USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Niacin (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: February 08, 2016 11:40 EST

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	117.100
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	101.402
20060	Rice bran, crude	118.0	1.0 cup	40.114
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)	39.449
05305	Ground turkey, raw	453.6	1.0 lb	30.541
19352	Syrups, malt	332.0	1.0 cup	26.958
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	26.264
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	25.818
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	25.354
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	24.887
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	24.887
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	24.887
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	24.570
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	24.384
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	24.187
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	24.100
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	23.524
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	23.263
16091	Peanuts, spanish, raw	146.0	1.0 cup	23.251
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	22.168
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	21.952
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	21.952
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	21.855
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	21.661
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	21.250
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	21.021
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	21.021
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	20.958

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	20.647
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	20.647
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	20.010
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	20.010
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	20.010
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	20.000
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	20.000
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	20.000
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	20.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	19.999
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	19.999
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	19.999
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	19.999
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	19.981
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	19.908
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	19.908
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	19.745
16106	Meat extender	88.0	1.0 cup	19.378
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	19.197
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	18.871
16093	Peanuts, valencia, raw	146.0	1.0 cup	18.798
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	18.760
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	18.711
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	18.614
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	18.313
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	18.313
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	18.224
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	18.104
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	18.099
16095	Peanuts, virginia, raw	146.0	1.0 cup	18.068
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	17.894
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	17.808
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	17.794
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	17.437
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	17.402

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05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	17.389
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	17.255
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	17.219
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	16.963
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	16.652
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	16.596
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	16.400
16099	Peanut flour, defatted	60.0	1.0 cup	16.200
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	15.974
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	15.943
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	15.931
36027	DENNY'S, chicken strips	194.0	1.0 serving	15.662
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	15.660
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	15.598
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	15.507
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	15.484
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	15.481
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	15.407
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)	15.288
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	15.264
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	15.256
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	14.943
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	14.941
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	14.657
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	14.436
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	14.436
11667	Seaweed, spirulina, dried	112.0	1.0 cup	14.358
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	14.182
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	14.178
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	14.178
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	14.168
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	14.155
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	13.855
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	13.776
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	13.668

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05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	13.528
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	13.372
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	13.174
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	13.108
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	13.090
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	13.042
20076	Wheat, durum	192.0	1.0 cup	12.937
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	12.867
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	12.862
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	12.842
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	12.823
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	12.747
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	12.728
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	12.610
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	12.478
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	12.450
42270	Beverages, Orange juice drink	249.0	1.0 cup	12.450
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	12.432
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	12.399
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)	12.388
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	12.342
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	12.312
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	12.080
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	12.080
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	12.060
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	12.014
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	11.970
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	11.953
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	11.951
20008	Buckwheat	170.0	1.0 cup	11.934
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	11.927
15001	Fish, anchovy, european, raw	85.0	3.0 oz	11.920
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	11.917
20140	Spelt, uncooked	174.0	1.0 cup	11.907
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	11.882

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20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	11.858
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	11.857
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	11.796
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	11.796
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	11.783
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	11.777
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	11.769
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	11.730
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	11.712
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	11.683
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	11.660
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	11.573
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	11.547
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	11.544
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	11.544
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	11.322
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	11.322
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	11.313
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	11.313
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	11.313
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	11.300
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	11.294
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	11.288
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	11.219
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	11.199
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	11.165
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	11.165
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	11.035
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	11.033
20071	Wheat, hard red spring	192.0	1.0 cup	10.963
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	10.956
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	10.930
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	10.912
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	10.906
16104	Bacon, meatless	144.0	1.0 cup	10.886

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17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	10.880
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	10.792
20088	Wild rice, raw	160.0	1.0 cup	10.773
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	10.744
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	10.668
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	10.640
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	10.615
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	10.613
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	10.605
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	10.581
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	10.572
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	10.542
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	10.540
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	10.520
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	10.510
20072	Wheat, hard red winter	192.0	1.0 cup	10.491
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	10.480
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	10.428
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	10.418
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	10.366
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	10.349
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)	10.346
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	10.344
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.333
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	10.330
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	10.330
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	10.328
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	10.316
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	10.316
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	10.313
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	10.280
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	10.242
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	10.237
43134	Vegetarian fillets	85.0	1.0 fillet	10.200
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	10.170
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.115

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36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	10.108
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	10.084
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	10.068
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	10.049
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)	10.037
20090	Rice flour, brown	158.0	1.0 cup	10.017
20066	Semolina, enriched	167.0	1.0 cup	10.003
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	10.000
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	10.000
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	10.000
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	9.998
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	9.995
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	9.990
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	9.988
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	9.988
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	9.988
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	9.988
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	9.988
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	9.988
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	9.988
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	9.988
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	9.984
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	9.943
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	9.943
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	9.931
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	9.898
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	9.872
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	9.867
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	9.827
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	9.775
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	9.744
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	9.728
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	9.679
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	9.672
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	9.669

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	9.650
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	9.636
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)	9.628
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	9.614
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	9.606
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	9.598
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	9.569
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	9.559
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	9.552
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	9.530
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	9.521
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	9.460
20031	Millet, raw	200.0	1.0 cup	9.440
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	9.434
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	9.407
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	9.393
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)	9.387
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	9.373
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	9.360
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	9.359
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	9.339
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	9.339
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.332
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	9.329
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	9.302
20130	Barley flour or meal	148.0	1.0 cup	9.278
20005	Barley, pearled, raw	200.0	1.0 cup	9.208
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	9.190
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	9.180
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	9.169
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	9.167
20131	Barley malt flour	162.0	1.0 cup	9.130
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	9.112
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	9.104
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	9.102

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	9.101
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	9.069
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	9.023
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	9.014
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	9.014
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	9.014
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	8.987
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	8.984
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	8.976
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	8.976
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	8.971
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	8.960
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	8.959
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	8.943
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	8.940
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	8.932
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	8.926
15005	Fish, bluefish, raw	150.0	1.0 fillet	8.925
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	8.907
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	8.893
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	8.872
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	8.867
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	8.850
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	8.843
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	8.843
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)	8.839
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.824
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	8.798
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)	8.796
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	8.789
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	8.782
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	8.772
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	8.762
05621	Emu, ground, raw	117.0	1.0 patty	8.757
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	8.751

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	8.749
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	8.700
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	8.700
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	8.696
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	8.687
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	8.639
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)	8.620
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	8.610
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	8.609
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	8.605
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	8.590
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	8.585
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	8.585
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	8.576
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)	8.568
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	8.568
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	8.568
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	8.565
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	8.564
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	8.542
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	8.538
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	8.522
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	8.503
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	8.500
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	8.495
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	8.495
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	8.479
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	8.473
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	8.473
20004	Barley, hulled	184.0	1.0 cup	8.471
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	8.440
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	8.435
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	8.435
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	8.435

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	8.435
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	8.423
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	8.421
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)	8.420
20074	Wheat, hard white	192.0	1.0 cup	8.412
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	8.400
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)	8.375
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	8.367
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	8.360
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	8.345
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	8.342
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	8.300
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	8.280
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	8.262
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	8.252
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	8.251
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	8.250
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	8.246
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)	8.230
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	8.226
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8.217
05157	Quail, meat and skin, raw	109.0	1.0 quail	8.216
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	8.215
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	8.211
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	8.206
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	8.199
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	8.189
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	8.185
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	8.162
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	8.160
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	8.150
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	8.148
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	8.145

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8.143
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	8.142
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	8.137
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	8.126
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8.112
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)	8.108
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	8.099
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	8.090
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)	8.081
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)	8.081
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	8.077
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	8.075
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	8.066
20073	Wheat, soft red winter	168.0	1.0 cup	8.064
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	8.060
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	8.051
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	8.041
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	8.036
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	8.032
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	8.032
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	8.030
21270	TACO BELL, Taco Salad	533.0	1.0 item	8.022
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	8.021
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8.017
20075	Wheat, soft white	168.0	1.0 cup	8.007
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	8.000
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	7.990
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	7.987
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	7.959
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	7.952
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	7.950
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	7.948

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	7.948
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	7.931
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	7.930
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	7.910
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	7.909
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	7.908
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	7.893
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	7.892
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	7.888
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	7.887
20077	Wheat bran, crude	58.0	1.0 cup	7.875
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7.870
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	7.866
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	7.864
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	7.853
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	7.852
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	7.848
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	7.848
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	7.843
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	7.837
20078	Wheat germ, crude	115.0	1.0 cup	7.835
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7.833
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	7.832
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	7.815
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	7.812
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	7.808
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	7.800
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	7.800
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	7.797
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	7.795
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	7.769
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	7.767
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	7.765
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	7.758
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	7.755

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	7.755
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	7.752
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	7.734
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	7.733
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	7.718
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	7.713
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)	7.712
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	7.707
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	7.704
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	7.704
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	7.698
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	7.691
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	7.691
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.687
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	7.680
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	7.678
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	7.675
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	7.668
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	7.667
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	7.662
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	7.658
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7.651
43406	Yeast extract spread	6.0	1.0 tsp	7.650
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	7.643
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7.629
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	7.625
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	7.624
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	7.623
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	7.613
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	7.605
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	7.605
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7.596
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7.595
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	7.593
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	7.592
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	7.591

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	7.590
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	7.590
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	7.590
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	7.581
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	7.577
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	7.571
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	7.569
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	7.569
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	7.560
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	7.560
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	7.550
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	7.548
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	7.545
05158	Quail, meat only, raw	92.0	1.0 quail	7.544
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	7.539
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	7.531
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	7.528
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)	7.526
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7.517
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7.477
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	7.473
05152	Guinea hen, meat only, raw	85.0	3.0 oz	7.465
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	7.463
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	7.457
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	7.454
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	7.454
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	7.447
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7.436
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7.430
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	7.423
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	7.420
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7.418
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	7.413
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	7.413
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	7.411

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	7.395
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	7.390
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	7.390
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	7.389
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	7.386
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	7.386
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	7.386
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	7.380
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	7.380
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	7.380
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	7.380
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	7.380
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	7.371
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	7.356
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	7.356
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	7.353
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	7.341
11987	Mushrooms, oyster, raw	148.0	1.0 large	7.335
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	7.334
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	7.332
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7.327
15049	Fish, mackerel, king, raw	85.0	3.0 oz	7.302
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	7.300
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7.294
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	7.290
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	7.287
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	7.281
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7.280
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7.280
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	7.275
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	7.271
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7.269
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7.267
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	7.261

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	7.254
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	7.251
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	7.250
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	7.250
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	7.247
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7.243
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	7.242
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7.237
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	7.234
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	7.233
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7.233
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	7.230
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	7.226
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	7.226
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	7.220
20062	Rye grain	169.0	1.0 cup	7.216
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	7.208
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	7.204
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	7.202
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	7.202
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	7.201
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	7.200
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	7.194
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	7.193
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	7.182
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	7.178
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	7.178
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	7.176
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	7.170
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	7.166
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	7.166
20647	Millet flour	119.0	1.0 cup	7.164
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	7.162

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
20012	Bulgur, dry	140.0	1.0 cup	7.160
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	7.157
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	7.157
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	7.155
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	7.154
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7.153
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	7.153
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	7.152
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	7.143
15094	Fish, shad, american, raw	85.0	3.0 oz	7.140
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	7.140
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	7.129
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	7.126
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	7.126
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	7.108
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7.105
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	7.102
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	7.099
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	7.098
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	7.093
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7.085
20067	Sorghum grain	192.0	1.0 cup	7.081
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7.080
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	7.078
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7.075
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	7.072
19059	Snacks, trail mix, regular	150.0	1.0 cup	7.068
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	7.068
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	7.064
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	7.064
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	7.055
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	7.055
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	7.053
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	7.050
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7.046
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	7.045

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7.044
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	7.031
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	7.028
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	7.025
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	7.025
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	7.020
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	7.018
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	7.015
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	7.008
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	7.008
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	7.007
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	7.006
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	7.006
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	7.006
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	7.006
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	7.006
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	7.004
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	7.003
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	7.000
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	7.000
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	7.000
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	7.000
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	6.997
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	6.996
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6.996
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	6.990
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	6.990
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	6.990
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	6.989
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	6.989
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	6.989
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	6.987
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	6.985
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6.977
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6.974
05159	Quail, breast, meat only, raw	85.0	3.0 oz	6.970

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	6.967
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	6.961
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	6.961
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	6.958
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	6.958
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6.951
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6.945
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)	6.940
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	6.928
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	6.925
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	6.919
16100	Peanut flour, low fat	60.0	1.0 cup	6.899
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	6.885
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	6.881
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	6.870
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	6.864
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	6.854
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	6.849
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.847
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)	6.843
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	6.840
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	6.838
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	6.831
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	6.826
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	6.826
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.817
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.808
15083	Fish, salmon, pink, raw	85.0	3.0 oz	6.796
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	6.795
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	6.790
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	6.785
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6.784
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6.784
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6.781

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	6.774
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	6.766
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	6.758
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	6.757
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	6.757
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	6.757
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	6.755
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	6.749
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	6.749
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6.748
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	6.740
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6.740
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	6.738
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	6.732
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	6.729
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	6.724
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	6.724
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	6.722
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	6.717
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	6.715
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6.711
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	6.706
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	6.701
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	6.698
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	6.694
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6.690
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	6.688
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	6.687
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.685
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	6.681
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	6.677
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	6.667
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	6.664
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	6.662
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	6.659
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	6.656

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	6.655
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	6.651
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.642
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	6.639
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6.636
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6.632
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	6.630
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	6.630
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6.624
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	6.612
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	6.611
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6.604
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	6.604
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	6.602
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	6.600
15110	Fish, swordfish, raw	85.0	3.0 oz	6.596
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6.596
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	6.595
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6.582
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	6.576
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	6.562
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	6.556
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	6.550
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	6.549
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	6.549
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	6.549
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	6.536
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6.532
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	6.531
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	6.529
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	6.529
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	6.528
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	6.528
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	6.517

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	6.512
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	6.507
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	6.507
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	6.505
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	6.502
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	6.493
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.491
20142	Teff, uncooked	193.0	1.0 cup	6.491
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)	6.490
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	6.486
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	6.478
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6.477
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	6.474
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	6.471
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	6.471
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	6.469
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	6.463
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	6.460
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6.459
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	6.455
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	6.455
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	6.451
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	6.446
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	6.439
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	6.439
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	6.438
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	6.435
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	6.433
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	6.431
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	6.431
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	6.426

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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)	6.423
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)	6.423
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6.422
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	6.419
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	6.406
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	6.399
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	6.393
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	6.384
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	6.379
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6.378
05626	Emu, full rump, raw	85.0	3.0 oz	6.378
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	6.375
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	6.375
05631	Emu, oyster, raw	85.0	3.0 oz	6.374
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	6.374
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6.362
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	6.361
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	6.355
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	6.352
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6.350
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	6.343
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	6.341
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	6.339
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.338
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	6.336
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	6.331
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	6.328
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	6.324
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.320
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	6.317
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	6.316
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	6.315
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	6.315

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	6.315
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6.310
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.307
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	6.305
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	6.301
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	6.301
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	6.301
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	6.301
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	6.298
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.292
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	6.292
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6.287
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	6.287
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	6.286
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	6.285
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	6.283
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6.279
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	6.274
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	6.268
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	6.259
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6.259
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	6.256
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	6.248
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	6.247
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	6.246
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	6.244
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)	6.241
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	6.233
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	6.224
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	6.224
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	6.222
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)	6.214
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	6.214

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	6.212
05628	Emu, inside drum, raw	85.0	3.0 oz	6.208
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	6.208
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	6.207
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	6.206
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6.196
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	6.185
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	6.183
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	6.182
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6.179
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	6.178
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	6.175
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	6.175
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	6.168
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	6.168
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6.168
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	6.165
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	6.162
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	6.159
05630	Emu, outside drum, raw	85.0	3.0 oz	6.158
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	6.156
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	6.153
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	6.146
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	6.146
10130	Canadian bacon, unprepared	85.0	3.0 oz	6.143
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	6.140
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	6.132
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	6.128
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	6.127
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	6.114
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	6.111
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	6.111
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6.111
05150	Goose, liver, raw	94.0	1.0 liver	6.110
43109	Pretzels, soft	143.0	1.0 large	6.106

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
25024	Pretzels, soft, unsalted	143.0	1.0 large	6.106
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	6.106
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	6.100
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	6.098
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	6.096
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.094
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	6.088
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	6.086
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	6.086
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	6.086
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	6.084
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	6.080
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	6.078
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	6.073
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	6.072
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	6.063
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	6.060
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6.058
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	6.057
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	6.047
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	6.046
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	6.044
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	6.041
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.038
20028	Couscous, dry	173.0	1.0 cup	6.038
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	6.038
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6.036
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	6.035
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	6.035
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	6.035
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	6.033
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	6.032
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6.032
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6.031
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	6.028
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	6.028

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	6.027
20314	Corn grain, white	166.0	1.0 cup	6.021
20014	Corn grain, yellow	166.0	1.0 cup	6.021
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	6.021
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	6.021
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	6.020
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	6.017
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	6.013
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	6.013
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6.010
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	6.002
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6.001
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	5.995
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	5.995
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	5.993
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5.992
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	5.992
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	5.992
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	5.987
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	5.985
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	5.983
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5.981
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	5.980
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	5.980
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	5.976
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	5.974
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	5.968
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.967
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	5.964
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.950
15079	Fish, salmon, chum, raw	85.0	3.0 oz	5.950
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	5.950
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	5.950
20080	Wheat flour, whole-grain	120.0	1.0 cup	5.948
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	5.942
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	5.939

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	5.933
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5.931
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	5.929
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	5.926
12147	Nuts, pine nuts, dried	135.0	1.0 cup	5.922
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5.915
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	5.914
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	5.914
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	5.913
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5.905
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.905
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	5.897
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	5.894
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	5.893
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	5.892
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	5.889
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.886
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	5.885
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	5.882
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	5.881
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	5.878
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	5.871
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5.870
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	5.868
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	5.862
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	5.860
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	5.859
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	5.859
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	5.856
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5.852
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	5.850
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	5.849
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5.848
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	5.846
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.842

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5.840
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	5.837
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	5.836
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.835
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	5.830
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	5.827
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	5.825
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	5.824
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	5.823
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.822
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	5.821
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	5.809
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	5.805
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.805
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	5.803
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	5.803
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	5.803
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	5.800
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5.797
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	5.796
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	5.796
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	5.791
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	5.791
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	5.790
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	5.789
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.788
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.788
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.788
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	5.787
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	5.785
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	5.783
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	5.781
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	5.780
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	5.778
05625	Emu, flat fillet, raw	85.0	3.0 oz	5.768

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	5.766
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.762
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	5.760
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)	5.758
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.757
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	5.754
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	5.754
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	5.754
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	5.751
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	5.746
05154	Pheasant, raw, meat only	85.0	3.0 oz	5.745
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	5.741
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.738
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	5.732
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	5.731
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.731
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	5.731
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	5.725
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	5.724
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	5.719
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5.712
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.712
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.712
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	5.704
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	5.699
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	5.699
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	5.698
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	5.698
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	5.698
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	5.695
15128	Fish, tuna salad	85.0	3.0 oz	5.695
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	5.691
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	5.691

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	5.684
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.684
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.682
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	5.682
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	5.682
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	5.682
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	5.682
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	5.682
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	5.681
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.681
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.679
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	5.678
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	5.678
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	5.677
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.675
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)	5.673
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	5.671
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	5.670
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5.670
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.667
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.667
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	5.662
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.661
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	5.661
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	5.661
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.659
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	5.655
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	5.653
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	5.652
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	5.651
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	5.650
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5.649

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	5.647
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	5.644
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	5.643
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	5.643
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.640
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	5.637
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	5.635
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.635
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	5.632
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.630
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	5.627
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.627
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	5.626
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	5.625
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	5.625
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	5.625
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	5.624
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	5.624
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	5.623
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	5.619
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	5.618
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	5.618
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	5.618
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	5.616
11413	Potato flour	160.0	1.0 cup	5.611
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	5.610
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	5.602
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	5.602
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5.602
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	5.602
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	5.600
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.597

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.597
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.597
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	5.597
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	5.594
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	5.593
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	5.593
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	5.592
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	5.580
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	5.579
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	5.578
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	5.576
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	5.576
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	5.576
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	5.575
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	5.571
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	5.571
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.569
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.568
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	5.568
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.566
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	5.556
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	5.556
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	5.555
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	5.550
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5.542
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	5.538
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	5.536
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	5.534
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	5.533
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.533
20466	Semolina, unenriched	167.0	1.0 cup	5.528
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	5.528
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	5.524

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	5.519
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	5.517
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	5.516
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	5.512
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	5.505
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	5.504
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	5.503
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5.500
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	5.498
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	5.497
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.493
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.493
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	5.488
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	5.486
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.484
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	5.483
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	5.482
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	5.482
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	5.479
15053	Fish, milkfish, raw	85.0	3.0 oz	5.474
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	5.474
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	5.473
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	5.471
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	5.471
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	5.470
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.470
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.468
20063	Rye flour, dark	128.0	1.0 cup	5.466
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	5.463
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	5.462
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.459
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	5.457
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	5.457

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	5.454
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	5.452
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	5.450
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	5.450
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	5.449
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	5.447
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	5.445
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	5.445
20648	Sorghum flour, whole-grain	121.0	1.0 cup	5.440
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	5.440
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	5.434
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5.433
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.432
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.432
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	5.426
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	5.425
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	5.425
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.423
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.423
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	5.418
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	5.414
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	5.413
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5.410
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.406
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.405
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5.403
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.400
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	5.395
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	5.392
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.389
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.389
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	5.388
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5.387
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	5.381

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	5.380
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	5.380
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	5.380
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	5.380
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	5.380
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	5.374
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	5.373
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	5.372
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	5.372
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	5.371
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	5.370
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.367
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	5.366
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	5.366
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	5.365
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	5.359
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	5.359
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	5.358
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	5.348
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	5.347
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	5.346
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	5.346
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	5.345
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	5.343
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	5.340
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	5.340
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	5.334
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	5.332
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	5.332
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	5.330
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.329
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	5.327
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.327
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	5.326

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	5.323
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	5.321
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.318
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	5.313
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)	5.308
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	5.302
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5.300
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.293
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	5.293
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	5.292
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5.291
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	5.291
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5.290
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	5.289
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	5.289
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.284
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	5.284
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.274
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.271
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	5.267
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	5.267
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	5.267
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	5.263
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	5.259
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.259
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	5.256
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	5.256
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	5.256
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	5.256
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	5.254
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5.253
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.253
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	5.250
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	5.250

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	5.249
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	5.238
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.236
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.232
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.232
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.228
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	5.228
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	5.228
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	5.227
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	5.227
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	5.226
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	5.221
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5.219
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.218
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	5.217
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	5.213
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.210
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.208
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	5.205
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.202
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.201
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.198
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5.193
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	5.193
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	5.191
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.191
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	5.188
15023	Fish, mahimahi, raw	85.0	3.0 oz	5.185
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	5.181
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	5.179
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.174
12061	Nuts, almonds	143.0	1.0 cup, whole	5.174
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	5.173

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	5.172
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	5.170
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	5.169
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.165
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	5.164
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)	5.161
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	5.160
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	5.160
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	5.160
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	5.146
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	5.145
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	5.143
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	5.142
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	5.140
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	5.139
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.139
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	5.136
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	5.135
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5.134
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	5.134
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5.131
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	5.129
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5.128
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	5.123
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	5.122
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	5.116
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.116
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	5.111
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	5.111
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	5.106
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	5.100
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	5.100
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	5.100

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5.097
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	5.092
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)	5.092
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.088
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	5.079
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	5.077
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	5.075
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	5.071
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	5.069
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	5.067
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	5.067
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	5.066
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5.058
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	5.058
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	5.058
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	5.055
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	5.054
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	5.048
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	5.048
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	5.048
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	5.047
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	5.037
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	5.037
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5.030
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	5.030
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	5.025
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.024
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	5.022
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	5.022
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	5.019
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	5.019
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	5.016
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	5.015

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	5.015
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	5.015
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	5.015
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	5.014
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	5.014
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	5.013
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	5.013
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	5.012
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	5.012
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	5.012
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	5.012
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	5.012
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	5.012
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	5.012
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	5.011
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	5.010
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	5.010
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	5.010
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	5.010
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	5.010
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	5.010
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	5.010
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	5.010
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	5.010
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	5.010
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	5.010
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	5.010
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	5.010
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	5.010
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	5.010
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	5.010
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	5.010
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	5.010
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	5.010
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	5.009
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	5.009

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	5.009
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	5.009
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	5.009
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	5.009
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	5.008
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	5.006
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	5.005
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	5.005
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	5.005
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	5.005
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	5.005
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	5.005
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	5.005
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	5.005
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	5.005
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	5.005
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	5.005
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	5.005
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	5.005
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	5.002
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	5.002
16069	Lentils, raw	192.0	1.0 cup	5.002
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	5.001
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	5.001
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	5.001
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	5.001
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	5.001
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	5.001
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	5.001
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	5.000
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	5.000
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	5.000
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	5.000
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	5.000
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	5.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5.000
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5.000
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	5.000
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	5.000
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	5.000
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	5.000
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	4.999
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	4.998
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	4.998
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	4.998
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	4.998
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	4.998
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.997
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	4.997
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	4.997
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	4.997
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	4.997
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	4.996
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	4.996
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	4.996
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	4.995
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	4.995
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	4.995
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	4.995
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	4.995
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	4.995
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	4.995
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	4.995
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	4.995
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	4.995
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	4.995
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	4.995
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.994
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	4.993
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)	4.992

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	4.992
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	4.992
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	4.992
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	4.992
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	4.992
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	4.992
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	4.992
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	4.992
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	4.991
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	4.991
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	4.991
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	4.991
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	4.991
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	4.991
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	4.991
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	4.991
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	4.991
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.990
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	4.990
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.990
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.989
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	4.988
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	4.988
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	4.988
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	4.988
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	4.988
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	4.988
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	4.988
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	4.988
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	4.988
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	4.988
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	4.988
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.987
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.986
20141	Spelt, cooked	194.0	1.0 cup	4.986
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	4.984

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08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	4.982
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	4.980
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	4.980
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	4.978
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	4.978
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	4.977
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	4.977
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.973
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	4.972
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	4.972
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)	4.964
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.964
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	4.962
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	4.962
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	4.960
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	4.958
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	4.956
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	4.953
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.952
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	4.947
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	4.942
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	4.942
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	4.941
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	4.940
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	4.938
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.932
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.929
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	4.929
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	4.929
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	4.929
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	4.928
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	4.927
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	4.925

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	4.922
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	4.919
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	4.918
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.915
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	4.913
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	4.911
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.908
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	4.908
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	4.904
10158	USDA Commodity, pork, canned	85.0	3.0 oz	4.902
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.900
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	4.896
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	4.896
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.896
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	4.892
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	4.888
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	4.888
11955	Tomatoes, sun-dried	54.0	1.0 cup	4.887
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	4.883
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	4.883
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	4.883
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.883
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.876
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4.874
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.873
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.872
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	4.871
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.870
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.870
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	4.867
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.866
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.866

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17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	4.866
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	4.866
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	4.866
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	4.866
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	4.860
11683	Carrot, dehydrated	74.0	1.0 cup	4.860
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.859
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	4.858
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	4.856
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	4.846
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	4.845
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	4.845
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	4.842
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	4.842
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	4.842
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	4.841
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	4.838
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	4.838
36019	APPLEBEE'S, chili	136.0	1.0 cup	4.838
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	4.838
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.837
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.837
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	4.835
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	4.834
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	4.832
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	4.831
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	4.830
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	4.830
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	4.828
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	4.827
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	4.825
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	4.825
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	4.824

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	4.824
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	4.824
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.824
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	4.823
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.820
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4.820
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	4.820
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	4.817
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	4.812
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	4.810
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	4.809
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.808
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.807
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	4.803
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	4.801
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	4.800
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	4.797
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	4.795
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	4.794
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	4.791
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	4.788
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	4.786
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	4.786
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	4.779
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	4.778
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	4.777
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	4.777
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4.775
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	4.775
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	4.774
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)	4.771
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	4.771
05641	Ostrich, ground, raw	109.0	1.0 patty	4.771
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	4.769
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	4.768

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.768
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	4.768
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	4.768
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	4.766
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.764
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	4.763
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	4.759
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.748
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	4.747
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.743
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.743
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.743
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.742
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	4.741
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	4.738
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.736
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	4.736
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	4.736
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	4.736
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4.735
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	4.732
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	4.731
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	4.730
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	4.727
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.723
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.723
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.722
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	4.722
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	4.719
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	4.718
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.713
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4.713
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.711
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	4.709
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	4.709
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	4.708

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.707
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	4.707
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.707
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	4.701
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	4.700
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	4.699
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	4.698
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.697
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4.695
17142	Veal, ground, raw	85.0	3.0 oz	4.692
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	4.691
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.689
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	4.688
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	4.685
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	4.680
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.677
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	4.675
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	4.668
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.666
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	4.663
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.662
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	4.661
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	4.660
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.659
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	4.658
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	4.658
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	4.656
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	4.654
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	4.652
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.650
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	4.650
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	4.639
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	4.638
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	4.637

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.637
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	4.634
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	4.626
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	4.625
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.623
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.622
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.622
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	4.621
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	4.620
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.620
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.620
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	4.618
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	4.610
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	4.610
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	4.606
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	4.606
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.605
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.600
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	4.598
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	4.597
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	4.595
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	4.590
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	4.588
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	4.587
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	4.585
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	4.582
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	4.581
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	4.581
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	4.580
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	4.576
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	4.576
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	4.576

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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)	4.572
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	4.571
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.570
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.569
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	4.569
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	4.567
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	4.564
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	4.561
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	4.556
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	4.554
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.553
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	4.552
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	4.551
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	4.549
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	4.548
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	4.543
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	4.540
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	4.539
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	4.539
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	4.537
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.536
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	4.536
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	4.534
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	4.534
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	4.530
15261	Fish, tilapia, raw	116.0	1.0 fillet	4.527
03213	Babyfood, cookies	28.35	1.0 oz	4.526
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.526
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	4.524
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	4.524
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	4.522
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	4.522
21251	BURGER KING, Cheeseburger	133.0	1.0 item	4.522
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.521

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	4.519
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	4.515
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.514
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	4.512
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	4.509
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.508
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	4.505
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	4.502
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	4.500
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	4.491
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.490
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	4.490
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	4.489
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	4.489
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	4.488
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	4.484
36610	DENNY'S, french fries	165.0	1.0 serving	4.483
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.483
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)	4.482
15103	Fish, spot, raw	64.0	1.0 fillet	4.480
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	4.480
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	4.477
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	4.474
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	4.471
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	4.471
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	4.470
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	4.470
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	4.470
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	4.469
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	4.466
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	4.463
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	4.458
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	4.457

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.455
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.454
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.447
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	4.446
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4.445
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.444
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	4.444
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	4.439
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	4.433
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	4.431
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	4.431
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	4.429
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	4.429
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	4.428
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.418
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	4.414
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	4.412
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.412
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	4.410
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	4.408
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	4.408
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.406
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.403
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	4.403
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	4.403
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	4.400
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)	4.399
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	4.399
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	4.399
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	4.398
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.398
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	4.397
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	4.395
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	4.394
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	4.392

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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)	4.390
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	4.389
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.389
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	4.389
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)	4.386
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	4.383
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	4.383
16114	Tempeh	166.0	1.0 cup	4.382
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	4.382
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	4.381
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.380
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	4.378
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.377
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	4.377
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	4.376
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	4.375
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	4.369
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.366
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	4.365
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	4.365
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	4.364
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	4.363
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	4.360
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.360
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	4.359
36014	Restaurant, family style, french fries	170.0	1.0 serving	4.359
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.356
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.356
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	4.355
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	4.350
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	4.350
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	4.348
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	4.338

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	4.335
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.332
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	4.326
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.320
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	4.318
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	4.317
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	4.317
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.315
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	4.314
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	4.312
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	4.312
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.311
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	4.308
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	4.306
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.299
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	4.299
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.296
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	4.295
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	4.295
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.291
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	4.288
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.287
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.283
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.281
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	4.281
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	4.280
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	4.279
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	4.278
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	4.270
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	4.270
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	4.270
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	4.270
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	4.263
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	4.261
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	4.260

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.258
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	4.257
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.255
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	4.253
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	4.253
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	4.253
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	4.248
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	4.239
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.239
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	4.238
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4.237
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	4.236
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	4.236
11450	Soybeans, green, raw	256.0	1.0 cup	4.224
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.224
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.217
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	4.216
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	4.216
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	4.214
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	4.211
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.207
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	4.205
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.203
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.203
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)	4.203
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	4.201
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	4.201
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	4.199
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	4.196
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	4.196
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	4.188
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.188
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.187
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.185
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.185
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	4.184

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	4.178
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	4.174
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	4.172
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	4.171
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.170
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	4.166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	4.165
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	4.163
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	4.162
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.162
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.161
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	4.161
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	4.161
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	4.156
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	4.154
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.151
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.151
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	4.151
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	4.150
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	4.148
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.142
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	4.142
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	4.140
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.140
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	4.137
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	4.137
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.135
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.135
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.134
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.132
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	4.130
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	4.130
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	4.128
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	4.127
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	4.125
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	4.123

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	4.122
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.120
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	4.116
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.114
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	4.114
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4.113
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.111
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	4.109
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	4.108
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.106
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4.105
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	4.104
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	4.104
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.103
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	4.102
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	4.098
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	4.096
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	4.095
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	4.095
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	4.093
20061	Rice flour, white, unenriched	158.0	1.0 cup	4.092
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	4.087
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	4.084
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.083
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	4.080
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	4.080
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	4.080
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	4.079
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	4.079
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	4.078
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	4.077
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	4.076
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.074
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	4.070
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.065
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	4.064

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	4.062
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.061
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	4.059
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	4.059
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	4.058
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.057
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	4.057
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	4.054
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.047
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	4.045
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	4.045
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	4.042
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.042
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.042
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	4.039
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	4.037
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	4.035
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	4.035
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	4.033
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	4.032
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	4.031
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	4.030
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	4.030
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	4.028
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	4.028
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.027
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	4.024
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	4.023
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	4.023
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	4.023
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	4.020
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	4.020
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	4.019
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	4.016
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	4.016

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	4.015
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	4.015
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	4.015
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	4.014
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	4.014
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.009
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	4.009
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.009
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	4.004
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.004
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	4.004
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4.001
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	4.001
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	4.001
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	4.000
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	4.000
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	4.000
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.999
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	3.999
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	3.999
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	3.999
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	3.999
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	3.999
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.998
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	3.998
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	3.997
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	3.996
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	3.995
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	3.995
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	3.993
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.991
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.991
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	3.991
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.991

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	3.990
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	3.990
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	3.990
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	3.990
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	3.990
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	3.990
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	3.990
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	3.990
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	3.990
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	3.990
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	3.990
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	3.990
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	3.990
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	3.990
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	3.990
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	3.990
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	3.990
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	3.990
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	3.990
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	3.989
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.987
07024	Frankfurter, chicken	85.0	3.0 oz	3.984
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	3.982
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.980
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	3.979
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	3.978
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	3.978
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	3.978
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	3.975
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	3.975
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	3.973
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3.973
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	3.968
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.967
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	3.967

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	3.966
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	3.965
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	3.965
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.964
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	3.963
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.963
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.961
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	3.960
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	3.960
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	3.960
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.957
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	3.956
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.956
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	3.953
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	3.953
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	3.952
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.952
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	3.948
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)	3.945
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	3.944
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	3.944
11432	Radishes, oriental, dried	116.0	1.0 cup	3.944
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	3.942
16076	Lupins, mature seeds, raw	180.0	1.0 cup	3.942
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	3.939
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	3.939
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.936
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.936
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	3.936
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.936
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.936
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.936
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	3.935
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	3.933

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	3.933
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	3.927
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.926
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.925
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.924
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	3.920
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	3.919
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	3.919
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	3.918
21023	Fast foods, french toast with butter	135.0	2.0 slices	3.915
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	3.915
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	3.910
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.910
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	3.910
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	3.909
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	3.908
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	3.907
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.904
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	3.904
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.904
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	3.904
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	3.900
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	3.900
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	3.898
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	3.896
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	3.895
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	3.893
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.890
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.890
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	3.887
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	3.882
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)	3.882
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.879

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	3.877
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	3.877
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	3.876
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	3.875
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.871
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	3.868
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	3.867
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.867
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	3.865
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	3.865
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	3.856
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.841
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	3.840
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.839
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	3.834
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	3.834
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.833
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	3.833
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.832
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.832
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	3.827
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	3.824
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	3.822
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.822
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	3.821
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	3.819
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	3.818
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	3.817
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	3.817
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.811
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.810
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.802
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	3.802
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	3.802
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	3.801

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.800
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	3.800
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	3.795
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	3.793
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.792
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	3.790
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	3.790
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	3.790
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	3.789
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	3.786
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	3.786
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.782
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.782
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	3.782
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.782
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	3.778
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	3.777
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	3.773
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.765
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.765
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	3.761
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	3.758
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.757
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	3.756
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	3.753
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	3.748
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.745
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	3.745
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.744
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	3.742
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	3.741
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	3.740
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	3.740
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	3.739

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	3.738
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	3.737
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	3.737
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.736
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	3.733
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	3.732
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	3.731
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.730
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	3.729
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	3.727
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	3.723
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.720
20070	Triticale flour, whole-grain	130.0	1.0 cup	3.718
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.714
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	3.713
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	3.713
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	3.713
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	3.711
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	3.710
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	3.709
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	3.708
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	3.706
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	3.706
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	3.700
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.698
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.697
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.695
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	3.692
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.689
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.689
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	3.686
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	3.685
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	3.682

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.681
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.681
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	3.678
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	3.675
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	3.675
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	3.672
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	3.672
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	3.667
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	3.667
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	3.665
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	3.665
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3.664
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	3.663
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.663
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	3.663
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	3.663
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	3.662
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	3.660
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	3.659
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	3.658
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	3.657
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	3.655
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	3.655
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	3.655
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	3.648
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	3.648
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.646
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.646
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	3.646
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.644
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	3.644
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	3.643

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	3.643
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	3.640
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	3.639
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	3.637
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	3.636
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	3.633
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	3.632
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.632
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	3.630
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	3.629
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	3.629
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	3.629
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.628
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.628
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.621
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	3.618
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.613
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3.612
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.612
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	3.611
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	3.608
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	3.606
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	3.606
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	3.604
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	3.603
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	3.602
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	3.601
43132	Meatballs, meatless	144.0	1.0 cup	3.600
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	3.597
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	3.595
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	3.591
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	3.591
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	3.587

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.587
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.587
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	3.585
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	3.583
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	3.583
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.583
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	3.582
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.581
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.580
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	3.578
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.578
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	3.578
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	3.577
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	3.576
36002	APPLEBEE'S, french fries	164.0	1.0 serving	3.575
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	3.575
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	3.572
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	3.570
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.565
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.564
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	3.555
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	3.553
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.553
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.550
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.549
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.549
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	3.545
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	3.544
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	3.542
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.542
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.541
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	3.540
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.535
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	3.530

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	3.528
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.528
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.525
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	3.524
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.519
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	3.515
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	3.513
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.510
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	3.505
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	3.504
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	3.499
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	3.490
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.489
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	3.488
15090	Fish, scup, raw	85.0	3.0 oz	3.485
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.483
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.482
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	3.479
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	3.479
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.478
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	3.478
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.474
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	3.473
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.471
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	3.465
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	3.465
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	3.462
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)	3.462
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	3.462
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	3.461
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	3.460
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	3.460
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	3.458

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	3.458
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	3.457
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	3.457
28322	Bagels, multigrain	81.0	1.0 piece bagel	3.455
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	3.452
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)	3.451
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.448
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	3.444
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.442
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	3.439
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.439
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	3.437
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.437
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.435
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.434
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.431
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	3.431
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	3.427
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	3.422
16087	Peanuts, all types, raw	28.35	1.0 oz	3.421
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	3.420
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	3.417
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.417
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.417
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	3.413
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	3.411
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	3.411
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	3.408
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	3.408
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	3.402
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.401
15074	Fish, sablefish, raw	85.0	3.0 oz	3.400
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	3.388
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.386

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	3.386
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	3.386
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	3.386
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	3.385
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	3.384
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	3.381
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.380
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.374
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	3.374
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3.368
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	3.367
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.366
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	3.366
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	3.363
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	3.360
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	3.360
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.358
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.358
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	3.358
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	3.357
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	3.353
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	3.349
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	3.348
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	3.347
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	3.345
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	3.344
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	3.344
06963	Fish broth	244.0	1.0 cup	3.343
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	3.342
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	3.342
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	3.340
07040	Liver cheese, pork	28.35	1.0 oz	3.336
20087	Wheat, sprouted	108.0	1.0 cup	3.334
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	3.334

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	3.332
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	3.329
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	3.326
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	3.325
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	3.323
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	3.323
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.322
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3.318
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	3.318
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	3.318
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.316
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.316
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	3.316
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	3.314
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	3.313
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.306
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	3.306
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	3.306
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3.306
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.303
18968	Bagels, wheat	98.0	1.0 bagel	3.303
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	3.302
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	3.302
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	3.301
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	3.299
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	3.298
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.298
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	3.296
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	3.294
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	3.294
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.294
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.293
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	3.291

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.290
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	3.288
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	3.286
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	3.285
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.285
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	3.281
15022	Fish, cusk, raw	122.0	1.0 fillet	3.277
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	3.277
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	3.275
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	3.273
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	3.272
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	3.269
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	3.269
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	3.264
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	3.262
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	3.261
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	3.260
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)	3.258
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	3.256
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	3.255
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.253
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	3.252
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.248
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.248
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.247
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	3.242
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	3.241
20006	Barley, pearled, cooked	157.0	1.0 cup	3.239
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.238
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.238
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	3.237
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.236
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	3.235
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	3.234
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	3.234

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.233
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	3.233
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	3.233
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	3.233
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	3.225
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.224
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.222
42279	Babyfood, peas and brown rice	230.0	1.0 cup	3.220
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	3.213
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	3.213
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)	3.211
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	3.209
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	3.208
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	3.208
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.206
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	3.204
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	3.200
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	3.199
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	3.199
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.197
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.196
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.196
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.196
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	3.190
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.188
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.188
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	3.187
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.183
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.183
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.179
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.179
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	3.179

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17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3.178
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	3.172
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	3.171
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	3.168
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	3.163
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.162
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.162
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)	3.162
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	3.161
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	3.158
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.157
16119	Soy meal, defatted, raw	122.0	1.0 cup	3.156
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	3.154
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.154
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	3.154
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	3.152
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	3.147
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.142
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	3.140
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	3.138
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	3.136
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	3.135
19304	Molasses	337.0	1.0 cup	3.134
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	3.129
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	3.124
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	3.120
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	3.120
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.120
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	3.120
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.118
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.115
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	3.111

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	3.107
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	3.106
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.103
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.102
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	3.102
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	3.102
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.102
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	3.099
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	3.095
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.094
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.094
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	3.094
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	3.092
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.091
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.090
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.087
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.086
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.086
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	3.084
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	3.082
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	3.082
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.080
07056	Peppered loaf, pork, beef	100.0	3.52 slices	3.080
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	3.080
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.077
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.077
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	3.077
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.077
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.076
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3.075
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	3.074
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	3.071
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	3.070
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	3.069

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	3.068
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.068
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	3.068
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	3.068
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	3.067
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	3.064
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	3.063
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.063
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	3.062
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	3.061
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	3.060
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.059
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	3.059
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	3.058
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	3.052
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.052
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	3.052
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	3.052
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	3.050
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.049
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	3.044
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	3.044
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	3.044
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	3.043
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	3.043
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	3.039
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	3.039
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.035
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.034
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.034
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	3.033

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.032
11304	Peas, green, raw	145.0	1.0 cup	3.030
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	3.026
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.026
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	3.025
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	3.024
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	3.022
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	3.022
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.019
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.019
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.018
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	3.008
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	3.007
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	3.006
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	3.002
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	3.002
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	3.000
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	3.000
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	3.000
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	3.000
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	3.000
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	3.000
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	2.999
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	2.999
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	2.999
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	2.999
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	2.999
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	2.999
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	2.999
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	2.999
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	2.999
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	2.999
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	2.999
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	2.998
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.998
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	2.997

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.995
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.995
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.995
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	2.992
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.992
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	2.991
22911	Chili, no beans, canned entree	240.0	1.0 cup	2.988
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.986
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.984
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.983
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	2.982
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	2.982
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	2.982
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	2.979
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	2.977
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.976
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.975
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	2.975
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	2.975
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	2.975
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	2.974
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)	2.972
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	2.967
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	2.962
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	2.960
35147	Tamales (Navajo)	186.0	1.0 piece	2.957
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	2.950
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	2.949
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.947
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	2.947
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.945
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	2.942
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	2.941
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	2.938
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	2.938

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	2.927
07059	Polish sausage, pork	85.0	3.0 oz	2.927
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	2.919
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	2.916
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.916
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.907
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	2.904
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.903
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	2.902
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	2.900
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	2.899
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	2.895
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	2.890
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	2.887
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	2.887
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	2.887
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	2.885
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.884
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	2.881
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	2.874
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.873
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	2.873
16144	Lentils, pink or red, raw	192.0	1.0 cup	2.870
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	2.869
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	2.866
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	2.866
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.864
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	2.864
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	2.864
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	2.860
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	2.860
15033	Fish, haddock, raw	85.0	3.0 oz	2.859
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	2.858
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.853
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	2.851
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	2.848

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	2.848
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	2.848
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.845
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	2.844
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.842
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.839
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	2.837
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	2.836
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	2.835
11973	Beans, fava, in pod, raw	126.0	1.0 cup	2.834
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	2.831
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	2.828
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	2.828
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	2.825
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.825
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.820
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	2.819
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	2.819
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	2.816
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.814
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	2.812
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	2.810
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	2.808
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	2.808
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.804
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	2.800
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	2.800
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.799
16107	Sausage, meatless	25.0	1.0 link	2.799
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	2.798
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	2.797
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	2.794

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	2.794
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	2.793
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	2.790
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	2.782
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.780
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	2.780
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	2.780
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	2.779
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	2.777
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	2.774
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	2.774
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	2.764
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	2.764
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	2.763
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.763
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.762
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	2.762
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	2.761
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2.760
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.759
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.759
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	2.758
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	2.758
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	2.751
20069	Triticale	192.0	1.0 cup	2.746
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	2.745
16117	Soy flour, defatted	105.0	1.0 cup	2.743
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.738
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	2.736
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	2.735
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	2.726
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	2.725
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	2.722

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	2.717
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	2.711
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.711
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	2.710
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	2.706
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	2.700
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	2.700
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	2.699
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	2.693
36030	DENNY'S, hash browns	124.0	1.0 serving	2.691
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	2.690
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.688
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	2.686
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	2.680
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.678
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	2.676
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	2.671
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.669
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	2.669
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	2.668
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	2.667
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	2.661
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	2.654
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	2.653
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	2.644
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	2.642
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	2.642
11349	Poi	240.0	1.0 cup	2.640
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	2.640
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	2.640
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)	2.639
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	2.632
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	2.627
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	2.622
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	2.622
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	2.620

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	2.618
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	2.615
21139	Fast foods, potato, mashed	242.0	1.0 cup	2.614
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	2.611
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	2.610
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	2.610
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	2.609
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	2.607
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	2.603
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	2.601
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.600
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	2.596
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	2.594
20126	Spaghetti, spinach, dry	57.0	2.0 oz	2.593
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	2.591
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	2.585
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.584
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	2.584
20035	Quinoa, uncooked	170.0	1.0 cup	2.584
11656	Corn pudding, home prepared	250.0	1.0 cup	2.582
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	2.580
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	2.580
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	2.576
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	2.572
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	2.566
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	2.565
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	2.558
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	2.557
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	2.556
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	2.555
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	2.552
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	2.550
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	2.550
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.550
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.550
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	2.548

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	2.548
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	2.546
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	2.544
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	2.543
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2.535
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2.535
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	2.535
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	2.531
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	2.530
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	2.530
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.528
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2.525
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2.525
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	2.521
07008	Bologna, beef and pork	100.0	3.527 oz	2.521
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	2.520
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	2.520
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	2.520
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	2.520
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.514
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.512
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	2.508
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	2.506
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	2.506
12006	Seeds, chia seeds, dried	28.35	1.0 oz	2.503
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	2.503
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	2.503
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	2.503
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	2.503
16007	Beans, baked, canned, with beef	266.0	1.0 cup	2.500
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	2.500
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	2.500
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	2.499
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	2.498
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	2.497
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	2.497

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	2.491
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	2.485
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	2.485
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	2.485
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	2.476
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	2.476
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	2.475
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	2.470
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	2.465
21401	Fast foods, chicken tenders	30.0	1.0 strip	2.465
15112	Fish, tilefish, raw	85.0	3.0 oz	2.465
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	2.462
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	2.458
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	2.458
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	2.458
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	2.458
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	2.458
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	2.456
21083	Fast foods, taco salad	198.0	1.5 cup	2.455
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	2.454
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	2.453
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	2.452
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	2.451
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	2.451
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	2.451
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	2.451
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	2.451
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	2.450
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	2.450
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	2.448
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	2.445
43128	Chicken, meatless	168.0	1.0 cup	2.443
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	2.439
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	2.439
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	2.437

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11514	Sweet potato, canned, mashed	255.0	1.0 cup	2.435
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	2.433
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	2.433
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	2.433
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	2.431
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	2.429
11549	Tomato products, canned, sauce	245.0	1.0 cup	2.428
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	2.428
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	2.426
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	2.425
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2.425
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2.425
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	2.414
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	2.412
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	2.408
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	2.404
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	2.404
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	2.403
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	2.400
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	2.400
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	2.400
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	2.400
07912	Roast beef spread	57.0	1.0 serving .25 cup	2.394
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	2.393
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.388
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	2.387
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	2.387
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	2.386
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	2.381
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	2.381
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	2.380
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	2.377
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	2.372
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	2.372
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	2.369
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	2.368

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	2.366
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.366
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	2.366
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	2.365
07911	Liverwurst spread	55.0	0.25 cup	2.365
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	2.363
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	2.363
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	2.358
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	2.356
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	2.356
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	2.351
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	2.348
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.344
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	2.342
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	2.339
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	2.336
16008	Beans, baked, canned, with franks	259.0	1.0 cup	2.334
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.332
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	2.332
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	2.332
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	2.327
09085	Currants, zante, dried	144.0	1.0 cup	2.326
09322	Tamarinds, raw	120.0	1.0 cup, pulp	2.326
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	2.325
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	2.325
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	2.320
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.316
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	2.315
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	2.315
20032	Millet, cooked	174.0	1.0 cup	2.314
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	2.310
07015	Brotwurst, pork, beef, link	70.0	1.0 link	2.310
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	2.309
11015	Asparagus, canned, drained solids	242.0	1.0 cup	2.309
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	2.303
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	2.299

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	2.296
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	2.295
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	2.295
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	2.295
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	2.293
20143	Teff, cooked	252.0	1.0 cup	2.291
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	2.290
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	2.288
21238	McDONALD'S, french fries	71.0	1.0 small serving	2.286
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	2.280
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.279
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	2.277
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	2.277
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	2.276
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	2.273
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	2.271
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	2.270
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.270
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2.266
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	2.263
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	2.263
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	2.260
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	2.257
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	2.251
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	2.250
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	2.250
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	2.250
19147	Candies, peanut bar	28.35	1.0 oz	2.246
43282	Quail, cooked, total edible	28.35	1.0 oz	2.245
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	2.245
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	2.244
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	2.242
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	2.242
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	2.242
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	2.240
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	2.239

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	2.239
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	2.238
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	2.238
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	2.234
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	2.233
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	2.233
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	2.228
11414	Potato salad, home-prepared	250.0	1.0 cup	2.225
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	2.224
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	2.224
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	2.223
20316	Corn flour, whole-grain, white	117.0	1.0 cup	2.223
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	2.222
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	2.220
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	2.220
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	2.220
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.219
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	2.214
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.212
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	2.212
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	2.208
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.207
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	2.206
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	2.203
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	2.200
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	2.196
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.194
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	2.193
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)	2.191
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	2.190
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	2.190
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	2.187
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	2.186
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2.186
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	2.184
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	2.184

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	2.182
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	2.181
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	2.178
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	2.176
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	2.176
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	2.176
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	2.175
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	2.175
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	2.174
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	2.173
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	2.173
25046	Snacks, bagel chips, plain	28.35	1.0 oz	2.172
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	2.163
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	2.163
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	2.163
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	2.157
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	2.156
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	2.156
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	2.155
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	2.154
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	2.154
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	2.153
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	2.151
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	2.150
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.150
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	2.148
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	2.148
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	2.145
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	2.144
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	2.143
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	2.143
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	2.142
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	2.140
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	2.138
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	2.136
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	2.135

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	2.135
19194	Puddings, rice, dry mix	106.0	1.0 package	2.134
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	2.133
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	2.129
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	2.129
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	2.126
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	2.126
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	2.125
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.124
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.124
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	2.119
36036	Restaurant, family style, onion rings	259.0	1.0 serving	2.119
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	2.118
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	2.114
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	2.111
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	2.111
20089	Wild rice, cooked	164.0	1.0 cup	2.111
07939	Frankfurter, pork	76.0	1.0 link	2.107
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.104
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	2.102
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	2.100
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	2.100
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	2.099
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	2.099
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	2.098
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	2.098
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	2.094
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	2.094
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	2.093
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	2.092
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	2.091
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.091
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	2.087
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	2.085
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.084
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	2.083

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	2.080
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	2.079
20015	Corn bran, crude	76.0	1.0 cup	2.079
19061	Snacks, trail mix, tropical	140.0	1.0 cup	2.075
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	2.070
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	2.070
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	2.070
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	2.070
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.068
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	2.068
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	2.068
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	2.066
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.066
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	2.066
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.065
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	2.064
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	2.064
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	2.064
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	2.063
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	2.061
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	2.061
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	2.060
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	2.058
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	2.058
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	2.054
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	2.054
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	2.053
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	2.053
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	2.053
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	2.052
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	2.051
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	2.050
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	2.048
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.048
08510	Milk and cereal bar	25.0	1.0 bar	2.048
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	2.048

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21142	Fast food, biscuit	55.0	1.0 biscuit	2.042
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	2.040
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	2.040
36039	Restaurant, family style, hash browns	94.0	1.0 cup	2.040
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	2.034
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	2.033
11697	Arrowroot, raw	120.0	1.0 cup, sliced	2.032
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.030
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	2.028
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	2.026
09315	Soursop, raw	225.0	1.0 cup, pulp	2.025
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	2.024
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	2.020
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	2.020
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	2.020
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	2.020
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	2.016
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	2.016
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	2.016
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	2.016
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	2.015
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	2.015
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	2.015
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	2.014
07052	Pastrami, turkey	57.0	2.0 slices	2.010
09294	Prune juice, canned	256.0	1.0 cup	2.010
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.007
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	2.005
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	2.003
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	2.002
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	2.002
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	2.001
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	2.001
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	2.001
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	2.000
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	2.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	2.000
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	2.000
08546	Rice and Wheat cereal bar	22.0	1.0 bar	2.000
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	2.000
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	2.000
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	2.000
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	2.000
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	2.000
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	2.000
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	2.000
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	2.000
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	2.000
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	2.000
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	2.000
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	2.000
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	2.000
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	2.000
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.000
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	2.000
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	2.000
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	2.000
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	2.000
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	2.000
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	2.000
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	1.999
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	1.999
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	1.999
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	1.999
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	1.999
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	1.999
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	1.999
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	1.998
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	1.998
25037	Snacks, pita chips, salted	28.35	1.0 oz	1.997
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	1.992

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	1.991
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	1.988
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1.986
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.986
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	1.985
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	1.985
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	1.985
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	1.984
15013	Fish, cisco, raw	79.0	1.0 fillet	1.983
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	1.982
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.982
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	1.981
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	1.980
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	1.980
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	1.980
09059	Breadfruit, raw	220.0	1.0 cup	1.980
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	1.978
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	1.978
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	1.977
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	1.976
18459	Breakfast tart, low fat	52.0	1.0 tart	1.976
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	1.976
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	1.976
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	1.976
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	1.976
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	1.976
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	1.976
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	1.976
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	1.976
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	1.976
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	1.976
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	1.976
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.974
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.973
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	1.972
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	1.971

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	1.968
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	1.968
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.967
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	1.962
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.961
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	1.959
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.956
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	1.956
15062	Fish, pike, northern, raw	85.0	3.0 oz	1.955
15044	Fish, ling, raw	85.0	3.0 oz	1.955
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.955
15064	Fish, pike, walleye, raw	85.0	3.0 oz	1.955
16055	Carob flour	103.0	1.0 cup	1.954
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	1.953
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.950
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1.950
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	1.950
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.950
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	1.950
13166	USDA Commodity, beef, canned	45.0	1.0 serving	1.948
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	1.948
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1.948
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.946
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	1.945
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.945
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	1.944
21415	POPEYES, biscuit	60.0	1.0 biscuit	1.944
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	1.943
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.942
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.942
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	1.941
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1.940
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.940
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	1.940
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.938

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09035	Apricots, frozen, sweetened	242.0	1.0 cup	1.936
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	1.935
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	1.932
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	1.931
18059	Bread, rice bran	28.35	1.0 oz	1.931
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	1.929
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	1.926
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.925
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.922
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	1.920
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.920
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	1.919
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.919
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	1.919
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	1.918
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.918
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.918
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1.918
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.916
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.913
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	1.912
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	1.911
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.911
21419	KFC, biscuit	49.0	1.0 biscuit	1.910
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	1.909
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	1.905
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	1.904
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	1.899
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.898
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.897
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	1.894
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	1.894
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.893
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.892
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	1.890
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.890

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	1.890
18384	Bread, rice bran, toasted	28.35	1.0 oz	1.889
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.888
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.886
09297	Raisins, golden seedless	165.0	1.0 cup, packed	1.884
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.882
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	1.882
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.882
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	1.881
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.879
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1.879
15006	Fish, burbot, raw	116.0	1.0 fillet	1.879
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.879
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	1.879
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	1.879
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	1.877
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.874
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	1.873
09087	Dates, deglet noor	147.0	1.0 cup, chopped	1.873
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	1.872
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.871
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	1.870
15129	Fish, turbot, european, raw	85.0	3.0 oz	1.870
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.870
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	1.870
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1.868
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.868
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.868
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.868
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	1.868
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	1.867
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1.864
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	1.863
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	1.863

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.861
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.860
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	1.857
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.855
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	1.854
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.854
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	1.853
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	1.849
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	1.848
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	1.848
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	1.848
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.846
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.846
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	1.843
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	1.843
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	1.839
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	1.839
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.839
09299	Raisins, seeded	165.0	1.0 cup, packed	1.838
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	1.837
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	1.837
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	1.837
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.837
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.834
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.834
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	1.834
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	1.832
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	1.830
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	1.827
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	1.827
01115	Whey, sweet, dried	145.0	1.0 cup	1.824
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	1.824
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.823
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.821

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	1.821
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.820
20013	Bulgur, cooked	182.0	1.0 cup	1.820
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	1.818
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	1.818
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	1.817
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	1.817
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.817
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	1.815
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.815
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	1.815
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	1.814
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	1.814
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	1.813
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.813
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.812
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.809
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	1.806
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	1.806
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	1.806
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	1.806
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.806
17164	Game meat, deer, raw	28.35	1.0 oz	1.806
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.802
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	1.800
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.797
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.797
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.796
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	1.795
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.795
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	1.793
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.789
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	1.789
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	1.789
09139	Guavas, common, raw	165.0	1.0 cup	1.789
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	1.786

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.786
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	1.786
15059	Fish, pout, ocean, raw	85.0	3.0 oz	1.785
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.785
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.785
15054	Fish, monkfish, raw	85.0	3.0 oz	1.785
15004	Fish, bass, striped, raw	85.0	3.0 oz	1.785
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.784
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.783
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.781
18963	Garlic bread, frozen	43.0	1.0 slice presliced	1.781
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	1.779
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	1.778
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	1.778
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	1.778
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.776
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	1.775
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	1.775
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.775
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	1.775
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.772
18065	Bread, wheat, toasted	28.35	1.0 oz	1.772
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.772
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	1.768
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	1.768
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	1.767
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.766
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	1.765
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	1.765
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.763
20064	Rye flour, medium	102.0	1.0 cup	1.762
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.761
11134	Cassava, raw	206.0	1.0 cup	1.759
17174	Game meat, muskrat, raw	28.35	1.0 oz	1.758
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	1.755

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.755
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.755
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	1.755
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.754
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	1.754
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.753
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	1.752
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)	1.751
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1.749
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	1.747
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	1.747
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.746
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	1.745
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	1.744
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	1.744
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	1.744
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	1.741
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	1.740
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	1.740
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.740
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	1.731
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	1.730
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.729
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.727
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.727
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	1.726
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	1.725
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.724
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	1.722
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.721
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1.720
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	1.720
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.718
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	1.713
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	1.713
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	1.713

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	1.711
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	1.710
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	1.710
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.709
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.709
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	1.703
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.701
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	1.701
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.701
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	1.701
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.697
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	1.696
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	1.696
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	1.695
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	1.692
17224	Lamb, ground, raw	28.35	1.0 oz	1.690
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.689
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.689
19238	Candies, REESE'S BITES	39.0	16.0 pieces	1.689
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	1.688
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	1.687
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	1.686
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	1.686
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	1.686
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1.680
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.680
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.678
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	1.678
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	1.677
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	1.674
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	1.674
21024	Fast foods, french toast sticks	65.0	3.0 pieces	1.674
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.670
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	1.668
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	1.668
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	1.668

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	1.666
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	1.666
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	1.666
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	1.666
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	1.665
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	1.663
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.660
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1.660
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	1.660
09095	Figs, dried, stewed	259.0	1.0 cup	1.658
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	1.656
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	1.655
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.653
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	1.652
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	1.652
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	1.651
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	1.651
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	1.650
11118	Cabbage, kimchi	150.0	1.0 cup	1.650
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.650
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.649
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.649
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	1.648
11376	Potatoes, canned, drained solids	180.0	1.0 cup	1.647
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	1.646
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	1.641
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	1.639
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	1.638
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	1.635
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	1.635
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	1.635
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	1.635
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	1.635
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	1.635

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.632
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	1.632
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.630
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	1.630
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.628
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	1.627
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	1.627
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.627
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	1.627
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	1.626
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	1.626
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	1.625
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	1.625
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.623
16157	Chickpea flour (besan)	92.0	1.0 cup	1.621
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	1.621
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1.621
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.620
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.620
18236	Cracker meal	28.35	1.0 oz	1.618
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	1.617
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	1.616
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.615
15045	Fish, lingcod, raw	85.0	3.0 oz	1.615
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	1.615
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	1.614
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	1.614
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	1.612
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	1.611
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	1.610
09191	Nectarines, raw	143.0	1.0 cup slices	1.609
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.609
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1.608
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	1.608
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	1.607
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	1.606

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.605
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	1.604
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	1.602
21249	BURGER KING, french fries	74.0	1.0 small serving	1.601
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	1.600
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	1.600
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.599
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	1.598
06121	Gravy, mushroom, canned	238.0	1.0 cup	1.597
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	1.595
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	1.595
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	1.595
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	1.594
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.593
18064	Bread, wheat	28.35	1.0 oz	1.593
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	1.592
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	1.590
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1.589
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	1.588
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	1.587
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.586
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1.585
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	1.584
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	1.581
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	1.580
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	1.579
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	1.579
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.576
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.576
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.576
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.576
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.576
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	1.575

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18972	Bread, cheese	48.0	1.0 slice	1.574
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.572
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	1.570
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	1.570
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1.568
07926	Salami, Italian, pork	28.0	1.0 oz	1.568
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	1.566
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	1.566
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	1.566
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.564
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	1.563
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	1.562
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	1.562
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	1.560
17162	Game meat, caribou, raw	28.35	1.0 oz	1.559
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	1.558
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	1.558
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	1.556
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	1.555
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.552
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	1.552
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	1.551
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.551
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.551
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	1.548
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	1.548
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.547
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	1.547
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	1.546
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	1.546
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	1.546
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.545
20029	Couscous, cooked	157.0	1.0 cup, cooked	1.543
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	1.542
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	1.541

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	1.541
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	1.541
07954	Beef sausage, pre-cooked	48.0	1.0 serving	1.541
11976	Pepper, banana, raw	124.0	1.0 cup	1.540
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.539
07018	Chicken spread	56.0	1.0 serving (1 serving)	1.539
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	1.538
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	1.538
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	1.537
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	1.537
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.536
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	1.536
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	1.536
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	1.533
20132	Oat flour, partially debranned	104.0	1.0 cup	1.533
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.532
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.531
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	1.531
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	1.530
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.530
05286	Turkey and gravy, frozen	85.0	3.0 oz	1.529
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	1.529
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	1.529
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.528
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)	1.527
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	1.525
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	1.525
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	1.523
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	1.523
09144	Jackfruit, raw	165.0	1.0 cup, sliced	1.518
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.516
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	1.515
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	1.515
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	1.514
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	1.513
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.512

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	1.511
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	1.511
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	1.508
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	1.508
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	1.508
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	1.507
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.505
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	1.505
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	1.503
15075	Fish, sablefish, smoked	28.35	1.0 oz	1.503
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.503
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.503
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	1.501
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	1.501
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	1.500
20038	Oats	156.0	1.0 cup	1.499
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	1.498
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	1.498
09040	Bananas, raw	225.0	1.0 cup, mashed	1.496
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.496
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.495
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	1.494
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.493
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	1.491
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	1.491
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	1.489
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.488
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	1.488
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.488
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	1.488
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.487
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1.486
11240	Mushrooms, morel, raw	66.0	1.0 cup	1.486
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	1.486
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	1.486

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.483
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1.483
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1.483
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	1.482
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	1.482
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	1.482
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	1.482
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.480
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.479
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	1.475
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	1.475
15055	Fish, mullet, striped, raw	28.35	1.0 oz	1.474
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	1.474
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	1.473
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1.472
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.471
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	1.468
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	1.468
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	1.465
09140	Guavas, strawberry, raw	244.0	1.0 cup	1.464
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	1.464
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	1.463
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.462
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.461
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.461
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.461
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.460
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	1.459
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.458
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	1.457
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.455
07019	Chorizo, pork and beef	28.35	1.0 oz	1.455
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	1.451
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	1.448
13350	Beef, cured, dried	28.0	10.0 slices	1.446

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	1.446
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	1.444
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	1.443
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	1.443
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	1.443
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	1.443
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	1.442
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	1.440
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	1.440
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	1.440
15007	Fish, butterfish, raw	32.0	1.0 fillet	1.440
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	1.440
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	1.440
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	1.438
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.437
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	1.436
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	1.435
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	1.435
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.435
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	1.434
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.433
36031	DENNY'S, onion rings	166.0	1.0 serving	1.433
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1.430
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	1.429
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	1.428
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.428
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.428
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	1.426
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	1.420
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1.419
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1.418
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.418
17172	Game meat, moose, raw	28.35	1.0 oz	1.418
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	1.418
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	1.418
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	1.417

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.416
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	1.415
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.415
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	1.410
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	1.410
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	1.410
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	1.410
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	1.410
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	1.410
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	1.408
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.408
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	1.408
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	1.407
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	1.407
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.405
18345	Rolls, dinner, oat bran	28.35	1.0 oz	1.404
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	1.404
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	1.404
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	1.404
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	1.402
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	1.402
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.402
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	1.400
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	1.399
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	1.399
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	1.398
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.398
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	1.396
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	1.396
15008	Fish, carp, raw	85.0	3.0 oz	1.394
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	1.392
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.391
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	1.391

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.388
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	1.387
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	1.386
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	1.386
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	1.386
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	1.386
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	1.381
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	1.380
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	1.380
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	1.380
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	1.379
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	1.378
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.377
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	1.377
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.376
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.375
18027	Bread, egg	28.35	1.0 oz	1.374
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	1.372
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	1.370
18037	Bread, oat bran	28.35	1.0 oz	1.370
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.368
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.368
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1.368
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	1.368
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	1.367
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.366
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	1.366
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	1.365
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	1.365
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	1.365
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	1.365
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	1.365
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	1.365
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	1.365
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	1.365
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	1.365

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	1.364
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	1.363
07921	Bacon and beef sticks	28.0	1.0 oz	1.363
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	1.363
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	1.362
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1.361
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	1.361
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	1.360
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	1.359
18028	Bread, egg, toasted	28.35	1.0 oz	1.359
19415	Snacks, potato sticks	28.35	1.0 oz	1.357
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	1.356
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.355
18038	Bread, oat bran, toasted	28.35	1.0 oz	1.355
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	1.355
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	1.354
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	1.352
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	1.352
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	1.350
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	1.350
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	1.344
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.341
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	1.341
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	1.341
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.339
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	1.339
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	1.339
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	1.338
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	1.338
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	1.336
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	1.336
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	1.336
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	1.334
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.334
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	1.333

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	1.332
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	1.332
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	1.332
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.331
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.330
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.327
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.325
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	1.321
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	1.320
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	1.320
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	1.320
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	1.320
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	1.320
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	1.320
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	1.320
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	1.319
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.318
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	1.318
10005	Pork, fresh, belly, raw	28.35	1.0 oz	1.317
09451	Horned melon (Kiwano)	233.0	1.0 cup	1.316
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	1.316
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	1.316
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	1.315
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	1.312
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	1.312
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	1.311
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	1.311
11011	Asparagus, raw	134.0	1.0 cup	1.311
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	1.310
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	1.310
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	1.305
17170	Game meat, horse, raw	28.35	1.0 oz	1.304
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	1.304
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.302
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.302

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.302
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.301
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.301
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.301
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	1.300
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	1.300
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.299
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	1.299
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.298
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.298
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.298
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	1.298
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	1.298
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	1.297
18235	Crackers, whole-wheat	28.0	1.0 serving	1.296
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.296
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.296
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	1.293
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	1.293
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	1.290
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	1.290
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1.289
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	1.288
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	1.288
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	1.287
10898	Pork, pickled pork hocks	117.0	3.0 oz	1.287
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	1.286
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	1.286
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1.286
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	1.285
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	1.283
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	1.282
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	1.280
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	1.277
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1.277

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1.277
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	1.276
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.275
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	1.275
15097	Fish, sheepshead, raw	85.0	3.0 oz	1.275
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)	1.272
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	1.272
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.272
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.271
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	1.271
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.270
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	1.270
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	1.270
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	1.269
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	1.268
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	1.268
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	1.267
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	1.267
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	1.265
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	1.265
09298	Raisins, seedless	165.0	1.0 cup, packed	1.264
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	1.264
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	1.262
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.262
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1.258
11124	Carrots, raw	128.0	1.0 cup chopped	1.258
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	1.256
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	1.256
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	1.255
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.254
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.253
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.253
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	1.252
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	1.252
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	1.252

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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)	1.251
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	1.250
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.250
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.249
18066	Bread, wheat bran	28.35	1.0 oz	1.248
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	1.248
18967	Bread, white wheat	28.0	1.0 slice	1.247
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.247
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	1.247
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	1.247
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	1.247
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	1.246
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	1.244
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	1.244
11525	Taro, tahitian, raw	125.0	1.0 cup slices	1.244
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	1.243
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.242
18033	Bread, italian	28.35	1.0 oz	1.242
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.241
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1.241
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	1.239
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	1.239
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	1.238
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	1.238
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1.235
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	1.234
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.234
18349	Rolls, french	28.35	1.0 oz	1.234
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	1.232
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	1.230
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	1.230
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	1.230
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	1.230
10219	Pork, fresh, ground, raw	28.35	1.0 oz	1.230
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.229

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.228
03216	Babyfood, teething biscuits	28.35	1.0 oz	1.228
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.227
18980	KASHI, Original Waffle	72.0	2.0 pieces	1.224
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.224
19367	Toppings, nuts in syrup	328.0	1.0 cup	1.223
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.221
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.221
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	1.219
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.219
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	1.216
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	1.216
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1.216
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	1.216
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	1.215
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	1.215
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	1.215
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	1.215
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	1.213
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	1.212
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	1.212
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	1.212
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	1.210
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.210
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	1.210
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	1.209
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	1.209
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	1.209
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	1.208
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	1.208
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.207
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	1.206
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	1.206
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.205
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.205

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.205
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.205
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	1.205
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	1.205
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	1.203
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	1.203
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.202
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	1.202
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.202
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	1.202
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.201
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.201
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1.200
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	1.200
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	1.200
07005	Blood sausage	100.0	4.0 slices	1.200
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	1.200
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	1.200
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	1.200
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	1.199
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	1.197
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	1.197
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	1.197
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.196
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	1.195
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	1.193
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	1.193
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	1.192
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1.190
90560	Mollusks, snail, raw	85.0	3.0 oz	1.190
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	1.189
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	1.188
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	1.188
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	1.187
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	1.186

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	1.186
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.185
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.184
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1.184
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1.184
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.182
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.182
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	1.182
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	1.181
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.181
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.181
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	1.181
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	1.181
07030	Ham, minced	28.35	1.0 oz	1.180
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	1.180
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	1.180
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	1.179
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	1.178
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	1.175
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	1.173
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.170
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	1.170
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	1.169
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	1.169
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	1.168
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	1.166
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	1.166
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	1.166
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	1.164
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.163
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	1.162
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.162
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	1.161
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1.160
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	1.160
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	1.160

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.159
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	1.157
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	1.156
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	1.155
18338	Phyllo dough	28.35	1.0 oz	1.155
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	1.154
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	1.154
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	1.153
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	1.152
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	1.152
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	1.152
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	1.152
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	1.149
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	1.147
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	1.146
09164	Litchis, raw	190.0	1.0 cup	1.146
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	1.145
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	1.145
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	1.145
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	1.144
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	1.144
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	1.143
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	1.142
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	1.141
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	1.140
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	1.140
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	1.140
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	1.140
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	1.140
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	1.138
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	1.138
28348	Rolls, dinner, sweet	30.0	1.0 roll	1.136
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	1.136
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.135
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	1.134

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
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	1.134
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.134
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	1.134
17183	Game meat, squirrel, raw	28.35	1.0 oz	1.134
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	1.134
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	1.134
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	1.134
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	1.134
17158	Game meat, boar, wild, raw	28.35	1.0 oz	1.134
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	1.134
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	1.134
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.132
16009	Beans, baked, canned, with pork	253.0	1.0 cup	1.131
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	1.130
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	1.130
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	1.128
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	1.126
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.126
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	1.125
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	1.125
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	1.125
43299	Soybean, curd cheese	225.0	1.0 cup	1.125
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	1.124
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	1.122
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	1.122
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	1.121
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	1.121
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	1.117
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	1.117
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	1.115
09043	Blackberry juice, canned	250.0	1.0 cup	1.115
07070	Salami, cooked, turkey	28.0	1.0 serving	1.114
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	1.114
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	1.114
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	1.114

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.113
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	1.113
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	1.113
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	1.113
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	1.110
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	1.110
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	1.109
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	1.108
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	1.108
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	1.107
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	1.107
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	1.106
09176	Mangos, raw	165.0	1.0 cup pieces	1.104
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	1.104
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	1.102
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	1.102
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	1.102
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.102
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.101
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	1.101
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	1.100
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	1.100
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	1.100
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.096
01238	Ice cream sandwich	70.0	1.0 serving	1.096
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	1.094
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1.094
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	1.092
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	1.092
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	1.092
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	1.092
11141	Celeriac, raw	156.0	1.0 cup	1.092
11211	Edamame, frozen, unprepared	118.0	1.0 cup	1.092
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	1.090
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	1.090
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	1.090

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	1.089
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	1.089
11978	Peppers, ancho, dried	17.0	1.0 pepper	1.089
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	1.088
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	1.088
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	1.087
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	1.087
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	1.087
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.086
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	1.085
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	1.085
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	1.085
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	1.085
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	1.084
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	1.084
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	1.081
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.081
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	1.080
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	1.080
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	1.080
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	1.080
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	1.080
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	1.080
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	1.080
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	1.080
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	1.080
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	1.080
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	1.080
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	1.079
18060	Bread, rye	28.35	1.0 oz	1.079
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	1.077
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	1.077
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	1.076
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	1.075
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	1.075
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	1.074

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	1.073
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	1.072
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	1.072
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	1.072
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	1.069
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	1.067
18061	Bread, rye, toasted	28.35	1.0 oz	1.067
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	1.067
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	1.065
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	1.065
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	1.065
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	1.065
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	1.064
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	1.064
17168	Goat, raw	28.35	1.0 oz	1.063
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.061
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.061
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	1.060
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.060
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	1.060
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.060
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	1.060
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.058
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	1.058
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	1.057
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	1.056
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	1.056
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	1.056
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	1.054
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	1.054
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	1.054
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	1.054
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	1.052
07971	Bologna, meat and poultry	33.0	1.0 slice	1.052
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	1.051
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	1.050

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	1.050
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	1.050
19154	Candies, sesame crunch	28.35	1.0 oz	1.050
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.049
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.046
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	1.044
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	1.043
07025	Frankfurter, turkey	28.35	1.0 oz	1.043
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	1.042
18025	Bread, cracked-wheat	28.35	1.0 oz	1.041
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	1.040
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	1.040
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1.039
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	1.038
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	1.038
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	1.038
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.037
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.037
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	1.037
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	1.034
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	1.034
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	1.033
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	1.033
16005	Beans, baked, home prepared	253.0	1.0 cup	1.032
18057	Bread, reduced-calorie, white	28.35	1.0 oz	1.032
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	1.031
07960	Bologna, chicken, pork	28.0	1.0 serving	1.030
09062	Cherimoya, raw	160.0	1.0 cup, pieces	1.030
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.030
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.030
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	1.030
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	1.027
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	1.026
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	1.026
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	1.025
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	1.024

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.023
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.023
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.023
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.023
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.023
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.023
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	1.023
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	1.022
01109	Milk, sheep, fluid	245.0	1.0 cup	1.022
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	1.021
15107	Fish, sucker, white, raw	85.0	3.0 oz	1.020
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	1.020
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	1.020
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	1.020
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	1.019
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	1.019
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.017
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	1.017
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	1.017
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	1.016
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.016
09277	Plantains, raw	148.0	1.0 cup, sliced	1.015
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	1.015
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	1.015
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	1.015
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	1.015
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	1.015
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	1.014
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	1.013
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	1.013
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.013
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	1.013
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.012
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	1.012
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.012
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.012

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	1.011
11426	Pumpkin pie mix, canned	270.0	1.0 cup	1.010
03215	Babyfood, pretzels	28.35	1.0 oz	1.009
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	1.007
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	1.006
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.005
06166	Sauce, homemade, white, medium	250.0	1.0 cup	1.005
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	1.005
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.005
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	1.004
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	1.004
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	1.002
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	1.001
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	1.000
11278	Okra, raw	100.0	1.0 cup	1.000
22971	Potato salad with egg	125.0	0.5 cup	1.000
09143	Guava sauce, cooked	238.0	1.0 cup	1.000
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.999
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.996
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.995
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.995
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.994
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.994
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.992
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.992
09206	Orange juice, raw	248.0	1.0 cup	0.992
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.992
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.990
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.988
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.988
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.988
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.987
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	0.986
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.985
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.984
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.984

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18047	Bread, raisin, enriched	28.35	1.0 oz	0.983
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.982
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.980
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.980
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.979
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.978
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.978
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.978
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.977
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.977
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.977
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.977
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.977
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.977
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.976
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.976
18003	Bagels, egg	28.35	1.0 oz	0.976
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.976
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.976
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.975
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.975
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.975
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.975
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.971
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.971
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.970
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.970
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.970
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.970
09002	Acerola juice, raw	242.0	1.0 cup	0.968
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.968
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.967
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.967
18266	English muffins, whole-wheat	28.35	1.0 oz	0.967
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.967
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.966

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.966
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.966
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.966
09446	Plantains, green, fried	118.0	1.0 cup	0.965
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.964
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.964
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.963
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.963
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.963
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.962
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.961
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.961
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.961
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.961
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.960
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.960
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.960
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.960
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.960
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.960
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.960
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.960
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.959
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.958
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.958
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.957
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.957
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.957
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.956
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.956
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.955
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.954
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.952
11215	Garlic, raw	136.0	1.0 cup	0.952
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.952
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.952

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18264	English muffins, wheat	28.35	1.0 oz	0.951
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.951
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.951
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.950
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.950
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.950
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.948
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.948
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.947
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.947
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.946
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.946
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.945
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.944
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.942
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.942
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.942
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.941
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.941
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.938
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.938
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.937
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.937
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.936
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.936
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.936
93600	Turtle, green, raw	85.0	3.0 oz	0.935
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.935
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.933
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.933
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.933
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.932
18344	Rolls, dinner, egg	28.35	1.0 oz	0.932
11298	Parsnips, raw	133.0	1.0 cup slices	0.931
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.931

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.931
09042	Blackberries, raw	144.0	1.0 cup	0.930
09021	Apricots, raw	155.0	1.0 cup, halves	0.930
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.930
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.928
43483	Millet, puffed	21.0	1.0 cup	0.928
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.928
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.927
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.925
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.925
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.924
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.924
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.923
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.923
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.923
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.923
09094	Figs, dried, uncooked	149.0	1.0 cup	0.922
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.922
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.922
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.921
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.921
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.920
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.920
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.918
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.918
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.918
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.918
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.917
18172	Cookies, gingersnaps	28.35	1.0 oz	0.917
16059	Chili with beans, canned	256.0	1.0 cup	0.916
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.916
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.916
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.916
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.916

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	0.915
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.915
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.914
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.913
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.913
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.913
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.912
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.912
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.912
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.912
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.911
11655	Carrot juice, canned	236.0	1.0 cup	0.911
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.911
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.910
07026	Ham, chopped, canned	28.35	1.0 oz	0.907
17146	Game meat, bear, raw	28.35	1.0 oz	0.907
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.906
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.905
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.905
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.904
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.903
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.902
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.902
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.902
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.901
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.901
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.901
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.900
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.900
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.900
09423	Prune puree	36.0	2.0 tbsp	0.900
11527	Tomatoes, green, raw	180.0	1.0 cup	0.900
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.900
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.899
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.899

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.899
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.898
43146	Eggplant, pickled	136.0	1.0 cup	0.898
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.897
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.896
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.896
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.895
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.895
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.895
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0.894
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.893
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.892
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.891
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.891
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.890
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.890
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.890
18039	Bread, oatmeal	28.35	1.0 oz	0.889
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.889
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.888
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.888
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.888
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.887
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.886
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.886
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.886
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.885
07061	Mother's loaf, pork	28.35	1.0 oz	0.885
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.885
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.885
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.885
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.885
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.885
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.884
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.884
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.884

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.882
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.882
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.882
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.882
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.881
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.880
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.880
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.880
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.878
20033	Oat bran, raw	94.0	1.0 cup	0.878
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.878
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.877
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.877
18044	Bread, pumpernickel	28.35	1.0 oz	0.876
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.876
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.874
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.874
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.874
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.874
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.874
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.874
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.873
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.873
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.873
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.873
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.873
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.872
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.871
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.871
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.870
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.870
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.869
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.869
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.869
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.869
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.868

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.868
18214	Crackers, cheese, regular	14.2	0.5 oz	0.868
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.868
09190	Mulberries, raw	140.0	1.0 cup	0.868
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.868
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.867
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.866
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.864
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.864
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.863
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.863
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.862
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.862
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.862
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.861
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.861
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.860
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.860
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.860
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.860
18177	Cookies, molasses	28.35	1.0 oz	0.859
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.859
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.858
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.857
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.856
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.856
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.854
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.854
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.852
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.851
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.851
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.851
09205	Oranges, raw, with peel	170.0	1.0 cup	0.850
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.850
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.848
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.848

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.847
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.846
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.846
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.846
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.845
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.845
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.844
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.843
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.843
07068	Salami, cooked, beef	26.0	1.0 slice	0.842
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.841
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.840
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.840
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.839
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.838
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.838
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.837
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.837
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.836
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.836
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.836
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.836
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.836
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.835
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.834
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.832
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.832
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.832
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.832
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.832
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.832
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.832
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.830
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.830
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.828
11601	Yam, raw	150.0	1.0 cup, cubes	0.828

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.827
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.827
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.825
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.823
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.822
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.822
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.822
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.820
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.820
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.819
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.818
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.818
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.817
20065	Rye flour, light	102.0	1.0 cup	0.816
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.816
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.813
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.812
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.812
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.812
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.812
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.812
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.812
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.812
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.811
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.811
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.810
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.810
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.810
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.810
19117	Candies, halavah, plain	28.35	1.0 oz	0.810
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.808
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.806
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.806
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.806
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.806
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.805

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.802
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.801
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.801
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.800
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.800
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.800
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.800
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.800
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.800
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.799
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.799
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.798
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.798
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.798
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.798
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.798
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.798
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.797
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.797
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.797
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.797
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.797
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.797
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.796
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.796
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.796
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.794
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.794
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.793
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.793
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.792
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.792
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.792
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.792
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.791
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.791

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.791
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.791
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.791
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.790
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.790
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.790
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.790
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.789
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.788
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.788
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.788
11297	Parsley, fresh	60.0	1.0 cup chopped	0.788
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.787
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.787
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.786
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.785
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.784
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.784
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.784
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.783
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.781
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.781
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.781
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.780
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.780
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.780
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	0.780
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	0.780
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.780
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.780
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.780
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.779
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.779
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.778
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.778
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.778

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.777
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.777
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.776
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.776
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.775
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.774
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.774
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.774
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.774
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.774
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.774
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.774
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.774
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.773
18242	Croutons, plain	14.2	0.5 oz	0.772
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.772
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.771
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.770
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.770
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.770
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.770
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.769
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.768
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.768
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.768
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.768
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.768
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.768
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.768
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.767
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.766
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.766
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.765
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.763
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.763
20137	Quinoa, cooked	185.0	1.0 cup	0.762

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.761
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.760
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.760
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.760
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.760
07050	Mortadella, beef, pork	28.35	1.0 oz	0.758
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.757
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.756
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.756
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.756
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.756
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.756
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.754
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.754
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.753
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.753
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.753
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.752
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.752
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.751
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.751
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.751
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.751
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.750
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.750
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.750
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.750
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	0.750
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.749
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.748
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.748
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.748
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.748
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.747
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.747
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.747

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.746
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.745
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.745
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.744
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.744
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.744
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.744
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.744
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.744
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.743
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.743
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.741
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.740
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	0.740
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.740
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.738
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.738
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.738
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.738
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.737
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.737
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.736
09302	Raspberries, raw	123.0	1.0 cup	0.736
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.735
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.735
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.734
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.734
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.733
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.733
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.733
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.733
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.733
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.732
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.731
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.730
18106	Coffeecake, fruit	28.35	1.0 oz	0.729

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.729
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.729
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.729
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.729
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.729
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.728
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.728
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.727
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.727
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.726
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.726
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.725
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.725
09088	Elderberries, raw	145.0	1.0 cup	0.725
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.725
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.725
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)	0.724
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.723
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.722
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.722
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.722
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.722
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.722
18218	Crackers, matzo, egg	14.2	0.5 oz	0.721
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.720
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.720
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.720
11230	Pepeao, dried	24.0	1.0 cup	0.720
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.720
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.719
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.719
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.719
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.717
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.717
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.717
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.717

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.716
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.716
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.716
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.715
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.715
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.715
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.714
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.714
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.714
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.713
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.713
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.713
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.713
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.712
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.711
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.711
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.711
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.710
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.710
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.710
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.709
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.709
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.707
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.707
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.707
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	0.707
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.707
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.706
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.706
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.706
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.706
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.705
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.704
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.704
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.703

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.703
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.703
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.703
25059	Snacks, brown rice chips	9.0	1.0 cake	0.703
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.702
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.702
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.702
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.702
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.701
42161	Bologna, beef, low fat	28.0	1.0 slice	0.700
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.700
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.700
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.700
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.700
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.700
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.697
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.697
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.697
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.697
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.697
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.697
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.697
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.696
07007	Bologna, beef	30.0	1.0 slice	0.696
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.696
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.696
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.696
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.695
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.694
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.693
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.689
09279	Plums, raw	165.0	1.0 cup, sliced	0.688
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.688
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.687
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.686
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.686

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.686
09287	Prickly pears, raw	149.0	1.0 cup	0.685
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.685
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.684
12059	Nuts, acorns, dried	28.35	1.0 oz	0.682
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.682
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	0.682
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.682
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.682
01156	Cheese, goat, hard type	28.35	1.0 oz	0.680
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.680
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.680
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.680
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.680
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.679
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.678
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.676
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.676
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.675
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.675
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	0.675
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.674
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.674
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.673
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.673
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.673
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.672
05311	Chicken, canned, no broth	28.0	1.0 oz	0.672
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.672
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.672
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.672
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.672
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.672
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.672
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.672
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.672

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.671
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.670
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.669
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.669
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.669
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.668
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.668
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.667
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.666
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.666
11616	Dock, raw	133.0	1.0 cup, chopped	0.665
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.665
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.664
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.664
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.663
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.662
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.662
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.662
01113	Whey, acid, dried	57.0	1.0 cup	0.661
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.660
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.660
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.660
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.660
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.660
18243	Croutons, seasoned	14.2	0.5 oz	0.660
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.660
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.659
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.658
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.658
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.658
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.658
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.657
18224	Crackers, rusk toast	14.2	0.5 oz	0.657
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.656
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.656
11098	Brussels sprouts, raw	88.0	1.0 cup	0.656

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.655
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.655
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.655
15014	Fish, cisco, smoked	28.35	1.0 oz	0.655
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.655
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.654
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.653
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.653
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.652
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.652
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.652
11658	Spinach souffle	136.0	1.0 cup	0.651
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.651
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.651
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0.651
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0.651
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.651
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.650
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.650
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.650
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.648
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.648
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.648
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.648
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.646
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.645
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.644
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.644
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.644
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.644
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.644
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.643
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.643
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.643
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.643
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.642

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.642
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.642
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")	0.642
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.642
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.642
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.642
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.640
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.640
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.640
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.640
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.640
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.639
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.639
11961	Hearts of palm, canned	146.0	1.0 cup	0.638
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.636
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.636
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.634
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.634
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.634
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.633
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.633
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.633
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.633
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.632
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.632
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.632
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.632
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.631
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.630
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.630
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.630
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.630
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.630
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.629
18223	Crackers, milk	14.2	0.5 oz	0.629
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.629

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11954	Tomatillos, raw	34.0	1.0 medium	0.629
43476	Tofu yogurt	262.0	1.0 cup	0.629
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.627
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.627
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.625
11518	Taro, raw	104.0	1.0 cup, sliced	0.624
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.624
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.624
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.623
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.623
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.622
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.622
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.621
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.621
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.620
18239	Croissants, butter	28.35	1.0 oz	0.620
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.620
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.620
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.620
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.620
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.620
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.620
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.620
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.619
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.619
09050	Blueberries, raw	148.0	1.0 cup	0.619
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.618
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.617
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.617
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.617
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.616
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.616
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.616
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.616
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.615

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.615
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.614
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.613
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.612
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.612
18241	Croissants, cheese	28.35	1.0 oz	0.612
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.609
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.608
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.608
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.608
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.608
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.607
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.607
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.607
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.606
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.606
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.606
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.606
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.606
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.606
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.605
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.604
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.604
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.604
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.604
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.604
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.604
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.603
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.603
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.601
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.600
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.598
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.598

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.598
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.598
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.596
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.596
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.596
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.595
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.595
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.595
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.595
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.595
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.594
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.594
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.594
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.594
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.594
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.594
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.594
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.592
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.592
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.592
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.592
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.592
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.592
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.592
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.591
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.591
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.589
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.589
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.589
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)	0.588
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.588
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.588
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.588
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.588
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.588

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.588
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.587
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.587
09316	Strawberries, raw	152.0	1.0 cup, halves	0.587
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.584
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.584
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.584
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.584
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.584
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.583
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.582
11090	Broccoli, raw	91.0	1.0 cup chopped	0.581
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.581
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.581
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.580
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.580
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.580
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.580
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.579
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.579
20002	Amaranth grain, cooked	246.0	1.0 cup	0.578
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.577
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.577
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.577
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.576
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.576
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.576
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.576
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.575
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.575
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.575
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.575
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.573
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.572
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.572
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.571

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.570
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.570
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.570
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.570
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.569
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.569
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.569
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.568
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.567
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.567
18245	Danish pastry, cheese	28.35	1.0 oz	0.567
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.567
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.567
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.567
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.566
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.565
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.565
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.565
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.565
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.565
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.564
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.564
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.564
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.564
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.561
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.560
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.560
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.560
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.560
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.560
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.559
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.558
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.558
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.558
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.558
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.558

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.558
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.557
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.555
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.554
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.554
18217	Crackers, matzo, plain	14.2	0.5 oz	0.553
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.551
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.551
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.550
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.549
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.548
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.548
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.548
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.548
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.547
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.546
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.546
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.545
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.544
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.544
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.544
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.544
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.544
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.544
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.542
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.542
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.542
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.542
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.541
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.541
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.541
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.541
11241	Kohlrabi, raw	135.0	1.0 cup	0.540
80200	Frog legs, raw	45.0	1.0 leg	0.540
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.540
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.540

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.540
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.539
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.539
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.539
17150	Game meat, beaver, raw	28.35	1.0 oz	0.539
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.538
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.538
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.536
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.535
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.534
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.534
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.534
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.534
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.534
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.533
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.533
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.533
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.533
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.532
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.532
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.532
18170	Cookies, fig bars	28.35	1.0 oz	0.531
06114	Gravy, au jus, canned	59.0	0.25 cup	0.531
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.530
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.530
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.529
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.529
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.529
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.529
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.529
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.529
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.528
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.527
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.527
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.527

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.526
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.526
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.525
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.524
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.522
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.522
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.522
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.522
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.522
18171	Cookies, fortune	28.35	1.0 oz	0.522
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.521
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.521
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.521
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.521
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.521
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.520
11564	Turnips, raw	130.0	1.0 cup, cubes	0.520
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.520
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.520
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.520
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.519
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0.519
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.519
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.519
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.519
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.518
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.518
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.518
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.518
12058	Nuts, acorns, raw	28.35	1.0 oz	0.518
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.518
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.518
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.518

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.517
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.517
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.517
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.517
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.517
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.516
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.516
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	0.515
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.514
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.514
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.514
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.513
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.513
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.513
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.512
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.510
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.510
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.509
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.509
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.508
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.508
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.508
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.507
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.507
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.506
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.505
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.505
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.505
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.505
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.505
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.505
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.504
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.504
21268	TACO BELL, Nachos	80.0	1.0 serving	0.504
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.504
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.504

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.504
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.503
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.503
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.503
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.502
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.502
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.502
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.501
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.501
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.500
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.500
11203	Cress, garden, raw	50.0	1.0 cup	0.500
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.500
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.500
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.499
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.498
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.498
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.498
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.498
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.498
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.497
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.497
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.496
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.496
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.496
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.496
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.495
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.495
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.495
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.494
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.494
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.494
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.494
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.494
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.493
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.493

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.493
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.493
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.493
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.493
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.492
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.491
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.491
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.490
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.490
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.490
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.490
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.490
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.490
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.489
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.489
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.488
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.488
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.488
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.487
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.487
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.486
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.486
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.486
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.485
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.485
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.484
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.484
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.484
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.484
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0.482
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.482
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.482
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.481
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.480
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.480
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.480

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.480
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.480
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.480
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.480
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.480
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.480
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.480
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0.480
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.479
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.479
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.479
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.478
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.477
28292	Crackers, multigrain	14.0	4.0 crackers	0.476
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.476
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.476
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.475
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.473
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.472
09433	Clementines, raw	74.0	1.0 fruit	0.471
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.470
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.470
11965	Cauliflower, green, raw	64.0	1.0 cup	0.470
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.469
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.469
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.469
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.469
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.469
21129	Fast foods, hush puppies	22.0	1.0 piece	0.469
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.468
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.468
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.468
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.468
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.468
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.468

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.467
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.466
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.466
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.466
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.466
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.466
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.465
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.465
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.464
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.464
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.464
19419	Snacks, corn cakes	9.0	1.0 cake	0.464
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.464
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.463
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.463
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.462
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.462
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.462
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.461
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.460
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.460
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.460
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.459
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.459
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.459
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0.459
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.459
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.459
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.458
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.458
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.457
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.456
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.455
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.455
11080	Beets, raw	136.0	1.0 cup	0.454

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.454
18240	Croissants, apple	28.35	1.0 oz	0.454
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.453
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.452
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.451
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.450
09107	Gooseberries, raw	150.0	1.0 cup	0.450
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.450
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.450
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.449
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.448
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.448
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.447
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.445
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.445
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.444
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.444
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.444
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.444
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.444
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.443
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.443
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.443
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.443
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.442
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.442
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.442
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.442
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.442
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.442
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.442
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.441
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.441
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.441

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.441
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.441
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.440
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.440
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.440
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.440
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.440
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.440
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.439
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.439
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.439
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.439
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.439
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.439
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.438
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.438
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.438
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.437
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.437
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.436
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.435
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.435
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.435
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.435
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.434
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.433
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.433
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.432
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.432
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.432
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.432
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.432
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.431
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.431

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.431
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.431
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.430
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.429
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.429
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.428
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.428
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.428
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.427
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.427
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.427
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.426
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.426
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.425
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.425
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.425
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.425
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.425
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.425
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.425
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.425
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.424
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.424
11520	Taro leaves, raw	28.0	1.0 cup	0.424
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.424
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.422
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.421
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.421
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.421
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.420
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.420
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.420
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.420
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.420
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.419

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09295	Pummelo, raw	190.0	1.0 cup, sections	0.418
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.418
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.418
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.418
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.418
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.417
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.417
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.416
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.416
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.415
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.415
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.415
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.415
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.415
11005	Arrowhead, raw	25.0	1.0 large	0.412
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.412
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.411
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.411
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.411
19296	Honey	339.0	1.0 cup	0.410
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.410
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.410
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.410
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.408
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.408
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.408
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.408
16122	Soy protein isolate	28.35	1.0 oz	0.408
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.407
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.407
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.405
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.405
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.405
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.405

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.405
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.404
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.404
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.404
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.404
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.404
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.403
12071	Nuts, almond paste	28.35	1.0 oz	0.403
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.403
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.403
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.402
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.402
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.402
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.402
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.402
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.402
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.402
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.401
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.401
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.400
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.400
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.400
18971	Bread, potato	32.0	1.0 slice	0.400
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.400
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.400
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.399
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.399
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.399
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.399
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.398
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.396
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.396

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.396
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.395
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.395
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.395
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.394
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.394
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.394
21127	Fast foods, coleslaw	191.0	1.0 cup	0.393
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.393
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.393
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.393
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.393
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.393
11362	Potatoes, raw, skin	38.0	1.0 skin	0.393
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.392
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.392
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.392
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.391
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.390
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.389
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.388
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.388
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.387
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.387
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.387
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.387
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.387
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.386
07951	Scrapple, pork	17.0	1.0 cubic inch	0.386
09421	Dates, medjool	24.0	1.0 date, pitted	0.386
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.386
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.386
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.386
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.385
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.384
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.384

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.384
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.384
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.383
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.382
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.381
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.380
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.379
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.379
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.379
09192	Oheloberries, raw	140.0	1.0 cup	0.378
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.378
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.376
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.376
09229	Papaya nectar, canned	250.0	1.0 cup	0.375
03217	Zwieback	28.35	1.0 oz	0.374
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.373
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.372
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.372
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.372
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.372
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.372
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.372
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.372
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.371
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.371
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.371
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.369
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.369
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.369
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.369
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.369
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.368
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.367
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.366
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.366
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.366

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.365
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.364
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.364
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.362
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.360
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.360
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.360
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.359
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.359
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.358
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.357
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.357
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.356
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.355
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.354
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.354
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.354
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.354
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.354
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.353
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.353
11231	Jute, potherb, raw	28.0	1.0 cup	0.353
11963	Nopales, raw	86.0	1.0 cup, sliced	0.353
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.352
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.352
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.352
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.352
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.352
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.352
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.352
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.351
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.351
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.351
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.350
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.350
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.349

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.349
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.348
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.348
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.347
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.347
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.347
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.347
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.346
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.346
11986	Malabar spinach, cooked	44.0	1.0 cup	0.346
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.346
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.345
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.345
11522	Taro shoots, raw	43.0	0.5 cup slices	0.344
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.344
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.344
09160	Lime juice, raw	242.0	1.0 cup	0.344
19366	Toppings, pineapple	340.0	1.0 cup	0.343
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.341
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.341
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.339
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	0.339
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	0.339
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.339
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.338
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.338
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.337
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.337
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.337
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.337
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.336
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.336
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.336
09083	Currants, european black, raw	112.0	1.0 cup	0.336
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.336
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.335

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.334
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.334
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.333
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.332
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.332
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.331
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.331
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.331
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.331
11974	Grape leaves, raw	14.0	1.0 cup	0.331
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.330
19355	Syrups, sorghum	330.0	1.0 cup	0.330
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.330
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.330
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.329
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.329
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.329
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.329
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.329
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.329
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.329
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.328
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.328
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.328
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.327
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.327
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.326
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.326
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.326
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.325
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.325
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.325
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.324
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.324
11143	Celery, raw	101.0	1.0 cup chopped	0.323
07033	Ham and cheese spread	15.0	1.0 tbsp	0.323

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.321
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.320
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.320
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.320
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.320
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.320
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.320
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.320
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.320
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.320
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.320
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.319
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.318
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.318
18021	Bread, boston brown, canned	28.35	1.0 oz	0.318
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.318
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.317
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.316
20034	Oat bran, cooked	219.0	1.0 cup	0.315
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.315
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.315
07031	Ham salad spread	15.0	1.0 tbsp	0.314
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.314
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.314
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.314
02009	Spices, chili powder	2.7	1.0 tsp	0.313
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.312
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.312
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.312
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.312
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.312
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.312
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.312
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.312
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.311
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.310

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.310
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.310
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.308
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.308
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.308
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.307
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.307
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.305
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.304
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.304
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.303
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.302
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.301
09434	Guanabana nectar, canned	251.0	1.0 cup	0.301
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.301
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.301
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.300
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.300
11618	Eppaw, raw	100.0	1.0 cup	0.300
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.299
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.299
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.298
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.298
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.298
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.298
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.297
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.296
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.296
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.295
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.295
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.295
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.295
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.295
11429	Radishes, raw	116.0	1.0 cup slices	0.295
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.294
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.294

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.293
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.290
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.289
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.289
01004	Cheese, blue	28.35	1.0 oz	0.288
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.288
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.285
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.285
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.285
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.285
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.285
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.284
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.283
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.282
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.282
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.282
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.281
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.281
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.280
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.280
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.280
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.280
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.280
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.279
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.279
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.279
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.279
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.278
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.278
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.278
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.277
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.277
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.277
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.276
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.275
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.275

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.275
09326	Watermelon, raw	154.0	1.0 cup, balls	0.274
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.272
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.272
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.271
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.271
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.271
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.270
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.270
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.270
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.270
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.270
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.270
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.270
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.269
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.269
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.269
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.269
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.269
09174	Loquats, raw	149.0	1.0 cup, cubed	0.268
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.268
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.268
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.267
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.267
11161	Collards, raw	36.0	1.0 cup, chopped	0.267
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.267
01057	Eggnog	254.0	1.0 cup	0.267
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.266
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.266
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.266
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.265
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.265
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.265

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.264
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.264
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.263
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.262
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.262
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.262
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.262
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.261
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.261
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.260
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.260
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.260
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.259
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.258
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.258
21140	Side dishes, potato salad	95.0	0.333 cup	0.256
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.256
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.256
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.256
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.255
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.255
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.254
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.254
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.252
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.252
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.252
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.252
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.252
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.252
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.251
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.251
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.251
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.250
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.250
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.249

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.249
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.249
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.249
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.248
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.248
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.248
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.248
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.247
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.247
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.247
21416	POPEYES, Coleslaw	120.0	1.0 package	0.247
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.247
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.247
09221	Tangerine juice, raw	247.0	1.0 cup	0.247
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.246
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.246
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.246
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.246
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.245
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.245
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.244
11935	Catsup	17.0	1.0 tbsp	0.244
11949	Catsup, low sodium	17.0	1.0 tbsp	0.244
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.244
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.243
01173	Egg, white, dried	28.0	1.0 oz	0.242
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.242
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.242
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.242
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.242
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.242
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.241
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.241
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.241
18360	Taco shells, baked	12.9	1.0 shell	0.241
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.240

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.240
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.240
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.240
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.240
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.240
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.240
11154	Chicory roots, raw	60.0	1.0 root	0.240
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.239
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.239
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.238
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.238
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.238
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.236
18355	Sweet rolls, cheese	28.35	1.0 oz	0.235
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.235
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.235
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.234
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.234
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.233
11190	Cornsalad, raw	56.0	1.0 cup	0.232
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.232
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.232
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	0.232
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.232
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.232
02028	Spices, paprika	2.3	1.0 tsp	0.231
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.231
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.231
21420	KFC, Coleslaw	112.0	1.0 package	0.231
01021	Cheese, gjetost	28.35	1.0 oz	0.230
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.230
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.230
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.230
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.230
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.230
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.230

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.229
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.228
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.228
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.227
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.227
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.227
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.227
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.227
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.227
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.226
09252	Pears, raw	140.0	1.0 cup, slices	0.225
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.225
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.224
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.224
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.223
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.222
09152	Lemon juice, raw	244.0	1.0 cup	0.222
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.222
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.222
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.222
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.221
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.221
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.221
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.221
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.220
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.220
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.220
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.220
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.220
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.220
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.220
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.220
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.219
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.219
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.218

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.218
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.218
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.218
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.218
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.217
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.217
11457	Spinach, raw	30.0	1.0 cup	0.217
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.217
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.217
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.217
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.217
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.215
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.214
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.214
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.213
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.213
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.212
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.212
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.212
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.212
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.212
01024	Cheese, limburger	134.0	1.0 cup	0.212
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.211
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.211
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.211
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.211
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.211
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.211
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.210
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.210
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.210
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.210
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.209
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.209

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.209
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.209
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.209
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.209
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.208
01039	Cheese, roquefort	28.35	1.0 oz	0.208
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.207
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.207
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.207
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.207
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.207
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.207
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.207
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.207
11427	Purslane, raw	43.0	1.0 cup	0.206
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.206
01035	Cheese, provolone	132.0	1.0 cup, diced	0.206
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.206
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.206
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.205
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.205
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.205
09413	Pears, raw, red anjou	126.0	1.0 small	0.204
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.203
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.203
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.203
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.203
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.202
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.202
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.202
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.201
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.201
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.201
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.201
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.201

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19400	Snacks, banana chips	28.35	1.0 oz	0.201
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.201
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.201
09436	Mango nectar, canned	251.0	1.0 cup	0.201
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.200
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.200
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.200
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.200
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.200
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.200
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.198
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.198
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.198
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.198
01020	Cheese, fontina	132.0	1.0 cup, diced	0.198
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.197
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.197
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.197
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.196
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.196
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.194
01112	Whey, acid, fluid	246.0	1.0 cup	0.194
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.194
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.194
06126	Gravy, turkey, dry	7.0	1.0 serving	0.194
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.194
18103	Coffeecake, cheese	28.35	1.0 oz	0.193
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.193
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.193
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.192
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.191
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.191
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.191
18952	Tostada shells, corn	12.3	1.0 piece	0.191

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.190
19081	Candies, sweet chocolate	28.35	1.0 oz	0.190
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.189
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.189
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.188
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.188
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.188
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.188
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.188
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.187
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.187
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.187
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.186
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.186
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.186
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.186
11282	Onions, raw	160.0	1.0 cup, chopped	0.186
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.186
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.185
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.184
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.184
11003	Amaranth leaves, raw	28.0	1.0 cup	0.184
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.184
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.184
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.184
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.183
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.183
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.183
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.183
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.183
01114	Whey, sweet, fluid	246.0	1.0 cup	0.182
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.182
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.182
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.182
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.181
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.181

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.181
11975	Grape leaves, canned	4.0	1.0 leaf	0.180
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.180
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.180
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.180
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.180
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.179
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.179
01007	Cheese, camembert	28.35	1.0 oz	0.179
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.178
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.178
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.178
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.178
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.177
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.177
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.177
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.177
09437	Tamarind nectar, canned	251.0	1.0 cup	0.176
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.175
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.175
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.175
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.175
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.174
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.174
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.174
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.173
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.173
02021	Spices, ginger, ground	1.8	1.0 tsp	0.173
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.173
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.172
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.172
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.172
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.171
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.171
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.170
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.170

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.170
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.169
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.169
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.168
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.166
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.166
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.166
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.165
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.164
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.164
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.163
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.163
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.162
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.162
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.162
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.162
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.162
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.162
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.161
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.161
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.161
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.161
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.161
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.160
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.160
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.160
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.160
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.160
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.159
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.158
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.158
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.157
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.157
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.157
01005	Cheese, brick	132.0	1.0 cup, diced	0.156

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.156
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.155
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.155
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.155
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.155
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.155
16112	Miso	17.0	1.0 tbsp	0.154
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.154
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.153
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.153
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.153
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.152
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.152
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.152
11086	Beet greens, raw	38.0	1.0 cup	0.152
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.152
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.151
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.151
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.150
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.150
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.149
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.149
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.149
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.149
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.148
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.148
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.148
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.147
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.147
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.147
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.147
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.147
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.146
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.146
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.146

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.146
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.146
19524	Snacks, taro chips	28.35	1.0 oz	0.146
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.145
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.145
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.145
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.145
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.145
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.144
11147	Chard, swiss, raw	36.0	1.0 cup	0.144
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.143
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.142
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.142
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.142
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.141
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.140
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.140
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.140
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.139
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.139
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.139
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.138
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.137
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.137
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.137
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.136
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.136
01030	Cheese, muenster	132.0	1.0 cup, diced	0.136
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.136
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.135
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.135
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.134
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.134
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.134
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.134
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.133

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.133
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.133
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.132
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.132
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.132
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.131
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.131
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.131
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.130
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.130
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.130
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.129
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.129
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.128
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.128
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.128
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.128
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.127
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.127
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.127
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.127
20134	Rice noodles, cooked	176.0	1.0 cup	0.127
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.126
20133	Rice noodles, dry	57.0	2.0 oz	0.126
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.126
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.126
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.125
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.125
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.124
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.124
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.124
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.124
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.123
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.123
01025	Cheese, monterey	132.0	1.0 cup, diced	0.123
01011	Cheese, colby	132.0	1.0 cup, diced	0.123

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.123
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.122
16130	Okara	122.0	1.0 cup	0.122
01159	Cheese, goat, soft type	28.35	1.0 oz	0.122
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.122
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.122
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.121
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.120
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.119
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.119
18283	Muffins, oat bran	28.35	1.0 oz	0.119
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.119
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.119
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.119
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.119
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.119
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.118
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.118
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.118
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.117
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.116
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.116
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.116
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.116
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.116
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.115
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.115
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.115
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.114
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.114
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.114
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.114
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.114
05335	Chicken, feet, boiled	28.35	1.0 oz	0.113
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.113
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.113

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.113
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.113
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.113
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.113
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.113
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.113
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.112
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.112
09084	Currants, red and white, raw	112.0	1.0 cup	0.112
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.112
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.112
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.112
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.111
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.111
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.111
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.111
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.110
09077	Crabapples, raw	110.0	1.0 cup slices	0.110
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.110
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.109
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.109
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.109
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.109
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.109
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.109
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.108
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.108
01006	Cheese, brie	28.35	1.0 oz	0.108
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.107
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.107
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.107
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.107
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.106
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.106
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.105
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.105

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.105
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.105
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.105
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.105
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.105
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.104
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.104
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.104
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.104
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.103
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.103
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.103
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.102
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.102
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.102
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.102
06150	Sauce, barbecue	17.0	1.0 tbsp	0.101
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.101
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.101
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.100
11213	Endive, raw	25.0	0.5 cup, chopped	0.100
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.099
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.099
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.099
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.099
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.099
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.098
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.098
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.098
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.098
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.098
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.097
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.097
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.097
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.097
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.096

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0.096
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.096
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.096
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.096
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.095
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.095
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.095
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.094
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.094
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.094
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.094
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.094
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.094
18354	Strudel, apple	28.35	1.0 oz	0.094
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.093
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.093
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.093
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.093
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.093
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.092
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.092
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.092
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.091
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.091
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.091
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.091
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.090
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.090
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.090
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.090
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	0.090
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.090
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.090
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.090
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.089
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.089

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.089
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.089
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.089
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.089
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.088
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.088
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.088
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.088
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.088
16158	Hummus, commercial	15.0	1.0 tbsp	0.087
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.087
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.086
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.086
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.086
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.086
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.086
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.085
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.085
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.085
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.085
11151	Chicory, witloof, raw	53.0	1.0 head	0.085
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.085
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.084
01040	Cheese, swiss	132.0	1.0 cup, diced	0.084
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.084
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.084
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.084
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.084
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.084
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.084
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.084
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.084
11960	Carrots, baby, raw	15.0	1.0 large	0.083
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.083
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.083
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.083

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.083
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.082
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.082
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.082
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.082
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.082
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.082
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.082
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.082
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.081
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.081
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.081
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.081
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.080
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.080
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.080
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.079
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.079
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.079
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.079
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.079
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.079
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.078
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.078
09165	Litchis, dried	2.5	1.0 fruit	0.078
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.077
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.077
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.077
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.077
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.076
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.076
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.076
02005	Spices, caraway seed	2.1	1.0 tsp	0.076
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.076
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.076
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.075

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.075
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.075
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.075
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.075
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.075
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.075
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.075
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.075
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.075
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.074
11943	Pimento, canned	12.0	1.0 tbsp	0.074
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.074
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.073
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.073
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.073
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.072
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.072
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.071
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.071
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.070
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.070
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.070
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.069
11591	Watercress, raw	34.0	1.0 cup, chopped	0.068
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.068
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.068
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.068
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.068
19137	Toppings, strawberry	42.0	2.0 tbsp	0.068
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.067
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.067
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.067
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.067
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.067
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.067
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.067

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.066
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.066
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.066
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.066
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.066
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.066
19349	Syrups, corn, dark	328.0	1.0 cup	0.066
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.066
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.065
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.065
02015	Spices, curry powder	2.0	1.0 tsp	0.065
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.065
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.065
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.065
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.065
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.064
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.064
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.064
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.064
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.064
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.064
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.064
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.064
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.064
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.064
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.064
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.063
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.063
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.063
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.063
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.063
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.063
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.063
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.062
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.062
15109	Fish, surimi	28.35	1.0 oz	0.062

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.062
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.062
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.062
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.062
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.062
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.062
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.062
02007	Spices, celery seed	2.0	1.0 tsp	0.061
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.061
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.061
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.061
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.061
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.061
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.061
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.061
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.061
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.060
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.060
01031	Cheese, neufchatel	28.35	1.0 oz	0.060
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.059
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.059
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.059
02016	Spices, dill seed	2.1	1.0 tsp	0.059
01041	Cheese, tilsit	28.35	1.0 oz	0.058
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.058
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.057
01144	Egg substitute, powder	9.9	0.35 oz	0.057
02039	Spices, savory, ground	1.4	1.0 tsp	0.057
18323	Pie, peach	28.35	1.0 oz	0.057
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.057
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.057
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.057
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.056
02054	Capers, canned	8.6	1.0 tbsp, drained	0.056
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.056
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.056

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.056
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.055
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.055
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.055
20030	Hominy, canned, white	165.0	1.0 cup	0.054
02001	Spices, allspice, ground	1.9	1.0 tsp	0.054
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.054
09216	Orange peel, raw	6.0	1.0 tbsp	0.054
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.054
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.054
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.053
20330	Hominy, canned, yellow	160.0	1.0 cup	0.053
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.053
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.051
01008	Cheese, caraway	28.35	1.0 oz	0.051
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.051
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.051
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.051
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.051
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.050
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.050
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.050
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.050
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.050
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.050
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.050
02029	Spices, parsley, dried	0.5	1.0 tsp	0.050
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.050
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.049
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.049
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.049
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.048
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.048
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.048
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.048
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.048

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.047
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.047
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.046
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.046
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.045
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.045
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.045
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.045
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.044
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.044
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.044
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.044
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.044
11145	Celtuce, raw	8.0	1.0 leaf	0.044
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.044
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.044
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.044
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.042
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.042
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.042
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.042
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.042
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.042
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.042
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.042
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.041
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.041
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.041
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.041
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.041
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.041
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.040
19018	Fruit syrup	334.0	1.0 cup	0.040
02038	Spices, sage, ground	0.7	1.0 tsp	0.040
01225	Dulce de Leche	19.0	1.0 tbsp	0.040
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.040

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.040
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.040
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.039
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.039
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.039
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.038
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.038
02013	Spices, coriander seed	1.8	1.0 tsp	0.038
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.038
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.038
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.038
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.038
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.038
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.038
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.038
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.037
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.037
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.037
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.037
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.037
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.037
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.037
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.037
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.037
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.037
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.036
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.036
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.035
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.035
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.035
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.035
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.035
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.035
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.035
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.035
01124	Egg, white, raw, fresh	33.0	1.0 large	0.035

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.035
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.035
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.035
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.034
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.034
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.034
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.034
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.034
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.034
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.034
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.034
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.033
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.033
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.033
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.033
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.033
02066	Spearmint, dried	0.5	1.0 tsp	0.033
02011	Spices, cloves, ground	2.1	1.0 tsp	0.033
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.033
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.033
02008	Spices, chervil, dried	0.6	1.0 tsp	0.032
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.032
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.032
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.032
27064	Wasabi	20.0	1.0 tablespoon	0.032
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.032
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.032
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.032
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.032
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.032
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.032
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.031
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.031
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.031
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.031
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.031

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.031
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.031
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.030
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.030
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.030
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.030
01023	Cheese, gruyere	28.35	1.0 oz	0.030
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.030
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.030
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.030
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.030
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.030
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.030
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.030
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.030
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.029
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.029
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.029
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.029
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.029
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.029
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.029
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.029
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.029
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.029
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.029
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.029
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.029
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.028
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.028
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.028
16129	Tofu, fried	28.35	1.0 oz	0.028
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.028
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.028
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.028
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.028

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.028
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.028
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.028
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.028
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.028
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.027
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.027
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.027
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.027
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.027
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.027
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.027
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.027
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.027
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.027
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.027
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.027
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.026
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.026
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.026
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.026
19312	Pie fillings, apple, canned	74.0	0.125 can	0.026
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.026
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.026
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.025
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.025
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.025
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.025
02033	Spices, poppy seed	2.8	1.0 tsp	0.025
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.025
02020	Spices, garlic powder	3.1	1.0 tsp	0.025
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.024
09156	Lemon peel, raw	6.0	1.0 tbsp	0.024
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.024
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.023
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.023

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.023
01018	Cheese, edam	28.35	1.0 oz	0.023
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.023
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.023
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.023
02022	Spices, mace, ground	1.7	1.0 tsp	0.023
01010	Cheese, cheshire	28.35	1.0 oz	0.023
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.023
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.023
02044	Basil, fresh	2.5	5.0 leaves	0.023
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.022
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.022
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.022
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.022
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.022
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.022
01038	Cheese, romano	28.35	1.0 oz	0.022
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.022
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.022
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.022
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.022
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.022
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.022
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.022
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.022
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.021
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.021
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.021
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.021
90480	Syrup, Cane	21.0	1.0 serving	0.021
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.021
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.021
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.021
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.021
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.021
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.020

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.020
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.020
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.020
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.020
11156	Chives, raw	3.0	1.0 tbsp chopped	0.019
02055	Horseradish, prepared	5.0	1.0 tsp	0.019
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.019
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.019
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.019
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.019
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.019
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.019
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.019
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.019
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.018
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.018
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.018
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.018
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.018
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.018
01022	Cheese, gouda	28.35	1.0 oz	0.018
02050	Vanilla extract	4.2	1.0 tsp	0.018
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.017
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.017
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.017
09173	Longans, dried	1.7	1.0 fruit	0.017
19353	Syrups, maple	20.0	1.0 tbsp	0.016
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.016
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.016
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.016
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.016
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.016
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.016
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.016
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.016
02045	Dill weed, fresh	1.0	5.0 sprigs	0.016

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.016
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.015
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.015
11216	Ginger root, raw	2.0	1.0 tsp	0.015
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.015
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.015
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.015
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.015
02049	Thyme, fresh	0.8	1.0 tsp	0.015
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.015
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.014
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.014
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.014
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.014
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.014
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.014
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.014
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.014
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.014
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.014
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.014
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.014
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.013
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.013
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.013
01017	Cheese, cream	14.5	1.0 tbsp	0.013
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.013
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.013
19294	Fruit butters, apple	17.0	1.0 tbsp	0.013
11447	Sesbania flower, raw	3.0	1.0 flower	0.013
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.013
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.012
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.012
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.012
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.012
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.012

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.012
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.011
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.011
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.011
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.011
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.010
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.010
19303	Marmalade, orange	20.0	1.0 tbsp	0.010
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.010
02037	Spices, saffron	0.7	1.0 tsp	0.010
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.010
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.010
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.010
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.010
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.010
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.010
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.010
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.010
09172	Longans, raw	3.2	1.0 fruit without refuse	0.010
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.010
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.009
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.009
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.009
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.009
01179	Sour cream, light	12.0	1.0 tablespoon	0.008
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.008
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.008
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.008
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.008
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.008
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.008
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.008
02026	Spices, onion powder	2.4	1.0 tsp	0.008
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.008
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.008
19300	Jellies	21.0	1.0 serving 1 tbsp	0.008

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.008
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.007
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.007
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.007
19297	Jams and preserves	20.0	1.0 tbsp	0.007
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.007
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.007
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.007
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.007
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.007
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.007
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.007
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.006
27066	Sauce, horseradish	5.6	1.0 tsp	0.006
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.006
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.006
02063	Rosemary, fresh	0.7	1.0 tsp	0.006
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.006
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.006
11959	Arugula, raw	2.0	1.0 leaf	0.006
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.006
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.006
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.006
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.006
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.006
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.006
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.006
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.006
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.006
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.006
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.006
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.006
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.006
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.005
11984	Epazote, raw	0.8	1.0 tbsp	0.005
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.005

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.005
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.005
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.005
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.005
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.005
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.005
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.004
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.004
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.004
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.004
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.004
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.004
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.004
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.004
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.004
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.004
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.004
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.004
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.004
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.004
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.004
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.004
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.004
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.004
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.004
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.004
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.003
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.003
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.003
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.003
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.003
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.003
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.003
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.003

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.003
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.003
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.003
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.003
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.003
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.003
02065	Spearmint, fresh	0.3	2.0 leaves	0.003
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.003
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.003
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.003
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.003
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.003
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.003
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.002
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.002
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.002
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.002
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.002
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.002
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.002
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.002
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.002
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.002
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.002
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.002
19107	Candies, hard	28.35	1.0 oz	0.002
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.002
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.002
02064	Peppermint, fresh	0.1	2.0 leaves	0.002
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.002
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.002
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.002
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.002
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.002
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.002
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.001
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.001
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.001
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.001
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.001
19340	Sugars, maple	3.0	1.0 tsp	0.001
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.001
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.001
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.001
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.001
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.001
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.001
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.001
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.001
19108	Candies, jellybeans	11.0	10.0 small	0.001
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.001
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.001
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001
19070	Candies, butterscotch	28.35	1.0 oz	0.001
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.000
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.000
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.000
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.000
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.000
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.000
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
16113	Natto	175.0	1.0 cup	0.000
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04609	Animal fat, bacon grease	4.3	1.0 tsp	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
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.000
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.000
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.000
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.000
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.000
04002	Lard	12.8	1.0 tbsp	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.000
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.000
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
01070	Dessert topping, powdered	43.0	1.5 oz	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.000
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.000
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.000
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
20027	Cornstarch	128.0	1.0 cup	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.000
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.000
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.000
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	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

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000
04582	Oil, canola	14.0	1.0 tbsp	0.000
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
19163	Chewing gum	3.0	1.0 stick	0.000
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000
43026	Syrups, sugar free	240.0	1.0 cup	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
19030	Syrup, fruit flavored	20.0	1.0 serving	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
04575	Fat, turkey	12.8	1.0 tbsp	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.000
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
02047	Salt, table	6.0	1.0 tsp	0.000
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.000
04589	Fish oil, cod liver	4.5	1.0 tsp	0.000
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.000
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
20003	Arrowroot flour	128.0	1.0 cup	0.000
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.000
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.000
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.000
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.000
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
01069	Cream substitute, powdered	94.0	1.0 cup	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000

NDB_No	Description	Weight(g)	Measure	Niacin(mg) Per Measure
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.000
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.000
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.000
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000