.144
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.088	0.111	0.144
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.088	0.096	0.140
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.088	0.101	0.163
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.088	0.098	0.151
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.088	0.098	0.151
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.088	0.094	0.132
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.087	0.102	0.174
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.087	0.101	0.152
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.087	0.099	0.135
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.087	0.101	0.170
18224	Crackers, rusk toast	14.2	0.5 oz	0.087	0.097	0.143
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.086	0.099	0.150
16112	Miso	17.0	1.0 tbsp	0.086	0.093	0.139
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.086	0.116	0.145
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.086	0.116	0.145
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.086	0.116	0.145
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.086	0.116	0.145
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086	0.103	0.186
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.086	0.100	0.133

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.086	0.126	0.178
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.086	0.103	0.138
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.086	0.096	0.138
18971	Bread, potato	32.0	1.0 slice	0.086	0.098	0.141
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.086	0.102	0.158
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.086	0.102	0.158
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.085	0.100	0.138
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.085	0.096	0.159
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.085	0.163	0.168
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.085	0.099	0.132
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.085	0.101	0.103
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.085	0.107	0.131
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.085	0.112	0.151
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.085	0.112	0.151
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.085	0.108	0.137
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.084	0.096	0.149
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.084	0.111	0.152
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.084	0.095	0.145
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.084	0.102	0.214
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.084	0.104	0.136
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.084	0.096	0.156
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.084	0.114	0.250
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.084	0.094	0.136
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.084	0.092	0.145
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.084	0.114	0.250
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.084	--	0.111
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.083	0.093	0.125
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.083	0.093	0.125
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.083	0.094	0.155
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.083	0.082	0.114
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.083	0.254	0.131
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.083	0.254	0.131
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.082	0.114	0.122
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.082	0.119	0.160
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082	0.101	0.192

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082	0.094	0.148
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.082	0.111	0.150
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.082	0.115	0.166
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.082	0.108	0.145
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.082	0.101	0.136
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.081	0.090	0.142
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.081	0.094	0.151
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.081	0.090	0.142
18047	Bread, raisin, enriched	28.35	1.0 oz	0.081	0.093	0.146
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.081	0.093	0.146
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.081	0.106	0.114
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.081	0.106	0.114
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.081	0.094	0.137
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.081	0.146	0.172
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.081	0.157	0.162
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.081	0.087	0.114
12058	Nuts, acorns, raw	28.35	1.0 oz	0.081	0.098	0.139
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.081	0.084	0.095
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.081	0.084	0.095
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.081	0.109	0.257
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.080	0.092	0.140
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.080	0.111	0.119
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.080	0.093	0.154
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.080	0.111	0.119
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.080	0.111	0.119
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.080	0.085	0.118
21249	BURGER KING, french fries	74.0	1.0 small serving	0.080	0.121	0.126
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.080	0.108	0.134
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.080	0.108	0.134
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.080	0.125	0.135
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.080	0.097	0.135
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.080	0.097	0.135

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.080	0.089	0.129
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.080	0.089	0.132
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.080	0.090	0.138
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.080	0.093	0.142
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.079	0.108	0.247
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.079	0.099	0.145
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.079	0.092	0.126
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.079	0.094	0.111
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.079	0.110	0.117
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.079	0.092	0.142
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.079	0.093	0.134
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.079	0.093	0.134
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.079	0.121	0.139
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.079	0.121	0.139
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.079	0.089	0.134
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.079	0.101	0.212
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.079	0.101	0.212
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.079	0.089	0.134
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.078	0.089	0.141
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.078	0.089	0.125
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.078	0.111	0.150
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.078	0.102	0.240
11601	Yam, raw	150.0	1.0 cup, cubes	0.078	0.093	0.144
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.078	0.086	0.113
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.078	0.088	0.146
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.078	0.088	0.123
21140	Side dishes, potato salad	95.0	0.333 cup	0.078	0.085	0.130
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.078	0.112	0.156
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.078	0.088	0.188
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.078	0.123	0.130
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.078	0.082	0.115
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.077	0.092	0.122
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.077	0.099	0.291

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.077	0.088	0.126
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.077	0.089	0.146
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.077	0.091	0.093
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.077	0.070	0.102
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.077	0.087	0.144
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.077	0.081	0.109
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.077	0.097	0.150
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.077	0.085	0.136
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.077	0.114	0.141
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.077	0.100	0.142
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.077	0.086	0.126
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.077	0.118	0.145
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.076	0.090	0.107
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.076	0.086	0.191
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.076	0.080	0.147
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.076	0.109	0.166
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.076	0.109	0.166
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.076	0.102	0.143
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.076	0.099	0.232
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.076	0.086	0.133
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.076	0.088	0.152
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.076	0.093	0.122
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.076	0.081	0.117
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.076	0.086	0.134
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.076	0.134	0.113
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.076	0.077	0.114
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.076	0.089	0.311
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.076	0.092	0.117
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.076	0.093	0.117
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.076	0.092	0.117
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.075	0.084	0.133
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.075	0.100	0.222
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.075	0.135	0.160

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.075	0.135	0.160
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.075	0.105	0.147
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.075	0.092	0.127
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.075	0.084	0.128
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.075	0.086	0.133
18283	Muffins, oat bran	28.35	1.0 oz	0.074	0.103	0.143
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.074	0.088	0.104
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.074	0.088	0.104
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.074	0.092	0.127
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.074	0.107	0.152
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.074	0.112	0.126
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.074	0.112	0.126
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.073	0.087	0.158
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.073	0.085	0.103
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.073	0.100	0.173
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.073	0.082	0.130
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.073	0.104	0.251
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.073	0.099	0.123
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.073	0.083	0.121
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.073	0.083	0.121
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.073	0.114	0.122
18065	Bread, wheat, toasted	28.35	1.0 oz	0.073	0.088	0.131
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.073	0.097	0.109
09110	Goji berries, dried	28.0	5.0 tbsp	0.073	0.088	0.128
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.073	0.116	0.122
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.073	0.099	0.123
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.073	0.099	0.123
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.073	0.076	0.114
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.073	0.099	0.123
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.073	0.099	0.123
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.073	0.083	0.146
11520	Taro leaves, raw	28.0	1.0 cup	0.073	0.072	0.110

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.073	0.088	0.126
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.072	0.082	0.135
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.072	0.101	0.119
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.072	0.104	0.123
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.072	0.100	0.136
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.072	0.091	0.132
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.072	0.091	0.179
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.072	0.091	0.179
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.072	0.095	0.110
11090	Broccoli, raw	91.0	1.0 cup chopped	0.072	0.114	0.117
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.072	0.108	0.115
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.072	0.218	0.112
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.072	0.108	0.115
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.072	0.080	0.105
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.072	0.080	0.105
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.072	0.078	0.102
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.072	0.078	0.102
11965	Cauliflower, green, raw	64.0	1.0 cup	0.072	0.095	0.110
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.071	0.092	0.130
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.071	0.101	0.107
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.071	0.097	0.115
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.071	0.084	0.132
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.071	0.099	0.133
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.071	0.080	0.119
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.071	0.101	0.126
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.071	0.101	0.172
11297	Parsley, fresh	60.0	1.0 cup chopped	0.071	0.103	0.122
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.071	0.060	0.072
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.071	0.065	0.112
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.070	0.081	0.146
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.070	0.093	0.105
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.070	0.063	0.092
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.070	0.063	0.092
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.070	0.094	0.138
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.070	0.078	0.129

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.070	0.086	0.292
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.070	0.084	0.120
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.070	0.078	0.129
18338	Phyllo dough	28.35	1.0 oz	0.070	0.081	0.139
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.070	0.077	0.110
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.070	0.096	0.118
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.069	0.098	0.104
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.069	0.078	0.111
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.069	0.091	0.128
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.069	0.078	0.120
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.069	0.081	0.126
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.069	0.085	0.126
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.069	0.110	0.117
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.069	0.082	0.129
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.069	0.076	0.122
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.069	0.068	0.125
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.069	0.085	0.284
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.069	0.094	0.128
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.069	0.072	0.081
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.069	0.083	0.128
11278	Okra, raw	100.0	1.0 cup	0.069	0.091	0.105
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.069	0.077	0.127
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.069	0.084	0.125
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.068	0.071	0.098
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.068	0.089	0.128
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.068	0.082	0.128
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.068	0.082	0.128
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.068	0.080	0.095
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.067	0.089	0.113
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.067	0.077	0.127
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.067	0.105	0.130
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.067	0.106	0.112

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.067	--	0.101
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.067	0.106	0.127
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.067	0.082	0.124
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.067	0.096	0.163
18218	Crackers, matzo, egg	14.2	0.5 oz	0.067	0.077	0.126
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.067	0.069	0.104
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.066	0.073	0.107
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.066	0.080	0.124
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.066	0.092	0.098
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.066	0.092	0.098
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.066	0.082	0.117
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.066	--	0.093
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.066	0.072	0.095
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.066	0.090	0.112
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.066	0.090	0.112
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.066	0.093	0.225
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.066	0.074	0.120
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.066	0.074	0.120
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.065	0.074	0.115
11080	Beets, raw	136.0	1.0 cup	0.065	0.076	0.092
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.065	0.075	0.111
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.065	0.075	0.122
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.065	0.086	0.111
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065	0.061	0.092
18242	Croutons, plain	14.2	0.5 oz	0.065	0.073	0.118
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.065	0.076	0.107
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.065	0.072	0.113
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.064	0.086	0.182
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.064	0.082	0.117
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.064	0.078	0.130
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.064	0.087	0.109
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.064	0.087	0.109
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.064	0.074	0.124
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.064	0.072	0.107
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.064	0.071	0.093

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.064	0.071	0.093
09021	Apricots, raw	155.0	1.0 cup, halves	0.064	0.073	0.119
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.064	0.071	0.113
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.064	0.071	0.113
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.064	0.079	0.111
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.064	0.073	0.119
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.064	0.071	0.113
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.064	0.075	0.102
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.064	0.079	0.111
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.064	0.071	0.113
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.063	0.066	0.090
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.063	0.072	0.099
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.063	0.072	0.099
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.063	0.083	0.103
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.063	0.075	0.119
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.063	0.072	0.105
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.063	0.075	0.113
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.063	0.073	0.096
09040	Bananas, raw	225.0	1.0 cup, mashed	0.063	0.106	0.153
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.063	0.074	0.112
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.063	0.065	0.107
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.063	0.073	0.108
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.063	0.084	0.122
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.062	0.065	0.094
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.062	0.065	0.094
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.062	0.071	0.112
11231	Jute, potherb, raw	28.0	1.0 cup	0.062	0.069	0.109
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.062	0.065	0.106
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.062	0.081	0.097
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.062	0.073	0.088
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.062	0.071	0.086
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.061	--	0.083
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.061	0.073	0.126

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.061	0.084	0.106
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.061	0.083	0.115
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.061	0.074	0.098
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.061	0.074	0.098
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.061	0.083	0.105
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.061	0.083	0.105
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.061	0.071	0.124
18243	Croutons, seasoned	14.2	0.5 oz	0.061	0.069	0.110
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.061	0.096	0.101
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.061	0.071	0.120
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.061	0.072	0.125
07031	Ham salad spread	15.0	1.0 tbsp	0.060	0.067	0.109
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.060	0.069	0.103
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.060	0.054	0.080
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.060	0.068	0.106
18214	Crackers, cheese, regular	14.2	0.5 oz	0.060	0.068	0.106
18172	Cookies, gingersnaps	28.35	1.0 oz	0.060	0.070	0.108
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.060	0.069	0.103
18177	Cookies, molasses	28.35	1.0 oz	0.060	0.069	0.107
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.060	0.078	0.097
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.060	0.046	0.062
09205	Oranges, raw, with peel	170.0	1.0 cup	0.060	0.094	0.054
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.059	0.074	0.095
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.059	0.074	0.095
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.059	0.074	0.095
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.059	0.074	0.095
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.059	0.082	0.087
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.059	0.082	0.087
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.059	0.084	0.203
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.059	0.080	0.090
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.059	0.079	0.115
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.059	0.069	0.084
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.059	0.069	0.084

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.059	0.083	0.202
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.059	0.091	0.111
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.059	0.083	0.202
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.059	0.068	0.104
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.059	0.091	0.111
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.059	0.067	0.101
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.059	0.058	0.082
18106	Coffeecake, fruit	28.35	1.0 oz	0.059	0.067	0.103
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.058	0.065	0.092
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.058	0.076	0.082
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.058	0.066	0.096
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.058	0.075	0.092
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.058	0.062	0.100
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.058	0.066	0.102
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.058	0.083	0.102
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.058	0.061	0.084
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.058	0.067	0.092
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.058	0.065	0.101
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.058	0.065	0.103
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.057	0.103	0.151
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.057	0.102	0.160
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.057	0.067	0.108
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.057	0.066	0.102
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.057	0.066	0.107
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.056	0.065	0.096
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.056	0.067	0.101
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.056	0.061	0.083
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.056	0.061	0.083
11518	Taro, raw	104.0	1.0 cup, sliced	0.056	0.085	0.115
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.056	0.082	0.145
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.056	0.079	0.084
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.056	0.064	0.089
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.056	0.080	0.109
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.056	0.070	0.091
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.056	0.064	0.096
11134	Cassava, raw	206.0	1.0 cup	0.056	0.072	0.080

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.056	0.052	0.079
11190	Cornsalad, raw	56.0	1.0 cup	0.055	--	0.074
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.055	0.068	0.090
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.055	0.063	0.108
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.055	0.061	0.113
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.055	0.073	0.085
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.055	0.066	0.116
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.055	0.070	0.092
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.055	0.075	0.080
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.055	0.075	0.080
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.055	0.060	0.080
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.055	0.067	0.088
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.054	0.064	0.077
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.054	0.064	0.096
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.054	0.062	0.099
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.054	0.069	0.074
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.054	0.074	0.131
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.054	0.067	0.072
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.054	0.063	0.096
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.053	0.063	0.102
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.053	0.071	0.082
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.053	0.068	0.089
09277	Plantains, raw	148.0	1.0 cup, sliced	0.053	0.068	0.087
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.053	0.162	0.084
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.053	0.060	0.092
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.053	0.064	0.089
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.053	0.064	0.089
11147	Chard, swiss, raw	36.0	1.0 cup	0.053	0.040	0.047
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.053	0.059	0.092
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.053	0.058	0.086
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.053	0.075	0.093
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.053	0.075	0.093
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.053	0.038	0.065
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.053	0.038	0.065
18021	Bread, boston brown, canned	28.35	1.0 oz	0.053	0.066	0.099

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.053	0.060	0.095
18217	Crackers, matzo, plain	14.2	0.5 oz	0.053	0.060	0.098
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.053	0.058	0.085
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.053	0.060	0.100
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.052	0.034	--
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.052	0.050	0.070
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.052	0.034	--
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.052	0.059	0.092
11527	Tomatoes, green, raw	180.0	1.0 cup	0.052	0.056	0.079
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.052	0.061	0.086
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.052	0.068	0.078
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.052	0.068	0.078
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.052	0.040	0.053
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.052	0.059	0.093
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.052	0.068	0.079
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.051	0.070	0.086
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.051	0.058	0.055
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.051	0.058	0.055
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.051	0.049	0.095
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.051	0.069	0.100
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.051	0.059	0.102
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.051	0.079	0.249
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.051	0.058	0.100
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.051	0.065	0.087
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.051	0.062	0.085
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.051	0.053	0.086
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.051	0.067	0.078
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.051	0.054	0.083
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.051	0.055	0.088
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.051	0.064	0.094
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.050	0.057	0.094
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.050	0.079	0.047
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.050	0.059	0.092
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.050	0.053	0.090
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.050	--	0.067
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.050	0.057	0.096

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.050	0.059	0.097
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.050	0.056	0.088
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.050	0.074	0.105
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.050	0.077	0.074
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.049	0.057	0.092
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.049	0.056	0.092
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.049	0.066	0.096
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.049	0.064	0.086
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.049	0.058	0.092
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.049	0.061	0.093
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.049	0.054	0.084
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.049	0.057	0.097
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.049	0.067	0.072
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.049	0.076	0.073
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.049	0.067	0.072
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.048	0.059	0.080
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.048	0.058	0.094
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.048	0.056	0.078
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.048	--	0.066
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.048	0.061	0.088
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.048	0.056	0.087
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.048	0.076	0.081
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.048	0.049	0.079
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.048	--	0.068
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.048	0.053	0.077
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.048	0.054	0.083
09176	Mangos, raw	165.0	1.0 cup pieces	0.048	0.069	0.082
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.048	0.057	0.091
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.048	0.086	0.126
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.048	0.051	0.081
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.048	0.055	0.094
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.047	0.060	0.078
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.047	0.063	0.091
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.047	0.055	0.090
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.047	0.067	0.078
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.047	0.048	0.088

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.047	0.058	0.074
01017	Cheese, cream	14.5	1.0 tbsp	0.047	0.057	0.095
11564	Turnips, raw	130.0	1.0 cup, cubes	0.047	0.039	0.043
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.047	0.054	0.081
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.047	0.054	0.079
18171	Cookies, fortune	28.35	1.0 oz	0.047	0.054	0.084
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.047	0.038	0.051
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.047	0.038	0.051
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.047	0.057	0.085
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.046	0.056	0.090
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.046	0.050	0.085
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.046	0.053	0.081
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.046	0.059	0.076
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.046	--	0.068
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.046	0.057	0.094
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.046	0.052	0.081
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.046	0.052	0.081
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.046	0.041	0.065
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.046	0.071	0.068
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.045	0.053	0.081
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.045	0.053	0.073
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.045	0.036	0.041
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.045	0.036	0.041
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.045	0.058	0.126
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.045	0.057	0.079
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.045	0.085	0.088
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.045	0.072	0.041
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.045	0.085	0.090
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.045	0.060	0.080
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.045	0.060	0.084
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.045	0.055	0.074
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.045	0.048	0.069
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.045	0.052	0.086
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.045	0.058	0.190

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.045	0.053	0.083
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.045	0.049	0.079
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.045	0.062	0.073
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.045	0.050	0.081
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.044	0.054	0.086
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.044	0.045	0.068
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.044	0.054	0.113
11457	Spinach, raw	30.0	1.0 cup	0.044	0.048	0.067
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.044	0.056	0.072
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.044	0.059	0.073
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.044	0.045	0.056
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.044	0.059	0.074
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.043	0.057	0.066
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.043	0.057	0.066
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.043	0.048	0.063
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.043	0.048	0.089
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.043	0.053	0.070
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.043	0.056	0.075
19081	Candies, sweet chocolate	28.35	1.0 oz	0.043	0.066	0.067
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.043	0.049	0.079
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.043	0.047	0.066
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.043	0.046	0.051
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.043	0.046	0.051
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.043	0.077	0.112
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.042	0.050	0.060
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.042	0.050	0.060
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.042	0.050	0.061
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.042	0.065	0.037
11963	Nopales, raw	86.0	1.0 cup, sliced	0.042	0.051	0.066
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.042	0.070	0.102
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.042	0.050	0.071
01072	Dessert topping, pressurized	70.0	1.0 cup	0.042	0.049	0.068
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.042	0.054	0.066
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.042	0.049	0.079
18354	Strudel, apple	28.35	1.0 oz	0.042	0.046	0.073
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.042	0.047	0.075

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.042	0.049	0.067
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.042	0.061	0.068
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.041	0.052	0.067
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.041	0.050	0.052
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.041	--	0.058
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.041	0.049	0.080
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.041	0.049	0.077
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.041	0.047	0.065
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.041	0.053	0.144
18223	Crackers, milk	14.2	0.5 oz	0.041	0.047	0.077
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.041	0.053	0.065
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.041	0.050	0.065
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.040	0.053	0.065
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.040	0.053	0.065
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.040	0.063	0.060
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.040	0.048	0.078
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.040	0.049	0.065
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.039	0.032	0.036
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.039	0.047	0.068
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.039	0.047	0.075
09088	Elderberries, raw	145.0	1.0 cup	0.039	0.048	0.087
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.039	0.048	0.062
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.039	0.048	0.073
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.039	0.045	0.066
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.039	0.044	0.067
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.038	0.070	0.056
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.038	0.046	0.071
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.038	0.059	0.060
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.038	0.069	0.100
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.038	0.038	0.070
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.038	0.050	0.058
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.038	0.050	0.058
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.037	0.042	0.066
18170	Cookies, fig bars	28.35	1.0 oz	0.037	0.044	0.064

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.037	0.040	0.053
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.037	0.040	0.053
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.037	0.052	0.105
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.037	0.058	0.051
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.037	0.043	0.052
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.037	0.042	0.066
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.037	0.043	0.073
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.037	0.139	0.178
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.037	0.139	0.178
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.037	--	0.039
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.036	0.040	0.059
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.036	0.046	0.055
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.036	0.048	0.059
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.036	0.048	0.059
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.036	0.050	0.058
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.036	0.042	0.072
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.036	0.039	0.058
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.036	0.048	0.064
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.036	0.046	0.062
11161	Collards, raw	36.0	1.0 cup, chopped	0.036	0.043	0.054
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036	0.048	--
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.036	0.042	0.072
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.036	0.041	0.053
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.036	--	0.054
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.036	0.043	0.051
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.036	0.043	0.051
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.036	0.050	0.121
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.036	0.050	0.121
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.035	0.039	0.038
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.035	0.056	0.031
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.035	0.048	0.059
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.035	0.048	0.059
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.035	0.048	0.059
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.035	0.038	0.064
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.035	0.038	0.064
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.034	0.049	0.118

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.034	0.049	0.118
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.034	0.041	0.058
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.034	0.047	0.058
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.034	0.066	0.068
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.034	0.068	0.071
09050	Blueberries, raw	148.0	1.0 cup	0.034	0.046	0.065
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.034	0.039	0.060
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.034	0.039	0.060
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.034	0.039	0.060
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.034	0.026	0.025
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.034	--	0.042
11003	Amaranth leaves, raw	28.0	1.0 cup	0.033	0.038	0.055
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.033	0.042	0.055
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.033	0.043	0.053
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.033	0.043	0.053
28292	Crackers, multigrain	14.0	4.0 crackers	0.033	0.041	0.067
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.033	0.041	0.055
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.033	0.041	0.074
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.033	0.038	0.059
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.033	0.040	0.074
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.033	--	0.063
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.033	0.038	0.058
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.033	0.037	0.054
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.033	0.050	0.055
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.032	0.044	0.057
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.032	0.044	0.057
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.032	0.042	0.053
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.032	0.035	0.050
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.032	0.039	0.049
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.032	0.037	0.049
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.032	0.059	0.061
11591	Watercress, raw	34.0	1.0 cup, chopped	0.032	0.047	0.056
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.032	0.043	0.061
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.032	0.043	0.061
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.031	0.038	0.039
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.031	--	0.040

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.031	0.046	0.054
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.031	0.037	0.049
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.031	0.043	0.061
25059	Snacks, brown rice chips	9.0	1.0 cake	0.031	0.043	0.061
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.031	0.043	0.061
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.031	0.036	0.044
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.031	0.039	0.054
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.031	0.035	0.051
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.031	0.032	0.052
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.031	0.043	0.050
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.031	0.037	0.073
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.031	0.038	0.066
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.031	0.038	0.069
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.031	0.037	0.057
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.030	0.043	0.104
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.030	0.020	0.029
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.030	0.035	0.057
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.030	0.042	0.070
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.030	0.043	0.041
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.030	0.038	0.043
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.030	0.025	0.028
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.030	0.048	0.028
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.030	0.032	0.036
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.030	0.043	0.041
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.030	0.037	0.042
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.030	0.054	0.057
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.030	0.041	0.056
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.029	0.022	0.021
09326	Watermelon, raw	154.0	1.0 cup, balls	0.029	0.025	0.028
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.029	0.038	0.047
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.029	0.038	0.047
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.029	0.034	0.049
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.029	0.034	0.049
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.029	--	0.056
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.029	0.040	0.056
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.029	0.040	0.056

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.029	0.037	0.042
11151	Chicory, witloof, raw	53.0	1.0 head	0.029	0.022	0.021
09143	Guava sauce, cooked	238.0	1.0 cup	0.029	0.026	0.050
19419	Snacks, corn cakes	9.0	1.0 cake	0.028	0.040	0.075
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.028	0.040	0.075
18360	Taco shells, baked	12.9	1.0 shell	0.028	0.037	0.108
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.028	0.035	0.049
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.028	0.035	0.049
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.028	0.031	0.030
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.028	0.033	0.045
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.028	0.034	0.054
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.028	0.043	0.048
21420	KFC, Coleslaw	112.0	1.0 package	0.028	--	0.038
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.028	0.037	0.112
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.028	0.039	0.053
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.028	0.033	0.041
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.028	0.029	0.029
19296	Honey	339.0	1.0 cup	0.027	0.031	0.034
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.027	0.034	0.042
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.027	0.039	0.046
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.027	0.039	0.046
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.027	0.029	0.044
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.027	--	0.037
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.027	0.037	0.036
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.027	0.030	0.043
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.027	0.017	--
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.026	0.034	0.042
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.026	0.045	0.053
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.026	0.031	0.051
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.025	--	0.038
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.025	0.030	0.035
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.025	0.037	0.050
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.025	0.037	0.050
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.025	0.029	0.048
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.025	0.032	0.040
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.025	0.030	0.042

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.025	0.035	0.084
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.024	0.028	0.041
09316	Strawberries, raw	152.0	1.0 cup, halves	0.024	0.029	0.052
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.024	0.026	0.034
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.024	0.026	0.029
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.024	0.032	0.044
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.024	0.037	0.073
19524	Snacks, taro chips	28.35	1.0 oz	0.024	0.036	0.049
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.024	0.037	0.037
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.024	0.030	0.042
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.024	0.026	0.038
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.024	0.027	0.046
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.023	0.029	0.034
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.023	0.034	0.039
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.023	0.036	0.072
11429	Radishes, raw	116.0	1.0 cup slices	0.023	0.041	0.036
09279	Plums, raw	165.0	1.0 cup, sliced	0.023	0.026	0.025
02033	Spices, poppy seed	2.8	1.0 tsp	0.023	0.031	0.037
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.023	0.028	0.033
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.023	0.036	0.038
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.023	0.030	0.035
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.023	0.027	0.037
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.022	0.032	0.031
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.022	0.032	0.031
11282	Onions, raw	160.0	1.0 cup, chopped	0.022	0.034	0.040
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.022	0.025	0.034
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.022	0.032	0.033
09174	Loquats, raw	149.0	1.0 cup, cubed	0.022	0.031	0.039
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.022	0.027	0.037
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.022	0.027	0.036
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.022	0.027	0.049
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.022	0.031	0.027
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.022	0.021	0.033
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.022	0.025	0.038
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.021	0.030	0.039

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.021	0.018	0.022
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.021	0.018	0.022
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.021	0.033	0.040
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.021	0.025	0.033
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.021	0.034	0.035
11143	Celery, raw	101.0	1.0 cup chopped	0.021	0.027	0.032
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.021	0.028	0.034
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.021	0.028	0.034
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.021	0.026	0.036
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.021	0.028	0.036
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.021	0.025	0.024
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.021	0.025	0.024
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.021	0.027	0.042
19400	Snacks, banana chips	28.35	1.0 oz	0.021	0.029	0.045
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.021	0.034	0.049
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.021	0.030	0.037
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.021	0.027	0.035
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.021	--	0.039
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.021	0.026	0.033
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.021	0.024	0.037
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.021	0.024	0.037
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.020	0.026	0.033
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.020	0.024	0.034
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.020	0.028	0.039
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.020	0.027	0.081
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.020	0.022	0.025
09206	Orange juice, raw	248.0	1.0 cup	0.020	0.027	0.032
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.020	0.020	0.025
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.020	0.020	0.025
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.020	0.023	0.035
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.020	0.023	0.039
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.019	0.021	0.034
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.019	0.026	0.030

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.019	0.016	0.021
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.019	0.021	0.031
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.019	0.022	0.029
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.019	--	0.026
18323	Pie, peach	28.35	1.0 oz	0.019	0.024	0.035
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.019	0.020	0.032
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.019	0.026	0.038
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.019	0.021	0.033
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.019	0.022	0.029
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.018	--	0.034
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.018	0.024	0.039
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.018	0.012	0.018
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.018	0.023	0.026
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.018	0.028	0.031
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.018	0.026	0.027
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.018	0.023	0.026
11213	Endive, raw	25.0	0.5 cup, chopped	0.018	0.016	0.024
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.018	0.020	0.028
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.018	0.025	0.030
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.018	0.025	0.030
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.018	0.022	0.034
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.018	0.023	0.025
09077	Crabapples, raw	110.0	1.0 cup slices	0.018	0.021	0.028
11086	Beet greens, raw	38.0	1.0 cup	0.017	0.025	0.037
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.017	0.025	0.032
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017	0.035	0.032
02005	Spices, caraway seed	2.1	1.0 tsp	0.017	0.022	0.026
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.017	0.019	0.029
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.017	0.027	0.027
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.017	0.020	0.027
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.017	0.022	0.031
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.017	0.020	0.028
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.017	0.025	0.028
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.017	0.021	0.032

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.017	--	0.033
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.016	0.020	0.032
02016	Spices, dill seed	2.1	1.0 tsp	0.016	0.024	0.019
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.016	--	0.028
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.016	0.032	0.030
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.016	--	0.028
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.016	0.019	0.027
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.016	0.019	0.027
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.016	--	0.033
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016	--	0.032
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.016	0.010	0.016
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.016	0.020	0.025
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.016	0.017	0.022
09252	Pears, raw	140.0	1.0 cup, slices	0.015	0.024	0.027
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.015	0.022	0.025
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.015	0.020	0.028
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.015	--	0.028
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.015	0.022	0.024
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.015	0.023	0.024
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.015	0.018	0.025
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.015	0.018	0.021
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.015	--	0.027
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.015	0.020	0.024
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.015	0.020	0.024
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.015	0.017	0.024
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.014	0.016	0.020
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.014	0.016	0.022
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.014	0.016	0.022
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.014	0.020	0.024
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.014	0.025	0.033
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.014	0.018	0.020
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.014	0.019	0.028
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.014	0.020	0.028
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.014	0.025	0.023
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.013	0.015	0.022

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.013	0.016	0.022
02028	Spices, paprika	2.3	1.0 tsp	0.013	0.017	0.021
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.013	0.024	0.035
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.013	0.015	0.023
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.013	0.017	0.018
09191	Nectarines, raw	143.0	1.0 cup slices	0.013	0.019	0.020
02020	Spices, garlic powder	3.1	1.0 tsp	0.013	0.021	0.023
20003	Arrowroot flour	128.0	1.0 cup	0.013	0.018	0.024
20027	Cornstarch	128.0	1.0 cup	0.013	0.018	0.046
02015	Spices, curry powder	2.0	1.0 tsp	0.013	0.015	0.018
09413	Pears, raw, red anjou	126.0	1.0 small	0.013	0.019	0.021
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.012	0.017	0.025
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.012	0.020	0.025
09221	Tangerine juice, raw	247.0	1.0 cup	0.012	0.020	0.025
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.012	0.017	0.022
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.012	0.016	0.024
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.012	0.017	0.021
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.012	0.014	0.024
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.012	0.019	0.019
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.012	0.016	0.026
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.012	0.014	0.021
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.012	0.014	0.023
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.012	0.023	0.021
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.011	0.014	0.014
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.011	0.011	0.015
09421	Dates, medjool	24.0	1.0 date, pitted	0.011	0.016	0.020
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.011	0.015	0.024
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.011	0.013	0.020
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.011	0.011	0.015
02009	Spices, chili powder	2.7	1.0 tsp	0.011	0.015	0.017
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.010	0.033	0.026
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.010	0.032	0.037
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.010	0.032	0.037
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.010	0.032	0.037

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.010	0.032	0.037
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.010	0.011	0.018
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.010	0.034	0.024
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.009	0.011	0.015
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.009	0.010	0.013
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.009	0.010	0.013
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.009	0.011	0.031
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.009	0.011	0.031
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.009	0.010	0.015
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.009	0.013	0.017
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.009	0.021	0.026
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.008	0.013	0.023
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.008	--	0.013
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.008	0.011	0.011
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.008	0.011	0.011
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.008	0.008	0.012
02029	Spices, parsley, dried	0.5	1.0 tsp	0.008	0.010	0.014
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.008	0.011	0.019
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.008	0.012	0.012
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.008	0.007	0.008
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.008	0.015	0.016
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.008	0.008	0.011
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.007	0.010	0.013
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.007	0.009	0.015
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.007	0.011	0.014
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.007	0.010	0.012
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.007	0.009	0.011
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.007	0.009	0.010
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.007	0.007	0.009
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.007	0.007	0.009
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.007	0.013	0.015
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.007	0.013	0.014
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.007	0.014	0.015
02021	Spices, ginger, ground	1.8	1.0 tsp	0.006	0.007	0.009
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.006	0.005	0.008

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.006	0.005	0.008
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.006	0.008	0.009
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.006	0.008	0.010
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.005	0.007	0.009
11960	Carrots, baby, raw	15.0	1.0 large	0.005	0.005	0.005
02011	Spices, cloves, ground	2.1	1.0 tsp	0.005	0.007	0.008
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.005	0.006	0.008
09160	Lime juice, raw	242.0	1.0 cup	0.005	0.027	0.039
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.005	0.005	0.007
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.005	0.005	0.004
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.005	0.005	0.007
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.005	0.006	0.012
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.005	0.005	0.007
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.005	0.016	0.012
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.004	0.012	0.007
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.004	0.006	0.008
11145	Celtuce, raw	8.0	1.0 leaf	0.004	0.004	0.004
11943	Pimento, canned	12.0	1.0 tbsp	0.004	0.006	0.007
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004	0.004	0.006
02066	Spearmint, dried	0.5	1.0 tsp	0.004	0.005	0.007
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.004	0.003	--
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.004	0.003	--
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.004	0.006	0.006
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004	0.006	0.007
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.004	0.005	0.008
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004	0.005	0.008
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.004	0.005	0.006
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.004	0.004	0.005
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.003	0.005	0.006
19297	Jams and preserves	20.0	1.0 tbsp	0.003	0.004	0.007
02026	Spices, onion powder	2.4	1.0 tsp	0.003	0.004	0.005
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.003	--	0.005
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003	0.003	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.003	0.005	0.005
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.003	0.004	0.005

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.003	0.005	0.008
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.003	0.003	0.004
02044	Basil, fresh	2.5	5.0 leaves	0.003	0.003	0.005
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.003	0.003	0.004
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.003	0.003	0.004
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.002	0.003	0.004
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002	0.003	0.004
11949	Catsup, low sodium	17.0	1.0 tbsp	0.002	--	0.004
11935	Catsup	17.0	1.0 tbsp	0.002	--	0.004
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.002	0.003	0.004
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.002	0.003	0.004
02049	Thyme, fresh	0.8	1.0 tsp	0.002	0.002	0.002
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.002	0.003	0.003
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.002	0.004	0.006
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.002	0.002	0.003
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.002	0.002	0.003
11447	Sesbania flower, raw	3.0	1.0 flower	0.002	0.002	0.003
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002	0.003	0.003
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002	0.002	0.002
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.002	0.002	0.003
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002	0.002	0.003
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002	0.002	0.003
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.002	0.003	0.005
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.002	0.003	0.007
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.002	0.003	0.007
09173	Longans, dried	1.7	1.0 fruit	0.002	0.004	0.003
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.002	--	0.002
19303	Marmalade, orange	20.0	1.0 tbsp	0.002	0.003	0.001
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001	0.002	0.003
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.001	--	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001	0.001	0.002
11216	Ginger root, raw	2.0	1.0 tsp	0.001	0.001	0.001
02063	Rosemary, fresh	0.7	1.0 tsp	0.001	0.001	0.002
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001	0.002	0.004
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001	0.002	0.004

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001	0.002	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001	0.001	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001	--	0.001
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001	--	--
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.001	0.001	0.001
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.001	0.001	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.000	0.000	0.001
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.000	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000	--	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000	--	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000	--	--
04534	Oil, babassu	13.6	1.0 tbsp	0.000	--	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000	--	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000	--	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000	--	--
04529	Oil, almond	13.6	1.0 tablespoon	0.000	--	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.000	--	--
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000	--	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000	--	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000	--	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000	--	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000	--	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000	--	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000	--	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000	--	--
04055	Oil, palm	13.6	1.0 tbsp	0.000	--	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000	--	--
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000	--	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000	--	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000	--	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000	--	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000	--	--
19018	Fruit syrup	334.0	1.0 cup	0.000	--	0.003

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000	--	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000	--	--
04002	Lard	12.8	1.0 tbsp	0.000	--	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000	--	--
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.000	--	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000	--	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000	--	--
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000	--	--
04575	Fat, turkey	12.8	1.0 tbsp	0.000	--	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000	--	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000	--	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000	--	--
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000	--	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000	--	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000	--	--
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000	--	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000	--	--
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000	--	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000	--	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000	--	--
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000	--	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000	--	--
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000	--	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000	--	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000	--	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000	--	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000	--	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000	--	--
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000	--	--

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000	--	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000	--	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000	--	--
04047	Oil, coconut	13.6	1.0 tbsp	0.000	--	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000	--	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000	--	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000	--	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000	--	--
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000	--	--
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000	--	--
04038	Oil, wheat germ	4.5	1.0 tsp	0.000	--	--
04576	Fat, goose	12.8	1.0 tbsp	0.000	--	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000	--	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000	--	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000	--	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000	--	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000	--	--
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000	--	--
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000	--	--
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000	--	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000	--	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000	--	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000	--	--
04528	Oil, walnut	13.6	1.0 tbsp	0.000	--	--
02047	Salt, table	6.0	1.0 tsp	0.000	--	--
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000	--	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000	--	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000	--	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000	--	--

NDB_No	Description	Weight(g)	Measure	Isoleucine(g) Per Measure	Valine(g) Per Measure	Leucine(g) Per Measure
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000	--	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000	--	--
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000	--	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000	--	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000	--	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000	--	--
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000	--	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000	--	--
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000	--	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000	--	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000	--	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000	--	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000	--	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000	--	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000	--	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000	--	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000	--	--
04542	Fat, chicken	12.8	1.0 tbsp	0.000	--	--
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000	--	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--	--
04574	Fat, duck	12.8	1.0 tbsp	0.000	--	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000	--	--