USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Iron, Fe (mg) ; Energy (kcal) ; Vitamin C, total ascorbic acid (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: January 05, 2016 20:44 EST

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
02042	Spices, thyme, dried	123.60	276.00	50.00
02003	Spices, basil, dried	89.80	233.00	0.80
02066	Spearmint, dried	87.47	285.00	0.00
02023	Spices, marjoram, dried	82.71	271.00	51.40
35009	Whale, beluga, meat, dried (Alaska Native)	72.35	327.00	0.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	67.67	310.00	239.70
03193	Babyfood, cereal, oatmeal, with honey, dry	67.23	391.00	0.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	66.38	259.00	29.00
02014	Spices, cumin seed	66.36	375.00	7.70
03189	Babyfood, cereal, oatmeal, dry fortified	64.07	394.00	0.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	62.10	327.00	207.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	60.00	374.00	200.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	60.00	320.00	200.00
02043	Spices, turmeric, ground	55.00	312.00	0.70
11625	Parsley, freeze-dried	53.90	271.00	149.00
03194	Babyfood, cereal, rice, dry fortified	53.01	390.00	2.40
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	49.45	371.00	0.00
02017	Spices, dill weed, dried	48.78	253.00	50.00
42285	Babyfood, cereal, brown rice, dry, instant	47.60	406.00	0.00
03181	Babyfood, cereal, barley, dry fortified	47.50	376.00	2.20
03185	Babyfood, cereal, mixed, dry fortified	47.50	379.00	2.30
03186	Babyfood, cereal, mixed, with bananas, dry	47.50	391.00	3.60
03190	Babyfood, cereal, oatmeal, with bananas, dry	47.50	393.00	4.70
03211	Babyfood, cereal, high protein, with apple and orange, dry	47.50	374.00	3.10
03212	Babyfood, cereal, rice, with bananas, dry	47.50	404.00	2.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	45.00	402.00	58.30
02007	Spices, celery seed	44.90	392.00	17.10
13333	Beef, variety meats and by-products, spleen, raw	44.55	105.00	45.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
02004	Spices, bay leaf	43.00	313.00	46.50
08177	Cereals, MALT-O-MEAL, chocolate, dry	42.88	363.00	0.00
02012	Spices, coriander leaf, dried	42.46	279.00	566.70
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	42.03	342.00	0.00
17214	Lamb, variety meats and by-products, spleen, raw	41.89	101.00	23.00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	41.38	379.00	29.60
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	40.93	365.00	0.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	39.36	145.00	50.30
08092	Cereals, QUAKER, corn grits, instant, plain, dry	38.75	343.00	0.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	38.67	156.00	26.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	38.37	367.00	18.50
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	38.20	355.00	0.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	38.20	364.00	27.30
02039	Spices, savory, ground	37.88	272.00	50.00
43529	Babyfood, rice and apples, dry	37.00	396.00	0.00
02002	Spices, anise seed	36.96	337.00	21.00
02027	Spices, oregano, dried	36.80	265.00	2.30
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	36.00	371.00	30.00
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	36.00	410.00	0.00
02034	Spices, poultry seasoning	35.30	307.00	12.00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	34.82	401.00	0.00
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	34.29	443.00	25.00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	34.06	378.00	38.50
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	34.00	312.00	0.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	33.81	398.00	29.90
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	33.80	409.00	0.00
02019	Spices, fenugreek seed	33.53	323.00	3.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	33.39	360.00	0.00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	33.30	353.00	22.20
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	33.29	375.00	22.20
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	33.29	378.00	55.60
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	33.17	376.00	21.60
08025	Cereals ready-to-eat, RALSTON CRISP RICE	32.73	394.00	64.50
02041	Spices, tarragon, dried	32.30	295.00	50.00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	32.14	357.00	21.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	32.11	376.00	71.30
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	32.02	355.00	0.00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	32.00	357.00	25.40
02008	Spices, chervil, dried	31.95	237.00	50.00
08156	Cereals ready-to-eat, rice, puffed, fortified	31.70	402.00	0.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	31.70	364.00	0.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	31.29	368.00	1.00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	31.20	323.00	11.50
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	31.03	379.00	20.70
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	30.98	331.00	0.00
08116	Cereals, MALT-O-MEAL, original, plain, dry	30.86	365.00	0.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30.60	345.00	12.80
05143	Duck, domesticated, liver, raw	30.53	136.00	4.50
05150	Goose, liver, raw	30.53	133.00	4.50
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	30.42	381.00	63.30
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	30.38	363.00	0.00
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	30.38	340.00	0.00
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	30.38	360.00	0.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.00	389.00	20.00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.00	387.00	20.00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.00	389.00	20.00
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	30.00	369.00	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	30.00	350.00	0.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.00	401.00	20.00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.00	396.00	20.00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.00	425.00	20.00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	30.00	366.00	22.20
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.00	371.00	50.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.00	387.00	20.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	29.90	372.00	11.50
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	29.75	359.00	0.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	29.73	373.00	0.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	29.50	379.00	12.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	29.50	342.00	0.00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	29.50	351.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	29.50	352.00	0.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	29.50	352.00	0.00
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	29.50	342.00	0.00
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	29.50	343.00	0.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	29.45	354.00	0.00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	29.45	350.00	0.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	29.33	374.00	0.00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	29.30	379.00	11.50
02036	Spices, rosemary, dried	29.25	331.00	61.20
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	29.00	381.00	40.00
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	29.00	380.00	11.50
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	29.00	408.00	19.40
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	29.00	364.00	68.00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.90	357.00	21.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	28.90	394.00	0.00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	28.89	354.00	0.00
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.89	390.00	21.40
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	28.89	351.00	0.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	28.79	344.00	12.00
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	28.69	373.00	0.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	28.60	370.00	0.00
08106	Cereals, CREAM OF WHEAT, instant, dry	28.60	366.00	0.00
11667	Seaweed, spirulina, dried	28.50	290.00	10.10
08100	Cereals, CREAM OF RICE, dry	28.44	370.00	0.00
02038	Spices, sage, ground	28.12	315.00	32.40
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	28.12	391.00	18.80
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	28.10	376.00	47.00
08029	Cereals ready-to-eat, POST Bran Flakes	28.00	328.00	0.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	28.00	350.00	0.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	28.00	361.00	0.10
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	28.00	377.00	68.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	28.00	373.00	0.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	28.00	378.00	21.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	28.00	400.00	0.40
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	28.00	390.00	0.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	27.93	379.00	20.70
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	27.90	376.00	0.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	27.90	362.00	72.00
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	27.89	370.00	20.70
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	27.89	368.00	72.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	27.27	346.00	18.20
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	27.27	390.00	18.20
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	27.00	366.00	70.00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	27.00	403.00	20.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	27.00	375.00	70.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	27.00	363.00	70.00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	27.00	396.00	20.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	26.70	369.00	24.20
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	26.10	370.00	19.40
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	26.10	358.00	68.00
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	26.10	381.00	68.00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	26.10	399.00	15.60
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	26.10	356.00	68.00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	25.70	412.00	17.10
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	25.70	375.00	75.00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	25.30	359.00	66.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	25.30	367.00	66.00
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	25.29	375.00	46.90
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	24.84	368.00	103.80
08122	Cereals, oats, instant, fortified, plain, dry	24.72	362.00	0.00
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	24.00	356.00	0.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	24.00	392.00	16.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	23.70	376.00	18.90
10110	Pork, fresh, variety meats and by-products, liver, raw	23.30	134.00	25.30
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	23.22	374.00	0.10
14654	Beverages, nutritional shake mix, high protein, powder	22.50	392.00	75.00
42284	Babyfood, baked product, finger snacks cereal fortified	22.50	421.00	10.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	22.32	100.00	28.50
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	22.27	380.00	26.60
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	22.23	149.00	11.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
02029	Spices, parsley, dried	22.04	292.00	125.00
08580	Incaparina, dry mix (corn and soy flours), unprepared	22.00	379.00	--
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	21.57	395.00	0.40
02028	Spices, paprika	21.14	282.00	0.90
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	20.58	376.00	21.40
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	20.48	410.00	19.40
11615	Chives, freeze-dried	20.00	311.00	660.00
16507	LOMA LINDA Redi-Burger, canned, unprepared	20.00	146.00	0.00
02021	Spices, ginger, ground	19.80	335.00	0.70
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	19.80	397.00	0.10
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	19.78	397.00	0.10
02035	Spices, pumpkin pie spice	19.71	342.00	23.40
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	19.60	402.00	0.10
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	19.52	412.00	36.40
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	19.42	398.00	0.00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	19.40	357.00	65.00
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	19.29	383.00	17.10
12169	Seeds, sesame butter, paste	19.20	586.00	0.00
02015	Spices, curry powder	19.10	325.00	0.70
10112	Pork, fresh, variety meats and by-products, lungs, raw	18.90	85.00	12.30
02018	Spices, fennel seed	18.54	345.00	21.00
20060	Rice bran, crude	18.54	316.00	0.00
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	18.39	369.00	37.00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	18.36	417.00	0.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	18.35	406.00	0.00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	18.30	324.00	0.90
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	18.15	378.00	176.40
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	18.00	384.00	50.00
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	17.95	343.00	176.20
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	17.92	165.00	23.60
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	17.60	259.00	20.00
16156	Peanut butter, chunky, vitamin and mineral fortified	17.50	593.00	0.00
02049	Thyme, fresh	17.45	101.00	160.10
19078	Baking chocolate, unsweetened, squares	17.40	642.00	0.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	17.30	403.00	0.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
02009	Spices, chili powder	17.30	282.00	0.70
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	17.30	380.00	23.10
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	16.89	384.00	18.80
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	16.70	378.00	22.20
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	16.70	376.00	22.20
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	16.70	383.00	22.20
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	16.70	383.00	22.20
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	16.70	381.00	55.60
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	16.70	380.00	55.60
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	16.70	378.00	22.20
16155	Peanut butter, smooth, vitamin and mineral fortified	16.60	591.00	0.00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	16.41	99.00	7.90
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	16.40	378.00	0.50
14080	Beverages, rich chocolate, powder	16.36	372.00	54.50
14309	Beverages, OVALTINE, Classic Malt powder	16.36	372.00	54.50
14315	Beverages, OVALTINE, chocolate malt powder	16.36	372.00	54.50
02016	Spices, dill seed	16.33	305.00	21.00
02013	Spices, coriander seed	16.32	298.00	21.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	16.31	386.00	489.90
02005	Spices, caraway seed	16.23	333.00	21.00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	16.10	375.00	54.00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	16.10	381.00	21.40
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	16.10	375.00	53.60
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	16.10	378.00	54.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	16.10	397.00	54.00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	15.87	405.00	52.90
16108	Soybeans, mature seeds, raw	15.70	446.00	6.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	15.69	410.00	65.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	15.52	220.00	0.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	15.50	375.00	52.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	15.50	413.00	20.70
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	15.50	376.00	52.00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	15.50	399.00	0.20
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	15.25	342.00	0.00
12170	Seeds, sesame flour, high-fat	15.17	526.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	15.00	257.00	20.00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	15.00	390.00	0.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	15.00	207.00	20.00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	15.00	386.00	20.00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	15.00	357.00	20.00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	15.00	400.00	20.00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	15.00	380.00	20.00
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	15.00	248.00	20.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	15.00	397.00	50.00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	15.00	387.00	20.00
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	15.00	253.00	20.00
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	15.00	410.00	20.00
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	15.00	400.00	20.00
12024	Seeds, sesame seeds, whole, roasted and toasted	14.76	565.00	0.00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	14.70	112.00	0.00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	14.67	422.00	144.30
12023	Seeds, sesame seeds, whole, dried	14.55	573.00	0.00
12034	Seeds, sesame meal, partially defatted	14.55	567.00	0.00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	14.50	389.00	48.00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	14.50	374.00	19.40
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	14.50	372.00	0.40
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	14.50	385.00	20.00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	14.50	410.00	19.40
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	14.50	397.00	48.00
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	14.50	387.00	19.40
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	14.50	401.00	48.00
16122	Soy protein isolate	14.50	335.00	0.00
16422	Soy protein isolate, potassium type	14.50	321.00	0.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	14.50	486.00	0.00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	14.50	479.00	0.00
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	14.42	112.00	--
02032	Spices, pepper, white	14.31	296.00	21.00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	14.30	402.00	2.70
12032	Seeds, sesame flour, partially defatted	14.30	382.00	0.00
12033	Seeds, sesame flour, low-fat	14.22	333.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	14.20	403.00	68.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	14.10	375.00	18.80
02006	Spices, cardamom	13.97	311.00	21.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	13.91	202.00	10.00
02022	Spices, mace, ground	13.90	475.00	21.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	13.88	200.00	0.00
19165	Cocoa, dry powder, unsweetened	13.86	228.00	0.00
16119	Soy meal, defatted, raw	13.70	337.00	0.00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	13.60	386.00	18.20
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	13.60	386.00	18.20
16135	Winged beans, mature seeds, raw	13.44	409.00	0.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	13.35	367.00	2.50
28162	KELLOGG'S, Corn Flakes Crumbs	13.30	367.00	--
03964	Babyfood, fortified cereal bar, fruit filling	13.16	344.00	2.40
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	12.89	386.00	17.10
05661	Chicken, liver, all classes, cooked, pan-fried	12.88	172.00	2.70
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	12.86	371.00	0.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	12.82	353.00	76.90
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	12.77	358.00	1.30
12007	Seeds, cottonseed flour, partially defatted (glandless)	12.66	359.00	2.40
12008	Seeds, cottonseed flour, low fat (glandless)	12.58	332.00	2.40
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	12.57	424.00	--
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	12.40	137.00	12.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	12.33	318.00	0.00
11240	Mushrooms, morel, raw	12.18	31.00	--
03682	Babyfood, cereal, high protein, prepared with whole milk	12.14	111.00	--
03689	Babyfood, cereal, oatmeal, prepared with whole milk	12.14	116.00	1.30
18166	Cookies, chocolate sandwich, with creme filling, regular	12.14	464.00	0.00
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	12.13	376.00	0.10
01224	Protein supplement, milk based, Muscle Milk Light, powder	12.00	396.00	42.00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	12.00	358.00	0.30
14067	Beverages, Protein powder soy based	12.00	388.00	0.00
16106	Meat extender	11.99	311.00	0.00
19904	Chocolate, dark, 70-85% cacao solids	11.90	598.00	--
15012	Fish, caviar, black and red, granular	11.88	264.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
02065	Spearmint, fresh	11.87	44.00	13.30
02011	Spices, cloves, ground	11.83	274.00	0.20
25017	Formulated bar, POWER BAR, chocolate	11.70	363.00	92.30
05028	Chicken, liver, all classes, cooked, simmered	11.63	167.00	27.90
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	11.60	389.00	19.40
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	11.30	379.00	0.30
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	11.27	115.00	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	11.27	51.00	0.00
07014	Braunschweiger (a liver sausage), pork	11.20	327.00	0.00
02037	Spices, saffron	11.10	310.00	80.80
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	11.09	115.00	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	11.02	53.00	0.00
11978	Peppers, ancho, dried	10.93	281.00	2.00
16078	Mothbeans, mature seeds, raw	10.85	343.00	4.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	10.84	158.00	8.50
07040	Liver cheese, pork	10.83	304.00	3.00
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	10.81	115.00	0.00
16121	Soy protein concentrate, produced by alcohol extraction	10.78	328.00	0.00
16420	Soy protein concentrate, produced by acid wash	10.78	328.00	0.00
17147	Game meat, bear, cooked, simmered	10.73	259.00	0.00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	10.70	371.00	0.80
20077	Wheat bran, crude	10.57	216.00	0.00
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	10.53	381.00	46.00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	10.51	331.00	9.00
16049	Beans, white, mature seeds, raw	10.44	333.00	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	10.43	96.00	0.30
11634	Peppers, sweet, green, freeze-dried	10.40	314.00	1,900.00
11931	Peppers, sweet, red, freeze-dried	10.40	314.00	1,900.00
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	10.39	370.00	23.00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	10.39	361.00	23.00
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	10.39	371.00	23.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	10.36	368.00	0.00
05021	Chicken, broilers or fryers, giblets, cooked, fried	10.32	277.00	8.70
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	10.20	512.00	61.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	10.20	238.00	13.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	10.13	361.00	0.10
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	10.13	415.00	75.00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	10.07	368.00	0.90
15178	Mollusks, whelk, unspecified, cooked, moist heat	10.06	275.00	6.80
17151	Game meat, beaver, cooked, roasted	10.00	212.00	3.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	10.00	501.00	61.00
16060	Cowpeas, catjang, mature seeds, raw	9.95	343.00	1.50
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.90	494.00	60.00
11982	Peppers, pasilla, dried	9.83	345.00	6.40
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	9.82	385.00	0.00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.80	492.00	59.00
02033	Spices, poppy seed	9.76	525.00	1.00
16128	Tofu, dried-frozen (koyadofu)	9.73	477.00	0.70
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	9.73	470.00	0.70
02030	Spices, pepper, black	9.71	251.00	0.00
07927	Sausage, Italian, turkey, smoked	9.60	158.00	30.40
07929	Sausage, turkey, hot, smoked	9.60	158.00	30.40
06959	Gravy, instant turkey, dry	9.57	409.00	0.90
01137	Egg, yolk, dried	9.56	669.00	0.00
15230	Mollusks, octopus, common, cooked, moist heat	9.54	164.00	8.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.50	510.00	60.00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	9.50	480.00	57.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.50	480.00	57.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	9.50	524.00	43.30
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.50	470.00	57.00
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	9.47	522.00	47.30
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	9.47	522.00	47.30
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	9.43	360.00	0.70
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	9.41	366.00	0.20
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	9.40	519.00	60.00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	9.40	521.00	62.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	9.40	521.00	62.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	9.40	440.00	--
16030	Beans, kidney, california red, mature seeds, raw	9.35	330.00	4.50
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	9.33	520.00	45.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17216	Veal, variety meats and by-products, spleen, raw	9.32	98.00	41.00
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	9.30	520.00	62.00
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	9.30	511.00	62.00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	9.30	514.00	62.00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.30	514.00	46.00
06115	Gravy, au jus, dry	9.30	313.00	1.00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	9.26	517.00	46.30
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	9.26	520.00	77.20
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	9.26	517.00	46.30
16117	Soy flour, defatted	9.24	327.00	0.00
02024	Spices, mustard seed, ground	9.21	508.00	7.10
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	9.21	102.00	0.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	9.20	163.00	12.80
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.20	514.00	62.00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	9.20	510.00	62.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	9.20	510.00	62.00
07053	Pate, chicken liver, canned	9.19	201.00	10.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	9.19	368.00	0.30
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	9.16	509.00	61.10
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	9.16	517.00	45.80
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	9.10	508.00	42.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	9.10	360.00	0.70
08084	Cereals ready-to-eat, wheat germ, toasted, plain	9.09	382.00	6.00
11955	Tomatoes, sun-dried	9.09	258.00	39.20
05026	Chicken, heart, all classes, cooked, simmered	9.03	185.00	1.80
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	9.00	510.00	60.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.00	503.00	60.10
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	9.00	502.00	60.10
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	9.00	501.00	45.00
08305	Cereals ready-to-eat, Post, Waffle Crisp	9.00	390.00	0.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.00	501.00	60.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.00	500.00	60.00
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	9.00	389.00	250.00
05027	Chicken, liver, all classes, raw	8.99	119.00	17.90
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	8.95	595.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05177	Turkey, liver, all classes, raw	8.94	128.00	24.50
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	8.90	502.00	60.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.90	494.00	60.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	8.90	514.00	79.00
11444	Seaweed, irishmoss, raw	8.90	49.00	3.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	8.87	338.00	0.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	8.87	338.00	0.00
07911	Liverwurst spread	8.85	305.00	3.50
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	8.84	361.00	0.10
12014	Seeds, pumpkin and squash seed kernels, dried	8.82	559.00	1.90
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	8.80	483.00	38.00
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	8.78	366.00	1.20
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	8.78	361.00	0.10
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	8.71	415.00	0.10
16016	Beans, black turtle, mature seeds, raw	8.70	339.00	0.00
16035	Beans, kidney, royal red, mature seeds, raw	8.70	329.00	4.50
16133	Yardlong beans, mature seeds, raw	8.61	347.00	1.60
16113	Natto	8.60	211.00	13.00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	8.60	390.00	0.00
01223	Protein supplement, milk based, Muscle Milk, powder	8.57	411.00	30.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	8.50	471.00	42.00
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	8.50	354.00	2.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	8.50	349.00	2.00
20017	Corn flour, masa, enriched, white	8.50	363.00	0.00
20317	Corn flour, yellow, masa, enriched	8.50	363.00	0.00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	8.46	369.00	0.00
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	8.44	394.00	0.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	8.44	133.00	0.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	8.40	379.00	--
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	8.40	253.00	0.00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	8.34	366.00	6.00
02010	Spices, cinnamon, ground	8.32	247.00	3.80
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	8.31	369.00	0.10
01134	Egg, whole, dried, stabilized, glucose reduced	8.28	615.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17200	Lamb, variety meats and by-products, liver, cooked, braised	8.28	220.00	4.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	8.27	336.00	1.50
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	8.22	368.00	0.00
16027	Beans, kidney, all types, mature seeds, raw	8.20	333.00	4.50
16118	Soy flour, low-fat	8.20	372.00	0.00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	8.20	307.00	--
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	8.20	295.00	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	8.19	358.00	0.30
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	8.19	355.00	0.30
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	8.19	317.00	10.90
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	8.19	348.00	10.90
11972	Lemon grass (citronella), raw	8.17	99.00	2.60
18371	Leavening agents, baking powder, low-sodium	8.17	97.00	0.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	8.13	550.00	0.00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	8.07	31.00	3.50
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	8.07	364.00	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	8.07	574.00	1.80
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	8.07	574.00	1.80
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	8.05	372.00	5.50
19902	Chocolate, dark, 45- 59% cacao solids	8.02	546.00	--
28014	KELLOGG'S, EGGO, Waffles, French Toast	8.00	305.00	--
12012	Seeds, hemp seed, hulled	7.95	553.00	0.50
13328	Beef, variety meats and by-products, lungs, raw	7.95	92.00	38.50
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	7.92	370.00	27.60
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	7.91	384.00	0.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	7.90	374.00	10.50
18299	Pancakes, whole-wheat, dry mix, incomplete	7.84	344.00	0.00
18168	Cookies, chocolate sandwich, with extra creme filling	7.80	497.00	0.00
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	7.80	433.00	--
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	7.80	438.00	--
02031	Spices, pepper, red or cayenne	7.80	318.00	76.40
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	7.80	347.00	2.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	7.78	567.00	0.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	7.78	567.00	0.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	7.77	79.00	6.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16045	Beans, small white, mature seeds, raw	7.73	336.00	0.00
12006	Seeds, chia seeds, dried	7.72	486.00	1.60
18457	Crackers, saltines, fat-free, low-sodium	7.72	393.00	0.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	7.70	512.00	51.00
43078	Beverage, milkshake mix, dry, not chocolate	7.70	329.00	1.20
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	7.70	509.00	46.10
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	7.70	329.00	5.60
20142	Teff, uncooked	7.63	367.00	--
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	7.62	404.00	1.00
20001	Amaranth grain, uncooked	7.61	371.00	4.20
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	7.60	321.00	118.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	7.59	344.00	0.00
16083	Mungo beans, mature seeds, raw	7.57	341.00	0.00
16071	Lima beans, large, mature seeds, raw	7.51	338.00	0.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	7.50	75.00	24.50
06957	Gravy, brown instant, dry	7.40	380.00	1.90
16144	Lentils, pink or red, raw	7.39	358.00	1.70
18961	Crackers, cream, GAMESA SABROSAS	7.38	484.00	--
17199	Lamb, variety meats and by-products, liver, raw	7.37	139.00	4.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	7.36	129.00	40.00
20084	Wheat flour, white, cake, enriched	7.32	362.00	0.00
12174	Seeds, watermelon seed kernels, dried	7.28	557.00	0.00
05629	Emu, inside drums, cooked, broiled	7.27	156.00	0.00
01133	Egg, whole, dried	7.20	592.00	0.00
02075	Seasoning mix, dry, taco, original	7.20	322.00	0.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	7.17	150.00	0.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	7.16	79.00	0.00
28324	Pancakes, whole wheat, dry mix, incomplete	7.11	350.00	0.00
17175	Game meat, muskrat, cooked, roasted	7.10	234.00	7.00
17182	Game meat, raccoon, cooked, roasted	7.10	255.00	0.00
19225	Desserts, rennin, tablets, unsweetened	7.07	84.00	0.00
02001	Spices, allspice, ground	7.06	263.00	39.20
20086	Wheat flour, white, tortilla mix, enriched	7.05	405.00	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	7.04	157.00	12.50
11364	Potatoes, baked, skin, without salt	7.04	198.00	13.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11830	Potatoes, baked, skin only, with salt	7.04	198.00	13.50
16047	Beans, yellow, mature seeds, raw	7.01	345.00	0.00
05176	Turkey, heart, all classes, cooked, simmered	6.96	174.00	0.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	6.95	199.00	3.80
18403	Waffles, plain, frozen, ready -to-heat, toasted	6.91	312.00	0.00
17150	Game meat, beaver, raw	6.90	146.00	2.00
05627	Emu, full rump, cooked, broiled	6.89	168.00	0.00
12039	Seeds, sunflower seed kernels, toasted, without salt	6.81	619.00	1.40
12539	Seeds, sunflower seed kernels, toasted, with salt added	6.81	619.00	1.40
17184	Game meat, squirrel, cooked, roasted	6.81	173.00	0.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	6.81	179.00	0.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	6.80	325.00	--
05138	Chicken, capons, giblets, cooked, simmered	6.80	164.00	9.00
09110	Goji berries, dried	6.80	349.00	48.40
16040	Beans, pink, mature seeds, raw	6.77	343.00	0.00
02073	PACE, Dry Taco Seasoning Mix	6.75	188.00	45.00
16080	Mung beans, mature seeds, raw	6.74	347.00	4.80
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	6.73	80.00	31.60
11432	Radishes, oriental, dried	6.73	271.00	0.00
15165	Mollusks, mussel, blue, cooked, moist heat	6.72	172.00	13.60
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	6.71	74.00	0.00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	6.70	380.00	0.00
15170	Mollusks, oyster, eastern, canned	6.70	68.00	5.00
16052	Broadbeans (fava beans), mature seeds, raw	6.70	341.00	1.40
16032	Beans, kidney, red, mature seeds, raw	6.69	337.00	4.50
12087	Nuts, cashew nuts, raw	6.68	553.00	0.50
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	6.67	402.00	22.20
02063	Rosemary, fresh	6.65	131.00	21.80
17146	Game meat, bear, raw	6.65	161.00	0.00
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	6.64	464.00	--
25051	Snacks, CLIF BAR, mixed flavors	6.62	346.00	88.20
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	6.62	82.00	25.50
12041	Seeds, sunflower seed flour, partially defatted	6.62	326.00	1.30
17367	Lamb, New Zealand, imported, kidney, raw	6.60	84.00	0.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	6.60	278.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	6.59	309.00	0.00
02045	Dill weed, fresh	6.59	43.00	85.00
13326	Beef, variety meats and by-products, liver, cooked, braised	6.54	191.00	1.90
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	6.53	289.00	0.00
16069	Lentils, raw	6.51	352.00	4.50
05128	Chicken, stewing, giblets, cooked, simmered	6.44	194.00	5.50
14035	Beverages, ABBOTT, EAS soy protein powder	6.43	405.00	0.00
18177	Cookies, molasses	6.43	430.00	0.00
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	6.43	257.00	0.00
18172	Cookies, gingersnaps	6.40	416.00	0.00
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	6.40	229.00	--
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	6.40	201.00	--
18951	Waffles, chocolate chip, frozen, ready-to-heat	6.40	297.00	0.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	6.40	265.00	--
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	6.40	278.00	--
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	6.40	227.00	--
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	6.40	259.00	--
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	6.40	281.00	--
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	6.40	257.00	--
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	6.40	268.00	--
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	6.40	239.00	--
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	6.40	296.00	--
28023	KELLOGG'S, SIMPLY EGGO, Original	6.40	294.00	--
28024	KELLOGG'S, EGGO, Waffles, Strawberry	6.40	265.00	--
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	6.40	291.00	--
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	6.40	503.00	0.00
07005	Blood sausage	6.40	379.00	0.00
07041	Liver sausage, liverwurst, pork	6.40	326.00	0.00
17202	Veal, variety meats and by-products, liver, raw	6.40	140.00	0.70
17205	Lamb, variety meats and by-products, lungs, raw	6.40	95.00	31.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	6.38	165.00	0.00
17195	Lamb, variety meats and by-products, kidneys, raw	6.38	97.00	11.00
16115	Soy flour, full-fat, raw	6.37	434.00	0.00
12201	Seeds, sesame seed kernels, dried (decorticated)	6.36	631.00	0.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	6.35	607.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19403	Snacks, crisped rice bar, almond	6.35	458.00	11.50
19903	Chocolate, dark, 60-69% cacao solids	6.32	579.00	--
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	6.31	320.00	9.50
19010	Snacks, crisped rice bar, chocolate chip	6.30	404.00	0.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	6.30	380.00	0.00
06958	Gravy, instant beef, dry	6.27	369.00	0.90
20078	Wheat germ, crude	6.26	360.00	0.00
05137	Chicken, capons, giblets, raw	6.25	130.00	18.40
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	6.21	397.00	0.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	6.20	397.00	0.00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	6.20	385.00	20.00
11297	Parsley, fresh	6.20	36.00	133.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	6.19	335.00	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	6.17	175.00	0.70
17163	Game meat, caribou, cooked, roasted	6.17	167.00	3.00
11230	Pepeao, dried	6.14	298.00	1.40
35234	Piki bread, made from blue cornmeal (Hopi)	6.11	390.00	--
05116	Chicken, roasting, giblets, cooked, simmered	6.09	165.00	6.50
08393	Cereals ready-to-eat, KASHI GOLEAN	6.09	311.00	0.00
11366	Potatoes, boiled, cooked in skin, skin, without salt	6.07	78.00	5.20
11832	Potatoes, boiled, cooked in skin, skin, with salt	6.07	78.00	5.20
12086	Nuts, cashew nuts, oil roasted, without salt added	6.05	580.00	0.30
12586	Nuts, cashew nuts, oil roasted, with salt added	6.05	581.00	0.30
11962	Peppers, hot chile, sun-dried	6.04	324.00	31.40
18932	Waffles, buttermilk, frozen, ready-to-heat	6.04	273.00	0.00
15163	Mollusks, cuttlefish, mixed species, raw	6.02	79.00	5.30
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	6.00	387.00	20.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	6.00	395.00	20.00
11640	Shallots, freeze-dried	6.00	348.00	39.00
12085	Nuts, cashew nuts, dry roasted, without salt added	6.00	574.00	0.00
12585	Nuts, cashew nuts, dry roasted, with salt added	6.00	574.00	0.00
18979	KASHI, H2H Woven Wheat Cracker, Original	6.00	396.00	20.00
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	6.00	440.00	20.00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	6.00	389.00	0.90
08510	Milk and cereal bar	5.99	413.00	15.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	5.98	193.00	0.70
05025	Chicken, heart, all classes, raw	5.96	153.00	3.20
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.96	68.00	0.00
18226	Crackers, rye, wafers, plain	5.94	334.00	0.10
11369	Potatoes, microwaved, cooked in skin, skin, without salt	5.94	132.00	15.30
11836	Potatoes, microwaved, cooked, in skin, skin with salt	5.94	132.00	15.30
05127	Chicken, stewing, giblets, raw	5.93	168.00	11.40
05171	Turkey, whole, giblets, raw	5.92	124.00	0.00
05111	Canada Goose, breast meat, skinless, raw	5.91	133.00	0.00
43287	Dove, cooked (includes squab)	5.91	213.00	2.90
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	5.90	293.00	--
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	5.90	331.00	--
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	5.90	318.00	--
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	5.90	159.00	0.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	5.90	276.00	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	5.89	350.00	0.00
11988	Fungi, Cloud ears, dried	5.88	284.00	0.00
05020	Chicken, broilers or fryers, giblets, raw	5.86	124.00	16.20
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	5.83	148.00	2.00
16116	Soy flour, full-fat, roasted	5.82	439.00	0.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	5.81	298.00	--
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	5.80	385.00	48.40
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	5.80	158.00	0.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	5.80	413.00	0.30
15245	Mollusks, oyster, eastern, farmed, raw	5.78	59.00	4.70
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	5.76	334.00	0.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	5.76	334.00	0.00
12220	Seeds, flaxseed	5.73	534.00	0.60
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	5.70	157.00	0.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	5.67	233.00	0.30
13330	Beef, variety meats and by-products, mechanically separated beef, raw	5.67	276.00	0.00
18960	Crackers, snack, GOYA CRACKERS	5.66	433.00	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	5.65	403.00	0.20
02020	Spices, garlic powder	5.65	331.00	1.20
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	5.65	74.00	21.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18361	Toaster pastries, brown-sugar-cinnamon	5.62	370.00	--
18365	Waffles, plain, frozen, ready-to-heat	5.61	285.00	0.00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	5.61	83.00	9.10
43299	Soybean, curd cheese	5.60	151.00	0.00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	5.59	47.00	0.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	5.58	492.00	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	5.57	418.00	0.00
12147	Nuts, pine nuts, dried	5.53	673.00	0.80
17192	Lamb, variety meats and by-products, heart, cooked, braised	5.52	185.00	7.00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	5.51	325.00	10.60
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	5.51	388.00	0.00
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	5.50	455.00	--
05282	Pate de foie gras, canned (goose liver pate), smoked	5.50	462.00	2.00
05631	Emu, oyster, raw	5.50	141.00	0.00
07054	Pate, goose liver, smoked, canned	5.50	462.00	0.00
07055	Pate, liver, not specified, canned	5.50	319.00	2.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	5.50	159.00	0.00
16037	Beans, navy, mature seeds, raw	5.49	337.00	--
16024	Beans, great northern, mature seeds, raw	5.47	339.00	5.30
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	5.46	268.00	0.00
19002	Snacks, beef jerky, chopped and formed	5.42	410.00	0.00
20033	Oat bran, raw	5.41	246.00	0.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	5.40	434.00	0.00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	5.40	417.00	--
05115	Chicken, roasting, giblets, raw	5.40	127.00	13.10
09173	Longans, dried	5.40	286.00	28.00
12160	Seeds, cottonseed kernels, roasted (glandless)	5.40	506.00	9.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	5.40	120.00	32.70
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	5.40	168.00	0.00
20075	Wheat, soft white	5.37	340.00	0.00
16427	Tofu, raw, regular, prepared with calcium sulfate	5.36	76.00	0.10
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	5.33	55.00	0.00
08113	Cereals, farina, enriched, cooked with water, without salt	5.33	53.00	0.00
08173	Cereals, farina, enriched, cooked with water, with salt	5.33	53.00	0.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.33	281.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21255	BURGER KING, DOUBLE WHOPPER, with cheese	5.30	266.00	0.20
06971	Sauce, worcestershire	5.30	78.00	13.00
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	5.30	330.00	0.00
15166	Mollusks, octopus, common, raw	5.30	82.00	5.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	5.29	151.00	10.60
12036	Seeds, sunflower seed kernels, dried	5.25	584.00	1.40
05628	Emu, inside drum, raw	5.23	108.00	0.00
16101	Pigeon peas (red gram), mature seeds, raw	5.23	343.00	0.00
17207	Veal, variety meats and by-products, lungs, raw	5.23	90.00	39.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.21	282.00	0.00
25025	Snacks, soy chips or crisps, salted	5.20	385.00	0.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	5.20	393.00	19.30
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	5.19	48.00	0.00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	5.18	607.00	0.60
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	5.14	381.00	42.90
16109	Soybeans, mature cooked, boiled, without salt	5.14	172.00	1.70
16409	Soybeans, mature seeds, cooked, boiled, with salt	5.14	172.00	1.70
18966	Crackers, saltines, whole wheat (includes multi-grain)	5.14	398.00	0.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	5.13	421.00	0.00
11237	Kanpyo, (dried gourd strips)	5.12	258.00	0.20
15171	Mollusks, oyster, Pacific, raw	5.11	81.00	8.00
17203	Veal, variety meats and by-products, liver, cooked, braised	5.11	192.00	1.10
16067	Hyacinth beans, mature seeds, raw	5.10	344.00	0.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	5.10	245.00	--
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	5.10	375.00	--
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.09	292.00	0.00
02064	Peppermint, fresh	5.08	70.00	31.80
05632	Emu, top loin, cooked, broiled	5.07	152.00	0.00
16042	Beans, pinto, mature seeds, raw	5.07	347.00	6.30
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.06	291.00	0.00
25046	Snacks, bagel chips, plain	5.05	451.00	0.00
12088	Nuts, cashew butter, plain, without salt added	5.03	587.00	0.00
15177	Mollusks, whelk, unspecified, raw	5.03	137.00	4.00
17171	Game meat, horse, cooked, roasted	5.03	175.00	2.00
16014	Beans, black, mature seeds, raw	5.02	341.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18950	Crackers, wheat, reduced fat	5.02	444.00	0.00
05622	Emu, ground, cooked, pan-broiled	5.01	163.00	0.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	5.01	191.00	0.00
01185	Parmesan cheese topping, fat free	5.00	370.00	0.00
05625	Emu, flat fillet, raw	5.00	102.00	0.00
16019	Beans, cranberry (roman), mature seeds, raw	5.00	335.00	0.00
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	5.00	250.00	--
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	5.00	239.00	--
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	4.99	406.00	0.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	4.99	271.00	1.70
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	4.98	52.00	0.00
16001	Beans, adzuki, mature seeds, raw	4.98	329.00	0.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	4.98	386.00	96.60
20063	Rye flour, dark	4.97	325.00	0.00
05626	Emu, full rump, raw	4.96	112.00	0.00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	4.96	62.00	0.00
14196	Beverages, Cocoa mix, no sugar added, powder	4.96	377.00	0.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	4.96	359.00	0.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	4.95	348.00	0.00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	4.95	348.00	0.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.95	300.00	0.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	4.94	161.00	0.00
18376	Bread crumbs, dry, grated, seasoned	4.92	383.00	2.70
12588	Nuts, cashew butter, plain, with salt added	4.91	609.00	0.00
05652	Ostrich, oyster, cooked	4.90	159.00	0.00
12021	Seeds, safflower seed kernels, dried	4.90	517.00	0.00
13325	Beef, variety meats and by-products, liver, raw	4.90	135.00	1.30
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	4.90	251.00	0.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	4.90	219.00	28.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	4.90	276.00	1.40
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	4.90	370.00	0.00
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	4.90	476.00	--
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	4.90	523.00	1.70
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	4.90	395.00	--
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	4.90	416.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18967	Bread, white wheat	4.89	238.00	0.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	4.89	100.00	13.30
05654	Ostrich, tenderloin, raw	4.88	123.00	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	4.88	55.00	0.00
18214	Crackers, cheese, regular	4.88	489.00	0.00
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	4.87	469.00	--
16129	Tofu, fried	4.87	270.00	0.00
16429	Tofu, fried, prepared with calcium sulfate	4.87	270.00	0.00
12022	Seeds, safflower seed meal, partially defatted	4.86	342.00	0.00
16157	Chickpea flour (besan)	4.86	387.00	0.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	4.86	193.00	0.00
43595	Breakfast bar, corn flake crust with fruit	4.86	377.00	0.00
17181	Game meat, rabbit, wild, cooked, stewed	4.85	173.00	0.00
18079	Bread crumbs, dry, grated, plain	4.83	395.00	0.00
16085	Peas, green, split, mature seeds, raw	4.82	352.00	1.80
05647	Ostrich, inside strip, cooked	4.80	164.00	0.00
07928	Sausage, chicken, beef, pork, skinless, smoked	4.80	216.00	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	4.80	390.00	--
18965	Crackers, cheese, reduced fat	4.80	418.00	0.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	4.80	318.00	5.50
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	4.80	135.00	0.00
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	4.80	470.00	--
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	4.80	390.00	--
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	4.80	159.00	0.00
18434	Crackers, cheese, low sodium	4.77	503.00	0.00
35141	Mutton, cooked, roasted (Navajo)	4.76	234.00	--
11231	Jute, potherb, raw	4.76	34.00	37.00
14222	Beverages, coffee, instant, with chicory	4.76	355.00	0.00
16100	Peanut flour, low fat	4.74	428.00	0.00
32024	Rice mix, cheese flavor, dry mix, unprepared	4.74	362.00	2.10
32029	Rice mix, white and wild, flavored, unprepared	4.74	355.00	0.00
18295	Pancakes, buckwheat, dry mix, incomplete	4.73	340.00	0.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	4.73	355.00	0.00
20113	Noodles, chinese, chow mein	4.73	475.00	0.00
20325	Cornmeal, white, self-rising, degermed, enriched	4.73	355.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	4.73	467.00	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	4.72	461.00	0.00
19304	Molasses	4.72	290.00	0.00
20038	Oats	4.72	389.00	0.00
20131	Barley malt flour	4.71	361.00	0.60
18114	Cake, gingerbread, dry mix	4.70	437.00	0.20
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	4.70	487.00	--
28065	KEEBLER, CLUB, Minis Original Crackers	4.70	479.00	--
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	4.70	443.00	--
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	4.70	56.00	0.00
12120	Nuts, hazelnuts or filberts	4.70	628.00	6.30
17183	Game meat, squirrel, raw	4.70	120.00	0.00
17162	Game meat, caribou, raw	4.69	127.00	0.00
10103	Pork, fresh, variety meats and by-products, heart, raw	4.68	118.00	5.30
18535	ARCHWAY Home Style Cookies, Molasses	4.68	403.00	0.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	4.67	354.00	0.00
18219	Crackers, matzo, whole-wheat	4.65	351.00	0.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	4.65	270.00	1.70
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	4.65	343.00	0.00
21525	PIZZA HUT, breadstick, parmesan garlic	4.65	343.00	--
18236	Cracker meal	4.64	383.00	0.00
20081	Wheat flour, white, all-purpose, enriched, bleached	4.64	364.00	0.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	4.64	364.00	0.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	4.64	364.00	0.00
08402	Cereals, QUAKER, Quick Oats, Dry	4.64	371.00	0.00
17176	Game meat, opossum, cooked, roasted	4.64	221.00	0.00
15002	Fish, anchovy, european, canned in oil, drained solids	4.63	210.00	0.00
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	4.62	208.00	0.00
15167	Mollusks, oyster, eastern, wild, raw	4.61	51.00	0.00
12005	Seeds, breadnut tree seeds, dried	4.60	367.00	46.60
13323	Beef, variety meats and by-products, kidneys, raw	4.60	99.00	9.40
14168	Beverages, Carob-flavor beverage mix, powder	4.60	372.00	0.00
14236	Beverages, coffee substitute, cereal grain beverage, powder	4.60	360.00	0.00
17191	Lamb, variety meats and by-products, heart, raw	4.60	122.00	5.00
17369	Lamb, New Zealand, imported, liver, raw	4.60	136.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	4.60	483.00	--
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	4.60	401.00	--
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	4.60	466.00	--
25037	Snacks, pita chips, salted	4.59	457.00	0.00
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	4.59	362.00	1.00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	4.58	117.00	0.00
16087	Peanuts, all types, raw	4.58	567.00	0.00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	4.58	117.00	0.00
19047	Snacks, pretzels, hard, plain, salted	4.58	384.00	2.10
28331	Crackers, flavored, fish-shaped	4.58	463.00	--
20035	Quinoa, uncooked	4.57	368.00	--
17206	Lamb, variety meats and by-products, lungs, cooked, braised	4.57	113.00	28.00
05624	Emu, fan fillet, cooked, broiled	4.56	154.00	0.00
18383	Bread, protein, (includes gluten), toasted	4.56	270.00	0.00
20074	Wheat, hard white	4.56	342.00	0.00
01126	Egg, yolk, raw, frozen, pasteurized	4.55	296.00	0.00
19117	Candies, halavah, plain	4.53	469.00	0.10
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	4.52	350.00	1.20
05145	Duck, wild, breast, meat only, raw	4.51	123.00	6.20
05158	Quail, meat only, raw	4.51	134.00	7.20
05161	Squab, (pigeon), meat only, raw	4.51	142.00	7.20
05623	Emu, fan fillet, raw	4.50	103.00	0.00
05630	Emu, outside drum, raw	4.50	103.00	0.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	4.50	287.00	0.00
18222	Crackers, melba toast, wheat	4.50	374.00	0.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	4.50	240.00	1.30
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	4.50	210.00	0.00
28066	KEEBLER, CLUB, Minis Multigrain Crackers	4.50	470.00	--
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	4.49	140.00	3.20
17165	Game meat, deer, cooked, roasted	4.47	158.00	0.00
18621	NABISCO, NABISCO RITZ Crackers	4.47	492.00	--
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	4.45	459.00	--
20140	Spelt, uncooked	4.44	338.00	0.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	4.44	77.00	0.00
18272	Ice cream cones, sugar, rolled-type	4.43	402.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	4.43	458.00	--
43282	Quail, cooked, total edible	4.43	227.00	2.30
08314	Cereals, QUAKER, hominy grits, white, quick, dry	4.42	348.00	0.00
08316	Cereals, QUAKER, hominy grits, white, regular, dry	4.42	361.00	0.00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	4.42	592.00	4.20
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	4.41	366.00	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	4.41	352.00	0.00
14214	Beverages, coffee, instant, regular, powder	4.41	353.00	0.00
20083	Wheat flour, white, bread, enriched	4.41	361.00	0.00
18428	Crackers, wheat, low salt	4.40	473.00	0.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	4.40	428.00	0.10
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	4.40	452.00	--
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	4.40	449.00	--
19125	Chocolate-flavored hazelnut spread	4.38	541.00	0.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	4.38	105.00	0.00
05643	Ostrich, fan, raw	4.38	117.00	0.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	4.38	646.00	3.80
18400	Crackers, matzo, egg and onion	4.37	391.00	0.20
21252	BURGER KING, WHOPPER, no cheese	4.37	233.00	0.20
20022	Cornmeal, degermed, enriched, yellow	4.36	370.00	0.00
20050	Rice, white, medium-grain, raw, enriched	4.36	360.00	0.00
20066	Semolina, enriched	4.36	360.00	0.00
20322	Cornmeal, degermed, enriched, white	4.36	370.00	0.00
16076	Lupins, mature seeds, raw	4.36	371.00	4.80
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	4.35	385.00	0.00
16136	Winged beans, mature seeds, cooked, boiled, without salt	4.33	147.00	0.00
16436	Winged beans, mature seeds, cooked, boiled, with salt	4.33	147.00	0.00
17194	Veal, variety meats and by-products, heart, cooked, braised	4.32	186.00	10.00
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	4.32	381.00	3.30
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	4.32	381.00	0.00
20044	Rice, white, long-grain, regular, raw, enriched	4.31	365.00	0.00
13321	Beef, variety meats and by-products, heart, raw	4.31	112.00	2.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	4.31	378.00	4.00
05650	Ostrich, outside strip, cooked	4.30	156.00	0.00
16519	WORTHINGTON Super Links, canned, unprepared	4.30	219.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	4.30	484.00	0.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	4.30	253.00	--
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	4.30	255.00	--
28006	KELLOGG'S, CINNABON, Pancakes, Original	4.30	258.00	--
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	4.30	450.00	--
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	4.30	484.00	--
28255	KEEBLER, ZESTA, Export Sodas Crackers	4.30	414.00	--
18080	Bread sticks, plain	4.28	412.00	0.00
20105	Macaroni, vegetable, enriched, dry	4.28	367.00	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	4.28	592.00	1.10
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	4.28	592.00	1.10
19154	Candies, sesame crunch	4.27	516.00	0.00
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	4.26	513.00	--
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	4.26	457.00	--
08120	Cereals, oats, regular and quick, not fortified, dry	4.25	379.00	0.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	4.25	304.00	0.70
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	4.25	149.00	0.00
17193	Veal, variety meats and by-products, heart, raw	4.24	110.00	8.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	4.23	152.00	0.00
20052	Rice, white, short-grain, enriched, uncooked	4.23	358.00	0.00
17173	Game meat, moose, cooked, roasted	4.22	134.00	5.00
06983	Soup, ramen noodle, chicken flavor, dry	4.21	439.00	0.00
03209	Babyfood, crackers, vegetable	4.20	477.00	50.50
05646	Ostrich, inside strip, raw	4.20	127.00	0.00
07052	Pastrami, turkey	4.20	139.00	8.10
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	4.20	367.00	0.00
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	4.20	213.00	0.00
17145	Game meat, antelope, cooked, roasted	4.20	150.00	0.00
18283	Muffins, oat bran	4.20	270.00	0.00
20111	Noodles, egg, spinach, enriched, dry	4.20	382.00	0.00
28064	KEEBLER, CLUB, Dash of Salt Crackers	4.20	490.00	--
28137	KEEBLER, TOASTEDS, Wheat Crackers	4.20	466.00	--
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	4.20	491.00	--
28319	Bagels, whole grain white	4.19	255.00	0.00
03213	Babyfood, cookies	4.18	433.00	7.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	4.18	92.00	3.60
05144	Duck, wild, meat and skin, raw	4.16	211.00	5.20
18043	Bread, protein (includes gluten)	4.15	245.00	0.00
19077	Baking chocolate, unsweetened, liquid	4.15	472.00	0.00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	4.15	374.00	0.00
18345	Rolls, dinner, oat bran	4.14	236.00	0.00
18617	NABISCO, NABISCO GRAHAMS Crackers	4.13	424.00	0.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	4.12	253.00	0.50
12040	Seeds, sunflower seed butter, without salt	4.12	617.00	2.70
12540	Seeds, sunflower seed butter, with salt added	4.12	617.00	2.70
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4.12	211.00	0.00
06583	Soup, ramen noodle, any flavor, dry	4.11	440.00	0.30
18532	ARCHWAY Home Style Cookies, Iced Molasses	4.10	420.00	--
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	4.10	502.00	--
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	4.10	503.00	--
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	4.10	500.00	--
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	4.10	500.00	--
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	4.10	503.00	--
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	4.10	251.00	--
28386	PEPPERIDGE FARM, Pumpernickel Bread	4.10	259.00	0.00
01141	Egg, turkey, whole, fresh, raw	4.10	171.00	0.00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	4.10	299.00	0.00
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	4.10	122.00	0.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	4.09	56.00	0.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	4.09	150.00	0.00
18006	Bagels, cinnamon-raisin, toasted	4.09	294.00	0.60
18065	Bread, wheat, toasted	4.09	313.00	0.20
18242	Croutons, plain	4.08	407.00	0.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	4.08	156.00	0.00
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	4.07	372.00	0.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	4.07	162.00	0.00
18160	Cookies, chocolate chip, commercially prepared, soft-type	4.07	444.00	--
18200	Cookies, oatmeal, commercially prepared, special dietary	4.07	449.00	0.30
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	4.06	388.00	0.20
20011	Buckwheat flour, whole-groat	4.06	335.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09246	Peaches, dried, sulfured, uncooked	4.06	239.00	4.80
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	4.04	467.00	0.30
35142	Frybread, made with lard (Navajo)	4.04	330.00	--
43406	Yeast extract spread	4.04	185.00	0.00
18229	Crackers, standard snack-type, regular	4.03	510.00	0.00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	4.03	346.00	2.40
12152	Nuts, pistachio nuts, dry roasted, without salt added	4.03	572.00	3.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	4.03	569.00	3.00
05621	Emu, ground, raw	4.02	134.00	0.00
12084	Nuts, butternuts, dried	4.02	612.00	3.20
18157	Cookies, chocolate wafers	4.01	433.00	0.00
20109	Noodles, egg, dry, enriched	4.01	384.00	0.00
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	4.01	409.00	0.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	4.00	452.00	1.30
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	4.00	227.00	1.80
20132	Oat flour, partially debranned	4.00	404.00	0.00
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	4.00	486.00	--
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	4.00	500.00	--
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	4.00	507.00	--
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	4.00	503.00	--
28283	KEEBLER, ZESTA, Saltines, Original	4.00	418.00	--
11222	Drumstick leaves, raw	4.00	64.00	51.70
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	3.99	50.00	0.00
18003	Bagels, egg	3.98	278.00	0.60
05157	Quail, meat and skin, raw	3.97	192.00	6.10
08101	Cereals, CREAM OF RICE, cooked with water, without salt	3.96	52.00	0.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	3.96	52.00	0.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	3.96	167.00	0.00
08037	Cereals ready-to-eat, granola, homemade	3.95	489.00	1.20
15164	Mollusks, mussel, blue, raw	3.95	86.00	8.00
16111	Soybeans, mature seeds, dry roasted	3.95	449.00	4.60
18351	Rolls, hamburger or hotdog, mixed-grain	3.95	263.00	0.00
20647	Millet flour	3.94	382.00	0.00
06124	Gravy, pork, dry, powder	3.94	367.00	1.40
07942	Pate, truffle flavor	3.94	327.00	2.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14262	Beverages, citrus fruit juice drink, frozen concentrate	3.94	162.00	95.30
06982	Soup, ramen noodle, beef flavor, dry	3.93	441.00	0.60
11683	Carrot, dehydrated	3.93	341.00	14.60
12151	Nuts, pistachio nuts, raw	3.92	560.00	5.60
18384	Bread, rice bran, toasted	3.92	264.00	0.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	3.92	409.00	0.00
25024	Pretzels, soft, unsalted	3.92	345.00	0.00
43109	Pretzels, soft	3.92	338.00	0.00
18029	Bread, french or vienna (includes sourdough)	3.91	272.00	0.00
19038	Snacks, popcorn, caramel-coated, with peanuts	3.91	400.00	0.00
16091	Peanuts, spanish, raw	3.91	570.00	0.00
02026	Spices, onion powder	3.90	341.00	23.40
02076	Seasoning mix, dry, chili, original	3.90	335.00	5.90
16110	Soybeans, mature seeds, roasted, salted	3.90	469.00	2.20
16410	Soybeans, mature seeds, roasted, no salt added	3.90	469.00	2.20
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	3.90	245.00	1.40
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	3.90	300.00	--
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	3.90	487.00	--
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	3.90	406.00	--
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	3.90	507.00	--
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	3.90	460.00	--
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	3.90	512.00	--
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	3.90	511.00	--
28280	SUNSHINE, CHEEZ-IT, Original Crackers	3.90	507.00	--
28288	Bread, roll, Mexican, bollilo	3.90	318.00	0.20
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	3.89	416.00	--
18385	Bread, wheat germ, toasted	3.88	293.00	0.30
18030	Bread, french or vienna, toasted (includes sourdough)	3.87	319.00	0.20
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	3.87	339.00	0.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	3.87	365.00	0.00
05651	Ostrich, oyster, raw	3.86	125.00	0.00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	3.86	607.00	0.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.86	201.00	0.00
01138	Egg, duck, whole, fresh, raw	3.85	185.00	0.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	3.85	31.00	10.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28253	SUNSHINE, CHEEZ-IT, Snack Mix	3.84	438.00	--
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	3.83	87.00	0.00
43410	Chicken, meatless, breaded, fried	3.83	234.00	0.00
17170	Game meat, horse, raw	3.82	133.00	1.00
18081	Bread stuffing, bread, dry mix	3.81	386.00	0.00
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	3.81	390.00	--
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	3.81	407.00	0.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	3.81	237.00	0.00
18005	Bagels, cinnamon-raisin	3.80	274.00	0.70
18975	KASHI, TLC, Original 7-Grain Crackers	3.80	385.00	--
19355	Syrups, sorghum	3.80	290.00	0.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	3.80	198.00	0.00
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	3.80	415.00	--
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	3.80	483.00	--
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	3.80	390.00	--
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	3.80	397.00	--
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	3.80	398.00	--
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	3.80	457.00	--
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	3.80	473.00	--
28274	MURRAY, Honey Graham	3.80	445.00	--
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	3.80	384.00	25.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	3.80	582.00	1.40
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	3.80	546.00	1.40
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	3.80	582.00	1.40
14218	Beverages, coffee, instant, decaffeinated, powder	3.80	351.00	0.00
15156	Mollusks, abalone, mixed species, cooked, fried	3.80	189.00	1.80
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	3.80	113.00	0.00
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	3.80	154.00	0.00
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	3.80	185.00	3.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	3.79	189.00	0.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	3.78	430.00	0.00
20138	Wheat, KAMUT khorasan, uncooked	3.77	337.00	0.00
21610	School Lunch, chicken patty, whole grain breaded	3.77	246.00	0.70
03215	Babyfood, pretzels	3.77	397.00	3.80
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.76	200.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18050	Bread, reduced-calorie, oat bran, toasted	3.75	239.00	0.00
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	3.74	50.00	0.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	3.74	20.00	23.90
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	3.74	20.00	23.90
12063	Nuts, almonds, dry roasted, without salt added	3.73	598.00	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	3.73	607.00	0.80
12563	Nuts, almonds, dry roasted, with salt added	3.73	598.00	0.00
17169	Game meat, goat, cooked, roasted	3.73	143.00	0.00
18209	Cookies, sugar wafers with creme filling, regular	3.73	502.00	0.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	3.72	310.00	0.20
18373	Leavening agents, cream of tartar	3.72	258.00	0.00
19007	Snacks, corn-based, extruded, onion-flavor	3.72	499.00	1.80
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	3.72	103.00	0.00
16107	Sausage, meatless	3.72	255.00	0.00
12061	Nuts, almonds	3.71	579.00	0.00
18220	Crackers, melba toast, plain	3.70	390.00	0.00
18424	Crackers, melba toast, plain, without salt	3.70	390.00	0.00
18993	BEAR NAKED, Double Chocolate Cookies	3.70	423.00	--
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	3.70	498.00	1.80
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.70	207.00	0.00
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	3.70	473.00	--
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	3.70	433.00	--
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	3.70	476.00	--
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	3.70	473.00	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	3.70	307.00	0.00
05175	Turkey, heart, all classes, raw	3.70	140.00	3.00
07939	Frankfurter, pork	3.70	269.00	2.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	3.70	395.00	31.00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	3.70	389.00	6.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	3.70	367.00	1.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	3.70	594.00	0.40
16050	Beans, white, mature seeds, cooked, boiled, without salt	3.70	139.00	0.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	3.70	139.00	0.00
05649	Ostrich, outside strip, raw	3.69	120.00	0.00
12131	Nuts, macadamia nuts, raw	3.69	718.00	1.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	3.68	522.00	47.30
05174	Turkey, gizzard, all classes, cooked, simmered	3.68	155.00	6.30
12065	Nuts, almonds, oil roasted, without salt added	3.68	607.00	0.00
12565	Nuts, almonds, oil roasted, with salt added	3.68	607.00	0.00
12665	Nuts, almonds, oil roasted, lightly salted	3.68	607.00	0.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.68	253.00	0.00
18221	Crackers, melba toast, rye (includes pumpernickel)	3.68	389.00	0.00
28333	Cookies, gluten-free, chocolate wafer	3.67	541.00	--
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	3.67	541.00	--
12001	Seeds, breadfruit seeds, raw	3.67	191.00	6.60
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.66	198.00	0.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.66	177.00	0.00
01140	Egg, quail, whole, fresh, raw	3.65	158.00	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	3.65	206.00	0.00
28308	Crackers, standard snack-type, with whole wheat	3.65	463.00	0.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	3.64	247.00	0.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3.64	265.00	0.00
01139	Egg, goose, whole, fresh, raw	3.64	185.00	0.00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	3.63	86.00	0.40
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	3.63	86.00	0.40
03694	Babyfood, cereal, rice, prepared with whole milk	3.63	85.00	0.20
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	3.63	86.00	0.20
17167	Game meat, elk, cooked, roasted	3.63	146.00	0.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	3.63	306.00	0.00
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	3.63	375.00	--
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	3.63	222.00	0.00
20124	Pasta, whole-wheat, dry	3.62	352.00	--
18059	Bread, rice bran	3.61	243.00	0.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	3.61	266.00	0.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	3.61	104.00	34.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	3.60	511.00	62.00
16535	WORTHINGTON Stripples, frozen, unprepared	3.60	346.00	0.00
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	3.60	346.00	0.00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	3.60	399.00	1.90
18271	Ice cream cones, cake or wafer-type	3.60	417.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18284	Muffins, wheat bran, dry mix	3.60	396.00	0.00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	3.60	368.00	--
18427	Crackers, standard snack-type, regular, low salt	3.60	502.00	0.00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	3.60	438.00	0.00
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	3.60	366.00	--
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	3.60	363.00	--
20004	Barley, hulled	3.60	354.00	0.00
20071	Wheat, hard red spring	3.60	329.00	0.00
20080	Wheat flour, whole-grain	3.60	340.00	0.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.60	196.00	0.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	3.60	206.00	0.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	3.60	422.00	120.00
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	3.60	508.00	--
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	3.60	498.00	--
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	3.60	517.00	--
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	3.60	462.00	--
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	3.60	397.00	--
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	3.60	387.00	--
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	3.60	416.00	--
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	3.60	394.00	--
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	3.60	393.00	--
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	3.60	373.00	--
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	3.60	391.00	--
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	3.60	391.00	--
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	3.60	391.00	--
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	3.60	400.00	--
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	3.60	393.00	--
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	3.60	398.00	--
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	3.60	481.00	--
28389	PEPPERIDGE FARM, White Bread	3.60	280.00	1.10
90480	Syrup, Cane	3.60	269.00	0.00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	3.59	368.00	1.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.59	198.00	0.00
18175	Cookies, ladyfingers, with lemon juice and rind	3.58	365.00	3.70
18223	Crackers, milk	3.58	446.00	0.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18423	Cookies, ladyfingers, without lemon juice and rind	3.58	363.00	0.00
21006	Fast foods, biscuit with egg and steak	3.58	277.00	0.10
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	3.57	264.00	0.00
19437	Snacks, potato chips, fat free, salted	3.57	379.00	9.30
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	3.57	239.00	0.00
28368	SCHAR, Gluten-Free, Classic White Rolls	3.57	239.00	--
08142	Cereals, WHEATENA, dry	3.57	357.00	0.00
11458	Spinach, cooked, boiled, drained, without salt	3.57	23.00	9.80
11854	Spinach, cooked, boiled, drained, with salt	3.57	23.00	9.80
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	3.57	217.00	0.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	3.57	212.00	0.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	3.56	275.00	0.00
18949	Crackers, whole-wheat, reduced fat	3.56	416.00	0.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	3.56	573.00	27.30
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.56	186.00	0.00
18347	Rolls, dinner, wheat	3.55	273.00	0.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	3.55	384.00	0.00
03216	Babyfood, teething biscuits	3.55	392.00	9.10
11450	Soybeans, green, raw	3.55	147.00	29.00
05160	Squab, (pigeon), meat and skin, raw	3.54	294.00	5.20
05653	Ostrich, round, raw	3.54	116.00	0.00
12013	Seeds, lotus seeds, dried	3.53	332.00	0.00
12145	Nuts, pilinuts, dried	3.53	719.00	0.60
19387	Frozen novelties, ice type, pineapple-coconut	3.53	113.00	13.20
21120	Fast foods, hotdog, with corn flour coating (corndog)	3.53	263.00	0.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.53	197.00	0.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.53	204.00	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	3.53	212.00	0.00
18344	Rolls, dinner, egg	3.52	307.00	0.00
20076	Wheat, durum	3.52	339.00	0.00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	3.52	219.00	0.00
09289	Prunes, dehydrated (low-moisture), uncooked	3.52	339.00	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	3.52	174.00	0.00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	3.50	413.00	0.10
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	3.50	357.00	16.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	3.50	123.00	0.00
16524	WORTHINGTON Veja-Links, canned, unprepared	3.50	155.00	0.00
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	3.50	227.00	0.00
18198	Cookies, chocolate chip, commercially prepared, special dietary	3.50	450.00	0.00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	3.50	412.00	0.00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	3.50	391.00	0.00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	3.50	397.00	0.00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	3.50	384.00	--
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	3.50	399.00	0.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	3.50	392.00	0.00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	3.50	398.00	0.00
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	3.50	390.00	--
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	3.50	461.00	--
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	3.50	506.00	--
28107	KEEBLER, Gingerbread Men Cookies, Holiday	3.50	444.00	--
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	3.50	467.00	--
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	3.50	390.00	--
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	3.50	492.00	--
28263	KEEBLER, Grahams, Cinnamon Crisp	3.50	430.00	--
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	3.50	492.00	--
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	3.50	465.00	--
28390	PEPPERIDGE FARM, Light Style Wheat Bread	3.50	256.00	1.10
28393	PEPPERIDGE FARM, White Hoagie Roll	3.50	296.00	0.00
90560	Mollusks, snail, raw	3.50	90.00	0.00
18064	Bread, wheat	3.49	267.00	0.20
03681	Babyfood, cereal, barley, prepared with whole milk	3.49	84.00	0.20
12195	Nuts, almond butter, plain, without salt added	3.49	614.00	0.00
12695	Nuts, almond butter, plain, with salt added	3.49	614.00	0.00
11649	Tomato products, canned, sauce, spanish style	3.48	33.00	8.60
28325	Crackers, toast thins, low sodium	3.48	442.00	0.00
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	3.47	539.00	42.60
11239	Mushrooms, Chanterelle, raw	3.47	38.00	--
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.47	237.00	0.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.47	202.00	0.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	3.47	171.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	3.46	352.00	0.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.46	164.00	0.00
28303	Crackers, cheese, whole grain	3.46	412.00	0.00
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	3.45	517.00	37.90
20020	Cornmeal, whole-grain, yellow	3.45	362.00	0.00
20320	Cornmeal, whole-grain, white	3.45	362.00	0.00
13353	Beef, cured, luncheon meat, jellied	3.45	111.00	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	3.44	203.00	0.00
05642	Ostrich, ground, cooked, pan-broiled	3.43	175.00	0.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	3.43	580.00	--
16059	Chili with beans, canned	3.43	103.00	1.70
18038	Bread, oat bran, toasted	3.43	259.00	0.00
18350	Rolls, hamburger or hotdog, plain	3.43	279.00	1.30
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3.43	213.00	0.00
18459	Breakfast tart, low fat	3.42	372.00	3.80
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.42	190.00	0.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	3.42	232.00	0.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	3.42	313.00	0.00
16138	Falafel, home-prepared	3.42	333.00	1.60
17157	Game meat, bison, separable lean only, cooked, roasted	3.42	143.00	0.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.41	223.00	0.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	3.41	361.00	--
18078	Bread, whole-wheat, prepared from recipe, toasted	3.40	305.00	0.00
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	3.40	461.00	--
19407	Snacks, beef sticks, smoked	3.40	550.00	6.80
28031	GIRL SCOUTS, Do-si-dos Cookies	3.40	478.00	--
28101	KEEBLER, Cinnamon Toast Grahams	3.40	429.00	--
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	3.40	541.00	--
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	3.40	465.00	--
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	3.40	474.00	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	3.40	275.00	0.00
11226	Jerusalem-artichokes, raw	3.40	73.00	4.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	3.40	228.00	0.00
16022	Beans, french, mature seeds, raw	3.40	343.00	4.60
17164	Game meat, deer, raw	3.40	120.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05172	Turkey, whole, giblets, cooked, simmered	3.39	173.00	0.00
08144	Cereals, whole wheat hot natural cereal, dry	3.39	342.00	0.00
12114	Nuts, coconut meat, dried (desiccated), toasted	3.39	592.00	1.50
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	3.39	484.00	1.30
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	3.39	484.00	1.30
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	3.39	429.00	0.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.38	225.00	0.00
12175	Nuts, chestnuts, japanese, dried	3.38	360.00	61.30
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3.38	211.00	0.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	3.38	230.00	0.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.37	209.00	0.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.37	233.00	0.00
12177	Nuts, coconut meat, dried (desiccated), creamed	3.36	684.00	1.50
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	3.36	295.00	0.00
17197	Veal, variety meats and by-products, kidneys, raw	3.36	99.00	5.00
18368	Wonton wrappers (includes egg roll wrappers)	3.36	291.00	0.00
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	3.36	431.00	--
20067	Sorghum grain	3.36	329.00	0.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.36	190.00	0.00
20093	Pasta, fresh-refrigerated, plain, as purchased	3.35	288.00	0.00
21241	WENDY'S, Jr. Hamburger, without cheese	3.35	243.00	0.50
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	3.35	238.00	0.00
28153	KEEBLER, Vienna Fingers with Creme Filling	3.35	492.00	--
10121	Pork, fresh, variety meats and by-products, tongue, raw	3.35	225.00	4.40
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3.35	247.00	0.00
17344	Game meat, deer, ground, cooked, pan-broiled	3.35	187.00	0.00
17339	Game meat, elk, ground, cooked, pan-broiled	3.34	193.00	0.00
18028	Bread, egg, toasted	3.34	315.00	0.00
18235	Crackers, whole-wheat	3.34	427.00	0.00
18070	Bread, white, commercially prepared, toasted	3.33	290.00	0.00
18432	Bread, white, commercially prepared, toasted, low sodium no salt	3.33	293.00	0.00
20046	Rice, white, long-grain, parboiled, enriched, dry	3.33	374.00	0.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	3.33	362.00	--
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	3.33	348.00	0.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.33	263.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	3.33	258.00	0.00
16070	Lentils, mature seeds, cooked, boiled, without salt	3.33	116.00	1.50
16370	Lentils, mature seeds, cooked, boiled, with salt	3.33	114.00	1.50
09194	Olives, ripe, canned (jumbo-super colossal)	3.32	81.00	1.50
12108	Nuts, coconut meat, dried (desiccated), not sweetened	3.32	660.00	1.50
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3.32	228.00	0.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.32	207.00	0.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	3.32	190.00	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.32	217.00	0.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	3.32	297.00	0.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	3.32	281.00	0.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.32	181.00	0.00
32018	Spanish rice mix, dry mix, unprepared	3.32	363.00	--
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.31	215.00	0.00
05658	Ostrich, top loin, cooked	3.31	155.00	0.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	3.31	446.00	0.30
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	3.31	446.00	0.30
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.31	220.00	0.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	3.30	395.00	0.90
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	3.30	381.00	4.00
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	3.30	333.00	0.00
09193	Olives, ripe, canned (small-extra large)	3.30	115.00	0.90
11613	Borage, raw	3.30	21.00	35.00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	3.30	197.00	1.00
12121	Nuts, hazelnuts or filberts, blanched	3.30	629.00	2.00
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	3.30	245.00	0.00
16532	WORTHINGTON Prosage Roll, frozen, unprepared	3.30	261.00	0.00
16536	WORTHINGTON Wham (roll), frozen, unprepared	3.30	196.00	0.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	3.30	255.00	0.00
18009	Biscuits, plain or buttermilk, frozen, baked	3.30	338.00	0.00
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	3.30	325.00	0.00
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	3.30	463.00	--
20095	Pasta, fresh-refrigerated, spinach, as purchased	3.30	289.00	0.00
20120	Pasta, dry, enriched	3.30	371.00	0.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	3.30	239.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3.30	228.00	0.00
28030	GIRL SCOUTS, Chalet Cookies	3.30	478.00	--
28043	KEEBLER, ANIMALS, Cookies	3.30	450.00	--
28046	KEEBLER, ANIMALS, Crackers	3.30	450.00	--
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	3.30	437.00	--
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	3.30	489.00	--
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	3.30	455.00	--
28211	MURRAY, Chocolatey Chip Thins Cookies	3.30	466.00	--
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	3.30	461.00	--
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	3.30	493.00	--
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	3.30	489.00	--
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	3.30	463.00	--
18261	English muffins, mixed-grain, toasted (includes granola)	3.29	255.00	0.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.29	220.00	0.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.29	200.00	0.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.29	239.00	0.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	3.29	175.00	0.00
06126	Gravy, turkey, dry	3.29	367.00	0.20
17373	Lamb, New Zealand, imported, heart, raw	3.29	105.00	0.00
12062	Nuts, almonds, blanched	3.28	590.00	0.00
18353	Rolls, hard (includes kaiser)	3.28	293.00	0.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.27	236.00	0.00
36615	DENNY'S, top sirloin steak	3.27	182.00	--
43128	Chicken, meatless	3.27	224.00	0.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.27	209.00	0.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3.27	216.00	0.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.27	200.00	0.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3.27	166.00	0.00
14063	Beverages, chocolate powder, no sugar added	3.27	373.00	54.50
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	3.26	202.00	2.80
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	3.26	373.00	0.00
09085	Currants, zante, dried	3.26	283.00	4.70
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.26	158.00	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.26	170.00	0.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.26	227.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18084	Bread stuffing, cornbread, dry mix	3.25	389.00	3.50
18374	Leavening agents, yeast, baker's, compressed	3.25	105.00	0.10
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.25	222.00	0.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3.25	183.00	0.00
28307	Bread, naan, plain, commercially prepared, refrigerated	3.25	291.00	--
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.25	189.00	0.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.25	162.00	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.25	162.00	0.00
15001	Fish, anchovy, european, raw	3.25	131.00	0.00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	3.24	382.00	0.80
11362	Potatoes, raw, skin	3.24	58.00	11.40
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.24	211.00	0.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	3.24	212.00	0.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.24	224.00	0.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.24	194.00	0.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	3.24	294.00	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.24	167.00	0.00
16011	Beans, baked, canned, with pork and tomato sauce	3.24	94.00	3.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	3.24	289.00	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3.24	188.00	0.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.23	176.00	0.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	3.23	238.00	0.00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	3.23	253.00	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	3.23	226.00	0.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	3.23	193.00	0.00
01210	Egg Mix, USDA Commodity	3.23	555.00	--
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.23	207.00	0.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3.23	202.00	0.00
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	3.22	632.00	--
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	3.22	213.00	0.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	3.22	451.00	0.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.22	226.00	0.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.22	177.00	0.00
18338	Phyllo dough	3.21	299.00	0.00
20073	Wheat, soft red winter	3.21	331.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21115	Fast foods, hamburger, large, triple patty, with condiments	3.21	267.00	0.50
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.21	219.00	0.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.21	211.00	0.00
11248	Lentils, sprouted, raw	3.21	106.00	16.50
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.21	224.00	0.00
17172	Game meat, moose, raw	3.21	102.00	4.00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	3.20	376.00	55.00
08608	Cereals ready-to-eat, KASHI Berry Blossom	3.20	322.00	6.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	3.20	21.00	1.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	3.20	21.00	1.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.20	231.00	0.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.20	318.00	0.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3.20	171.00	0.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.20	240.00	0.00
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	3.20	102.00	0.00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	3.20	200.00	0.00
16531	WORTHINGTON Prosage Links, frozen, unprepared	3.20	143.00	0.00
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	3.20	232.00	0.00
17180	Game meat, rabbit, wild, raw	3.20	114.00	0.00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	3.20	494.00	--
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	3.20	493.00	--
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	3.20	263.00	0.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	3.20	183.00	0.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.20	172.00	0.00
28032	GIRL SCOUTS, Samoas Cookies	3.20	489.00	--
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	3.20	502.00	--
28050	KEEBLER, Club & Cheddar Sandwich Crackers	3.20	494.00	--
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	3.20	500.00	--
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	3.20	482.00	--
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	3.20	533.00	--
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	3.20	452.00	--
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	3.20	489.00	--
28268	KEEBLER, Sugar Cones	3.20	375.00	--
28272	MURRAY, Chocolate Creme Sandwich Cookies	3.20	473.00	--
28275	MURRAY, Old Fashioned Gingersnaps Cookies	3.20	463.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	3.20	469.00	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	3.20	489.00	0.20
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	3.20	300.00	1.10
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	3.20	286.00	1.10
18057	Bread, reduced-calorie, white	3.19	207.00	0.50
19034	Snacks, popcorn, air-popped	3.19	387.00	0.00
20072	Wheat, hard red winter	3.19	327.00	0.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.19	165.00	0.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	3.19	249.00	0.00
05024	Chicken, gizzard, all classes, cooked, simmered	3.19	154.00	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3.19	216.00	0.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.19	172.00	0.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.19	250.00	0.00
15155	Mollusks, abalone, mixed species, raw	3.19	105.00	2.00
17144	Game meat, antelope, raw	3.19	114.00	0.00
17148	Bison, ground, grass-fed, cooked	3.19	179.00	0.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3.18	334.00	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.18	216.00	0.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.18	225.00	0.00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	3.18	274.00	0.00
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	3.18	520.00	0.00
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	3.18	525.00	34.20
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	3.18	436.00	0.00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	3.18	464.00	1.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	3.17	209.00	0.00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	3.17	446.00	--
02044	Basil, fresh	3.17	23.00	18.00
01144	Egg substitute, powder	3.16	444.00	0.80
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	3.16	221.00	0.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3.16	238.00	0.00
18217	Crackers, matzo, plain	3.16	395.00	0.00
18973	Focaccia, Italian flatbread, plain	3.16	249.00	0.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	3.16	242.00	0.00
18045	Bread, pumpernickel, toasted	3.15	275.00	0.00
18048	Bread, raisin, enriched, toasted	3.15	297.00	0.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18049	Bread, reduced-calorie, oat bran	3.15	201.00	0.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	3.15	215.00	0.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.15	308.00	0.00
11031	Lima beans, immature seeds, raw	3.14	113.00	23.40
11232	Jute, potherb, cooked, boiled, drained, without salt	3.14	37.00	33.00
11789	Jute, potherb, cooked, boiled, drained, with salt	3.14	37.00	33.00
13345	Beef, cured, breakfast strips, cooked	3.14	449.00	0.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.14	196.00	0.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.14	250.00	0.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	3.14	117.00	1.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	3.14	117.00	1.00
20648	Sorghum flour, whole-grain	3.14	359.00	0.80
21020	Fast foods, english muffin, with cheese and sausage	3.14	338.00	0.00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	3.13	481.00	0.00
19080	Candies, semisweet chocolate	3.13	480.00	0.00
19701	Candies, semisweet chocolate, made with butter	3.13	477.00	0.00
05657	Ostrich, top loin, raw	3.13	119.00	0.00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	3.13	353.00	9.40
11961	Hearts of palm, canned	3.13	28.00	7.90
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3.13	341.00	0.00
05645	Ostrich, inside leg, cooked	3.12	141.00	0.00
12154	Nuts, walnuts, black, dried	3.12	619.00	1.70
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	3.12	343.00	0.00
18037	Bread, oat bran	3.12	236.00	0.00
18265	English muffins, wheat, toasted	3.12	243.00	0.00
22928	Burrito, beef and bean, microwaved	3.12	298.00	1.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.12	166.00	0.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	3.12	355.00	--
35233	Hazelnuts, beaked (Northern Plains Indians)	3.12	628.00	--
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	3.11	208.00	0.50
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	3.11	154.00	0.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	3.11	356.00	0.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.11	198.00	0.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.11	220.00	0.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3.11	324.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.11	331.00	0.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3.11	316.00	0.00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	3.10	338.00	0.00
11207	Dandelion greens, raw	3.10	45.00	35.00
18053	Bread, reduced-calorie, rye	3.10	203.00	0.40
18061	Bread, rye, toasted	3.10	284.00	0.20
18077	Bread, whole-wheat, prepared from recipe	3.10	278.00	0.00
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	3.10	479.00	--
18990	AUSTIN, PB & J Crackers, sandwich-type	3.10	484.00	--
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.10	212.00	0.00
28045	KEEBLER, ANIMALS, Iced Cookies	3.10	459.00	--
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	3.10	470.00	--
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	3.10	462.00	--
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	3.10	540.00	--
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	3.10	483.00	--
28229	MURRAY, SUGAR FREE, Shortbread Cookies	3.10	431.00	--
28388	PEPPERIDGE FARM, Deli Swirl Bread	3.10	247.00	0.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	3.09	319.00	0.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	3.09	252.00	0.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	3.09	173.00	0.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3.09	196.00	0.00
28302	Cookies, graham crackers, plain or honey, lowfat	3.09	386.00	0.00
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	3.09	365.00	91.00
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	3.08	386.00	2.80
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.08	359.00	0.00
17331	Game meat, bison, ground, cooked, pan-broiled	3.08	238.00	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	3.08	122.00	0.00
18007	Bagels, oat bran	3.08	255.00	0.20
18429	Crackers, whole-wheat, low salt	3.08	443.00	0.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	3.08	230.00	0.00
18066	Bread, wheat bran	3.07	248.00	0.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3.07	246.00	0.00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	3.07	465.00	0.00
36622	Restaurant, Chinese, sweet and sour pork	3.07	270.00	2.30
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.07	187.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
12149	Nuts, pine nuts, pinyon, dried	3.06	629.00	2.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	3.06	440.00	0.00
18042	Bread, pita, whole-wheat	3.06	262.00	0.00
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	3.06	468.00	0.00
21107	Fast foods, hamburger; single, regular patty; plain	3.06	297.00	0.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	3.06	194.00	0.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3.06	259.00	0.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	3.05	355.00	0.00
18297	Pancakes, special dietary, dry mix	3.05	349.00	0.00
18963	Garlic bread, frozen	3.05	350.00	0.20
19017	Snacks, granola bars, hard, chocolate chip	3.05	438.00	0.10
19059	Snacks, trail mix, regular	3.05	462.00	1.40
19821	Snacks, trail mix, regular, unsalted	3.05	462.00	1.40
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	3.05	207.00	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	3.05	174.00	0.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	3.05	370.00	0.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	3.05	117.00	0.40
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	3.05	117.00	0.40
17153	Game meat, beefalo, composite of cuts, cooked, roasted	3.05	188.00	9.00
02025	Spices, nutmeg, ground	3.04	525.00	3.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.04	210.00	0.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	3.04	163.00	8.00
18027	Bread, egg	3.04	287.00	0.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	3.04	389.00	0.10
18227	Crackers, rye, wafers, seasoned	3.04	381.00	0.10
18270	Hush puppies, prepared from recipe	3.04	337.00	0.20
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	3.04	169.00	0.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	3.04	224.00	0.00
18416	Bread, white, commercially prepared, low sodium, no salt	3.03	267.00	0.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3.03	174.00	0.00
18260	English muffins, mixed-grain (includes granola)	3.02	235.00	0.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	3.02	161.00	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3.02	216.00	0.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	3.02	388.00	0.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.02	202.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.02	194.00	0.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.02	161.00	0.00
18112	Cake, pudding-type, german chocolate, dry mix	3.01	350.00	0.00
20031	Millet, raw	3.01	378.00	0.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	3.01	200.00	0.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	3.01	259.00	0.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	3.01	228.00	0.00
28306	Bread, chapati or roti, plain, commercially prepared	3.01	297.00	--
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	3.00	495.00	--
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	3.00	276.00	0.00
28035	GIRL SCOUTS, Thin Mints Cookies	3.00	502.00	--
28036	GIRL SCOUTS, Trefoils Cookies	3.00	498.00	--
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	3.00	499.00	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	3.00	502.00	--
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	3.00	460.00	--
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	3.00	483.00	--
28155	KEEBLER, Waffle Bowls	3.00	424.00	--
28156	KEEBLER, Waffle Cones	3.00	424.00	--
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	3.00	497.00	--
28230	MURRAY, SUGAR FREE, Shortbread Bites	3.00	371.00	--
28294	Cookie, chocolate, with icing or coating	3.00	507.00	0.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	3.00	437.00	0.00
43218	Cereals ready-to-eat, ALPEN	3.00	352.00	8.70
03214	Babyfood, cookies, arrowroot	3.00	424.00	5.50
07011	Bologna, turkey	3.00	209.00	13.30
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	3.00	336.00	0.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	3.00	332.00	0.00
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	3.00	318.00	0.00
11048	Beans, pinto, immature seeds, frozen, unprepared	3.00	170.00	1.00
11622	Kale, scotch, raw	3.00	42.00	130.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	3.00	257.00	0.00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	3.00	113.00	0.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	3.00	109.00	0.00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	2.99	394.00	0.70
16051	Beans, white, mature seeds, canned	2.99	114.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18352	Rolls, hamburger or hotdog, reduced-calorie	2.99	196.00	0.20
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	2.99	226.00	0.90
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.99	182.00	0.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	2.99	202.00	0.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	2.99	192.00	0.00
18192	Cookies, shortbread, commercially prepared, plain	2.98	514.00	0.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.98	160.00	0.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	2.98	170.00	0.00
28310	Cookies, shortbread, reduced fat	2.98	451.00	0.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	2.98	229.00	0.00
11546	Tomato products, canned, paste, without salt added	2.98	82.00	21.90
11975	Grape leaves, canned	2.98	69.00	11.30
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	2.98	203.00	0.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	2.98	206.00	0.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	2.98	124.00	1.20
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	2.98	124.00	1.20
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	2.97	266.00	0.00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	2.97	285.00	0.20
18339	Popovers, dry mix, enriched	2.97	371.00	0.10
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	2.97	235.00	4.90
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	2.97	234.00	0.00
18076	Bread, whole-wheat, commercially prepared, toasted	2.96	306.00	0.00
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	2.96	316.00	0.20
22917	Burrito, beef and bean, frozen	2.96	239.00	0.80
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	2.96	191.00	0.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	2.96	188.00	0.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	2.96	283.00	0.00
13339	Beef, variety meats and by-products, tongue, raw	2.95	224.00	3.10
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	2.95	284.00	0.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2.95	178.00	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	2.95	144.00	0.00
19015	Snacks, granola bars, hard, plain	2.95	471.00	0.90
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.95	169.00	0.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	2.95	192.00	0.00
18033	Bread, italian	2.94	271.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18040	Bread, oatmeal, toasted	2.94	292.00	0.30
21243	WENDY'S, CLASSIC DOUBLE, with cheese	2.94	241.00	0.70
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2.94	175.00	0.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	2.94	276.00	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	2.94	169.00	0.00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	2.94	127.00	1.20
16055	Carob flour	2.94	222.00	0.20
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	2.94	127.00	1.20
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	2.94	127.00	1.20
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	2.93	223.00	0.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.93	228.00	0.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2.93	159.00	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	2.93	160.00	0.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	2.93	256.00	0.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2.93	214.00	0.00
18097	Cake, pudding-type, chocolate, dry mix	2.92	391.00	0.10
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.92	191.00	0.00
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	2.92	490.00	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	2.92	269.00	1.30
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	2.92	208.00	0.00
17343	Game meat, deer, ground, raw	2.92	157.00	0.00
05641	Ostrich, ground, raw	2.91	165.00	0.00
12155	Nuts, walnuts, english	2.91	654.00	1.30
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	2.91	267.00	0.00
18055	Bread, reduced-calorie, wheat	2.91	217.00	0.10
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	2.91	517.00	0.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	2.91	129.00	0.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.91	158.00	0.00
18016	Biscuits, plain or buttermilk, prepared from recipe	2.90	353.00	0.20
18047	Bread, raisin, enriched	2.90	274.00	0.10
18170	Cookies, fig bars	2.90	348.00	0.30
18977	KASHI, TLC, Toasted Asiago Crackers	2.90	420.00	--
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	2.90	132.00	0.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2.90	171.00	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	2.90	163.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.90	182.00	0.00
28108	KEEBLER, Holiday Jingles Cookies	2.90	470.00	--
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	2.90	468.00	--
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	2.90	546.00	--
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	2.90	482.00	--
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	2.90	472.00	--
03206	Babyfood, cookie, baby, fruit	2.90	435.00	1.50
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	2.90	368.00	0.00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	2.90	337.00	0.00
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	2.90	122.00	1.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	2.89	212.00	0.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	2.89	164.00	1.30
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	2.89	164.00	1.30
18336	Pie crust, standard-type, prepared from recipe, baked	2.89	527.00	0.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2.89	174.00	0.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.89	162.00	0.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2.89	150.00	0.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	2.89	144.00	0.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.89	177.00	0.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	2.89	214.00	0.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2.89	205.00	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	2.89	276.00	--
18116	Cake, gingerbread, prepared from recipe	2.88	356.00	0.10
21110	Fast foods, hamburger; double, regular, patty; plain	2.88	295.00	0.00
21119	Fast foods, hotdog, with chili	2.88	260.00	2.40
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.88	222.00	0.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2.88	215.00	0.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	2.88	160.00	0.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2.88	157.00	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	2.88	153.00	0.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	2.88	203.00	0.00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	2.88	380.00	120.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	2.88	334.00	0.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	2.88	188.00	0.00
15227	Crustaceans, crab, queen, cooked, moist heat	2.88	115.00	7.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	2.88	119.00	0.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	2.88	177.00	0.00
05149	Goose, domesticated, meat only, cooked, roasted	2.87	238.00	0.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	2.87	198.00	0.00
18044	Bread, pumpernickel	2.87	250.00	0.00
18264	English muffins, wheat	2.87	223.00	0.00
18955	Bread, pan dulce, sweet yeast bread	2.87	367.00	1.20
21108	Fast foods, hamburger; single, regular patty; with condiments	2.87	263.00	0.30
21228	McDONALD'S, Hamburger	2.87	264.00	0.60
21250	BURGER KING, Hamburger	2.87	261.00	0.20
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2.87	209.00	0.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2.87	216.00	0.00
25000	Snacks, popcorn, microwave, 94% fat free	2.87	402.00	0.00
32010	Pasta mix, Italian lasagna, unprepared	2.87	356.00	0.90
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	2.87	196.00	--
21419	KFC, biscuit	2.86	358.00	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	2.86	221.00	0.00
05655	Ostrich, tip trimmed, raw	2.86	114.00	0.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	2.86	383.00	0.00
11445	Seaweed, kelp, raw	2.85	43.00	3.00
13358	Beef, cured, smoked, chopped beef	2.85	133.00	0.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	2.85	206.00	0.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	2.85	130.00	0.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	2.85	130.00	0.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	2.85	164.00	0.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2.85	205.00	0.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	2.84	186.00	0.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	2.84	193.00	0.00
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	2.84	269.00	1.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2.84	225.00	0.00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	2.84	142.00	0.00
16149	Peanut spread, reduced sugar	2.84	650.00	0.00
16346	Beans, small white, mature seeds, cooked, boiled, with salt	2.84	142.00	0.00
05147	Goose, domesticated, meat and skin, cooked, roasted	2.83	305.00	0.00
12206	Nuts, almonds, honey roasted, unblanched	2.83	594.00	0.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	2.83	212.00	0.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.83	214.00	0.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.83	210.00	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2.83	205.00	0.00
17168	Goat, raw	2.83	109.00	0.00
18060	Bread, rye	2.83	259.00	0.40
18388	Muffins, wheat bran, toaster-type with raisins, toasted	2.83	313.00	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	2.83	174.00	0.00
28345	Crackers, gluten-free, multi-seeded and multigrain	2.83	453.00	0.00
18243	Croutons, seasoned	2.82	465.00	0.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.82	284.00	0.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	2.82	182.00	0.00
32000	Rice and vermicelli mix, beef flavor, unprepared	2.82	359.00	1.90
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	2.82	230.00	0.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.82	205.00	0.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.82	238.00	0.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.82	253.00	0.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	2.82	220.00	0.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	2.81	421.00	0.20
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.81	218.00	0.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.81	219.00	0.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	2.81	217.00	0.00
15159	Mollusks, clam, mixed species, cooked, moist heat	2.81	148.00	22.10
18025	Bread, cracked-wheat	2.81	260.00	0.00
18279	Muffins, corn, commercially prepared	2.81	305.00	0.00
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	2.81	441.00	--
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	2.81	199.00	0.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2.81	203.00	0.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2.81	196.00	0.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2.81	189.00	0.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	2.81	474.00	0.00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	2.81	474.00	--
43483	Millet, puffed	2.81	354.00	0.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	2.80	508.00	0.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	2.80	252.00	0.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	2.80	252.00	0.20
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.80	275.00	0.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	2.80	159.00	0.00
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	2.80	518.00	--
28106	KEEBLER, Almond Crescents Cookies, Holiday	2.80	482.00	--
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	2.80	488.00	--
28197	MOTHER'S, Coconut Cocadas Cookies	2.80	500.00	--
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	2.80	451.00	--
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	2.80	256.00	0.00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	2.80	336.00	0.00
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	2.80	379.00	1.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	2.80	350.00	0.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	2.80	387.00	16.10
09322	Tamarinds, raw	2.80	239.00	3.50
09423	Prune puree	2.80	257.00	4.30
12143	Nuts, pecans, dry roasted, without salt added	2.80	710.00	0.70
12643	Nuts, pecans, dry roasted, with salt added	2.80	710.00	0.70
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	2.80	157.00	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	2.80	184.00	0.00
16518	WORTHINGTON Saucettes, canned, unprepared	2.80	219.00	0.00
16529	WORTHINGTON FriPats, frozen, unprepared	2.80	209.00	0.00
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	2.80	238.00	0.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	2.80	223.00	0.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	2.80	116.00	0.00
05656	Ostrich, tip trimmed, cooked	2.79	145.00	0.00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	2.79	367.00	1.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	2.79	233.00	0.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.79	244.00	0.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.79	228.00	0.00
18179	Cookies, oatmeal, commercially prepared, soft-type	2.79	409.00	0.20
18213	Cookies, vanilla wafers, higher fat	2.79	455.00	0.00
20015	Corn bran, crude	2.79	224.00	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.79	182.00	0.00
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	2.79	275.00	1.00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	2.78	305.00	0.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	2.78	500.00	0.30
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	2.78	254.00	0.60
21242	WENDY'S, Jr. Hamburger, with cheese	2.78	256.00	0.60
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	2.78	333.00	2.80
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.78	228.00	0.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	2.78	202.00	0.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	2.78	196.00	0.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	2.78	193.00	0.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	2.78	272.00	0.00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	2.78	500.00	0.30
43241	Cereals ready-to-eat, FAMILIA	2.78	388.00	0.60
43441	Rolls, pumpernickel	2.78	276.00	0.00
05173	Turkey, gizzard, all classes, raw	2.78	111.00	6.20
07925	Pastrami, beef, 98% fat-free	2.78	95.00	34.60
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.78	205.00	0.00
17149	Bison, ground, grass-fed, raw	2.78	146.00	0.00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	2.77	390.00	0.90
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	2.77	195.00	0.00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	2.77	123.00	1.20
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	2.77	123.00	1.20
18010	Biscuits, plain or buttermilk, dry mix	2.77	428.00	0.30
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	2.77	494.00	0.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	2.77	358.00	0.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.77	168.00	0.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.77	173.00	0.00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2.77	199.00	0.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	2.77	197.00	0.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	2.77	227.00	0.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	2.77	220.00	0.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	2.77	204.00	0.00
18968	Bagels, wheat	2.76	250.00	0.00
19081	Candies, sweet chocolate	2.76	507.00	0.00
21142	Fast food, biscuit	2.76	370.00	0.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.76	261.00	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.76	287.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2.76	208.00	0.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	2.76	216.00	0.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.76	213.00	0.00
17166	Game meat, elk, raw	2.76	111.00	0.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.75	221.00	0.00
16160	Tofu, hard, prepared with nigari	2.75	145.00	0.30
17338	Game meat, elk, ground, raw	2.75	172.00	0.00
18017	Biscuits, mixed grain, refrigerated dough	2.75	263.00	0.00
21507	WENDY'S, Double Stack, with cheese	2.75	285.00	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	2.75	379.00	0.70
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.75	170.00	0.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2.75	165.00	0.00
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	2.75	446.00	0.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	2.75	349.00	2.30
36608	CRACKER BARREL, grilled sirloin steak	2.75	203.00	--
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	2.74	254.00	0.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	2.74	179.00	0.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	2.74	200.00	0.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	2.74	240.00	0.00
28348	Rolls, dinner, sweet	2.74	321.00	0.20
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	2.74	248.00	0.50
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.74	217.00	0.00
01125	Egg, yolk, raw, fresh	2.73	322.00	0.00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	2.73	213.00	0.50
18036	Bread, multi-grain, toasted (includes whole-grain)	2.72	288.00	0.10
18133	Cake, sponge, commercially prepared	2.72	290.00	0.00
18215	Crackers, cheese, sandwich-type with peanut butter filling	2.72	496.00	0.00
18224	Crackers, rusk toast	2.72	407.00	0.00
18541	ARCHWAY Home Style Cookies, Peanut Butter	2.72	480.00	0.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	2.72	167.00	0.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.72	223.00	0.00
17222	Veal, variety meats and by-products, tongue, raw	2.72	131.00	5.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	2.71	162.00	0.70
11457	Spinach, raw	2.71	23.00	28.10
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	2.71	162.00	0.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	2.71	172.00	0.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.71	230.00	0.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	2.71	238.00	--
18349	Rolls, french	2.71	277.00	0.00
19310	Pectin, unsweetened, dry mix	2.71	325.00	0.00
20014	Corn grain, yellow	2.71	365.00	0.00
20314	Corn grain, white	2.71	365.00	0.00
21089	Fast foods, cheeseburger; single, regular patty; plain	2.71	308.00	0.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	2.71	291.00	1.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	2.71	208.00	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	2.71	217.00	0.00
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	2.71	257.00	1.00
32009	Pasta mix, classic beef, unprepared	2.71	354.00	2.60
18039	Bread, oatmeal	2.70	269.00	0.00
18218	Crackers, matzo, egg	2.70	391.00	0.10
18346	Rolls, dinner, rye	2.70	286.00	0.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	2.70	447.00	0.20
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	2.70	258.00	--
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	2.70	254.00	--
19268	Candies, dark chocolate coated coffee beans	2.70	540.00	0.00
20114	Noodles, japanese, soba, dry	2.70	336.00	0.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.70	305.00	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	2.70	193.00	0.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	2.70	185.00	0.00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	2.70	446.00	0.00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	2.70	381.00	--
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	2.70	505.00	--
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	2.70	537.00	--
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	2.70	535.00	--
28195	MOTHER'S, Chocolate Chip Cookies	2.70	490.00	--
28213	MURRAY, Duplex Creme Sandwich Cookies	2.70	475.00	--
36403	Restaurant, Latino, empanadas, beef, prepared	2.70	335.00	0.70
05140	Duck, domesticated, meat and skin, cooked, roasted	2.70	337.00	0.00
05142	Duck, domesticated, meat only, cooked, roasted	2.70	201.00	0.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	2.70	243.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	2.70	360.00	0.00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	2.70	407.00	0.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	2.70	387.00	0.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	2.70	191.00	0.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.70	254.00	0.00
16114	Tempeh	2.70	192.00	0.00
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	2.70	197.00	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	2.70	279.00	0.00
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	2.69	412.00	0.50
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	2.69	219.00	5.70
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	2.69	203.00	0.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.69	125.00	0.00
18032	Bread, irish soda, prepared from recipe	2.69	290.00	0.80
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	2.69	362.00	1.00
20130	Barley flour or meal	2.68	345.00	0.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.68	291.00	0.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	2.68	287.00	0.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.68	178.00	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	2.68	232.00	0.00
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	2.68	456.00	--
11956	Tomatoes, sun-dried, packed in oil, drained	2.68	213.00	101.80
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.68	306.00	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	2.68	142.00	0.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.67	288.00	0.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2.67	247.00	0.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	2.67	283.00	0.00
18234	Crackers, wheat, sandwich, with peanut butter filling	2.67	495.00	0.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.67	174.00	0.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.67	317.00	0.00
23220	Beef, ground, unspecified fat content, cooked	2.67	240.00	0.00
32007	Taquitos, frozen, beef and cheese, oven-heated	2.67	287.00	0.00
18267	English muffins, whole-wheat, toasted	2.66	221.00	0.00
19806	Snacks, popcorn, air-popped (Unsalted)	2.66	382.00	0.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.66	133.00	0.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2.66	299.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.66	187.00	0.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.66	199.00	0.00
23506	USDA Commodity, beef patties with VPP, frozen, raw	2.66	225.00	0.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	2.66	177.00	0.00
09032	Apricots, dried, sulfured, uncooked	2.66	241.00	1.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2.66	233.00	0.00
16426	Tofu, raw, firm, prepared with calcium sulfate	2.66	144.00	0.20
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	2.66	122.00	0.00
05648	Ostrich, outside leg, raw	2.65	115.00	0.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	2.65	718.00	0.70
12632	Nuts, macadamia nuts, dry roasted, with salt added	2.65	716.00	0.70
17220	Lamb, variety meats and by-products, tongue, raw	2.65	222.00	6.00
18184	Cookies, oatmeal, prepared from recipe, with raisins	2.65	435.00	0.50
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	2.65	362.00	0.20
19134	Candies, milk chocolate, with rice cereal	2.65	511.00	0.60
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	2.65	217.00	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2.65	215.00	0.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.65	188.00	0.00
18232	Crackers, wheat, regular	2.64	455.00	0.00
19061	Snacks, trail mix, tropical	2.64	442.00	7.60
21121	Fast foods, roast beef sandwich, plain	2.64	244.00	0.00
21527	ARBY'S, roast beef sandwich, classic	2.64	242.00	--
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	2.64	140.00	0.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	2.64	306.00	0.00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.64	180.00	0.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.64	187.00	0.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.64	123.00	0.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	2.64	240.00	0.00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	2.64	118.00	0.40
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	2.64	118.00	0.40
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	2.63	179.00	0.00
07973	Turkey bacon, microwaved	2.63	368.00	0.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.63	337.00	0.00
11974	Grape leaves, raw	2.63	93.00	11.10
17221	Lamb, variety meats and by-products, tongue, cooked, braised	2.63	275.00	7.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.63	244.00	0.00
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	2.63	497.00	0.00
20062	Rye grain	2.63	338.00	0.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	2.63	286.00	0.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	2.63	254.00	0.40
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2.63	210.00	0.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	2.63	277.00	0.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	2.63	310.00	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	2.63	248.00	0.00
18041	Bread, pita, white, enriched	2.62	275.00	0.00
18233	Crackers, wheat, sandwich, with cheese filling	2.62	497.00	1.50
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	2.62	275.00	2.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.62	130.00	0.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	2.62	166.00	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	2.62	221.00	0.00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	2.61	316.00	0.30
21112	Fast foods, hamburger; single, large patty; plain	2.61	311.00	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	2.61	229.00	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2.61	184.00	0.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2.61	175.00	0.00
35183	Corn, dried, yellow (Northern Plains Indians)	2.61	419.00	0.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	2.61	607.00	0.50
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	2.61	607.00	0.50
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	2.61	607.00	0.50
13332	Beef, variety meats and by-products, pancreas, cooked, braised	2.61	271.00	20.30
13340	Beef, variety meats and by-products, tongue, cooked, simmered	2.61	284.00	1.30
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.61	309.00	0.00
06101	Soup, cream of vegetable, dry, powder	2.60	446.00	16.60
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	2.60	364.00	4.00
08648	Cereals ready-to-eat, KASHI Simply Maize	2.60	371.00	--
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	2.60	647.00	0.10
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	2.60	124.00	0.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	2.60	288.00	0.00
17156	Game meat, bison, separable lean only, raw	2.60	109.00	0.00
17330	Game meat , bison, ground, raw	2.60	223.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18190	Cookies, peanut butter sandwich, regular	2.60	478.00	0.10
18211	Puff pastry, frozen, ready-to-bake, baked	2.60	558.00	0.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	2.60	457.00	0.00
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	2.60	236.00	0.00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	2.60	501.00	0.00
18991	BARBARA DEE, Winter Mints Cookies	2.60	515.00	--
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	2.60	238.00	0.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.60	172.00	0.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	2.60	196.00	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	2.60	250.00	0.00
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	2.60	469.00	--
28038	JACKSON'S, Old Fashioned Vanilla Wafers	2.60	453.00	--
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	2.60	420.00	--
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	2.60	512.00	--
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	2.60	507.00	--
28215	MURRAY, JACKS Vanilla Wafers	2.60	438.00	--
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	2.60	472.00	--
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	2.60	528.00	--
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	2.60	270.00	0.90
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	2.60	263.00	0.90
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	2.60	258.00	0.00
20070	Triticale flour, whole-grain	2.59	338.00	0.00
21018	Fast foods, egg, scrambled	2.59	212.00	3.30
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	2.59	239.00	0.50
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.59	177.00	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	2.59	198.00	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	2.59	246.00	0.00
28292	Crackers, multigrain	2.59	482.00	0.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	2.59	255.00	0.00
09299	Raisins, seeded	2.59	296.00	5.40
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	2.58	388.00	0.40
18178	Cookies, oatmeal, commercially prepared, regular	2.58	450.00	0.50
21111	Fast foods, hamburger; double, regular patty; with condiments	2.58	268.00	0.50
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.58	181.00	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	2.58	208.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	2.58	255.00	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	2.58	254.00	0.00
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	2.58	269.00	1.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2.57	324.00	0.00
18402	Pie crust, standard-type, prepared from recipe, unbaked	2.57	469.00	0.00
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	2.57	427.00	0.00
20069	Triticale	2.57	336.00	0.00
21096	Fast foods, cheeseburger; single, large patty; plain	2.57	310.00	0.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	2.57	291.00	1.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.57	184.00	0.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	2.57	250.00	0.00
36013	Restaurant, family style, sirloin steak	2.57	195.00	--
05148	Goose, domesticated, meat only, raw	2.57	161.00	7.20
11005	Arrowhead, raw	2.57	99.00	1.10
11086	Beet greens, raw	2.57	22.00	30.00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	2.57	615.00	0.50
12157	Nuts, walnuts, dry roasted, with salt added	2.57	643.00	1.40
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	2.57	615.00	0.50
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	2.57	225.00	0.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	2.57	198.00	0.00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.57	121.00	0.00
08546	Rice and Wheat cereal bar	2.56	409.00	0.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	2.56	218.00	0.00
18337	Puff pastry, frozen, ready-to-bake	2.56	551.00	0.00
19020	Snacks, granola bars, soft, uncoated, plain	2.56	443.00	0.00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.56	127.00	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.55	215.00	0.00
18201	Cookies, peanut butter sandwich, special dietary	2.55	535.00	0.00
19220	Desserts, rennin, chocolate, dry mix	2.55	363.00	0.00
21129	Fast foods, hush puppies	2.55	296.00	0.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	2.55	287.00	0.70
21388	Fast foods, miniature cinnamon rolls	2.55	403.00	0.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.55	143.00	0.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.55	143.00	0.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	2.55	249.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13318	Beef, variety meats and by-products, brain, raw	2.55	143.00	10.70
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2.55	235.00	0.00
16095	Peanuts, virginia, raw	2.55	563.00	0.00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	2.54	353.00	4.20
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2.54	224.00	0.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	2.54	346.00	0.20
19005	Snacks, corn-based, extruded, cones, plain	2.54	510.00	0.00
20064	Rye flour, medium	2.54	349.00	0.00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	2.54	283.00	0.40
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	2.54	228.00	0.00
25060	Snack, Pretzel, hard chocolate coated	2.54	467.00	0.00
28315	Bread, cinnamon	2.54	253.00	0.00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	2.53	421.00	0.10
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	2.53	434.00	0.00
18956	Keikitos (muffins), Latino bakery item	2.53	467.00	--
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	2.53	560.00	0.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	2.53	247.00	0.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	2.53	259.00	0.20
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	2.53	142.00	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.53	175.00	0.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	2.53	207.00	0.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2.53	206.00	0.00
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	2.53	122.00	0.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.53	150.00	0.00
28320	English muffins, whole grain white	2.53	245.00	0.00
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	2.53	267.00	1.00
32011	Yellow rice with seasoning, dry packet mix, unprepared	2.53	343.00	0.00
12142	Nuts, pecans	2.53	691.00	1.10
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.53	291.00	0.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2.53	302.00	0.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	2.53	204.00	0.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.52	143.00	0.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.52	190.00	0.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	2.52	201.00	0.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.52	184.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.52	187.00	0.00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	2.52	445.00	--
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	2.52	306.00	4.20
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	2.52	282.00	0.90
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.52	153.00	0.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	2.52	271.00	0.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	2.52	252.00	0.00
21415	POPEYES, biscuit	2.51	401.00	--
22918	Burrito, bean and cheese, frozen	2.51	221.00	0.30
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.51	188.00	0.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.51	177.00	0.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.51	127.00	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.51	303.00	0.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2.51	242.00	0.00
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	2.51	127.00	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	2.51	247.00	0.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	2.51	570.00	0.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.51	139.00	0.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.51	133.00	0.00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	2.51	116.00	0.40
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	2.51	116.00	0.40
05146	Goose, domesticated, meat and skin, raw	2.50	371.00	4.20
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	2.50	351.00	0.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	2.50	349.00	0.00
09265	Persimmons, native, raw	2.50	127.00	66.00
11118	Cabbage, kimchi	2.50	15.00	0.00
11451	Soybeans, green, cooked, boiled, drained, without salt	2.50	141.00	17.00
11853	Soybeans, green, cooked, boiled, drained, with salt	2.50	141.00	17.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.50	152.00	0.00
15018	Fish, cod, Atlantic, dried and salted	2.50	290.00	3.50
15144	Crustaceans, crab, queen, raw	2.50	90.00	7.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	2.50	197.00	0.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	2.50	155.00	0.00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	2.50	418.00	0.10
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	2.50	266.00	0.30

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18164	Cookies, chocolate chip, refrigerated dough, baked	2.50	492.00	0.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	2.50	235.00	0.00
18448	Taco shells, baked, without added salt	2.50	468.00	0.00
19016	Snacks, granola bars, hard, almond	2.50	495.00	0.00
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	2.50	569.00	0.00
20005	Barley, pearled, raw	2.50	352.00	0.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	2.50	243.00	0.40
21251	BURGER KING, Cheeseburger	2.50	286.00	0.20
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	2.50	277.00	0.40
22126	LOMA LINDA Big Franks, canned, unprepared	2.50	218.00	0.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.50	131.00	0.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.50	139.00	0.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.50	139.00	0.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	2.50	248.00	0.00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	2.50	519.00	--
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	2.50	537.00	--
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	2.50	530.00	--
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	2.50	547.00	--
28131	KEEBLER, Sweet Cremes Cookies	2.50	469.00	--
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	2.50	415.00	--
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	2.50	401.00	--
28199	MOTHER'S, English Tea Sandwich Cookies	2.50	469.00	--
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	2.50	500.00	--
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	2.50	459.00	--
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	2.50	505.00	--
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	2.50	514.00	--
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	2.50	470.00	--
28270	MOTHER'S, Vanilla Sandwich Cookies	2.50	469.00	--
28397	Bread, multi-grain (includes whole-grain)	2.50	265.00	0.10
18972	Bread, cheese	2.49	408.00	0.00
21003	Fast foods, biscuit, with egg and bacon	2.49	305.00	1.80
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	2.49	265.00	0.40
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.49	162.00	0.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.49	296.00	0.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.49	285.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.49	341.00	0.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.49	147.00	0.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	2.49	203.00	0.00
28329	Cookies, chocolate, made with rice cereal	2.49	440.00	0.00
05023	Chicken, gizzard, all classes, raw	2.49	94.00	3.70
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.49	146.00	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.49	137.00	0.00
16112	Miso	2.49	198.00	0.00
06030	Soup, clam chowder, new england, canned, condensed	2.48	72.00	4.10
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	2.48	126.00	7.10
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	2.48	270.00	0.00
15030	Fish, gefiltefish, commercial, sweet recipe	2.48	84.00	0.80
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	2.48	144.00	1.80
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	2.48	144.00	1.80
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	2.48	188.00	--
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	2.48	183.00	--
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	2.48	307.00	0.10
18156	Cookies, fudge, cake-type (includes trolley cakes)	2.48	349.00	0.10
18378	Cookies, chocolate chip, prepared from recipe, made with butter	2.48	488.00	0.20
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	2.48	266.00	1.40
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	2.48	271.00	1.20
22905	Beef stew, canned entree	2.48	99.00	0.70
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.48	253.00	0.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.48	149.00	0.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	2.48	135.00	0.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.48	135.00	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	2.48	264.00	0.00
28301	Cookies, peanut butter, commercially prepared, sugar free	2.48	523.00	0.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.47	291.00	0.00
18075	Bread, whole-wheat, commercially prepared	2.47	252.00	0.00
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	2.47	418.00	--
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	2.47	521.00	--
20009	Buckwheat groats, roasted, dry	2.47	346.00	0.00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	2.47	276.00	1.90
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2.47	234.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.47	142.00	0.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	2.47	275.00	0.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	2.47	284.00	0.00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	2.47	418.00	3.10
12144	Nuts, pecans, oil roasted, without salt added	2.47	715.00	0.70
12644	Nuts, pecans, oil roasted, with salt added	2.47	715.00	0.70
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.47	183.00	0.00
12077	Nuts, beechnuts, dried	2.46	576.00	15.50
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2.46	331.00	0.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	2.46	295.00	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	2.46	236.00	0.00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	2.46	488.00	0.30
20012	Bulgur, dry	2.46	342.00	0.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.46	285.00	0.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2.46	283.00	0.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.46	144.00	0.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	2.46	169.00	0.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.46	298.00	0.00
18225	Crackers, rye, sandwich-type with cheese filling	2.45	481.00	0.40
18266	English muffins, whole-wheat	2.45	203.00	0.00
18537	ARCHWAY Home Style Cookies, Oatmeal	2.45	421.00	0.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	2.45	282.00	1.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	2.45	287.00	2.80
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.45	169.00	0.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.45	277.00	0.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	2.45	123.00	10.10
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	2.45	123.00	10.10
06128	Soup, chicken noodle, dry, mix	2.44	377.00	0.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.44	323.00	0.00
16158	Hummus, commercial	2.44	166.00	0.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.44	202.00	0.00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	2.44	333.00	0.20
19022	Snacks, granola bars, soft, uncoated, raisin	2.44	448.00	0.00
19031	Snacks, oriental mix, rice-based	2.44	506.00	0.30
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.44	123.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.44	245.00	0.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	2.44	121.00	0.00
28293	Cookie, butter or sugar, with chocolate icing or filling	2.44	503.00	0.00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	2.44	359.00	4.10
18106	Coffeecake, fruit	2.43	311.00	0.80
18193	Cookies, shortbread, commercially prepared, pecan	2.43	542.00	0.00
18216	Crackers, crispbread, rye	2.43	366.00	0.00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	2.43	274.00	1.90
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.43	128.00	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	2.43	254.00	0.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2.43	179.00	0.00
12078	Nuts, brazilnuts, dried, unblanched	2.43	659.00	0.70
12104	Nuts, coconut meat, raw	2.43	354.00	3.30
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.43	134.00	0.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.43	176.00	0.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	2.43	157.00	0.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2.43	289.00	0.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2.43	349.00	0.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.43	337.00	0.00
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	2.42	332.00	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	2.42	295.00	0.00
13350	Beef, cured, dried	2.42	153.00	0.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	2.42	170.00	0.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.42	297.00	0.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	2.42	172.00	0.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.42	341.00	0.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2.42	311.00	--
18253	Doughnuts, french crullers, glazed	2.42	412.00	0.00
18348	Rolls, dinner, whole-wheat	2.42	266.00	0.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.42	267.00	0.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	2.42	163.00	0.00
28313	Rolls, hamburger or hot dog, whole wheat	2.42	269.00	1.30
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.41	226.00	0.00
21008	Fast foods, biscuit, with ham	2.41	342.00	0.10
21234	McDONALD'S, QUARTER POUNDER	2.41	244.00	0.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	2.41	280.00	1.70
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.41	191.00	0.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	2.41	237.00	0.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	2.41	194.00	0.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	2.41	211.00	0.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	2.41	238.00	0.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.41	330.00	0.00
16104	Bacon, meatless	2.41	309.00	0.00
16147	Veggie burgers or soyburgers, unprepared	2.41	177.00	4.50
05139	Duck, domesticated, meat and skin, raw	2.40	404.00	2.80
05141	Duck, domesticated, meat only, raw	2.40	135.00	5.80
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	2.40	364.00	91.00
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	2.40	353.00	2.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	2.40	371.00	0.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	2.40	234.00	0.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	2.40	52.00	22.00
11616	Dock, raw	2.40	22.00	48.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	2.40	50.00	22.00
11985	Fireweed, leaves, raw	2.40	103.00	2.20
12140	Nuts, formulated, wheat-based, unflavored, with salt added	2.40	622.00	0.10
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	2.40	280.00	0.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	2.40	178.00	0.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2.40	331.00	0.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2.40	185.00	0.00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	2.40	126.00	0.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	2.40	126.00	0.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	2.40	133.00	0.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	2.40	344.00	0.00
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	2.40	406.00	0.00
18974	KASHI, TLC, Honey Sesame Crackers	2.40	398.00	1.00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	2.40	389.00	4.00
19420	Snacks, granola bars, hard, peanut butter	2.40	483.00	0.20
19423	Snacks, potato chips, fat-free, made with olestra	2.40	274.00	28.30
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	2.40	248.00	0.20
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	2.40	233.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2.40	271.00	0.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.40	360.00	0.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.40	199.00	0.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	2.40	194.00	0.00
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	2.40	502.00	--
28202	MOTHER'S, Iced Lemonade Cookies	2.40	502.00	--
28205	MOTHER'S, Macaroon Cookies	2.40	552.00	--
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	2.40	511.00	--
28231	MURRAY, SUGAR FREE, Vanilla Wafer	2.40	412.00	--
18230	Crackers, standard snack-type, sandwich, with cheese filling	2.39	477.00	0.10
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	2.39	296.00	0.30
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	2.39	254.00	1.50
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	2.39	287.00	1.60
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	2.39	142.00	0.00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	2.39	135.00	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	2.39	122.00	0.00
12100	Nuts, chestnuts, european, dried, peeled	2.39	369.00	15.10
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.39	333.00	0.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.39	359.00	0.00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	2.39	115.00	0.00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	2.39	115.00	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	2.39	346.00	0.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.39	338.00	0.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	2.38	132.00	15.90
06969	Potato soup, instant, dry mix	2.38	343.00	16.00
12099	Nuts, chestnuts, european, dried, unpeeled	2.38	374.00	15.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2.38	283.00	0.00
16124	Soy sauce made from soy (tamari)	2.38	60.00	0.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	2.38	256.00	6.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2.38	339.00	0.00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.38	215.00	--
18183	Cookies, oatmeal, refrigerated dough, baked	2.38	471.00	0.10
18212	Cookies, vanilla wafers, lower fat	2.38	441.00	0.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	2.38	421.00	1.20
20016	Corn flour, whole-grain, yellow	2.38	361.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20316	Corn flour, whole-grain, white	2.38	361.00	0.00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	2.38	323.00	3.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	2.38	124.00	0.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	2.38	182.00	0.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	2.38	172.00	0.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	2.38	239.00	0.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	2.38	137.00	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	2.37	276.00	0.00
21004	Fast foods, biscuit, with egg and ham	2.37	233.00	0.00
21061	Fast foods, burrito, with beans and cheese	2.37	205.00	0.40
21092	Fast foods, cheeseburger; double, regular patty; plain	2.37	308.00	0.00
21264	TACO BELL, Bean Burrito	2.37	209.00	0.40
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2.37	240.00	0.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	2.37	189.00	0.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	2.37	248.00	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	2.37	279.00	0.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.37	351.00	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	2.37	206.00	0.00
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	2.36	131.00	15.80
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	2.36	130.00	11.20
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	2.36	126.00	10.80
16038	Beans, navy, mature seeds, cooked, boiled, without salt	2.36	140.00	0.90
16338	Beans, navy, mature seeds, cooked, boiled, with salt	2.36	140.00	0.90
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	2.36	234.00	0.00
21118	Fast foods, hotdog, plain	2.36	247.00	0.10
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	2.36	273.00	0.60
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	2.36	176.00	0.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	2.36	231.00	0.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	2.36	223.00	0.00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	2.36	208.00	0.00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	2.36	388.00	0.00
19120	Candies, milk chocolate	2.35	535.00	0.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	2.35	282.00	2.90
21233	McDONALD'S, Cheeseburger	2.35	263.00	0.60
21395	Fast foods, cheeseburger; double, regular patty; with condiments	2.35	282.00	2.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	2.35	279.00	0.50
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	2.35	219.00	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.35	127.00	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.35	128.00	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.35	124.00	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.35	124.00	0.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	2.35	129.00	0.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	2.35	164.00	0.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	2.35	163.00	0.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	2.35	139.00	4.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	2.35	169.00	0.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.35	365.00	0.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.35	355.00	0.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	2.35	274.00	0.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	2.35	345.00	0.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	2.35	206.00	0.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.34	140.00	0.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2.34	358.00	0.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	2.34	186.00	0.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	2.34	199.00	0.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	2.34	285.00	0.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.34	235.00	--
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	2.34	293.00	0.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	2.34	221.00	0.50
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	2.34	257.00	0.90
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	2.34	265.00	0.00
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	2.34	273.00	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	2.34	150.00	0.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	2.34	161.00	0.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2.34	192.00	0.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	2.34	191.00	0.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.34	233.00	0.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2.34	372.00	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.34	120.00	0.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.34	121.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.34	121.00	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.34	116.00	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.34	121.00	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	2.34	116.00	0.00
18208	Cookies, sugar, prepared from recipe, made with margarine	2.33	472.00	0.10
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	2.33	466.00	0.00
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	2.33	273.00	0.80
21506	BURGER KING, Double Cheeseburger	2.33	282.00	--
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.33	143.00	0.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	2.33	303.00	0.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.33	124.00	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.33	125.00	0.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	2.33	152.00	0.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	2.33	129.00	15.70
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	2.33	178.00	2.30
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	2.33	372.00	0.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.33	177.00	0.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	2.33	393.00	0.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.33	212.00	0.00
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	2.32	128.00	11.50
11003	Amaranth leaves, raw	2.32	23.00	43.30
11223	Drumstick leaves, cooked, boiled, drained, without salt	2.32	60.00	31.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	2.32	60.00	31.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	2.32	128.00	0.00
17152	Game meat, beefalo, composite of cuts, raw	2.32	143.00	7.00
18544	ARCHWAY Home Style Cookies, Raspberry Filled	2.32	400.00	--
18547	ARCHWAY Home Style Cookies, Strawberry Filled	2.32	400.00	--
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	2.32	219.00	0.40
21158	Fast foods, submarine sandwich, meatball marinara on white bread	2.32	219.00	0.40
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	2.32	244.00	0.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	2.32	129.00	15.60
43364	Snacks, tortilla chips, unsalted, white corn	2.32	503.00	0.00
18367	Waffles, plain, prepared from recipe	2.31	291.00	0.40
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	2.31	263.00	0.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	2.31	141.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.31	152.00	0.00
05159	Quail, breast, meat only, raw	2.31	123.00	5.10
05162	Squab, (pigeon), light meat without skin, raw	2.31	134.00	5.10
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	2.31	471.00	0.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	2.31	200.00	0.00
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	2.30	131.00	15.30
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	2.30	132.00	15.30
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	2.30	128.00	11.50
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	2.30	127.00	11.50
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	2.30	131.00	15.30
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	2.30	127.00	11.50
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	2.30	128.00	11.50
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	2.30	247.00	0.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	2.30	208.00	0.00
05644	Ostrich, inside leg, raw	2.30	111.00	0.00
11461	Spinach, canned, regular pack, drained solids	2.30	23.00	14.30
11698	Chrysanthemum leaves, raw	2.30	24.00	1.40
13320	Beef, variety meats and by-products, brain, cooked, simmered	2.30	151.00	10.50
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	2.30	285.00	0.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.30	174.00	0.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.30	378.00	0.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	2.30	185.00	1.00
16041	Beans, pink, mature seeds, cooked, boiled, without salt	2.30	149.00	0.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	2.30	149.00	0.00
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	2.30	154.00	0.00
17210	Lamb, variety meats and by-products, pancreas, raw	2.30	152.00	18.00
18051	Bread, reduced-calorie, oatmeal	2.30	210.00	0.20
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	2.30	228.00	1.10
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	2.30	265.00	0.00
21357	McDONALD'S, Egg McMUFFIN	2.30	228.00	1.20
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	2.30	268.00	1.10
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	2.30	279.00	1.10
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	2.30	268.00	1.10
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.30	240.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	2.30	129.00	0.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	2.30	141.00	0.00
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	2.30	520.00	--
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	2.30	491.00	--
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	2.30	502.00	--
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	2.30	463.00	--
28203	MOTHER'S, Iced Oatmeal Cookies	2.30	463.00	--
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	2.30	461.00	--
28208	MOTHER'S, Peanut Butter Gauchos Cookies	2.30	482.00	--
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	2.30	485.00	--
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	2.30	358.00	138.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	2.30	208.00	0.00
18191	Cookies, raisin, soft-type	2.29	401.00	0.40
19279	Candies, milk chocolate coated coffee beans	2.29	549.00	0.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	2.29	273.00	0.40
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	2.29	313.00	0.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	2.29	304.00	0.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	2.29	309.00	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	2.29	145.00	0.00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	2.29	128.00	15.20
11157	Chrysanthemum, garland, raw	2.29	24.00	1.40
12094	Nuts, chestnuts, chinese, dried	2.29	363.00	58.50
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.29	208.00	0.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	2.28	127.00	15.10
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	2.28	126.00	15.10
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	2.28	330.00	2.80
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	2.28	312.00	0.00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2.28	175.00	0.00
14317	Beverages, malted drink mix, chocolate, powder	2.28	411.00	1.50
15200	Fish, mackerel, king, cooked, dry heat	2.28	134.00	1.60
16092	Peanuts, spanish, oil-roasted, with salt	2.28	579.00	0.00
16392	Peanuts, spanish, oil-roasted, without salt	2.28	579.00	0.00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	2.28	264.00	0.00
21340	McDONALD'S, Sausage Burrito	2.28	277.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	2.28	277.00	0.50
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.28	153.00	0.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	2.28	241.00	0.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2.28	248.00	0.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.28	133.00	0.00
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	2.28	129.00	0.00
25001	Snacks, popcorn, microwave, low fat	2.28	424.00	0.00
43572	Popcorn, microwave, low fat and sodium	2.28	429.00	0.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	2.27	417.00	0.10
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	2.27	285.00	1.50
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	2.27	243.00	0.00
19415	Snacks, potato sticks	2.27	522.00	47.30
21224	Pizza, cheese topping, regular crust, frozen, cooked	2.27	268.00	1.20
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.27	160.00	0.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.27	187.00	0.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	2.27	149.00	0.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.27	138.00	0.00
23418	Beef, New Zealand, imported, inside, raw	2.27	128.00	0.00
28394	PEPPERIDGE FARM, Hamburger Bun	2.27	278.00	1.00
43497	Jellyfish, dried, salted	2.27	36.00	0.00
11212	Edamame, frozen, prepared	2.27	121.00	6.10
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.27	145.00	0.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	2.27	241.00	0.00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	2.27	187.00	0.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	2.27	197.00	0.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	2.27	136.00	0.00
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	2.26	426.00	0.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	2.26	133.00	6.80
11004	Amaranth leaves, cooked, boiled, drained, without salt	2.26	21.00	41.10
11148	Chard, swiss, cooked, boiled, drained, without salt	2.26	20.00	18.00
11316	Peas, mature seeds, sprouted, raw	2.26	124.00	10.40
11700	Amaranth leaves, cooked, boiled, drained, with salt	2.26	21.00	41.10
11765	Chard, swiss, cooked, boiled, drained, with salt	2.26	20.00	18.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	2.26	149.00	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	2.26	145.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2.26	310.00	0.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	2.26	315.00	0.00
14366	Beverages, tea, instant, unsweetened, powder	2.26	315.00	0.00
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	2.26	400.00	--
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	2.26	468.00	--
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	2.26	235.00	1.20
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2.26	117.00	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	2.25	131.00	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.25	143.00	0.00
18151	Cookies, brownies, commercially prepared	2.25	405.00	0.00
18971	Bread, potato	2.25	266.00	0.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	2.25	270.00	0.40
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.25	122.00	0.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	2.25	138.00	0.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	2.25	178.00	0.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	2.25	423.00	0.00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	2.25	125.00	11.00
11520	Taro leaves, raw	2.25	42.00	52.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	2.25	277.00	0.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	2.24	187.00	0.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	2.24	268.00	0.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.24	204.00	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	2.24	209.00	0.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	2.24	181.00	0.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.24	215.00	--
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	2.24	305.00	0.00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	2.24	464.00	0.10
19040	Snacks, popcorn, cheese-flavor	2.24	526.00	0.50
21344	McDONALD'S, Double Cheeseburger	2.24	282.00	0.40
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.24	146.00	0.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.24	235.00	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	2.24	291.00	0.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2.24	128.00	0.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	2.24	191.00	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	2.24	176.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18189	Cookies, peanut butter, prepared from recipe	2.23	475.00	0.10
21101	Fast foods, cheeseburger; triple, regular patty; plain	2.23	310.00	0.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	2.23	182.00	0.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.23	132.00	0.00
28322	Bagels, multigrain	2.23	241.00	0.00
06076	Soup, beef broth, cubed, dry	2.23	170.00	0.00
13166	USDA Commodity, beef, canned	2.23	246.00	0.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2.23	354.00	0.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.23	192.00	0.00
11418	Pumpkin leaves, raw	2.22	19.00	11.00
11697	Arrowroot, raw	2.22	65.00	1.90
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	2.22	196.00	3.30
13331	Beef, variety meats and by-products, pancreas, raw	2.22	235.00	13.70
13355	Beef, cured, pastrami	2.22	147.00	0.30
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	2.22	196.00	0.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	2.22	315.00	0.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	2.22	127.00	1.20
18155	Cookies, butter, commercially prepared, enriched	2.22	467.00	0.00
18180	Cookies, oatmeal, dry mix	2.22	462.00	0.10
18332	Pie crust, standard-type, dry mix	2.22	518.00	0.00
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	2.22	273.00	--
21263	TACO BELL, Soft Taco with steak	2.22	225.00	--
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	2.22	129.00	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	2.22	236.00	0.00
18210	Cookies, vanilla sandwich with creme filling	2.21	483.00	0.00
18268	French toast, frozen, ready-to-heat	2.21	213.00	0.30
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	2.21	257.00	0.40
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	2.21	151.00	0.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	2.21	197.00	0.00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	2.21	140.00	0.00
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	2.21	347.00	42.50
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	2.21	280.00	1.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	2.21	88.00	0.10
11039	Lima beans, immature seeds, frozen, baby, unprepared	2.21	132.00	8.30
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	2.21	133.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	2.21	235.00	0.00
05300	Turkey sticks, breaded, battered, fried	2.20	279.00	0.00
07068	Salami, cooked, beef	2.20	261.00	0.00
07088	Honey roll sausage, beef	2.20	182.00	0.00
07900	Turkey, pork, and beef sausage, low fat, smoked	2.20	101.00	1.90
07944	Turkey, white, rotisserie, deli cut	2.20	112.00	10.00
09353	Blueberries, wild, canned, heavy syrup, drained	2.20	107.00	0.30
09428	Rowal, raw	2.20	111.00	25.80
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	2.20	199.00	0.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	2.20	259.00	0.00
14632	Beverages, Meal supplement drink, canned, peanut flavor	2.20	101.00	0.70
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	2.20	158.00	0.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.20	204.00	0.00
18954	Bread, pound cake type, pan de torta salvadoran	2.20	390.00	--
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	2.20	414.00	0.00
20008	Buckwheat	2.20	343.00	0.00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	2.20	176.00	1.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	2.20	124.00	0.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2.20	229.00	0.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	2.20	206.00	0.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	2.20	286.00	0.00
28017	KASHI, TLC, Pita Crisps, Sea Salt	2.20	381.00	--
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	2.20	482.00	--
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	2.20	528.00	--
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	2.20	483.00	--
28214	MURRAY, Lemon Creme Sandwich Cookies	2.20	479.00	--
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	2.20	469.00	--
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	2.20	467.00	--
28273	MURRAY, Vanilla Creme Sandwich Cookies	2.20	477.00	--
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	2.20	299.00	0.00
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	2.19	435.00	0.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	2.19	418.00	0.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.19	196.00	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	2.19	244.00	0.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	2.19	337.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	2.19	338.00	0.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	2.19	324.00	0.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	2.19	210.00	0.00
11190	Cornsalad, raw	2.18	21.00	38.20
11669	Seaweed, wakame, raw	2.18	45.00	3.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	2.18	161.00	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	2.18	188.00	0.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2.18	352.00	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	2.18	137.00	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	2.18	139.00	0.00
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	2.18	192.00	--
19124	Baking chocolate, mexican, squares	2.18	426.00	0.10
19406	Snacks, granola bars, soft, uncoated, nut and raisin	2.18	454.00	0.00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	2.18	262.00	0.60
21396	Fast foods, cheeseburger; double, large patty; with condiments	2.18	272.00	0.60
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	2.18	146.00	0.00
18375	Leavening agents, yeast, baker's, active dry	2.17	325.00	0.30
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	2.17	143.00	0.00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	2.17	125.00	0.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	2.17	167.00	0.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	2.17	400.00	0.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	2.17	351.00	0.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.17	290.00	0.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	2.16	173.00	0.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.16	218.00	0.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.16	212.00	0.00
16167	USDA Commodity, Peanut Butter, smooth	2.16	588.00	0.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	2.16	342.00	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2.16	229.00	0.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.16	210.00	0.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	2.16	151.00	0.00
43132	Meatballs, meatless	2.16	197.00	0.00
18241	Croissants, cheese	2.15	414.00	0.20
18333	Pie crust, standard-type, dry mix, prepared, baked	2.15	501.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22962	LEAN POCKETS, Ham N Cheddar	2.15	230.00	0.10
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.15	227.00	0.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.15	307.00	0.00
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	2.15	330.00	0.00
07039	Lebanon bologna, beef	2.15	172.00	0.90
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2.15	181.00	0.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.15	223.00	0.00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	2.15	190.00	--
11011	Asparagus, raw	2.14	20.00	5.60
11096	Broccoli raab, raw	2.14	22.00	20.20
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	2.14	243.00	0.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2.14	243.00	0.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	2.14	307.00	0.00
18182	Cookies, oatmeal, refrigerated dough	2.14	424.00	0.00
20087	Wheat, sprouted	2.14	198.00	2.60
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	2.14	205.00	1.30
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	2.14	205.00	1.30
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	2.14	280.00	0.00
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	2.14	298.00	0.00
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	2.14	234.00	0.40
21505	Pizza, cheese topping, thin crust, frozen, cooked	2.14	263.00	0.10
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	2.14	133.00	0.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	2.14	143.00	0.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.14	216.00	0.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2.14	300.00	0.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	2.14	330.00	0.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	2.14	133.00	0.00
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	2.14	111.00	0.00
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	2.13	270.00	0.10
18927	Crackers, cheese, sandwich-type with cheese filling	2.13	490.00	2.60
19021	Snacks, granola bars, soft, uncoated, peanut butter	2.13	426.00	0.00
19164	Candies, SPECIAL DARK Chocolate Bar	2.13	556.00	0.00
20126	Spaghetti, spinach, dry	2.13	372.00	0.00
21002	Fast foods, biscuit, with egg	2.13	274.00	0.10
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	2.13	304.00	2.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	2.13	208.00	0.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.13	202.00	0.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	2.13	218.00	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	2.13	290.00	0.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	2.13	168.00	0.00
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	2.13	215.00	0.00
32028	Turnover, filled with egg, meat and cheese, frozen	2.13	228.00	0.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	2.13	199.00	15.30
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2.13	386.00	0.00
15152	Crustaceans, shrimp, mixed species, canned	2.13	100.00	4.10
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	2.13	118.00	1.30
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	2.13	118.00	1.30
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.13	204.00	0.00
17188	Veal, variety meats and by-products, brain, raw	2.13	118.00	14.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.13	234.00	0.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.13	182.00	--
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	2.12	132.00	2.60
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	2.12	131.00	2.60
12130	Nuts, hickorynuts, dried	2.12	657.00	2.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	2.12	173.00	0.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2.12	370.00	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.12	191.00	0.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	2.12	309.00	0.00
17161	Game meat, buffalo, water, cooked, roasted	2.12	131.00	0.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	2.12	234.00	20.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.12	269.00	0.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.12	219.00	--
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	2.12	155.00	0.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	2.12	196.00	0.00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	2.12	484.00	0.00
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	2.12	307.00	--
18959	Pastry, Pastelitos de Guava (guava pastries)	2.12	379.00	--
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	2.12	128.00	0.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	2.12	273.00	0.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	2.12	128.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	2.12	140.00	0.00
25012	Snacks, sweet potato chips, unsalted	2.12	532.00	0.00
36621	Restaurant, Chinese, sweet and sour chicken	2.12	250.00	2.40
18185	Cookies, peanut butter, commercially prepared, regular	2.11	473.00	0.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	2.11	243.00	0.00
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	2.11	130.00	0.00
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	2.11	96.00	0.00
11211	Edamame, frozen, unprepared	2.11	109.00	9.70
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	2.11	245.00	0.00
14181	Beverages, chocolate syrup	2.11	279.00	0.20
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	2.11	256.00	0.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	2.11	357.00	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	2.11	157.00	0.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	2.10	120.00	0.00
09259	Pears, dried, sulfured, uncooked	2.10	262.00	7.00
11246	Leeks, (bulb and lower leaf-portion), raw	2.10	61.00	12.00
11452	Soybeans, mature seeds, sprouted, raw	2.10	122.00	15.30
12204	Nuts, chestnuts, japanese, roasted	2.10	201.00	28.00
13337	Beef, variety meats and by-products, thymus, raw	2.10	236.00	34.00
16015	Beans, black, mature seeds, cooked, boiled, without salt	2.10	132.00	0.00
16099	Peanut flour, defatted	2.10	327.00	0.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	2.10	132.00	0.00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	2.10	213.00	0.00
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	2.10	221.00	0.00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	2.10	189.00	0.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	2.10	305.00	0.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	2.10	246.00	0.00
17212	Veal, variety meats and by-products, pancreas, raw	2.10	182.00	16.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.10	296.00	0.00
18021	Bread, boston brown, canned	2.10	195.00	0.00
18994	BEAR NAKED, Fruit & Nut Cookies	2.10	443.00	--
20002	Amaranth grain, cooked	2.10	102.00	--
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	2.10	240.00	0.00
21235	McDONALD'S, QUARTER POUNDER with Cheese	2.10	258.00	0.80
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.10	205.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.10	223.00	0.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2.10	227.00	0.00
28033	GIRL SCOUTS, Tagalongs Cookies	2.10	558.00	--
28073	KEEBLER, Danish Wedding Cookies	2.10	504.00	--
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	2.10	487.00	--
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	2.10	471.00	--
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	2.10	477.00	--
28132	KEEBLER, Toasted Coconut Cookies	2.10	475.00	--
28209	MOTHER'S, Taffy Sandwich Cookies	2.10	475.00	--
28264	KEEBLER, Oatmeal Cookies	2.10	478.00	--
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	2.10	478.00	--
28290	Cookie, with peanut butter filling, chocolate-coated	2.10	562.00	0.00
43137	Vegetarian meatloaf or patties	2.10	197.00	0.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	2.09	175.00	0.00
19142	Candies, MOUNDS Candy Bar	2.09	486.00	0.40
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	2.09	156.00	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	2.09	155.00	0.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	2.09	250.00	0.60
23095	Beef, chuck for stew, separable lean and fat, choice, raw	2.09	130.00	0.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	2.09	161.00	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	2.09	215.00	0.00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	2.09	342.00	1.00
12004	Seeds, breadnut tree seeds, raw	2.09	217.00	27.40
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	2.09	136.00	0.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	2.09	143.00	0.80
16093	Peanuts, valencia, raw	2.09	570.00	0.00
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	2.09	136.00	0.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	2.09	143.00	0.80
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	2.09	281.00	0.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	2.09	202.00	6.00
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	2.08	217.00	1.50
11300	Peas, edible-podded, raw	2.08	42.00	60.00
13348	Beef, cured, corned beef, canned	2.08	250.00	0.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	2.08	124.00	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	2.08	180.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	2.08	185.00	0.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2.08	404.00	0.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	2.08	270.00	0.00
18144	Cake, yellow, enriched, dry mix	2.08	374.00	0.00
21060	Fast foods, burrito, with beans	2.08	206.00	0.90
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	2.08	253.00	0.60
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	2.08	137.00	0.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	2.08	138.00	0.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	2.08	140.00	0.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	2.08	139.00	0.00
18110	Cake, fruitcake, commercially prepared	2.07	324.00	0.50
18161	Cookies, chocolate chip, dry mix	2.07	497.00	0.00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	2.07	285.00	1.20
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	2.07	282.00	0.70
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	2.07	259.00	0.30
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	2.07	176.00	0.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	2.07	334.00	0.60
36000	APPLEBEE'S, 9 oz house sirloin steak	2.07	189.00	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	2.07	188.00	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	2.07	155.00	0.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	2.07	230.00	0.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.07	209.00	0.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2.07	258.00	0.00
05088	Chicken, broilers or fryers, neck, meat only, raw	2.06	154.00	0.00
07912	Roast beef spread	2.06	223.00	0.20
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	2.06	382.00	0.20
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	2.06	132.00	0.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2.06	180.00	0.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.06	281.00	--
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	2.06	157.00	0.00
18451	Cake, pound, commercially prepared, fat-free	2.06	283.00	0.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	2.06	43.00	0.00
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	2.06	251.00	1.00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	2.06	282.00	0.00
22963	Lean Pockets, Meatballs & Mozzarella	2.06	240.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	2.06	195.00	0.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	2.06	129.00	0.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	2.06	125.00	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	2.06	157.00	0.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	2.06	140.00	0.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	2.06	535.00	0.00
28317	Bread, wheat, sprouted, toasted	2.06	205.00	0.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	2.05	335.00	0.40
20143	Teff, cooked	2.05	101.00	--
07043	Roast beef, deli style, prepackaged, sliced	2.05	115.00	0.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	2.05	206.00	0.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	2.05	315.00	0.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	2.05	267.00	0.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	2.05	201.00	--
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	2.05	156.00	0.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	2.05	157.00	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	2.04	249.00	0.00
07020	Corned beef loaf, jellied	2.04	153.00	0.00
07078	Thuringer, cervelat, summer sausage, beef, pork	2.04	362.00	16.60
11022	Balsam-pear (bitter gourd), leafy tips, raw	2.04	30.00	88.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	2.04	137.00	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.04	248.00	0.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	2.04	173.00	0.00
15048	Fish, mackerel, jack, canned, drained solids	2.04	156.00	0.90
16159	Tofu, extra firm, prepared with nigari	2.04	83.00	0.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	2.04	273.00	23.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.04	190.00	0.00
21358	McDONALD'S, Sausage McMUFFIN	2.04	333.00	0.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	2.04	274.00	3.10
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	2.04	274.00	3.10
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	2.04	161.00	0.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	2.04	162.00	0.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	2.04	189.00	0.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	2.04	203.00	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	2.04	114.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	2.04	169.00	0.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	2.04	129.00	0.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	2.03	379.00	0.00
18239	Croissants, butter	2.03	406.00	0.20
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	2.03	450.00	0.00
21362	McDONALD'S, Sausage Biscuit with Egg	2.03	311.00	0.00
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	2.03	412.00	0.10
09094	Figs, dried, uncooked	2.03	249.00	1.20
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	2.03	278.00	0.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	2.03	279.00	0.00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.03	244.00	--
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	2.03	162.00	0.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	2.02	178.00	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2.02	158.00	0.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.02	242.00	0.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	2.02	174.00	0.00
18237	Cream puff shell, prepared from recipe	2.02	360.00	0.00
19063	Snacks, tortilla chips, taco-flavor	2.02	480.00	0.90
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	2.02	183.00	0.60
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	2.02	183.00	0.60
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	2.02	202.00	0.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	2.02	181.00	0.00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	2.02	195.00	0.00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2.02	206.00	0.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	2.02	139.00	0.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.01	219.00	0.00
21361	McDONALD'S, Sausage Biscuit	2.01	376.00	0.00
22911	Chili, no beans, canned entree	2.01	118.00	1.80
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	2.01	145.00	0.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	2.01	137.00	0.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	2.01	187.00	0.00
11386	Potatoes, scalloped, dry mix, unprepared	2.01	358.00	16.50
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.01	265.00	0.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.01	284.00	0.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.01	231.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	2.00	381.00	0.80
09009	Apples, dehydrated (low moisture), sulfured, uncooked	2.00	346.00	2.20
11302	Peas, edible-podded, frozen, unprepared	2.00	42.00	22.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	2.00	184.00	0.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	2.00	189.00	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2.00	165.00	0.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	2.00	380.00	0.00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	2.00	128.00	0.00
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	2.00	118.00	--
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	2.00	128.00	0.00
16512	WORTHINGTON Diced Chik, canned, unprepared	2.00	80.00	0.00
16513	WORTHINGTON FriChik Original, canned, unprepared	2.00	160.00	0.00
16517	WORTHINGTON Prime Stakes, canned, unprepared	2.00	135.00	0.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	2.00	118.00	0.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	2.00	150.00	--
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	2.00	118.00	0.00
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	2.00	192.00	0.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	2.00	292.00	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	2.00	216.00	0.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	2.00	182.00	0.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2.00	204.00	0.00
18163	Cookies, chocolate chip, refrigerated dough	2.00	451.00	0.00
18174	Cookies, graham crackers, chocolate-coated	2.00	500.00	0.10
18940	Muffin, blueberry, commercially prepared, low-fat	2.00	255.00	0.90
18980	KASHI, Original Waffle	2.00	197.00	0.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	2.00	457.00	0.50
21237	McDONALD'S, BIG MAC	2.00	257.00	0.40
21253	BURGER KING, WHOPPER, with cheese	2.00	250.00	0.20
21267	TACO BELL, BURRITO SUPREME with steak	2.00	183.00	--
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	2.00	243.00	0.00
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	2.00	168.00	0.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	2.00	241.00	0.10
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2.00	303.00	0.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	2.00	134.00	0.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	2.00	380.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
43134	Vegetarian fillets	2.00	290.00	0.00
43214	Butter replacement, without fat, powder	2.00	373.00	0.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	1.99	397.00	0.00
18152	Cookies, brownies, dry mix, regular	1.99	434.00	0.30
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	1.99	287.00	--
21324	McDONALD'S, Baked Apple Pie	1.99	323.00	32.30
21611	School Lunch, chicken nuggets, whole grain breaded	1.99	270.00	0.60
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1.99	155.00	0.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1.99	135.00	0.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	1.99	345.00	0.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	1.99	272.00	0.50
11427	Purslane, raw	1.99	20.00	21.00
13047	Beef, grass-fed, ground, raw	1.99	198.00	0.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.99	195.00	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.99	199.00	0.00
16005	Beans, baked, home prepared	1.99	155.00	1.10
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1.99	217.00	0.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	1.99	247.00	0.00
01226	Egg substitute, liquid or frozen, fat free	1.98	48.00	0.50
01250	Nutritional supplement for people with diabetes, liquid	1.98	88.00	26.40
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	1.98	258.00	0.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.98	205.00	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	1.98	161.00	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1.98	169.00	0.00
16132	Tofu, salted and fermented (fuyu)	1.98	116.00	0.20
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1.98	116.00	0.20
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1.98	258.00	0.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1.98	225.00	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	1.98	538.00	0.00
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	1.98	583.00	0.30
20090	Rice flour, brown	1.98	363.00	0.00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	1.98	286.00	2.90
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	1.98	275.00	0.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.98	214.00	0.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	1.98	128.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.97	461.00	0.20
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	1.97	260.00	0.00
21359	McDONALD'S, Sausage McMUFFIN with Egg	1.97	274.00	0.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1.97	196.00	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	1.97	159.00	0.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1.97	201.00	0.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	1.97	129.00	0.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	1.97	242.00	0.00
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	1.97	407.00	0.00
11301	Peas, edible-podded, boiled, drained, without salt	1.97	42.00	47.90
11809	Peas, edible-podded, cooked, boiled, drained, with salt	1.97	40.00	47.90
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.97	168.00	0.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1.97	276.00	0.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1.97	269.00	0.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.96	105.00	5.80
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.96	34.00	2.20
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	1.96	105.00	5.80
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	1.96	34.00	2.20
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1.96	219.00	0.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1.96	183.00	0.00
18244	Danish pastry, cinnamon, enriched	1.96	403.00	0.10
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	1.96	442.00	0.00
19414	Snacks, rice cakes, brown rice, multigrain	1.96	387.00	0.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	1.96	387.00	0.00
20088	Wild rice, raw	1.96	357.00	0.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1.96	143.00	0.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1.96	166.00	0.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	1.96	217.00	0.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1.96	124.00	0.00
43125	Beans, liquid from stewed kidney beans	1.96	47.00	0.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	1.95	271.00	0.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	1.95	331.00	2.00
22955	Egg rolls, vegetable, frozen, prepared	1.95	214.00	6.70
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	1.95	144.00	0.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1.95	173.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1.95	292.00	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	1.95	119.00	0.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	1.95	155.00	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	1.95	147.00	0.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1.95	206.00	0.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	1.95	172.00	0.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	1.95	411.00	0.00
16173	Frijoles rojos volteados (Refried beans, red, canned)	1.95	144.00	--
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1.95	270.00	0.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	1.94	29.00	21.80
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	1.94	29.00	21.80
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	1.94	149.00	0.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	1.94	132.00	--
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.94	143.00	--
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	1.94	175.00	0.00
18280	Muffins, corn, dry mix, prepared	1.94	321.00	0.10
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	1.94	432.00	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1.94	150.00	0.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1.94	156.00	0.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	1.94	154.00	0.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	1.94	163.00	0.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	1.94	254.00	0.00
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	1.94	471.00	--
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	1.94	229.00	--
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	1.93	330.00	0.10
19169	Egg custards, dry mix	1.93	410.00	0.40
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	1.93	146.00	0.80
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	1.93	146.00	0.80
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	1.93	149.00	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1.93	149.00	0.00
23507	USDA Commodity, beef, patties (100%), frozen, raw	1.93	204.00	0.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1.93	132.00	0.00
11046	Beans, navy, mature seeds, sprouted, raw	1.93	67.00	18.80
11623	Kale, scotch, cooked, boiled, drained, without salt	1.93	28.00	52.80
11792	Kale, scotch, cooked, boiled, drained, with salt	1.93	28.00	52.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	1.93	271.00	0.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.93	340.00	0.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	1.93	256.00	--
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	1.93	212.00	0.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	1.92	79.00	57.90
11201	Cowpeas, leafy tips, raw	1.92	29.00	36.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	1.92	501.00	0.70
13023	Beef, brisket, whole, separable lean only, all grades, raw	1.92	155.00	0.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1.92	177.00	0.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.92	173.00	0.00
15219	Fish, trout, mixed species, cooked, dry heat	1.92	190.00	0.50
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1.92	281.00	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	1.92	193.00	0.00
21024	Fast foods, french toast sticks	1.92	340.00	0.00
21386	BURGER KING, french toast sticks	1.92	349.00	0.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1.92	128.00	0.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	1.92	127.00	0.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	1.92	202.00	0.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1.92	119.00	0.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	1.92	130.00	0.00
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1.91	418.00	0.30
21063	Fast foods, burrito, with beans and beef	1.91	191.00	1.90
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1.91	184.00	0.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	1.91	171.00	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1.91	163.00	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1.91	158.00	0.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	1.91	225.00	0.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	1.91	147.00	0.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1.91	188.00	0.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	1.91	267.00	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.91	218.00	0.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	1.91	146.00	2.10
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	1.91	143.00	0.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	1.91	165.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01159	Cheese, goat, soft type	1.90	264.00	0.00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	1.90	127.00	11.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	1.90	297.00	0.00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	1.90	50.00	16.00
11087	Beet greens, cooked, boiled, drained, without salt	1.90	27.00	24.90
11088	Broadbeans, immature seeds, raw	1.90	72.00	33.00
11736	Beet greens, cooked, boiled, drained, with salt	1.90	27.00	24.90
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	1.90	105.00	12.70
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.90	101.00	25.30
16018	Beans, black turtle, mature seeds, canned	1.90	91.00	2.70
16097	Peanut butter, chunk style, with salt	1.90	589.00	0.00
16150	Peanut butter, smooth, reduced fat	1.90	520.00	0.00
16316	Beans, black, mature seeds, canned, low sodium	1.90	91.00	2.70
16397	Peanut butter, chunk style, without salt	1.90	589.00	0.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	1.90	220.00	0.00
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	1.90	195.00	0.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	1.90	197.00	0.00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	1.90	233.00	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	1.90	436.00	0.20
18978	KASHI, Blueberry Waffle	1.90	192.00	1.00
19858	Candies, sugar-coated almonds	1.90	474.00	0.00
20409	Noodles, egg, dry, unenriched	1.90	384.00	0.00
21005	Fast Foods, biscuit, with egg and sausage	1.90	312.00	0.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	1.90	283.00	0.00
22973	Corn dogs, frozen, prepared	1.90	250.00	0.50
23413	Beef, New Zealand, imported, flat, separable lean only, raw	1.90	154.00	0.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1.90	128.00	0.00
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	1.90	499.00	--
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	1.90	537.00	--
28109	KEEBLER, Iced Oatmeal Cookies	1.90	467.00	--
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	1.90	467.00	--
42291	Peanut butter, reduced sodium	1.90	590.00	0.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	1.89	234.00	0.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	1.89	164.00	0.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	1.89	178.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	1.89	181.00	0.00
25062	Snack, Mixed Berry Bar	1.89	383.00	0.60
28316	Bread, wheat, sprouted	1.89	188.00	0.00
01128	Egg, whole, cooked, fried	1.89	196.00	0.00
07951	Scrapple, pork	1.89	213.00	2.50
11463	Spinach, frozen, chopped or leaf, unprepared	1.89	29.00	5.50
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1.89	212.00	0.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	1.89	270.00	0.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	1.89	255.00	0.00
01156	Cheese, goat, hard type	1.88	452.00	0.00
09298	Raisins, seedless	1.88	299.00	2.30
11632	Peppers, jalapeno, canned, solids and liquids	1.88	27.00	10.00
11984	Epazote, raw	1.88	32.00	3.60
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	1.88	294.00	0.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1.88	361.00	0.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	1.88	208.00	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	1.88	136.00	0.00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	1.88	538.00	0.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	1.88	160.00	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1.88	159.00	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1.88	155.00	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.88	205.00	0.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	1.88	168.00	0.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1.88	195.00	0.00
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	1.88	325.00	42.40
28300	Cookies, oatmeal sandwich, with creme filling	1.88	398.00	0.00
18188	Cookies, peanut butter, refrigerated dough, baked	1.87	503.00	0.00
19036	Snacks, popcorn, cakes	1.87	384.00	0.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	1.87	376.00	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1.87	277.00	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1.87	178.00	0.00
06081	Soup, chicken broth cubes, dry	1.87	198.00	1.00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	1.87	379.00	0.30
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	1.87	274.00	0.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1.87	193.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05284	Turkey, canned, meat only, with broth	1.86	169.00	2.00
07921	Bacon and beef sticks	1.86	517.00	0.00
11442	Seaweed, agar, raw	1.86	26.00	0.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	1.86	309.00	0.00
13347	Beef, cured, corned beef, brisket, cooked	1.86	251.00	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1.86	171.00	0.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1.86	166.00	0.00
21009	Fast foods, biscuit, with sausage	1.86	371.00	0.00
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	1.86	206.00	1.90
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	1.86	280.00	0.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	1.86	244.00	0.10
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	1.86	221.00	0.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	1.86	241.00	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	1.86	125.00	0.00
43112	Beans, chili, barbecue, ranch style, cooked	1.86	97.00	1.70
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.85	330.00	0.10
18205	Cookies, sugar, refrigerated dough	1.85	436.00	0.00
18309	Pie, cherry, prepared from recipe	1.85	270.00	1.00
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	1.85	577.00	0.00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1.85	179.00	0.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	1.85	223.00	0.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1.85	189.00	0.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	1.85	557.00	0.10
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1.85	235.00	0.00
32032	Sausage, egg and cheese breakfast biscuit	1.85	324.00	0.10
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	1.85	219.00	--
09190	Mulberries, raw	1.85	43.00	36.40
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	1.85	233.00	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	1.85	397.00	0.00
13000	Beef, grass-fed, strip steaks, lean only, raw	1.85	117.00	0.00
13002	Beef, carcass, separable lean and fat, select, raw	1.85	278.00	0.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.85	166.00	0.00
16039	Beans, navy, mature seeds, canned	1.85	113.00	0.70
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	1.84	443.00	0.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.84	194.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1.84	167.00	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1.84	163.00	0.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	1.84	182.00	0.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.84	198.00	0.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.84	297.00	0.00
18154	Cookies, brownies, prepared from recipe	1.84	466.00	0.30
18206	Cookies, sugar, refrigerated dough, baked	1.84	489.00	0.00
19421	Snacks, potato chips, cheese-flavor	1.84	496.00	54.10
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	1.84	147.00	1.20
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	1.84	147.00	1.20
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	1.84	239.00	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	1.84	143.00	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1.84	143.00	0.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	1.84	265.00	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	1.84	177.00	0.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	1.84	140.00	0.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1.84	200.00	0.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	1.84	328.00	--
18254	Doughnuts, yeast-leavened, with creme filling	1.83	361.00	0.00
18414	Bread, raisin, unenriched	1.83	274.00	0.10
21321	McDONALD'S, Hotcakes (plain)	1.83	228.00	--
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	1.83	252.00	0.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	1.83	163.00	0.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	1.83	124.00	0.00
07230	OSCAR MAYER, Salami (hard)	1.83	368.00	0.00
11015	Asparagus, canned, drained solids	1.83	19.00	18.40
13001	Beef, carcass, separable lean and fat, choice, raw	1.83	291.00	0.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1.83	206.00	0.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	1.83	134.00	0.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.83	268.00	0.00
05236	Turkey, young hen, skin only, cooked, roasted	1.82	482.00	0.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	1.82	138.00	14.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	1.82	227.00	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1.82	103.00	12.80
11084	Beets, canned, drained solids	1.82	31.00	4.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	1.82	103.00	12.80
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	1.82	128.00	0.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	1.82	125.00	0.00
19188	Puddings, chocolate, dry mix, regular	1.82	362.00	0.00
21064	Fast foods, burrito, with beans, cheese, and beef	1.82	180.00	1.30
21265	TACO BELL, BURRITO SUPREME with beef	1.82	183.00	--
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1.82	170.00	0.00
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	1.82	405.00	0.00
23431	Beef, New Zealand, imported, ribs prepared, raw	1.82	146.00	0.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	1.81	123.00	0.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	1.81	213.00	7.50
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	1.81	214.00	7.50
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.81	253.00	0.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	1.81	228.00	0.00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	1.81	243.00	0.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	1.81	130.00	0.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1.81	194.00	0.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1.81	170.00	0.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1.81	177.00	0.00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	1.81	297.00	0.00
43114	Vermicelli, made from soy	1.81	331.00	0.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.81	166.00	0.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.81	257.00	0.00
16073	Lima beans, large, mature seeds, canned	1.81	79.00	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1.81	316.00	0.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1.81	211.00	0.00
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.81	195.00	--
05285	Turkey, diced, light and dark meat, seasoned	1.80	138.00	0.00
05354	USDA Commodity, turkey taco meat, frozen, cooked	1.80	148.00	0.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	1.80	204.00	0.00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	1.80	358.00	19.00
11147	Chard, swiss, raw	1.80	19.00	30.00
11208	Dandelion greens, cooked, boiled, drained, without salt	1.80	33.00	18.00
11446	Seaweed, laver, raw	1.80	35.00	39.00
11782	Dandelion greens, cooked, boiled, drained, with salt	1.80	33.00	18.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1.80	202.00	0.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1.80	265.00	0.00
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	1.80	400.00	0.00
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	1.80	400.00	0.00
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	1.80	138.00	0.00
16509	LOMA LINDA Linketts, canned, unprepared	1.80	209.00	0.00
16591	WORTHINGTON Leanies, frozen, unprepared	1.80	251.00	0.00
18092	Cake, pudding-type, carrot, dry mix	1.80	415.00	1.20
18245	Danish pastry, cheese	1.80	374.00	0.10
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	1.80	430.00	1.70
18293	Pancakes, plain, prepared from recipe	1.80	227.00	0.30
19416	Snacks, rice cakes, brown rice, rye	1.80	386.00	0.00
20040	Rice, brown, medium-grain, raw	1.80	362.00	0.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1.80	148.00	0.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1.80	142.00	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.80	199.00	0.00
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	1.80	544.00	--
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	1.80	382.00	--
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	1.80	361.00	--
28232	MURRAY, Vanilla Sugar Wafer	1.80	527.00	--
32012	Pizza rolls, frozen, unprepared	1.80	328.00	0.00
43131	Luncheon slices, meatless	1.80	189.00	0.00
19194	Puddings, rice, dry mix	1.79	376.00	0.00
21259	BURGER KING, Original Chicken Sandwich	1.79	286.00	0.20
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	1.79	234.00	0.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	1.79	293.00	0.00
35144	Stew, dumpling with mutton (Navajo)	1.79	101.00	0.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	1.79	208.00	0.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	1.79	141.00	11.90
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	1.79	291.00	0.40
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	1.79	226.00	0.40
05178	Turkey, liver, all classes, cooked, simmered	1.79	189.00	22.60
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	1.79	356.00	1.00
09297	Raisins, golden seedless	1.79	302.00	3.20
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	1.79	120.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17225	Lamb, ground, cooked, broiled	1.79	283.00	0.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1.79	236.00	--
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.79	146.00	--
05156	Pheasant, leg, meat only, raw	1.78	134.00	6.00
06006	Soup, bean with frankfurters, canned, condensed	1.78	142.00	0.70
07905	Frankfurter, beef, pork, and turkey, fat free	1.78	109.00	24.00
11547	Tomato products, canned, puree, without salt added	1.78	38.00	10.60
11888	Tomato products, canned, puree, with salt added	1.78	38.00	10.60
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	1.78	156.00	0.00
15049	Fish, mackerel, king, raw	1.78	105.00	1.60
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	1.78	296.00	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	1.78	151.00	0.90
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	1.78	151.00	0.90
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	1.78	240.00	0.90
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1.78	154.00	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1.78	149.00	0.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	1.78	126.00	0.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	1.78	122.00	0.00
36416	Restaurant, Latino, bunuelos (fried yeast bread)	1.78	462.00	--
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	1.78	170.00	0.00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1.77	371.00	3.90
19100	Candies, fudge, chocolate, prepared-from-recipe	1.77	411.00	0.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	1.77	124.00	0.00
21102	Fast foods, chicken fillet sandwich, plain with pickles	1.77	250.00	0.80
21225	Pizza, cheese topping, rising crust, frozen, cooked	1.77	260.00	1.90
21270	TACO BELL, Taco Salad	1.77	170.00	--
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	1.77	295.00	0.50
21488	Fast foods, quesadilla, with chicken	1.77	294.00	0.10
21526	CHICK-FIL-A, chicken sandwich	1.77	249.00	--
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1.77	193.00	0.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	1.77	126.00	0.00
07972	Meatballs, frozen, Italian style	1.77	286.00	0.00
11165	Coriander (cilantro) leaves, raw	1.77	23.00	27.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	1.77	144.00	0.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	1.77	288.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	1.77	335.00	0.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	1.77	134.00	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1.77	232.00	0.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	1.77	134.00	0.00
13357	Beef, cured, sausage, cooked, smoked	1.76	312.00	0.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.76	273.00	0.00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	1.76	173.00	0.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1.76	187.00	0.00
18256	Doughnuts, yeast-leavened, with jelly filling	1.76	340.00	0.00
20118	Noodles, flat, crunchy, Chinese restaurant	1.76	521.00	0.00
20139	Wheat, KAMUT khorasan, cooked	1.76	132.00	--
21010	Fast foods, biscuit, with crispy chicken fillet	1.76	300.00	0.70
21522	McDONALD'S, Southern Style Chicken Biscuit	1.76	304.00	0.70
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	1.76	153.00	0.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1.76	248.00	0.00
36413	Restaurant, Latino, black bean soup	1.76	103.00	--
19138	Candies, truffles, prepared-from-recipe	1.75	510.00	0.10
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	1.75	87.00	2.90
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	1.75	164.00	0.00
42272	Snacks, granola bar, with coconut, chocolate coated	1.75	531.00	0.50
01123	Egg, whole, raw, fresh	1.75	143.00	0.00
01131	Egg, whole, cooked, poached	1.75	143.00	0.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	1.75	88.00	7.60
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	1.75	267.00	0.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	1.75	35.00	18.20
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.75	34.00	18.20
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1.75	249.00	0.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1.75	278.00	0.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1.75	249.00	0.00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	1.75	105.00	1.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	1.75	105.00	1.00
17185	Lamb, variety meats and by-products, brain, raw	1.75	122.00	16.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.75	138.00	--
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1.75	208.00	--
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.75	147.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01171	Egg, whole, raw, frozen, pasteurized	1.74	147.00	0.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	1.74	28.00	4.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	1.74	28.00	4.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1.74	162.00	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1.74	157.00	0.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.74	306.00	0.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	1.74	295.00	0.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.74	192.00	0.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1.74	164.00	0.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1.74	192.00	0.00
16098	Peanut butter, smooth style, with salt	1.74	598.00	0.00
16398	Peanut butter, smooth style, without salt	1.74	598.00	0.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	1.74	132.00	0.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1.74	317.00	0.00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	1.74	272.00	0.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	1.74	322.00	0.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	1.74	195.00	0.00
19039	Snacks, popcorn, caramel-coated, without peanuts	1.74	431.00	0.00
20315	Corn flour, whole-grain, blue (harina de maiz morado)	1.74	364.00	--
21341	McDONALD'S, BIG BREAKFAST	1.74	285.00	0.40
21355	McDONALD'S, McCHICKEN Sandwich	1.74	273.00	--
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	1.74	171.00	0.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.74	255.00	0.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.74	244.00	0.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	1.74	217.00	0.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1.74	186.00	0.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	1.74	491.00	0.00
21011	Fast foods, croissant, with egg and cheese	1.73	304.00	0.10
21202	Fast foods, hamburger, large, single patty, with condiments	1.73	256.00	0.30
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	1.73	321.00	2.10
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1.73	215.00	0.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.73	260.00	0.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	1.73	174.00	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	1.73	151.00	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1.73	135.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1.73	135.00	0.00
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	1.73	286.00	0.00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	1.73	522.00	0.60
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	1.73	199.00	3.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	1.73	207.00	0.00
07002	Beerwurst, beer salami, pork and beef	1.73	277.00	0.60
07931	Beerwurst, pork and beef	1.73	276.00	0.60
12101	Nuts, chestnuts, european, boiled and steamed	1.73	131.00	26.70
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.73	222.00	0.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.73	249.00	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1.73	243.00	0.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	1.73	138.00	23.10
16008	Beans, baked, canned, with franks	1.73	142.00	2.30
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.73	185.00	0.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.73	267.00	0.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	1.73	142.00	0.00
05193	Turkey, all classes, leg, meat and skin, raw	1.72	144.00	0.00
06118	Gravy, brown, dry	1.72	367.00	0.30
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	1.72	263.00	0.00
11268	Mushrooms, shiitake, dried	1.72	296.00	3.50
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	1.72	322.00	0.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1.72	278.00	0.00
18294	Pancakes, blueberry, prepared from recipe	1.72	222.00	2.20
20125	Pasta, whole-wheat, cooked	1.72	149.00	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	1.72	157.00	1.20
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	1.72	157.00	1.20
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	1.72	208.00	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	1.72	301.00	0.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	1.71	276.00	0.30
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	1.71	303.00	0.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	1.71	302.00	3.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	1.71	187.00	0.00
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	1.71	331.00	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1.71	191.00	0.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1.71	178.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28305	Pancakes, plain, reduced fat	1.71	269.00	0.00
01255	Egg, whole, raw, frozen, salted, pasteurized	1.71	138.00	0.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.71	316.00	0.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.71	201.00	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	1.71	159.00	0.00
06051	Soup, pea, split with ham, canned, condensed	1.70	141.00	1.10
06112	Sauce, teriyaki, ready-to-serve	1.70	89.00	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	1.70	89.00	0.00
09165	Litchis, dried	1.70	277.00	183.00
11215	Garlic, raw	1.70	149.00	31.20
11350	Pokeberry shoots, (poke), raw	1.70	23.00	136.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.70	251.00	0.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	1.70	355.00	0.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1.70	234.00	0.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1.70	221.00	0.00
16009	Beans, baked, canned, with pork	1.70	106.00	2.00
16171	Refried beans, canned, vegetarian	1.70	83.00	--
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	1.70	115.00	--
16276	Vitasoy USA Azumaya, Extra Firm Tofu	1.70	88.00	--
16506	LOMA LINDA Vege-Burger, canned, unprepared	1.70	114.00	0.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	1.70	117.00	0.00
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	1.70	168.00	0.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	1.70	161.00	0.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	1.70	200.00	0.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	1.70	209.00	0.00
18187	Cookies, peanut butter, refrigerated dough	1.70	458.00	0.00
18390	Pancakes, buttermilk, prepared from recipe	1.70	227.00	0.40
19086	Candies, confectioner's coating, peanut butter	1.70	529.00	0.30
19401	Snacks, cornnuts, barbecue-flavor	1.70	436.00	0.40
21012	Fast foods, croissant, with egg, cheese, and bacon	1.70	312.00	0.10
22902	Pizza, meat topping, thick crust, frozen, cooked	1.70	274.00	1.10
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	1.70	195.00	0.00
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	1.70	516.00	--
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	1.70	499.00	--
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	1.70	479.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	1.70	365.00	--
43031	Candies, chocolate covered, caramel with nuts	1.70	470.00	1.40
43447	Snacks, corn-based, extruded, chips, unsalted	1.70	557.00	2.00
19235	Puddings, chocolate, ready-to-eat, fat free	1.69	93.00	0.00
22954	Egg rolls, chicken, refrigerated, heated	1.69	197.00	11.20
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	1.69	289.00	0.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	1.69	228.00	0.00
13346	Beef, cured, corned beef, brisket, raw	1.69	198.00	27.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1.69	151.00	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.69	214.00	0.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.69	265.00	0.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1.69	159.00	0.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1.69	264.00	0.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1.69	267.00	0.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1.69	182.00	0.00
15075	Fish, sablefish, smoked	1.69	257.00	0.00
16281	HOUSE FOODS Premium Firm Tofu	1.69	85.00	1.10
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	1.69	125.00	0.00
11943	Pimento, canned	1.68	23.00	84.90
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	1.68	333.00	0.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1.68	183.00	0.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	1.68	145.00	12.00
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	1.68	317.00	0.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1.68	179.00	0.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.68	278.00	0.00
18269	French toast, prepared from recipe, made with low fat (2%) milk	1.67	229.00	0.30
19009	Snacks, KRAFT, CORNNUTS, plain	1.67	446.00	0.00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	1.67	381.00	0.00
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	1.67	381.00	0.00
20141	Spelt, cooked	1.67	127.00	0.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	1.67	206.00	0.10
21486	Fast foods, taco with beef, cheese and lettuce, soft	1.67	206.00	0.10
36045	ON THE BORDER, refried beans	1.67	144.00	0.00
02054	Capers, canned	1.67	23.00	4.30
11503	Swamp cabbage, (skunk cabbage), raw	1.67	19.00	55.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11672	Potato pancakes	1.67	268.00	27.60
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.67	244.00	0.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1.67	278.00	0.00
15204	Fish, pike, walleye, cooked, dry heat	1.67	119.00	0.00
15217	Fish, sucker, white, cooked, dry heat	1.67	119.00	0.00
16096	Peanuts, virginia, oil-roasted, with salt	1.67	578.00	0.00
16396	Peanuts, virginia, oil-roasted, without salt	1.67	578.00	0.00
16399	Peanut butter with omega-3, creamy	1.67	608.00	--
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.67	201.00	0.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	1.67	169.00	0.00
17189	Veal, variety meats and by-products, brain, cooked, braised	1.67	136.00	13.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.67	201.00	0.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	1.67	231.00	--
03011	Babyfood, meat, lamb, junior	1.66	112.00	1.70
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	1.66	234.00	0.50
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	1.66	333.00	6.20
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	1.66	153.00	0.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1.66	291.00	0.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1.66	230.00	0.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1.66	211.00	0.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	1.66	230.00	0.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	1.66	144.00	0.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.66	279.00	0.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	1.66	203.00	--
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	1.66	305.00	0.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1.66	155.00	0.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	1.65	159.00	--
21014	Fast foods, croissant, with egg, cheese, and sausage	1.65	308.00	0.10
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	1.65	272.00	1.80
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	1.65	272.00	1.80
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	1.65	308.00	0.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	1.65	288.00	0.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	1.65	414.00	0.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	1.65	160.00	0.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	1.65	367.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16094	Peanuts, valencia, oil-roasted, with salt	1.65	589.00	0.00
16394	Peanuts, valencia, oil-roasted, without salt	1.65	589.00	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	1.65	193.00	0.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	1.65	159.00	0.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1.64	214.00	1.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	1.64	258.00	0.00
06631	Sauce, hot chile, sriracha	1.64	93.00	26.90
11270	Mustard greens, raw	1.64	27.00	70.00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	1.64	230.00	2.80
13498	Beef, ground, 70% lean meat / 30% fat, raw	1.64	332.00	0.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1.64	304.00	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.64	228.00	0.00
15208	Fish, sablefish, cooked, dry heat	1.64	250.00	0.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	1.64	128.00	0.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	1.64	126.00	0.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	1.64	238.00	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	1.64	216.00	0.00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.64	135.00	--
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	1.64	208.00	0.00
18146	Cake, yellow, prepared from recipe without frosting	1.64	361.00	0.20
18360	Taco shells, baked	1.64	476.00	0.00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.64	239.00	--
19906	Sweeteners, for baking, brown, contains sugar and sucralose	1.64	388.00	--
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	1.64	243.00	0.10
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.64	223.00	0.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1.64	230.00	0.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1.64	138.00	0.00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	1.64	517.00	12.10
28330	Cookies, marshmallow, with rice cereal and chocolate chips	1.64	435.00	0.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	1.64	329.00	--
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	1.64	329.00	--
35205	Stinging Nettles, blanched (Northern Plains Indians)	1.64	42.00	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	1.63	531.00	0.10
19132	Candies, milk chocolate, with almonds	1.63	526.00	0.20
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	1.63	445.00	0.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	1.63	536.00	31.10
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	1.63	536.00	31.10
19811	Snacks, potato chips, plain, unsalted	1.63	536.00	31.10
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	1.63	324.00	0.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1.63	133.00	0.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	1.63	148.00	0.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1.63	158.00	0.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1.63	135.00	0.00
43566	Snacks, tortilla chips, light (baked with less oil)	1.63	465.00	0.20
05170	Turkey, skin from whole (light and dark), roasted	1.63	459.00	0.00
11384	Potatoes, au gratin, dry mix, unprepared	1.63	314.00	15.50
11576	Turnip greens and turnips, frozen, unprepared	1.63	21.00	25.80
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1.63	187.00	0.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1.63	250.00	0.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1.63	262.00	0.00
15046	Fish, mackerel, Atlantic, raw	1.63	205.00	0.40
15121	Fish, tuna, light, canned in water, drained solids	1.63	86.00	0.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.63	261.00	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	1.63	116.00	0.00
01157	Cheese, goat, semisoft type	1.62	364.00	0.00
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	1.62	331.00	0.00
06026	Soup, chili beef, canned, condensed	1.62	117.00	3.10
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	1.62	149.00	0.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1.62	201.00	0.00
15157	Mollusks, clam, mixed species, raw	1.62	86.00	0.00
16172	Refried beans, canned, fat-free	1.62	79.00	0.90
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	1.62	151.00	0.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.62	243.00	0.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1.62	341.00	0.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	1.62	332.00	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	1.62	120.00	0.00
18117	Cake, pudding-type, marble, dry mix	1.62	416.00	0.00
18121	Cake, pound, commercially prepared, other than all butter, enriched	1.62	389.00	0.10
18275	Muffins, blueberry, dry mix	1.62	293.00	2.30
18529	ARCHWAY Home Style Cookies, Frosty Lemon	1.62	430.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	1.62	390.00	0.40
36418	Restaurant, Mexican, refried beans	1.62	156.00	0.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	1.62	307.00	1.10
18101	Cake, chocolate, prepared from recipe without frosting	1.61	371.00	0.20
19340	Sugars, maple	1.61	354.00	0.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	1.61	336.00	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	1.61	150.00	0.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1.61	127.00	0.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1.61	131.00	0.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	1.61	326.00	0.00
02046	Mustard, prepared, yellow	1.61	60.00	0.30
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	1.61	220.00	0.40
05304	Turkey, mechanically deboned, from turkey frames, raw	1.61	201.00	0.00
09427	Abiyuch, raw	1.61	69.00	54.10
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	1.61	71.00	7.30
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	1.61	71.00	8.70
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1.61	239.00	0.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.61	237.00	0.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.61	78.00	0.20
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.61	272.00	0.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.61	310.00	0.00
17160	Game meat, buffalo, water, raw	1.61	99.00	0.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.61	133.00	--
07979	Sausage, pork, turkey, and beef, reduced sodium	1.60	284.00	0.80
09088	Elderberries, raw	1.60	73.00	36.00
09231	Passion-fruit, (granadilla), purple, raw	1.60	97.00	30.00
10096	Pork, fresh, variety meats and by-products, brain, raw	1.60	127.00	13.50
11156	Chives, raw	1.60	30.00	58.10
11344	Pigeonpeas, immature seeds, raw	1.60	136.00	39.00
12071	Nuts, almond paste	1.60	458.00	0.10
12128	Nuts, ginkgo nuts, dried	1.60	348.00	29.30
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	1.60	132.00	1.00
16007	Beans, baked, canned, with beef	1.60	121.00	1.80
16210	Vitasoy USA, Nasoya Lite Firm Tofu	1.60	54.00	--
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	1.60	98.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	1.60	92.00	--
16508	LOMA LINDA Tender Bits, canned, unprepared	1.60	135.00	0.00
16510	WORTHINGTON Chili, canned, unprepared	1.60	126.00	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1.60	359.00	0.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.60	201.00	0.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	1.60	162.00	0.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	1.60	372.00	2.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	1.60	525.00	0.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	1.60	531.00	37.30
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	1.60	551.00	8.50
19433	Tortilla chips, low fat, baked without fat	1.60	415.00	0.20
19833	Snacks, tortilla chips, low fat, unsalted	1.60	416.00	0.20
20054	Rice, white, glutinous, unenriched, uncooked	1.60	370.00	0.00
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	1.60	229.00	0.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1.60	148.00	0.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	1.60	141.00	0.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1.60	153.00	0.00
27065	Dip, bean, original flavor	1.60	119.00	0.60
27068	Dip, FRITO'S, bean, original flavor	1.60	119.00	--
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	1.59	189.00	0.20
21487	Fast foods, taco with chicken, lettuce and cheese, soft	1.59	189.00	0.20
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	1.59	134.00	0.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	1.59	159.00	0.00
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	1.59	140.00	--
07019	Chorizo, pork and beef	1.59	455.00	0.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	1.59	132.00	0.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	1.59	145.00	0.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.59	277.00	0.00
15009	Fish, carp, cooked, dry heat	1.59	162.00	1.60
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	1.59	273.00	0.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.59	142.00	--
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	1.59	199.00	0.00
05277	Chicken, canned, meat only, with broth	1.58	165.00	2.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	1.58	197.00	0.00
11459	Spinach, canned, regular pack, solids and liquids	1.58	19.00	13.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11855	Spinach, canned, no salt added, solids and liquids	1.58	19.00	13.50
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	1.58	281.00	0.00
16090	Peanuts, all types, dry-roasted, with salt	1.58	587.00	0.00
16390	Peanuts, all types, dry-roasted, without salt	1.58	587.00	0.00
17000	Veal, Australian, rib, rib roast, separable lean only, raw	1.58	134.00	0.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.58	244.00	0.00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1.58	291.00	--
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.58	122.00	0.00
18134	Cake, sponge, prepared from recipe	1.58	297.00	0.00
19053	Snacks, rice cakes, brown rice, sesame seed	1.58	392.00	3.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	1.58	392.00	3.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	1.58	124.00	0.00
20068	Tapioca, pearl, dry	1.58	358.00	0.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	1.58	156.00	--
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	1.58	182.00	2.40
18142	Cake, pudding-type, yellow, dry mix	1.57	423.00	0.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	1.57	301.00	0.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	1.57	218.00	0.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	1.57	221.00	0.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	1.57	131.00	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	1.57	142.00	0.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	1.57	141.00	0.00
28291	Cookies, animal, with frosting or icing	1.57	509.00	0.00
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	1.57	151.00	--
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	1.57	272.00	1.50
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	1.57	173.00	0.00
07956	Beef sausage, fresh, cooked	1.57	332.00	0.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	1.57	111.00	28.10
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	1.57	111.00	28.10
15047	Fish, mackerel, Atlantic, cooked, dry heat	1.57	262.00	0.40
16026	Beans, great northern, mature seeds, canned	1.57	114.00	1.30
16326	Beans, great northern, mature seeds, canned, low sodium	1.57	114.00	1.30
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.57	267.00	0.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	1.57	253.00	0.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	1.57	136.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03014	Babyfood, meat, chicken sticks, junior	1.56	188.00	1.70
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	1.56	213.00	0.00
07069	Salami, cooked, beef and pork	1.56	336.00	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	1.56	227.00	0.30
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	1.56	232.00	1.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	1.56	128.00	0.00
11526	Taro, tahitian, cooked, without salt	1.56	44.00	38.00
11881	Taro, tahitian, cooked, with salt	1.56	44.00	38.00
16137	Hummus, home prepared	1.56	177.00	7.90
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.56	260.00	0.00
18290	Pancakes, plain, dry mix, complete, prepared	1.56	194.00	0.20
19083	Candies, sweet chocolate coated fondant	1.56	366.00	0.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	1.56	279.00	1.50
21232	McDONALD'S, FILET-O-FISH	1.56	282.00	0.30
21266	TACO BELL, BURRITO SUPREME with chicken	1.56	179.00	--
25036	Snacks, granola bites, mixed flavors	1.56	451.00	0.20
21245	WENDY'S, Ultimate Chicken Grill Sandwich	1.55	179.00	1.10
22953	Egg rolls, pork, refrigerated, heated	1.55	222.00	29.30
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	1.55	129.00	0.00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	1.55	496.00	0.90
25040	Snacks, vegetable chips, made from garden vegetables	1.55	473.00	4.90
07913	Salami, pork, beef, less sodium	1.55	396.00	0.70
11284	Onions, dehydrated flakes	1.55	349.00	75.00
11973	Beans, fava, in pod, raw	1.55	88.00	3.70
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1.55	165.00	0.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	1.55	388.00	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1.55	155.00	0.00
16021	Beans, cranberry (roman), mature seeds, canned	1.55	83.00	0.80
17224	Lamb, ground, raw	1.55	282.00	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.55	237.00	0.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	1.55	120.00	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	1.55	122.00	0.00
09083	Currants, european black, raw	1.54	63.00	181.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	1.54	139.00	0.00
11305	Peas, green, cooked, boiled, drained, without salt	1.54	84.00	14.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11326	Peas and onions, frozen, unprepared	1.54	70.00	14.00
11811	Peas, green, cooked, boiled, drained, with salt	1.54	84.00	14.20
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	1.54	145.00	0.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	1.54	114.00	1.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	1.54	232.00	0.00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	1.54	137.00	--
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	1.54	131.00	0.00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	1.54	523.00	1.70
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	1.54	392.00	0.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	1.54	142.00	0.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	1.54	154.00	0.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	1.54	137.00	0.00
36612	DENNY'S, golden fried shrimp	1.54	319.00	--
18952	Tostada shells, corn	1.53	474.00	--
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	1.53	248.00	0.60
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	1.53	161.00	0.00
36605	CRACKER BARREL, country fried shrimp platter	1.53	287.00	--
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	1.53	216.00	0.50
06004	Soup, bean with pork, canned, condensed	1.53	129.00	1.20
07954	Beef sausage, pre-cooked	1.53	405.00	0.70
11312	Peas, green, frozen, unprepared	1.53	77.00	18.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	1.53	116.00	0.00
16279	HOUSE FOODS Premium Soft Tofu	1.53	59.00	0.90
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	1.53	244.00	0.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	1.52	502.00	0.00
05306	Ground turkey, cooked	1.52	203.00	0.00
07926	Salami, Italian, pork	1.52	425.00	0.00
09034	Apricots, dried, sulfured, stewed, with added sugar	1.52	113.00	1.40
11313	Peas, green, frozen, cooked, boiled, drained, without salt	1.52	78.00	9.90
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	1.52	115.00	8.20
11814	Peas, green, frozen, cooked, boiled, drained, with salt	1.52	78.00	9.90
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	1.52	111.00	8.20
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	1.52	192.00	0.00
16089	Peanuts, all types, oil-roasted, with salt	1.52	599.00	0.80
16389	Peanuts, all types, oil-roasted, without salt	1.52	599.00	0.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	1.52	142.00	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	1.52	121.00	0.00
18139	Cake, white, prepared from recipe without frosting	1.52	357.00	0.20
18196	Cookies, brownies, dry mix, sugar free	1.52	426.00	0.00
19056	Snacks, tortilla chips, plain, white corn, salted	1.52	472.00	0.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	1.52	155.00	1.10
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	1.52	155.00	1.10
36051	ON THE BORDER, cheese quesadilla	1.52	394.00	--
36052	Restaurant, Mexican, cheese quesadilla	1.52	368.00	--
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	1.51	418.00	--
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	1.51	291.00	0.00
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	1.51	283.00	0.00
43387	Turnip greens, canned, no salt added	1.51	19.00	15.50
05018	Chicken, broilers or fryers, skin only, cooked, roasted	1.51	454.00	0.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	1.51	251.00	3.10
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	1.51	157.00	0.00
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	1.51	350.00	0.00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	1.51	265.00	2.30
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	1.51	106.00	19.30
11570	Turnip greens, canned, solids and liquids	1.51	14.00	15.50
11574	Turnip greens, frozen, unprepared	1.51	22.00	26.80
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.51	456.00	0.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1.51	189.00	0.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	1.51	157.00	0.00
15042	Fish, herring, Atlantic, kippered	1.51	217.00	1.00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	1.50	285.00	0.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	1.50	183.00	0.00
06002	Soup, black bean, canned, condensed	1.50	91.00	0.20
07034	Headcheese, pork	1.50	157.00	0.00
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	1.50	380.00	22.00
08172	Cereals, farina, unenriched, dry	1.50	369.00	0.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	1.50	230.00	0.60
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	1.50	166.00	0.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	1.50	103.00	0.00
11274	Mustard spinach, (tendergreen), raw	1.50	22.00	130.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11595	Winged beans, immature seeds, raw	1.50	49.00	18.30
12096	Nuts, chestnuts, chinese, roasted	1.50	239.00	38.40
15114	Fish, trout, mixed species, raw	1.50	148.00	0.50
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	1.50	110.00	0.30
16145	Beans, kidney, red, mature seeds, canned, drained solids	1.50	124.00	0.20
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	1.50	121.00	0.20
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	1.50	110.00	0.30
16500	LOMA LINDA Little Links, canned, unprepared	1.50	221.00	0.00
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	1.50	145.00	0.00
16511	WORTHINGTON Choplets, canned, unprepared	1.50	103.00	0.00
16534	WORTHINGTON Stakelets, frozen, unprepared	1.50	211.00	0.00
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	1.50	158.00	0.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	1.50	264.00	0.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.50	244.00	0.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.50	123.00	--
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1.50	254.00	--
17424	Veal, ground, cooked, pan-fried	1.50	215.00	0.00
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	1.50	568.00	1.80
21105	Fast foods, fish sandwich, with tartar sauce	1.50	257.00	1.80
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	1.50	214.00	0.30
21258	BURGER KING, Premium Fish Sandwich	1.50	260.00	0.20
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	1.50	240.00	0.00
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	1.50	285.00	0.20
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	1.50	235.00	0.00
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	1.50	307.00	0.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	1.50	276.00	0.00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	1.50	408.00	0.50
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	1.50	506.00	--
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	1.50	530.00	--
28194	MOTHER'S, 4th of July Circus Animal Cookies	1.50	487.00	--
28196	MOTHER'S, Circus Animal Cookies	1.50	515.00	--
28200	MOTHER'S, Halloween Circus Animals Cookies	1.50	514.00	--
28201	MOTHER'S, Holiday Circus Animal Cookies	1.50	515.00	--
28204	MOTHER'S, Jungle Animal Cookies	1.50	514.00	--
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	1.50	458.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
42279	Babyfood, peas and brown rice	1.50	64.00	3.00
43135	Sandwich spread, meatless	1.50	149.00	0.00
80200	Frog legs, raw	1.50	73.00	0.00
18310	Pie, chocolate creme, commercially prepared	1.49	353.00	0.00
18322	Pie, mince, prepared from recipe	1.49	289.00	5.90
19051	Snacks, rice cracker brown rice, plain	1.49	387.00	0.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	1.49	387.00	0.00
20051	Rice, white, medium-grain, enriched, cooked	1.49	130.00	0.00
20137	Quinoa, cooked	1.49	120.00	0.00
21508	WEND'YS, Crispy Chicken Sandwich	1.49	278.00	--
25038	Snacks, granola bars, soft, almond, confectioners coating	1.49	455.00	0.20
25059	Snacks, brown rice chips	1.49	384.00	0.00
42204	Rice cake, cracker (include hain mini rice cakes)	1.49	392.00	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.49	239.00	0.00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	1.49	331.00	0.00
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	1.49	262.00	0.00
05136	Chicken, capons, meat and skin, cooked, roasted	1.49	229.00	0.00
07958	Turkey sausage, fresh, cooked	1.49	196.00	0.70
10860	Pork, cured, bacon, cooked, baked	1.49	548.00	0.00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	1.49	218.00	9.50
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	1.49	218.00	9.50
13338	Beef, variety meats and by-products, thymus, cooked, braised	1.49	319.00	30.20
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1.49	165.00	0.00
15003	Fish, bass, fresh water, mixed species, raw	1.49	114.00	2.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	1.49	201.00	2.10
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	1.49	277.00	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	1.49	206.00	0.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.49	223.00	0.00
01130	Egg, whole, cooked, omelet	1.48	154.00	0.00
06049	Soup, pea, green, canned, condensed	1.48	125.00	1.30
09311	Roselle, raw	1.48	49.00	12.00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	1.48	145.00	0.00
11291	Onions, spring or scallions (includes tops and bulb), raw	1.48	32.00	18.80
11986	Malabar spinach, cooked	1.48	23.00	5.90
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.48	201.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.48	259.00	0.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.48	215.00	--
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	1.48	201.00	--
18119	Cake, pineapple upside-down, prepared from recipe	1.48	319.00	1.20
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	1.48	353.00	0.00
18325	Pie, pecan, prepared from recipe	1.48	412.00	0.20
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	1.48	183.00	3.20
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	1.48	204.00	4.90
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	1.48	145.00	0.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.47	196.00	0.00
18281	Muffins, corn, toaster-type	1.47	346.00	0.00
20019	Corn flour, masa, unenriched, white	1.47	363.00	0.00
20110	Noodles, egg, enriched, cooked	1.47	138.00	0.00
20310	Noodles, egg, cooked, enriched, with added salt	1.47	138.00	0.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	1.47	275.00	0.30
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	1.47	275.00	0.30
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1.47	127.00	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	1.47	127.00	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1.47	124.00	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1.47	124.00	0.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	1.47	361.00	--
07025	Frankfurter, turkey	1.47	223.00	0.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	1.47	313.00	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	1.47	233.00	0.00
11233	Kale, raw	1.47	49.00	120.00
11304	Peas, green, raw	1.47	81.00	40.00
11439	Sauerkraut, canned, solids and liquids	1.47	19.00	14.70
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.47	228.00	0.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	1.47	224.00	0.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	1.47	174.00	0.00
16044	Beans, pinto, mature seeds, canned, solids and liquids	1.47	82.00	0.70
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	1.47	82.00	0.70
17132	Veal, shoulder, blade, separable lean only, cooked, braised	1.47	198.00	0.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	1.47	192.00	0.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	1.46	218.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	1.46	229.00	0.00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	1.46	108.00	4.80
07965	Pork sausage, link/patty, reduced fat, unprepared	1.46	217.00	0.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	1.46	177.00	0.00
11959	Arugula, raw	1.46	25.00	15.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.46	214.00	0.00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	1.46	189.00	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	1.46	201.00	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	1.46	115.00	0.00
20053	Rice, white, short-grain, enriched, cooked	1.46	130.00	0.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	1.46	199.00	0.00
36019	APPLEBEE'S, chili	1.46	157.00	1.10
36037	Restaurant, family style, chili with meat and beans	1.46	157.00	1.10
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	1.46	229.00	--
43366	Turkey, wing, smoked, cooked, with skin, bone removed	1.46	221.00	0.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1.45	508.00	0.60
21337	McDONALD'S, Peanuts (for Sundaes)	1.45	640.00	--
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	1.45	222.00	0.40
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	1.45	222.00	0.40
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1.45	124.00	0.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1.45	124.00	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1.45	121.00	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1.45	121.00	0.00
28349	Cookies, oatmeal, reduced fat	1.45	365.00	0.00
42139	Granola bar, soft, milk chocolate coated, peanut butter	1.45	536.00	0.60
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1.45	277.00	0.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	1.45	206.00	0.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	1.45	269.00	0.70
12202	Nuts, chestnuts, japanese, raw	1.45	154.00	26.30
15194	Fish, mahimahi, cooked, dry heat	1.45	109.00	0.00
16123	Soy sauce made from soy and wheat (shoyu)	1.45	53.00	0.00
17114	Veal, rib, separable lean only, cooked, braised	1.45	218.00	0.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	1.45	199.00	0.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	1.44	298.00	0.00
07059	Polish sausage, pork	1.44	326.00	1.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15197	Fish, herring, Pacific, cooked, dry heat	1.44	250.00	0.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	1.44	90.00	6.00
16403	Refried beans, canned, traditional, reduced sodium	1.44	89.00	0.80
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	1.44	225.00	0.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	1.44	188.00	0.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	1.44	274.00	0.00
18171	Cookies, fortune	1.44	378.00	0.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	1.44	487.00	0.30
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	1.44	541.00	0.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	1.43	318.00	0.20
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	1.43	69.00	0.00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	1.43	95.00	2.40
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	1.43	261.00	0.00
25064	Snacks, potato chips, lightly salted	1.43	560.00	27.30
43283	Pheasant, cooked, total edible	1.43	239.00	2.30
43507	Frankfurter, low sodium	1.43	312.00	0.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	1.43	394.00	0.00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	1.43	254.00	0.00
05126	Chicken, stewing, meat only, cooked, stewed	1.43	237.00	0.00
05188	Turkey, from whole, dark meat, cooked, roasted	1.43	173.00	0.00
05216	Turkey, back, from whole bird, meat only, roasted	1.43	173.00	0.00
05741	Turkey, thigh, from whole bird, meat only, roasted	1.43	165.00	0.00
06151	Sauce, plum, ready-to-serve	1.43	184.00	0.50
07089	Sausage, Italian, pork, cooked	1.43	344.00	0.10
07090	Luncheon sausage, pork and beef	1.43	260.00	0.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	1.43	187.00	1.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	1.43	361.00	0.00
11989	Mushrooms, straw, canned, drained solids	1.43	32.00	0.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.43	246.00	0.00
15011	Fish, catfish, channel, cooked, breaded and fried	1.43	229.00	0.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	1.43	160.00	0.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.43	342.00	0.00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	1.43	311.00	0.00
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	1.43	229.00	--
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	1.42	300.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1.42	195.00	0.00
05717	Turkey, retail parts, thigh, meat only, raw	1.42	116.00	0.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	1.42	228.00	0.30
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	1.42	148.00	0.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	1.42	191.00	0.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.42	247.00	0.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1.42	249.00	0.00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	1.42	87.00	12.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	1.42	83.00	0.20
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	1.42	228.00	0.00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	1.42	155.00	--
19226	Frostings, chocolate, creamy, ready-to-eat	1.42	397.00	0.00
21306	Fast foods, griddle cake sandwich, sausage	1.42	318.00	0.00
21328	McDONALD'S, Sausage McGRIDDLES	1.42	312.00	0.00
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	1.42	228.00	2.50
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	1.42	244.00	4.30
21422	KFC, Popcorn Chicken	1.42	351.00	--
21364	McDONALD'S, Hotcakes and Sausage	1.41	294.00	0.00
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	1.41	491.00	0.90
36601	Restaurant, Chinese, egg rolls, assorted	1.41	250.00	0.00
43130	Frankfurter, meatless	1.41	233.00	0.00
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	1.41	71.00	29.10
05133	Chicken, capons, meat and skin and giblets and neck, raw	1.41	232.00	2.60
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	1.41	125.00	2.80
12093	Nuts, chestnuts, chinese, raw	1.41	224.00	36.00
15040	Fish, herring, Atlantic, cooked, dry heat	1.41	203.00	0.70
15056	Fish, mullet, striped, cooked, dry heat	1.41	150.00	1.20
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	1.41	143.00	2.10
15250	Mollusks, conch, baked or broiled	1.41	130.00	0.00
17111	Veal, rib, separable lean and fat, cooked, braised	1.41	251.00	0.00
17126	Veal, shoulder, arm, separable lean only, cooked, braised	1.41	201.00	0.00
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	1.41	255.00	--
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	1.41	294.00	0.00
03012	Babyfood, meat, chicken, strained	1.40	130.00	1.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	1.40	273.00	0.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	1.40	208.00	0.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	1.40	185.00	0.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	1.40	189.00	0.00
07050	Mortadella, beef, pork	1.40	311.00	0.00
07254	Turkey bacon, unprepared	1.40	226.00	--
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	1.40	196.00	38.50
09011	Apples, dried, sulfured, uncooked	1.40	243.00	3.90
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	1.40	259.00	0.30
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	1.40	165.00	0.00
11098	Brussels sprouts, raw	1.40	43.00	85.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	1.40	121.00	6.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	1.40	246.00	0.00
15035	Fish, haddock, smoked	1.40	116.00	0.00
16010	Beans, baked, canned, with pork and sweet sauce	1.40	105.00	0.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	1.40	105.00	1.00
16381	Mung beans, mature seeds, cooked, boiled, with salt	1.40	105.00	1.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	1.40	109.00	0.00
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	1.40	219.00	0.00
16579	GARDENBURGER Original, frozen, unprepared	1.40	155.00	0.00
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	1.40	112.00	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	1.40	121.00	0.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	1.40	147.00	0.00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	1.40	121.00	--
18019	Bread, banana, prepared from recipe, made with margarine	1.40	326.00	1.70
18413	Bread, pita, white, unenriched	1.40	275.00	0.00
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	1.40	222.00	0.00
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	1.40	232.00	--
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	1.40	547.00	9.50
19419	Snacks, corn cakes	1.40	387.00	0.00
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	1.40	420.00	0.10
19800	Snacks, corn cakes, very low sodium	1.40	387.00	0.00
21013	Fast foods, croissant, with egg, cheese, and ham	1.40	261.00	0.10
21023	Fast foods, french toast with butter	1.40	264.00	0.10
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	1.40	261.00	0.30

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21501	KASHI Pizza, Margherita, frozen, unprepared	1.40	230.00	8.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	1.40	191.00	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	1.40	194.00	0.00
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	1.40	486.00	--
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	1.40	165.00	0.00
43384	Beef, bologna, reduced sodium	1.40	310.00	0.00
83110	Fish, mackerel, salted	1.40	305.00	0.00
93600	Turtle, green, raw	1.40	89.00	0.00
19143	Candies, MR. GOODBAR Chocolate Bar	1.39	538.00	0.90
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	1.39	116.00	0.00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	1.39	239.00	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	1.39	247.00	0.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	1.39	201.00	1.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	1.39	149.00	0.00
11424	Pumpkin, canned, without salt	1.39	34.00	4.20
11846	Pumpkin, canned, with salt	1.39	34.00	4.20
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	1.39	254.00	0.00
15119	Fish, tuna, light, canned in oil, drained solids	1.39	198.00	0.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	1.39	198.00	0.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	1.39	372.00	0.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	1.39	586.00	0.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	1.39	151.00	0.00
03021	Babyfood, meat, meat sticks, junior	1.38	184.00	2.40
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	1.38	269.00	0.00
11413	Potato flour	1.38	357.00	3.80
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	1.38	263.00	0.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	1.38	236.00	0.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.38	195.00	--
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	1.38	199.00	0.00
19058	Snacks, tortilla chips, ranch-flavor	1.38	501.00	0.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	1.38	310.00	--
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	1.38	338.00	--
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	1.38	252.00	0.00
18964	Cinnamon buns, frosted (includes honey buns)	1.37	452.00	0.30
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	1.37	221.00	4.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.37	220.00	4.40
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1.37	120.00	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1.37	120.00	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1.37	116.00	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1.37	116.00	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	1.37	129.00	0.00
27048	Sauce, steak, tomato based	1.37	95.00	6.80
43326	Pork, cured, ham, low sodium, lean and fat, cooked	1.37	172.00	0.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	1.37	64.00	8.20
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	1.37	289.00	0.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	1.37	169.00	0.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	1.37	232.00	0.00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	1.37	213.00	2.40
05124	Chicken, stewing, meat and skin, cooked, stewed	1.37	285.00	0.00
06731	Soup, bean with bacon, condensed, single brand	1.37	117.00	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1.37	36.00	2.10
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	1.37	226.00	14.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	1.37	200.00	0.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	1.37	122.00	0.00
17142	Veal, ground, raw	1.37	197.00	0.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	1.36	253.00	0.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	1.36	192.00	0.00
07072	Salami, dry or hard, pork, beef	1.36	378.00	0.00
07201	OSCAR MAYER, Bologna (beef)	1.36	316.00	0.00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	1.36	86.00	10.40
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.36	251.00	0.00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.36	164.00	--
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	1.36	169.00	0.00
18128	Cake, snack cakes, creme-filled, sponge	1.36	374.00	0.10
18135	Cake, pudding-type, white, enriched, dry mix	1.36	423.00	0.00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	1.36	275.00	0.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	1.36	275.00	0.00
19042	Snacks, potato chips, barbecue-flavor	1.36	487.00	62.40
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	1.36	276.00	3.40
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	1.36	271.00	4.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19422	Snacks, potato chips, reduced fat	1.35	471.00	25.70
19823	Potato chips, without salt, reduced fat	1.35	487.00	25.70
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	1.35	124.00	0.00
05012	Chicken, broilers or fryers, meat only, cooked, fried	1.35	219.00	0.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1.35	268.00	0.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	1.35	220.00	0.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	1.35	57.00	0.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	1.35	243.00	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	1.34	99.00	9.50
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1.34	245.00	0.00
07241	OSCAR MAYER, Wieners (beef franks)	1.34	329.00	0.00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	1.34	178.00	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	1.34	273.00	0.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	1.34	181.00	0.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	1.34	186.00	0.00
22904	Chili con carne with beans, canned entree	1.34	107.00	0.20
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	1.34	412.00	0.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	1.34	377.00	--
19248	Candies, HERSHEY'S, ALMOND JOY BITES	1.33	563.00	1.00
20006	Barley, pearled, cooked	1.33	123.00	0.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	1.33	205.00	0.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.33	204.00	0.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	1.33	178.00	0.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	1.33	95.00	1.80
06120	Gravy, chicken, dry	1.33	381.00	0.60
07057	Pepperoni, beef and pork, sliced	1.33	504.00	0.00
07058	Pickle and pimiento loaf, pork	1.33	225.00	7.80
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	1.33	333.00	55.60
11514	Sweet potato, canned, mashed	1.33	101.00	5.20
11533	Tomatoes, red, ripe, canned, stewed	1.33	26.00	7.90
11980	Peppers, chili, green, canned	1.33	21.00	34.20
11987	Mushrooms, oyster, raw	1.33	33.00	0.00
16146	Beans, pinto, canned, drained solids	1.33	114.00	0.10
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	1.33	287.00	0.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	1.32	99.00	9.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.32	195.00	0.00
05668	Ground turkey, 85% lean, 15% fat, raw	1.32	180.00	0.00
07061	Mother's loaf, pork	1.32	282.00	1.00
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	1.32	75.00	2.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.32	292.00	0.50
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	1.32	260.00	6.30
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	1.32	20.00	16.00
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	1.32	20.00	16.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	1.32	211.00	0.00
17100	Veal, leg (top round), separable lean only, cooked, braised	1.32	203.00	0.00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	1.32	536.00	0.30
20116	Noodles, japanese, somen, dry	1.32	356.00	0.00
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	1.32	250.00	3.80
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.32	257.00	3.80
25028	Tortilla chips, yellow, plain, salted	1.32	497.00	0.00
18453	Cake, yellow, light, dry mix	1.31	404.00	0.00
19126	Candies, milk chocolate coated peanuts	1.31	519.00	0.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	1.31	550.00	1.00
01132	Egg, whole, cooked, scrambled	1.31	149.00	0.00
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	1.31	67.00	7.90
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	1.31	67.00	7.90
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	1.31	66.00	7.90
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	1.31	65.00	7.90
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.31	65.00	7.90
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.31	66.00	7.90
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	1.31	66.00	7.90
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	1.31	213.00	2.60
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.31	233.00	0.00
05742	Turkey, retail parts, thigh, meat and skin, raw	1.31	161.00	0.00
09061	Carissa, (natal-plum), raw	1.31	62.00	38.00
09247	Peaches, dried, sulfured, stewed, without added sugar	1.31	77.00	3.70
11453	Soybeans, mature seeds, sprouted, cooked, steamed	1.31	81.00	8.30
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1.31	81.00	8.30
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	1.31	184.00	0.00
05311	Chicken, canned, no broth	1.30	185.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06028	Soup, clam chowder, manhattan, canned, condensed	1.30	61.00	3.20
07071	Salami, dry or hard, pork	1.30	407.00	0.00
07212	OSCAR MAYER, Ham (chopped with natural juice)	1.30	180.00	0.00
07957	Pork and turkey sausage, pre-cooked	1.30	342.00	0.70
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	1.30	91.00	2.00
11203	Cress, garden, raw	1.30	32.00	69.00
11525	Taro, tahitian, raw	1.30	44.00	96.00
11693	Tomatoes, crushed, canned	1.30	32.00	9.20
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	1.30	49.00	27.60
15064	Fish, pike, walleye, raw	1.30	93.00	0.00
15107	Fish, sucker, white, raw	1.30	92.00	0.00
16130	Okara	1.30	76.00	0.00
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	1.30	74.00	--
16277	Vitasoy USA Azumaya, Firm Tofu	1.30	80.00	--
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	1.30	208.00	0.00
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	1.30	96.00	1.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	1.30	240.00	0.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.30	375.00	0.90
18292	Pancakes, plain, dry mix, incomplete, prepared	1.30	218.00	0.60
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	1.30	521.00	0.60
19348	Syrups, chocolate, fudge-type	1.30	350.00	0.20
19910	Candies, crispy bar with peanut butter filling	1.30	542.00	0.60
20420	Pasta, dry, unenriched	1.30	371.00	0.00
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	1.30	224.00	12.00
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	1.30	222.00	5.00
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	1.30	203.00	0.00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	1.30	113.00	3.90
22986	KASHI Mayan Harvest Bake, frozen, unprepared	1.30	121.00	6.00
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	1.30	519.00	--
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	1.30	529.00	--
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	1.30	478.00	--
18202	Cookies, sugar wafer, with creme filling, sugar free	1.29	531.00	0.00
19071	Candies, carob, unsweetened	1.29	540.00	0.50
19184	Puddings, chocolate, dry mix, instant	1.29	378.00	0.00
19216	Candies, praline, prepared-from-recipe	1.29	485.00	0.30

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20036	Rice, brown, long-grain, raw	1.29	367.00	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	1.29	453.00	0.00
36032	DENNY'S, spaghetti and meatballs	1.29	170.00	0.90
36038	Restaurant, family style, spaghetti and meatballs	1.29	170.00	0.90
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1.29	324.00	0.00
07007	Bologna, beef	1.29	299.00	15.20
10220	Pork, fresh, ground, cooked	1.29	297.00	0.70
11272	Mustard greens, frozen, unprepared	1.29	20.00	25.30
11306	Peas, green, canned, regular pack, solids and liquids	1.29	58.00	7.80
12156	Nuts, walnuts, glazed	1.29	500.00	0.00
16086	Peas, split, mature seeds, cooked, boiled, without salt	1.29	118.00	0.40
16386	Peas, split, mature seeds, cooked, boiled, with salt	1.29	116.00	0.40
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	1.29	586.00	0.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	1.29	273.00	0.00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	1.28	71.00	11.30
11007	Artichokes, (globe or french), raw	1.28	47.00	11.70
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	1.28	35.00	9.70
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	1.28	35.00	9.70
15074	Fish, sablefish, raw	1.28	195.00	0.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	1.28	183.00	0.00
19411	Snacks, potato chips, plain, salted	1.28	532.00	21.60
19434	Cheese puffs and twists, corn based, baked, low fat	1.28	432.00	21.40
20121	Pasta, cooked, enriched, without added salt	1.28	158.00	0.00
20321	Pasta, cooked, enriched, with added salt	1.28	157.00	0.00
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	1.28	272.00	0.00
18327	Pie, pumpkin, prepared from recipe	1.27	204.00	1.70
19065	Candies, ALMOND JOY Candy Bar	1.27	479.00	0.70
19183	Puddings, chocolate, ready-to-eat	1.27	142.00	0.30
22910	Lasagna, cheese, frozen, prepared	1.27	130.00	17.10
35200	Prairie Turnips, raw (Northern Plains Indians)	1.27	156.00	5.50
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	1.27	209.00	0.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	1.27	176.00	0.00
11097	Broccoli raab, cooked	1.27	33.00	37.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	1.27	117.00	0.10
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	1.27	192.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	1.26	239.00	0.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	1.26	277.00	0.00
05112	Chicken, roasting, meat and skin, cooked, roasted	1.26	223.00	0.00
05195	Turkey, all classes, wing, meat and skin, raw	1.26	197.00	0.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	1.26	114.00	1.90
11376	Potatoes, canned, drained solids	1.26	60.00	5.10
14058	Beverages, Whey protein powder isolate	1.26	359.00	34.90
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	1.26	242.00	1.50
17131	Veal, shoulder, blade chop, separable lean only, raw	1.26	110.00	0.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	1.26	177.00	--
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.26	256.00	--
32020	Chicken, thighs, frozen, breaded, reheated	1.26	334.00	--
32025	Dumpling, potato- or cheese-filled, frozen	1.26	195.00	5.30
43311	Potatoes, canned, drained solids, no salt added	1.26	62.00	5.10
19393	Frozen yogurts, chocolate, soft-serve	1.25	160.00	0.30
19400	Snacks, banana chips	1.25	519.00	6.30
22401	Spaghetti with meat sauce, frozen entree	1.25	90.00	5.40
22529	Beef Pot Pie, frozen entree, prepared	1.25	220.00	0.30
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	1.25	65.00	7.80
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	1.25	260.00	0.00
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	1.25	321.00	0.00
06094	Soup, onion, dry, mix	1.25	293.00	3.40
07070	Salami, cooked, turkey	1.25	172.00	0.00
07959	Bologna, chicken, pork, beef	1.25	272.00	15.80
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	1.25	155.00	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	1.25	276.00	1.60
11944	Pickle relish, hot dog	1.25	91.00	1.00
15123	Fish, tuna, fresh, skipjack, raw	1.25	103.00	1.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	1.25	81.00	0.80
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	1.25	81.00	0.80
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	1.25	191.00	--
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	1.25	225.00	0.00
01113	Whey, acid, dried	1.24	339.00	0.90
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	1.24	68.00	6.00
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	1.24	315.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07934	Kielbasa, Polish, turkey and beef, smoked	1.24	226.00	14.80
07971	Bologna, meat and poultry	1.24	281.00	0.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	1.24	13.00	3.70
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	1.24	105.00	15.10
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	1.24	105.00	15.10
15008	Fish, carp, raw	1.24	127.00	1.60
15215	Fish, shad, american, cooked, dry heat	1.24	252.00	0.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	1.24	212.00	0.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	1.24	298.00	0.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	1.24	125.00	39.40
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	1.24	151.00	0.00
22972	Pulled pork in barbecue sauce	1.24	168.00	0.20
28311	Cookies, sugar wafer, chocolate-covered	1.24	526.00	0.00
18306	Pie, blueberry, prepared from recipe	1.23	245.00	0.70
18363	Tortillas, ready-to-bake or -fry, corn	1.23	218.00	0.00
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	1.23	502.00	0.60
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	1.23	502.00	0.60
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	1.23	517.00	0.50
20466	Semolina, unenriched	1.23	360.00	0.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	1.23	68.00	8.20
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	1.23	69.00	10.30
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	1.23	157.00	0.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	1.23	130.00	0.00
13344	Beef, cured, breakfast strips, raw or unheated	1.23	406.00	24.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	1.23	88.00	0.10
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	1.23	88.00	0.10
17138	Veal, sirloin, separable lean only, cooked, braised	1.23	204.00	0.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	1.22	258.00	0.00
05131	Chicken, stewing, dark meat, meat only, raw	1.22	157.00	4.60
05303	Poultry, mechanically deboned, from mature hens, raw	1.22	243.00	2.00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	1.22	35.00	2.00
07945	Frankfurter, beef, heated	1.22	322.00	--
07949	Frankfurter, meat, heated	1.22	278.00	0.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	1.22	148.00	0.80
15041	Fish, herring, Atlantic, pickled	1.22	262.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15154	Crustaceans, spiny lobster, mixed species, raw	1.22	112.00	2.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	1.22	148.00	0.00
18319	Pie, fried pies, fruit	1.22	316.00	1.30
18444	Pie, fried pies, cherry	1.22	316.00	1.30
18445	Pie, fried pies, lemon	1.22	316.00	0.00
19148	Candies, peanut brittle, prepared-from-recipe	1.22	486.00	0.00
35147	Tamales (Navajo)	1.22	153.00	1.70
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	1.22	142.00	--
36617	Restaurant, Chinese, lemon chicken	1.22	252.00	2.30
18443	Pie, apple, commercially prepared, unenriched flour	1.21	237.00	3.20
19150	Candies, REESE'S Peanut Butter Cups	1.21	515.00	0.30
35146	Stew, mutton, corn, squash (Navajo)	1.21	103.00	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	1.21	34.00	--
05013	Chicken, broilers or fryers, meat only, roasted	1.21	190.00	0.00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	1.21	246.00	0.00
05114	Chicken, roasting, meat only, cooked, roasted	1.21	167.00	0.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	1.21	229.00	0.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	1.21	61.00	2.10
07008	Bologna, beef and pork	1.21	308.00	0.80
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	1.21	377.00	0.00
11006	Arrowhead, cooked, boiled, drained, without salt	1.21	78.00	0.30
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	1.21	354.00	81.00
11701	Arrowhead, cooked, boiled, drained, with salt	1.21	78.00	0.30
12060	Nuts, acorn flour, full fat	1.21	501.00	0.00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.21	262.00	--
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	1.21	154.00	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	1.21	234.00	0.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	1.20	65.00	5.90
05191	Turkey, all classes, breast, meat and skin, raw	1.20	157.00	0.00
07022	Frankfurter, beef, unheated	1.20	316.00	0.00
07064	Pork sausage, link/patty, cooked, pan-fried	1.20	325.00	0.00
07937	Bologna, pork, turkey and beef	1.20	336.00	11.00
07940	Macaroni and cheese loaf, chicken, pork and beef	1.20	228.00	16.70
09248	Peaches, dried, sulfured, stewed, with added sugar	1.20	103.00	3.40
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	1.20	132.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	1.20	145.00	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	1.20	150.00	0.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	1.20	36.00	62.00
11257	Lettuce, red leaf, raw	1.20	16.00	3.70
11310	Peas, green, canned, seasoned, solids and liquids	1.20	50.00	11.50
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.20	20.00	82.00
11670	Peppers, hot chili, green, raw	1.20	40.00	242.50
11677	Shallots, raw	1.20	72.00	8.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	1.20	36.00	62.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1.20	20.00	82.00
15108	Fish, sunfish, pumpkin seed, raw	1.20	89.00	1.00
16077	Lupins, mature seeds, cooked, boiled, without salt	1.20	119.00	1.10
16213	Vitasoy USA, Organic Nasoya Firm Tofu	1.20	84.00	--
16377	Lupins, mature seeds, cooked, boiled, with salt	1.20	116.00	1.10
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	1.20	137.00	12.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	1.20	121.00	0.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	1.20	252.00	0.00
19003	Snacks, corn-based, extruded, chips, plain	1.20	538.00	0.00
19098	Candies, 5TH AVENUE Candy Bar	1.20	482.00	0.40
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	1.20	422.00	1.60
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	1.20	458.00	0.40
19524	Snacks, taro chips	1.20	498.00	5.00
20045	Rice, white, long-grain, regular, enriched, cooked	1.20	130.00	0.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	1.20	130.00	0.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	1.20	126.00	0.00
28027	FAMOUS AMOS, Chocolate Chip Cookies	1.20	503.00	--
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	1.20	464.00	--
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	1.20	521.00	--
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	1.20	514.00	--
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	1.20	106.00	0.00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	1.20	443.00	0.20
19240	Frostings, chocolate, creamy, dry mix	1.19	389.00	0.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	1.19	226.00	0.40
21260	TACO BELL, Original Taco with beef, cheese and lettuce	1.19	229.00	0.40
01129	Egg, whole, cooked, hard-boiled	1.19	155.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03010	Babyfood, meat, lamb, strained	1.19	87.00	1.20
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1.19	222.00	0.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	1.19	213.00	0.00
07914	Sausage, Italian, sweet, links	1.19	149.00	0.20
11658	Spinach souffle	1.19	172.00	7.30
14192	Beverages, Cocoa mix, powder	1.19	398.00	0.20
16006	Beans, baked, canned, plain or vegetarian	1.19	94.00	0.00
16163	MORI-NU, Tofu, silken, extra firm	1.19	55.00	0.00
17428	Veal, shank, separable lean only, raw	1.19	94.00	0.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	1.18	63.00	7.90
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	1.18	66.00	7.90
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	1.18	64.00	7.90
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	1.18	63.00	7.90
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	1.18	66.00	7.90
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	1.18	66.00	5.90
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	1.18	66.00	7.90
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	1.18	66.00	5.90
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	1.18	65.00	5.90
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	1.18	64.00	7.90
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	1.18	63.00	7.90
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	1.18	67.00	5.90
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	1.18	63.00	5.60
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	1.18	63.00	5.40
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	1.18	66.00	5.90
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	1.18	66.00	5.90
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	1.18	63.00	7.90
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	1.18	66.00	7.90
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	1.18	66.00	13.10
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	1.18	67.00	13.10
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	1.18	66.00	7.90
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.18	66.00	5.90
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.18	66.00	5.90
04017	Salad dressing, thousand island, commercial, regular	1.18	379.00	0.00
05180	Turkey from whole, neck, meat only, cooked, simmered	1.18	162.00	0.00
05716	Turkey, retail parts, drumstick, meat only, raw	1.18	118.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07036	Sausage, Italian, pork, raw	1.18	346.00	2.00
09294	Prune juice, canned	1.18	71.00	4.10
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	1.18	317.00	0.20
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	1.18	68.00	4.20
11521	Taro leaves, cooked, steamed, without salt	1.18	24.00	35.50
11879	Taro, leaves, cooked, steamed, with salt	1.18	24.00	35.50
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	1.18	164.00	0.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	1.18	560.00	0.00
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	1.18	66.00	7.90
36044	ON THE BORDER, Mexican rice	1.18	195.00	0.30
19413	Snacks, rice cakes, brown rice, corn	1.17	385.00	0.00
20481	Wheat flour, white, all-purpose, unenriched	1.17	364.00	0.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	1.17	164.00	--
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	1.17	67.00	7.80
05014	Chicken, broilers or fryers, meat only, stewed	1.17	177.00	0.00
05665	Ground turkey, 93% lean, 7% fat, raw	1.17	150.00	0.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	1.17	421.00	0.00
07024	Frankfurter, chicken	1.17	223.00	0.00
07955	Turkey sausage, fresh, raw	1.17	155.00	2.30
09290	Prunes, dehydrated (low-moisture), stewed	1.17	113.00	0.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	1.17	132.00	0.00
16029	Beans, kidney, all types, mature seeds, canned	1.17	84.00	1.20
17435	Veal, shank, separable lean and fat, raw	1.17	107.00	0.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	1.16	219.00	0.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	1.16	203.00	0.00
05336	USDA Commodity Chicken, canned, meat only, drained	1.16	162.00	0.00
06169	Sauce, ready-to-serve, pepper, TABASCO	1.16	12.00	4.50
07001	Barbecue loaf, pork, beef	1.16	173.00	0.00
07952	Bologna, chicken, turkey, pork	1.16	298.00	19.70
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	1.16	301.00	0.00
11254	Lotus root, raw	1.16	74.00	44.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	1.16	158.00	2.00
15061	Fish, perch, mixed species, cooked, dry heat	1.16	117.00	1.70
16004	Yokan, prepared from adzuki beans and sugar	1.16	260.00	0.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	1.16	196.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	1.16	164.00	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	1.16	143.00	0.00
18102	Cake, white, prepared from recipe with coconut frosting	1.16	356.00	0.10
19057	Snacks, tortilla chips, nacho cheese	1.16	519.00	0.40
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	1.16	515.00	0.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	1.16	370.00	0.00
20097	Pasta, homemade, made with egg, cooked	1.16	130.00	0.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	1.16	480.00	0.30
35196	Lambsquarters, raw (Northern Plains Indians)	1.16	47.00	--
36016	Restaurant, family style, shrimp, breaded and fried	1.16	308.00	0.00
36618	Restaurant, Chinese, general tso's chicken	1.16	295.00	1.60
18946	Pie crust, refrigerated, regular, baked	1.15	506.00	--
21083	Fast foods, taco salad	1.15	141.00	1.80
23438	Beef, New Zealand, imported, sweetbread, raw	1.15	303.00	0.00
35197	Lambsquarters, steamed (Northern Plains Indians)	1.15	48.00	4.90
36417	Restaurant, Mexican, spanish rice	1.15	185.00	0.10
42179	Frankfurter, beef, low fat	1.15	233.00	1.00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	1.15	64.00	7.70
05119	Chicken, roasting, dark meat, meat only, raw	1.15	113.00	0.00
05153	Pheasant, raw, meat and skin	1.15	181.00	5.30
05154	Pheasant, raw, meat only	1.15	133.00	6.00
07004	Sausage, Berliner, pork, beef	1.15	230.00	0.00
07006	Bockwurst, pork, veal, raw	1.15	301.00	3.20
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	1.15	267.00	0.00
07936	Bologna, pork and turkey, lite	1.15	211.00	0.00
07964	Frankfurter, meat and poultry, cooked, grilled	1.15	302.00	19.20
09041	Bananas, dehydrated, or banana powder	1.15	346.00	7.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.15	143.00	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	1.15	147.00	0.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	1.15	180.00	0.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	1.15	173.00	0.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	1.15	393.00	0.00
11618	Eppaw, raw	1.15	150.00	13.00
11950	Mushrooms, enoki, raw	1.15	37.00	0.00
15100	Fish, smelt, rainbow, cooked, dry heat	1.15	124.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15190	Fish, burbot, cooked, dry heat	1.15	115.00	0.00
15195	Fish, drum, freshwater, cooked, dry heat	1.15	153.00	1.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	1.15	231.00	0.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	1.15	183.00	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	1.15	149.00	0.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	1.14	222.00	0.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	1.14	192.00	0.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	1.14	187.00	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	1.14	155.00	0.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	1.14	211.00	0.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	1.14	141.00	0.00
10861	Pork, cured, bacon, cooked, microwaved	1.14	476.00	0.00
10898	Pork, pickled pork hocks	1.14	171.00	0.00
11958	Pickle relish, hamburger	1.14	129.00	2.30
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	1.14	57.00	3.00
15032	Fish, grouper, mixed species, cooked, dry heat	1.14	118.00	0.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	1.14	640.00	0.00
17377	Lamb, New Zealand, imported, testes, raw	1.14	68.00	0.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	1.14	231.00	0.00
19052	Snacks, rice cakes, brown rice, buckwheat	1.14	380.00	0.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.14	253.00	108.80
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	1.14	380.00	0.00
20094	Pasta, fresh-refrigerated, plain, cooked	1.14	131.00	0.00
19162	Candies, WHATCHAMACALLIT Candy Bar	1.13	494.00	0.90
20098	Pasta, homemade, made without egg, cooked	1.13	124.00	0.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	1.13	328.00	1.20
22969	Chili with beans, microwavable bowls	1.13	100.00	0.80
43276	Cheese spread, cream cheese base	1.13	295.00	0.00
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	1.13	524.00	46.20
05019	Chicken, broilers or fryers, skin only, cooked, stewed	1.13	363.00	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1.13	179.00	0.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1.13	249.00	0.00
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	1.13	141.00	0.00
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	1.13	141.00	0.00
07065	Pork and beef sausage, fresh, cooked	1.13	396.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07209	OSCAR MAYER, Chicken Breast (honey glazed)	1.13	109.00	0.00
09451	Horned melon (Kiwano)	1.13	44.00	5.30
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	1.13	204.00	0.60
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	1.13	95.00	0.00
11162	Collards, cooked, boiled, drained, without salt	1.13	33.00	18.20
11768	Collards, cooked, boiled, drained, with salt	1.13	33.00	18.20
14066	Beverages, Protein powder whey based	1.13	352.00	0.00
15023	Fish, mahimahi, raw	1.13	85.00	0.00
15232	Fish, roughy, orange, cooked, dry heat	1.13	105.00	0.00
16003	Beans, adzuki, mature seeds, canned, sweetened	1.13	237.00	0.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	1.12	181.00	0.00
07960	Bologna, chicken, pork	1.12	336.00	13.20
07963	Frankfurter, meat and poultry, cooked, boiled	1.12	298.00	19.40
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.12	211.00	0.40
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	1.12	186.00	0.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	1.12	131.00	0.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	1.12	36.00	26.40
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.12	97.00	2.20
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	1.12	19.00	13.80
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	1.12	36.00	26.40
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	1.12	94.00	2.20
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	1.12	19.00	13.80
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	1.12	46.00	27.10
15043	Fish, herring, Pacific, raw	1.12	195.00	0.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	1.12	154.00	0.00
17159	Game meat, boar, wild, cooked, roasted	1.12	160.00	0.00
18302	Pie, apple, prepared from recipe	1.12	265.00	1.70
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	1.12	318.00	0.00
42190	Pork sausage rice links, brown and serve, cooked	1.12	407.00	0.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	1.11	502.00	12.00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	1.11	492.00	0.50
19177	Gelatins, dry powder, unsweetened	1.11	335.00	0.00
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	1.11	546.00	0.80
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	1.11	474.00	0.30
20096	Pasta, fresh-refrigerated, spinach, cooked	1.11	130.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	1.11	345.00	0.00
35140	Bread, kneel down (Navajo)	1.11	195.00	--
36603	Restaurant, Chinese, beef and vegetables	1.11	105.00	11.60
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	1.11	191.00	0.00
05327	Chicken breast tenders, breaded, uncooked	1.11	263.00	0.80
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	1.11	180.00	0.00
06956	Soup, tomato, canned, condensed, reduced sodium	1.11	65.00	12.90
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	1.11	195.00	0.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	1.11	238.00	0.10
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	1.11	191.00	0.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	1.11	185.00	0.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	1.11	228.00	0.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	1.11	87.00	0.50
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	1.11	121.00	0.00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1.11	61.00	0.20
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	1.11	123.00	0.00
16201	Campbell's Pork and Beans	1.11	108.00	0.00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	1.11	121.00	0.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	1.11	639.00	--
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	1.11	376.00	0.00
01239	Ice cream cookie sandwich	1.10	240.00	0.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	1.10	146.00	0.00
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	1.10	56.00	5.10
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	1.10	110.00	1.40
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	1.10	130.00	0.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	1.10	123.00	0.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	1.10	289.00	0.00
11191	Cowpeas (blackeyes), immature seeds, raw	1.10	90.00	2.50
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.10	31.00	4.20
11568	Turnip greens, raw	1.10	32.00	60.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1.10	31.00	4.20
15039	Fish, herring, Atlantic, raw	1.10	158.00	0.70
16271	Vitasoy USA Organic Nasoya, Soft Tofu	1.10	70.00	--
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	1.10	123.00	0.00
17108	Veal, loin, separable lean only, cooked, braised	1.10	226.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18095	Cake, cherry fudge with chocolate frosting	1.10	264.00	13.60
18240	Croissants, apple	1.10	254.00	0.50
18976	KASHI, TLC, Country Cheddar Crackers	1.10	445.00	3.00
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	1.10	512.00	0.30
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	1.10	467.00	0.70
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	1.10	558.00	0.00
20422	Cornmeal, degermed, unenriched, yellow	1.10	370.00	0.00
20522	Cornmeal, degermed, unenriched, white	1.10	370.00	0.00
21503	KASHI Pizza, Mediterranean, frozen, unprepared	1.10	231.00	12.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	1.10	259.00	--
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	1.10	266.00	--
19075	Candies, CARAMELLO Candy Bar	1.09	462.00	1.70
20112	Noodles, egg, spinach, enriched, cooked	1.09	132.00	0.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	1.09	97.00	0.00
27057	Sauce, barbecue, KC MASTERPIECE, original	1.09	160.00	0.20
36633	Restaurant, Chinese, sesame chicken	1.09	293.00	1.00
04601	Butter, light, stick, with salt	1.09	499.00	0.00
04602	Butter, light, stick, without salt	1.09	499.00	0.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	1.09	184.00	0.00
05125	Chicken, stewing, meat only, raw	1.09	148.00	3.30
05135	Chicken, capons, meat and skin, raw	1.09	234.00	1.70
05166	Turkey, whole, meat and skin, cooked, roasted	1.09	189.00	0.00
05305	Ground turkey, raw	1.09	148.00	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	1.09	176.00	0.00
07950	Frankfurter, meat	1.09	290.00	0.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	1.09	209.00	0.60
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	1.09	22.00	18.40
11311	Peas, green, canned, drained solids, rinsed in tap water	1.09	71.00	9.30
11322	Peas and carrots, frozen, unprepared	1.09	53.00	11.20
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	1.09	372.00	37.00
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	1.09	38.00	9.80
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	1.09	22.00	18.40
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	1.09	37.00	9.80
17105	Veal, loin, separable lean and fat, cooked, braised	1.09	284.00	0.00
03092	Babyfood, vegetables, green beans, junior	1.08	24.00	8.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05015	Chicken, broilers or fryers, skin only, raw	1.08	349.00	0.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	1.08	174.00	0.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1.08	232.00	0.00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	1.08	153.00	0.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	1.08	451.00	0.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	1.08	199.00	0.00
07016	Cheesefurter, cheese smokie, pork, beef	1.08	328.00	0.00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	1.08	170.00	0.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	1.08	95.00	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	1.08	125.00	0.00
11674	Potatoes, baked, flesh and skin, without salt	1.08	93.00	9.60
11828	Potatoes, baked, flesh and skin, with salt	1.08	93.00	9.60
13020	Beef, retail cuts, separable fat, cooked	1.08	680.00	0.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	1.08	155.00	2.80
15188	Fish, bass, striped, cooked, dry heat	1.08	124.00	0.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	1.08	129.00	1.20
16323	Beans, french, mature seeds, cooked, boiled, with salt	1.08	129.00	1.20
18312	Pie, chocolate mousse, prepared from mix, no-bake type	1.08	260.00	0.50
20028	Couscous, dry	1.08	376.00	0.00
43015	Salad dressing, caesar dressing, regular	1.08	542.00	0.30
18141	Cake, yellow, commercially prepared, with vanilla frosting	1.07	391.00	0.00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	1.07	319.00	1.10
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	1.07	87.00	2.40
36625	Restaurant, Chinese, vegetable lo mein, without meat	1.07	121.00	1.70
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	1.07	197.00	0.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	1.07	215.00	0.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	1.07	164.00	0.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	1.07	158.00	0.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	1.07	158.00	0.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	1.07	158.00	0.00
06037	Soup, lentil with ham, canned, ready-to-serve	1.07	56.00	1.70
07056	Peppered loaf, pork, beef	1.07	149.00	0.00
07919	Sausage, turkey, breakfast links, mild	1.07	235.00	0.50
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	1.07	239.00	0.60
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	1.07	174.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10185	Pork, cured, ham, extra lean and regular, canned, roasted	1.07	167.00	0.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	1.07	211.00	0.40
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	1.07	133.00	22.70
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	1.07	166.00	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	1.07	128.00	0.00
11163	Collards, frozen, chopped, unprepared	1.07	33.00	40.00
11356	Potatoes, Russet, flesh and skin, baked	1.07	97.00	8.30
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	1.07	139.00	0.10
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	1.07	213.00	15.00
17358	Lamb, New Zealand, imported, brains, raw	1.07	118.00	0.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1.06	173.00	0.00
06016	Soup, cream of chicken, canned, condensed	1.06	90.00	0.10
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	1.06	156.00	0.00
11056	Beans, snap, green, canned, regular pack, drained solids	1.06	22.00	2.80
11426	Pumpkin pie mix, canned	1.06	104.00	3.50
11660	Tomatoes, red, ripe, cooked, stewed	1.06	79.00	18.20
11729	Beans, snap, green, canned, no salt added, drained solids	1.06	22.00	2.80
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	1.06	153.00	0.00
15193	Fish, cusk, cooked, dry heat	1.06	112.00	0.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	1.06	144.00	0.00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	1.06	275.00	0.00
18250	Doughnuts, cake-type, plain, sugared or glazed	1.06	426.00	0.10
19110	Candies, KRACKEL Chocolate Bar	1.06	512.00	0.80
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	1.06	170.00	--
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	1.06	293.00	--
28328	Cookies, chocolate chip sandwich, with creme filling	1.06	425.00	0.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	1.06	345.00	0.00
35203	Rose Hips, wild (Northern Plains Indians)	1.06	162.00	426.00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	1.06	529.00	0.50
43476	Tofu yogurt	1.06	94.00	2.50
19367	Toppings, nuts in syrup	1.05	448.00	0.30
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	1.05	170.00	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	1.05	330.00	179.90
04638	Salad dressing, ranch dressing, fat-free	1.05	119.00	0.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	1.05	172.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07060	Luxury loaf, pork	1.05	141.00	0.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	1.05	236.00	0.70
10146	Pork, cured, ham, patties, unheated	1.05	315.00	0.00
10158	USDA Commodity, pork, canned	1.05	196.00	0.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	1.05	122.00	0.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	1.05	159.00	0.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	1.05	187.00	0.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	1.05	153.00	8.40
11581	Vegetables, mixed, canned, drained solids	1.05	49.00	5.00
17218	Veal, variety meats and by-products, thymus, raw	1.05	101.00	49.20
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	1.05	252.00	0.00
05053	Chicken, broilers or fryers, back, meat only, raw	1.04	137.00	0.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	1.04	165.00	0.00
05123	Chicken, stewing, meat and skin, raw	1.04	258.00	0.00
05187	Turkey from whole, dark meat, meat only, raw	1.04	108.00	0.00
05215	Turkey, back from whole bird, meat only, raw	1.04	113.00	0.00
05740	Turkey, thigh, from whole bird, meat only, raw	1.04	108.00	0.00
07962	Frankfurter, meat and poultry, unheated	1.04	277.00	22.50
09293	Plums, dried (prunes), stewed, with added sugar	1.04	124.00	2.70
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	1.04	137.00	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	1.04	122.00	0.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.04	12.00	26.00
11722	Beans, snap, yellow, raw	1.04	31.00	16.30
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.04	12.00	26.00
12059	Nuts, acorns, dried	1.04	509.00	0.00
17371	Lamb, New Zealand, imported, ground lamb, raw	1.04	193.00	0.00
18304	Pie, banana cream, prepared from recipe	1.04	269.00	1.60
19408	Snacks, pork skins, barbecue-flavor	1.04	538.00	1.50
20127	Spaghetti, spinach, cooked	1.04	130.00	0.00
21248	WENDY'S, Frosty Dairy Dessert	1.04	132.00	0.00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	1.04	175.00	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	1.04	310.00	0.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	1.04	219.00	--
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	1.03	188.00	--
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	1.03	172.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22912	Spaghetti, with meatballs in tomato sauce, canned	1.03	100.00	1.90
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	1.03	423.00	0.00
36001	APPLEBEE'S, Double Crunch Shrimp	1.03	323.00	--
36631	OLIVE GARDEN, spaghetti with meat sauce	1.03	121.00	0.60
03008	Babyfood, meat, ham, strained	1.03	97.00	2.10
05043	Chicken, broilers or fryers, dark meat, meat only, raw	1.03	125.00	3.10
05113	Chicken, roasting, meat only, raw	1.03	111.00	0.00
05168	Turkey, whole, meat only, cooked, roasted	1.03	159.00	0.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	1.03	164.00	0.00
06080	Soup, chicken broth or bouillon, dry	1.03	267.00	1.10
06981	Soup, bouillon cubes and granules, low sodium, dry	1.03	438.00	1.10
07015	Brotwurst, pork, beef, link	1.03	323.00	0.00
11052	Beans, snap, green, raw	1.03	31.00	12.20
11819	Peppers, hot chili, red, raw	1.03	40.00	143.70
11990	Wasabi, root, raw	1.03	109.00	41.90
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	1.03	182.00	0.00
16162	MORI-NU, Tofu, silken, firm	1.03	62.00	0.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	1.03	184.00	0.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	1.03	170.00	0.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	1.02	206.00	0.00
05663	Ground turkey, fat free, pan-broiled crumbles	1.02	151.00	0.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	1.02	214.00	0.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	1.02	81.00	1.10
07029	Ham, sliced, regular (approximately 11% fat)	1.02	163.00	4.00
07062	Picnic loaf, pork, beef	1.02	232.00	0.00
07063	Pork sausage, link/patty, unprepared	1.02	288.00	0.00
09087	Dates, deglet noor	1.02	282.00	0.40
09260	Pears, dried, sulfured, stewed, without added sugar	1.02	127.00	4.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	1.02	206.00	0.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	1.02	182.00	1.10
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	1.02	172.00	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	1.02	216.00	0.00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	1.02	34.00	55.60
11054	Beans, snap, green, canned, regular pack, solids and liquids	1.02	15.00	2.20
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	1.02	32.00	55.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11812	Peas, green, canned, no salt added, solids and liquids	1.02	53.00	9.80
15055	Fish, mullet, striped, raw	1.02	117.00	1.20
15117	Fish, tuna, fresh, bluefin, raw	1.02	144.00	0.00
17125	Veal, shoulder, arm, separable lean only, raw	1.02	105.00	0.00
18328	Pie, vanilla cream, prepared from recipe	1.02	278.00	0.50
18948	Pie crust, refrigerated, regular, unbaked	1.02	445.00	--
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	1.02	536.00	0.00
21398	Fast foods, cheeseburger; single, large patty; with condiments	1.02	269.00	0.30
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	1.02	125.00	--
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	1.02	136.00	--
43541	Ice creams, chocolate, rich	1.02	251.00	0.50
19014	Snacks, fruit leather, rolls	1.01	371.00	120.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	1.01	219.00	0.00
21269	TACO BELL, Nachos Supreme	1.01	223.00	0.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	1.01	253.00	0.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	1.01	255.00	--
36002	APPLEBEE'S, french fries	1.01	290.00	0.70
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	1.01	232.00	0.10
03009	Babyfood, meat, ham, junior	1.01	97.00	2.10
05179	Turkey from whole, neck, meat only, raw	1.01	125.00	0.00
06175	Sauce, hoisin, ready-to-serve	1.01	220.00	0.40
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	1.01	273.00	0.30
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	1.01	136.00	0.90
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	1.01	222.00	0.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	1.01	159.00	0.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	1.01	191.00	0.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	1.01	176.00	0.00
11400	Potatoes, frozen, whole, unprepared	1.01	78.00	14.20
12097	Nuts, chestnuts, european, raw, unpeeled	1.01	213.00	43.00
15073	Fish, roughy, orange, raw	1.01	76.00	0.00
15176	Mollusks, squid, mixed species, cooked, fried	1.01	175.00	4.20
16088	Peanuts, all types, cooked, boiled, with salt	1.01	318.00	0.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	1.01	272.00	0.00
03007	Babyfood, meat, pork, strained	1.00	124.00	1.80
03122	Babyfood, peas, dices, toddler	1.00	64.00	6.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05183	Turkey, dark meat, meat and skin, raw	1.00	161.00	0.00
05326	Chicken breast tenders, breaded, cooked, microwaved	1.00	252.00	0.00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	1.00	118.00	0.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	1.00	443.00	0.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	1.00	235.00	0.00
06075	Soup, beef broth or bouillon, powder, dry	1.00	213.00	0.00
06122	Gravy, mushroom, dry, powder	1.00	328.00	7.00
06123	Gravy, onion, dry, mix	1.00	322.00	7.00
06127	Gravy, unspecified type, dry	1.00	344.00	7.00
06619	SMART SOUP, Santa Fe Corn Chowder	1.00	55.00	0.00
06620	SMART SOUP, French Lentil	1.00	53.00	0.00
06621	SMART SOUP, Greek Minestrone	1.00	40.00	0.00
06622	SMART SOUP, Indian Bean Masala	1.00	57.00	0.00
06623	SMART SOUP, Moroccan Chick Pea	1.00	51.00	0.00
07916	Sausage, Polish, pork and beef, smoked	1.00	301.00	0.00
07922	Bratwurst, beef and pork, smoked	1.00	297.00	0.00
07930	Yachtwurst, with pistachio nuts, cooked	1.00	268.00	0.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	1.00	371.00	0.00
09084	Currants, red and white, raw	1.00	56.00	41.00
09138	Groundcherries, (cape-gooseberries or poha), raw	1.00	53.00	11.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	1.00	201.00	0.20
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	1.00	122.00	32.30
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	1.00	214.00	0.40
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	1.00	359.00	0.30
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	1.00	119.00	2.70
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	1.00	234.00	0.00
11197	Cowpeas, young pods with seeds, raw	1.00	44.00	33.00
12127	Nuts, ginkgo nuts, raw	1.00	182.00	15.00
15128	Fish, tuna salad	1.00	187.00	2.20
16054	Broadbeans (fava beans), mature seeds, canned	1.00	71.00	1.80
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	1.00	116.00	--
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	1.00	642.00	0.00
17122	Veal, shoulder, arm, separable lean and fat, raw	1.00	132.00	0.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	1.00	186.00	0.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	1.00	171.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	1.00	123.00	0.00
18321	Pie, lemon meringue, prepared from recipe	1.00	285.00	3.30
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	1.00	481.00	0.00
19109	Candies, KIT KAT Wafer Bar	1.00	518.00	0.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	1.00	274.00	0.00
22528	Turkey Pot Pie, frozen entree	1.00	176.00	--
22908	Beef, corned beef hash, with potato, canned	1.00	164.00	0.90
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	1.00	100.00	6.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	1.00	110.00	--
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	1.00	103.00	0.00
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	1.00	90.00	4.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	1.00	596.00	0.00
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	1.00	497.00	--
42161	Bologna, beef, low fat	1.00	204.00	--
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.99	267.00	0.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.99	190.00	--
03013	Babyfood, meat, chicken, junior	0.99	146.00	1.50
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.99	66.00	5.90
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.99	66.00	5.90
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.99	66.00	5.90
05353	USDA Commodity, chicken fajita strips, frozen	0.99	135.00	0.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	0.99	496.00	0.20
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	0.99	231.00	0.00
07968	Kielbasa, fully cooked, grilled	0.99	337.00	14.70
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	0.99	248.00	0.60
10174	Pork, fresh, variety meats and by-products, tail, raw	0.99	378.00	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.99	195.00	0.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0.99	211.00	0.30
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0.99	177.00	0.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.99	125.00	0.00
11050	Beans, shellie, canned, solids and liquids	0.99	30.00	3.10
17143	Veal, ground, cooked, broiled	0.99	172.00	0.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	0.99	145.00	0.00
03002	Babyfood, meat, beef, strained	0.98	81.00	2.10
03003	Babyfood, meat, beef, junior	0.98	81.00	2.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.98	65.00	10.00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.98	66.00	10.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0.98	201.00	0.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0.98	237.00	0.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.98	406.00	0.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.98	164.00	0.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.98	215.00	0.00
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.98	40.00	1.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.98	109.00	0.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.98	238.00	0.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	0.98	227.00	0.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0.98	164.00	0.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.98	116.00	0.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0.98	219.00	0.00
11200	Yardlong bean, cooked, boiled, drained, without salt	0.98	47.00	16.20
11390	Potatoes, hash brown, frozen, plain, unprepared	0.98	82.00	8.20
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.98	23.00	3.90
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.98	21.00	3.90
11899	Yardlong bean, cooked, boiled, drained, with salt	0.98	47.00	16.20
11991	Yautia (tannier), raw	0.98	98.00	5.20
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.98	138.00	0.10
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	0.98	665.00	0.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.98	374.00	0.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.98	216.00	--
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.98	155.00	--
36007	T.G.I. FRIDAY'S, french fries	0.98	296.00	1.10
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.98	102.00	1.20
19147	Candies, peanut bar	0.97	522.00	0.00
20650	Sorghum flour, refined, unenriched	0.97	357.00	0.60
21143	CHICK-FIL-A, Chick-n-Strips	0.97	228.00	1.00
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0.97	239.00	--
22915	Lasagna with meat & sauce, low-fat, frozen entree	0.97	101.00	17.90
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	0.97	594.00	0.00
25027	Snacks, plantain chips, salted	0.97	531.00	32.10
36630	Restaurant, Italian, spaghetti with meat sauce	0.97	121.00	0.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	0.97	193.00	0.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	0.97	133.00	0.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	0.97	184.00	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0.97	205.00	0.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0.97	196.00	0.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0.97	197.00	0.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0.97	260.00	0.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0.97	233.00	0.00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0.97	266.00	0.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.97	136.00	0.00
06070	Soup, chunky beef, canned, ready-to-serve	0.97	66.00	2.90
06978	Soup, beef and mushroom, low sodium, chunk style	0.97	69.00	3.00
07044	USDA Commodity, luncheon meat, canned	0.97	189.00	0.00
09261	Pears, dried, sulfured, stewed, with added sugar	0.97	140.00	3.80
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.97	165.00	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	0.97	194.00	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.97	120.00	0.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0.97	113.00	0.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.97	121.00	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.97	169.00	0.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	0.97	158.00	0.00
11251	Lettuce, cos or romaine, raw	0.97	17.00	4.00
11505	Sweet potato leaves, raw	0.97	42.00	11.00
12095	Nuts, chestnuts, chinese, boiled and steamed	0.97	153.00	24.70
15094	Fish, shad, american, raw	0.97	197.00	0.00
15126	Fish, tuna, white, canned in water, drained solids	0.97	128.00	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.97	128.00	0.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.97	77.00	2.70
17112	Veal, rib, separable lean and fat, cooked, roasted	0.97	228.00	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.96	248.00	0.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.96	204.00	0.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0.96	255.00	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.96	260.00	0.00
11001	Alfalfa seeds, sprouted, raw	0.96	23.00	8.20
11549	Tomato products, canned, sauce	0.96	24.00	7.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.96	58.00	19.40
17115	Veal, rib, separable lean only, cooked, roasted	0.96	177.00	0.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.96	180.00	0.00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	0.96	474.00	0.40
19352	Syrups, malt	0.96	318.00	0.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.96	453.00	0.20
20013	Bulgur, cooked	0.96	83.00	0.00
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0.96	179.00	--
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.96	215.00	0.00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.96	159.00	--
43217	Tomato sauce, canned, no salt added	0.96	24.00	7.00
18082	Bread stuffing, bread, dry mix, prepared	0.95	195.00	0.00
18969	Cream puff, eclair, custard or cream filled, iced	0.95	334.00	0.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.95	265.00	1.30
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.95	136.00	--
23296	Beef, Australian, imported, grass-fed, external fat, raw	0.95	509.00	0.00
32031	Salisbury steak with gravy, frozen	0.95	149.00	0.00
35201	Prairie Turnips, boiled (Northern Plains Indians)	0.95	129.00	2.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.95	174.00	--
43340	Cheese, parmesan, low sodium	0.95	451.00	0.00
03121	Babyfood, vegetables, peas, strained	0.95	50.00	0.60
03171	Babyfood, juice, apple and prune	0.95	72.00	67.50
05324	Chicken patty, frozen, cooked	0.95	287.00	0.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0.95	226.00	0.00
07026	Ham, chopped, canned	0.95	239.00	2.00
07953	Pork sausage, link/patty, fully cooked, microwaved	0.95	438.00	0.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0.95	280.00	0.00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.95	468.00	0.00
11583	Vegetables, mixed, frozen, unprepared	0.95	72.00	10.40
11647	Sweet potato, canned, syrup pack, drained solids	0.95	108.00	10.80
11813	Peas, green, canned, no salt added, drained solids	0.95	69.00	9.60
12205	Seeds, lotus seeds, raw	0.95	89.00	0.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	0.94	319.00	1.60
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.94	149.00	0.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.94	187.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06142	Sauce, sofrito, prepared from recipe	0.94	237.00	20.40
06180	Soup, shark fin, restaurant-prepared	0.94	46.00	0.10
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0.94	75.00	0.40
07091	New england brand sausage, pork, beef	0.94	161.00	0.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.94	186.00	0.00
09033	Apricots, dried, sulfured, stewed, without added sugar	0.94	85.00	0.30
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.94	76.00	1.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.94	230.00	0.00
10128	Pork, cured, breakfast strips, raw or unheated	0.94	388.00	27.20
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	0.94	120.00	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	0.94	157.00	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.94	116.00	0.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0.94	200.00	0.00
11236	Kale, frozen, cooked, boiled, drained, without salt	0.94	30.00	25.20
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.94	48.00	8.10
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.94	45.00	6.90
11501	Succotash, (corn and limas), frozen, unprepared	0.94	93.00	8.50
11791	Kale, frozen, cooked, boiled, drained, with salt	0.94	30.00	25.20
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.94	48.00	8.10
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.94	45.00	6.90
12098	Nuts, chestnuts, european, raw, peeled	0.94	196.00	40.20
18085	Bread stuffing, cornbread, dry mix, prepared	0.94	179.00	0.80
19181	Candies, YORK BITES	0.94	394.00	0.00
36629	Restaurant, Chinese, orange chicken	0.94	262.00	0.90
18324	Pie, pecan, commercially prepared	0.93	407.00	0.00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.93	408.00	0.00
19270	Ice creams, chocolate	0.93	216.00	0.70
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0.93	404.00	0.00
19866	Candies, soft fruit and nut squares	0.93	390.00	0.20
19899	Ice creams, regular, low carbohydrate, chocolate	0.93	237.00	0.70
20091	Pasta, gluten-free, corn, dry	0.93	357.00	0.00
21247	WENDY'S, french fries	0.93	301.00	3.80
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.93	297.00	--
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.93	111.00	2.80
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.93	159.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05286	Turkey and gravy, frozen	0.93	67.00	0.00
05323	Chicken patty, frozen, uncooked	0.93	292.00	0.00
05333	Chicken, ground, crumbles, cooked, pan-browned	0.93	189.00	0.00
05337	USDA Commodity, Chicken, canned, meat only, with water	0.93	129.00	0.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0.93	257.00	0.00
07969	Kielbasa, fully cooked, pan-fried	0.93	333.00	16.20
09291	Plums, dried (prunes), uncooked	0.93	240.00	0.60
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.93	194.00	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.93	238.00	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	0.93	252.00	0.40
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.93	235.00	0.10
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.93	122.00	0.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.93	118.00	0.00
11100	Brussels sprouts, frozen, unprepared	0.93	41.00	74.10
11235	Kale, frozen, unprepared	0.93	28.00	39.30
11295	Onion rings, breaded, par fried, frozen, unprepared	0.93	258.00	4.60
11483	Squash, winter, acorn, cooked, baked, without salt	0.93	56.00	10.80
11553	Tomato products, canned, sauce, with onions	0.93	42.00	12.70
11864	Squash, winter, acorn, cooked, baked, with salt	0.93	56.00	10.80
15106	Fish, sturgeon, mixed species, smoked	0.93	173.00	0.00
17154	Veal, Australian, separable fat, raw	0.93	509.00	0.00
03017	Babyfood, meat, turkey sticks, junior	0.92	188.00	1.50
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	0.92	131.00	15.80
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.92	184.00	0.00
05129	Chicken, stewing, light meat, meat only, raw	0.92	137.00	1.80
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	0.92	76.00	4.20
07967	Pork sausage, link/patty, fully cooked, unheated	0.92	392.00	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.92	175.00	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0.92	235.00	0.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	0.92	136.00	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.92	292.00	0.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	0.92	255.00	0.30
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.92	177.00	0.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.92	106.00	0.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	0.92	162.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.92	175.00	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.92	169.00	0.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	0.92	216.00	0.00
14033	Beverages, ABBOTT, EAS whey protein powder	0.92	385.00	0.80
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.92	130.00	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	0.92	202.00	0.00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	0.92	463.00	0.00
19091	Candies, YORK Peppermint Pattie	0.92	384.00	0.00
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.92	212.00	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0.92	255.00	0.80
18944	Pie, Dutch Apple, Commercially Prepared	0.91	290.00	5.70
19093	Candies, SYMPHONY Milk Chocolate Bar	0.91	531.00	2.20
20018	Corn flour, yellow, degermed, unenriched	0.91	375.00	0.00
20065	Rye flour, light	0.91	357.00	0.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.91	298.00	1.70
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.91	271.00	0.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0.91	274.00	--
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.91	178.00	0.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	0.91	90.00	3.80
22914	Pasta with tomato sauce, no meat, canned	0.91	70.00	0.00
22919	Macaroni and Cheese, canned, microwavable	0.91	134.00	0.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.91	260.00	0.00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	0.91	627.00	0.00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.91	257.00	0.00
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.91	25.00	0.70
36014	Restaurant, family style, french fries	0.91	289.00	1.10
42280	Frankfurter, meat and poultry, low fat	0.91	121.00	0.40
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	0.91	259.00	0.50
05335	Chicken, feet, boiled	0.91	215.00	0.00
07032	Ham and cheese loaf or roll	0.91	241.00	0.00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.91	166.00	2.10
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.91	166.00	88.90
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	0.91	210.00	0.70
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.91	193.00	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.91	200.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.91	170.00	0.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	0.91	277.00	0.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	0.91	221.00	0.60
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.91	114.00	0.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.91	270.00	0.00
11012	Asparagus, cooked, boiled, drained	0.91	22.00	7.70
11043	Mung beans, mature seeds, sprouted, raw	0.91	30.00	13.20
11705	Asparagus, cooked, boiled, drained, with salt	0.91	22.00	7.70
12167	Nuts, chestnuts, european, roasted	0.91	245.00	26.00
15210	Fish, salmon, chinook, cooked, dry heat	0.91	231.00	4.10
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	0.91	160.00	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	0.91	130.00	0.00
17139	Veal, sirloin, separable lean only, cooked, roasted	0.91	168.00	0.00
01204	Cheese, parmesan, dry grated, reduced fat	0.90	265.00	0.00
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	0.90	75.00	4.10
04023	Salad dressing, thousand island dressing, reduced fat	0.90	195.00	1.50
05006	Chicken, broilers or fryers, meat and skin, raw	0.90	215.00	1.60
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.90	462.00	0.00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.90	115.00	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.90	115.00	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.90	115.00	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.90	115.00	0.00
06152	Sauce, pizza, canned, ready-to-serve	0.90	54.00	11.30
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0.90	75.00	0.60
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.90	71.00	0.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0.90	71.00	0.00
09035	Apricots, frozen, sweetened	0.90	98.00	9.00
09163	Blueberries, dried, sweetened	0.90	317.00	23.80
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.90	179.00	42.00
09421	Dates, medjool	0.90	277.00	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.90	209.00	0.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0.90	162.00	0.00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0.90	144.00	0.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.90	140.00	0.00
10857	HORMEL Canadian Style Bacon	0.90	122.00	1.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0.90	155.00	0.00
11152	Chicory greens, raw	0.90	23.00	24.00
11234	Kale, cooked, boiled, drained, without salt	0.90	28.00	41.00
11255	Lotus root, cooked, boiled, drained, without salt	0.90	66.00	27.40
11726	Beans, snap, green, canned, no salt added, solids and liquids	0.90	15.00	3.40
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.90	15.00	3.40
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.90	15.00	4.00
11790	Kale, cooked, boiled, drained, with salt	0.90	28.00	41.00
11796	Lotus root, cooked, boiled, drained, with salt	0.90	66.00	27.40
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.90	20.00	4.80
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.90	20.00	4.80
12158	Seeds, breadfruit seeds, roasted	0.90	207.00	7.60
15006	Fish, burbot, raw	0.90	90.00	0.00
15024	Fish, drum, freshwater, raw	0.90	119.00	1.00
15060	Fish, perch, mixed species, raw	0.90	91.00	1.70
15099	Fish, smelt, rainbow, raw	0.90	97.00	0.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.90	135.00	0.00
16202	PACE, Traditional Refried Beans	0.90	67.00	0.00
16203	PACE, Salsa Refried Beans	0.90	60.00	0.00
16204	PACE, Spicy Jalapeno Refried Beans	0.90	63.00	0.00
16214	Vitasoy USA, Organic Nasoya Silken Tofu	0.90	47.00	--
17103	Veal, leg (top round), separable lean only, cooked, roasted	0.90	150.00	0.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	0.90	112.00	0.00
18326	Pie, pumpkin, commercially prepared	0.90	243.00	0.00
19119	Candies, NESTLE, CHUNKY Bar	0.90	475.00	0.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	0.90	447.00	0.00
20129	Wheat flours, bread, unenriched	0.90	361.00	0.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.90	283.00	--
22247	Macaroni and Cheese, canned entree	0.90	82.00	0.00
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	0.90	101.00	7.00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	0.90	103.00	--
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	0.90	103.00	8.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	0.90	350.00	1.20
28350	Cookies, chocolate cream covered biscuit sticks	0.90	447.00	0.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.90	296.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36023	APPLEBEE'S, chicken tenders platter	0.90	297.00	--
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.90	104.00	1.10
18186	Cookies, peanut butter, commercially prepared, soft-type	0.89	457.00	0.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0.89	235.00	0.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0.89	235.00	0.10
21309	McDONALD'S, Chicken McNUGGETS	0.89	302.00	1.20
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0.89	236.00	--
23297	Beef, Australian, imported, grass-fed, seam fat, raw	0.89	562.00	0.00
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	0.89	463.00	0.30
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	0.89	257.00	--
28354	ANDREA'S, Gluten Free Soft Dinner Roll	0.89	257.00	--
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.89	122.00	0.80
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.89	312.00	0.00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.89	127.00	11.50
05011	Chicken, broilers or fryers, meat only, raw	0.89	119.00	2.30
05117	Chicken, roasting, light meat, meat only, raw	0.89	109.00	0.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0.89	77.00	2.90
06061	Soup, tomato beef with noodle, canned, condensed	0.89	112.00	0.00
06071	Soup, vegetable beef, canned, condensed	0.89	63.00	1.90
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.89	211.00	0.30
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.89	231.00	0.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	0.89	287.00	3.20
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0.89	127.00	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.89	202.00	0.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.89	199.00	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.89	247.00	0.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.89	93.00	5.90
11512	Sweet potato, canned, vacuum pack	0.89	91.00	26.40
11551	Tomato products, canned, sauce, with mushrooms	0.89	35.00	12.40
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.89	93.00	5.90
11960	Carrots, baby, raw	0.89	35.00	2.60
15031	Fish, grouper, mixed species, raw	0.89	92.00	0.00
01115	Whey, sweet, dried	0.88	353.00	1.50
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.88	151.00	0.00
05105	Chicken, broilers or fryers, wing, meat only, raw	0.88	126.00	1.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06009	Soup, beef noodle, canned, condensed	0.88	67.00	0.30
06068	Soup, vegetarian vegetable, canned, condensed	0.88	59.00	1.20
06627	Sauce, pesto, ready-to-serve, shelf stable	0.88	426.00	0.10
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	0.88	98.00	0.00
07083	Sausage, Vienna, canned, chicken, beef, pork	0.88	230.00	0.00
07915	Sausage, Polish, beef with chicken, hot	0.88	259.00	0.00
09095	Figs, dried, stewed	0.88	107.00	4.40
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.88	200.00	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.88	222.00	0.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.88	211.00	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.88	161.00	0.00
10219	Pork, fresh, ground, raw	0.88	263.00	0.70
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	0.88	144.00	0.60
10972	Pork, ground, 84% lean / 16% fat, raw	0.88	218.00	0.00
11349	Poi	0.88	112.00	4.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.88	15.00	5.00
11487	Squash, winter, butternut, frozen, unprepared	0.88	57.00	6.20
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.88	28.00	4.10
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.88	28.00	4.10
11740	Broccoli, flower clusters, raw	0.88	28.00	93.20
11741	Broccoli, stalks, raw	0.88	28.00	93.20
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.88	15.00	5.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	0.88	211.00	0.00
17113	Veal, rib, separable lean only, raw	0.88	120.00	0.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	0.88	109.00	0.00
19041	Snacks, pork skins, plain	0.88	544.00	0.50
20034	Oat bran, cooked	0.88	40.00	0.00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.88	269.00	--
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.88	129.00	--
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.87	175.00	--
31031	Potatoes, french fried, cross cut, frozen, unprepared	0.87	193.00	5.70
36056	Restaurant, Mexican, cheese tamales	0.87	216.00	--
36412	Restaurant, Latino, tamale, pork	0.87	174.00	16.40
01146	Cheese, parmesan, shredded	0.87	415.00	0.00
03043	Babyfood, dinner, beef lasagna, toddler	0.87	77.00	1.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03178	Babyfood, juice, prune and orange	0.87	70.00	63.80
04142	Salad dressing, french dressing, reduced fat, without salt	0.87	233.00	0.00
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	0.87	77.00	--
07018	Chicken spread	0.87	158.00	0.00
07923	Bratwurst, chicken, cooked	0.87	176.00	2.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.87	232.00	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0.87	242.00	0.60
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.87	231.00	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.87	208.00	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.87	170.00	0.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.87	131.00	0.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.87	111.00	0.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.87	112.00	0.00
11271	Mustard greens, cooked, boiled, drained, without salt	0.87	26.00	25.30
11324	Peas and onions, canned, solids and liquids	0.87	51.00	3.00
11555	Tomato products, canned, sauce, with herbs and cheese	0.87	59.00	10.00
11590	Waterchestnuts, chinese, canned, solids and liquids	0.87	50.00	1.30
11799	Mustard greens, cooked, boiled, drained, with salt	0.87	26.00	25.30
11945	Pickle relish, sweet	0.87	130.00	1.00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.87	57.00	19.40
16272	Vitasoy USA Nasoya, Lite Silken Tofu	0.87	43.00	--
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	0.87	183.00	0.00
17106	Veal, loin, separable lean and fat, cooked, roasted	0.87	217.00	0.00
05165	Turkey, whole, meat and skin, raw	0.86	143.00	0.00
05167	Turkey, whole, meat only, raw	0.86	112.00	0.00
05356	Chicken, broiler, rotisserie, BBQ, skin	0.86	378.00	0.00
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	0.86	104.00	1.00
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	0.86	71.00	0.00
06990	HEALTHY REQUEST, Minestrone Soup, condensed	0.86	63.00	0.00
09149	Kumquats, raw	0.86	71.00	43.90
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.86	63.00	0.40
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.86	242.00	0.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	0.86	216.00	0.50
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.86	119.00	0.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.86	110.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10973	Pork, ground, 96% lean / 4% fat, raw	0.86	121.00	0.00
11253	Lettuce, green leaf, raw	0.86	15.00	9.20
11353	Potatoes, russet, flesh and skin, raw	0.86	79.00	5.70
11676	Radish seeds, sprouted, raw	0.86	43.00	28.90
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.86	33.00	12.90
11977	Peppers, serrano, raw	0.86	32.00	44.90
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.86	221.00	0.00
17110	Veal, rib, separable lean and fat, raw	0.86	162.00	0.00
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	0.86	475.00	0.50
21059	Fast foods, shrimp, breaded and fried	0.86	308.00	0.00
21313	McDONALD'S, Hot Mustard Sauce	0.86	190.00	0.00
19238	Candies, REESE'S BITES	0.85	521.00	0.80
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	0.85	472.00	0.70
19893	Ice creams, BREYERS, All Natural Light French Chocolate	0.85	201.00	1.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	0.85	70.00	0.00
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	0.85	415.00	0.20
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.85	505.00	0.70
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.85	148.00	--
05169	Turkey, skin from whole, (light and dark), raw	0.85	407.00	0.00
07978	Pork sausage, reduced sodium, cooked	0.85	271.00	0.00
09057	Boysenberries, frozen, unsweetened	0.85	50.00	3.10
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0.85	245.00	0.70
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.85	222.00	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.85	217.00	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.85	129.00	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.85	189.00	0.00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	0.85	149.00	23.30
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.85	113.00	0.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.85	121.00	0.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.85	125.00	0.00
11060	Beans, snap, green, frozen, all styles, unprepared	0.85	39.00	12.90
15077	Fish, salmon, chinook, smoked	0.85	117.00	0.00
15179	Fish, salmon, chinook, smoked, (lox), regular	0.85	117.00	0.00
15196	Fish, halibut, greenland, cooked, dry heat	0.85	239.00	0.00
16251	SILK Vanilla soy yogurt (single serving size)	0.85	88.00	17.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	0.85	112.00	0.00
17107	Veal, loin, separable lean only, raw	0.85	114.00	0.00
17109	Veal, loin, separable lean only, cooked, roasted	0.85	175.00	0.00
01045	Cheese food, cold pack, American	0.84	331.00	0.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.84	254.00	0.00
05151	Guinea hen, meat and skin, raw	0.84	158.00	1.30
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.84	89.00	0.40
09379	Plums, canned, heavy syrup, drained	0.84	89.00	0.40
10024	Pork, fresh, loin, whole, separable lean only, raw	0.84	143.00	0.60
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.84	256.00	0.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.84	172.00	0.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.84	126.00	0.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.84	114.00	0.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0.84	123.00	0.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.84	172.00	0.00
11447	Sesbania flower, raw	0.84	27.00	73.00
15004	Fish, bass, striped, raw	0.84	97.00	0.00
15027	Fish, fish sticks, frozen, prepared	0.84	277.00	0.00
15095	Fish, shark, mixed species, raw	0.84	130.00	0.00
15145	Crustaceans, crayfish, mixed species, wild, raw	0.84	77.00	1.20
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.84	139.00	0.00
17104	Veal, loin, separable lean and fat, raw	0.84	177.00	0.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.84	337.00	0.00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	0.84	520.00	1.30
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	0.84	136.00	0.70
22978	Chicken tenders, breaded, frozen, prepared	0.84	240.00	0.50
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.84	143.00	--
36611	DENNY'S, mozzarella cheese sticks	0.84	324.00	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.83	307.00	0.60
21336	McDONALD'S, Hot Fudge Sundae	0.83	186.00	--
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0.83	309.00	--
27051	Sauce, cocktail, ready-to-serve	0.83	124.00	11.60
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	0.83	138.00	6.90
03283	Babyfood, vegetables, garden vegetable, strained	0.83	32.00	5.70
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0.83	251.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.83	169.00	0.00
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	0.83	62.00	1.80
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	0.83	85.00	0.90
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	0.83	77.00	1.80
07027	Ham, chopped, not canned	0.83	180.00	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.83	256.00	0.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.83	139.00	0.00
11063	Beans, snap, green, microwaved	0.83	39.00	7.30
11213	Endive, raw	0.83	17.00	6.50
15022	Fish, cusk, raw	0.83	87.00	0.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0.83	82.00	0.90
15198	Fish, ling, cooked, dry heat	0.83	111.00	0.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	0.83	144.00	0.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	0.83	218.00	--
01033	Cheese, parmesan, hard	0.82	392.00	0.00
05332	Chicken, ground, raw	0.82	143.00	0.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0.82	212.00	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.82	170.00	0.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0.82	101.00	0.40
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.82	585.00	0.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0.82	134.00	0.20
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.82	168.00	0.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	0.82	269.00	0.30
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.82	196.00	0.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	0.82	216.00	0.30
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.82	117.00	0.00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0.82	243.00	0.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.82	126.00	0.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0.82	186.00	0.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.82	65.00	3.20
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.82	60.00	3.20
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	0.82	216.00	2.30
16161	MORI-NU, Tofu, silken, soft	0.82	55.00	0.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	0.82	198.00	0.00
18447	Popovers, dry mix, unenriched	0.82	371.00	0.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	0.82	460.00	0.00
19186	Desserts, apple crisp, prepared-from-recipe	0.82	161.00	2.20
28309	Cookies, coconut macaroon	0.82	460.00	0.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.82	154.00	--
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	0.81	502.00	0.60
21138	Fast foods, potato, french fried in vegetable oil	0.81	312.00	4.70
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	0.81	639.00	0.00
35145	Stew, hominy with mutton (Navajo)	0.81	83.00	0.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.81	121.00	0.00
05707	Turkey, whole, meat and skin, with added solution, roasted	0.81	176.00	0.00
06064	Soup, turkey, chunky, canned, ready-to-serve	0.81	57.00	2.70
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.81	255.00	0.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.81	254.00	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.81	261.00	0.00
10152	Pork, cured, ham, whole, separable lean only, unheated	0.81	147.00	0.00
11029	Beans, kidney, mature seeds, sprouted, raw	0.81	29.00	38.70
11092	Broccoli, frozen, chopped, unprepared	0.81	26.00	56.40
11352	Potatoes, flesh and skin, raw	0.81	77.00	19.70
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.81	202.00	1.10
14623	Beverages, V8 V- FUSION Juices, Acai Berry	0.81	45.00	40.70
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0.81	107.00	0.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.80	99.00	0.10
04120	Salad dressing, french dressing, commercial, regular	0.80	457.00	3.60
04141	Salad dressing, french dressing, commercial, regular, without salt	0.80	459.00	0.00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.80	177.00	0.00
06048	Soup, oyster stew, canned, condensed	0.80	48.00	2.60
06972	Sauce, tomato chili sauce, bottled, with salt	0.80	92.00	16.00
09048	Blackberries, frozen, unsweetened	0.80	64.00	3.10
09156	Lemon peel, raw	0.80	47.00	129.00
09205	Oranges, raw, with peel	0.80	63.00	71.00
09216	Orange peel, raw	0.80	97.00	136.00
09313	Sapodilla, raw	0.80	83.00	14.70
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.80	180.00	0.00
10851	HORMEL, Cure 81 Ham	0.80	106.00	1.60
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0.80	113.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11062	Beans, snap, green, frozen, all styles, microwaved	0.80	40.00	11.00
11080	Beets, raw	0.80	43.00	4.90
11104	Burdock root, raw	0.80	72.00	3.00
11112	Cabbage, red, raw	0.80	31.00	57.00
11116	Cabbage, chinese (pak-choi), raw	0.80	13.00	45.00
11154	Chicory roots, raw	0.80	72.00	5.00
11204	Cress, garden, cooked, boiled, drained, without salt	0.80	23.00	--
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.80	16.00	65.00
11276	New Zealand spinach, raw	0.80	14.00	30.00
11335	Peppers, sweet, green, canned, solids and liquids	0.80	18.00	46.50
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.80	199.00	14.20
11422	Pumpkin, raw	0.80	26.00	9.00
11569	Turnip greens, cooked, boiled, drained, without salt	0.80	20.00	27.40
11637	Radishes, white icicle, raw	0.80	14.00	29.00
11645	Sweet potato, canned, syrup pack, solids and liquids	0.80	89.00	10.50
11781	Cress, garden, cooked, boiled, drained, with salt	0.80	23.00	--
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.80	16.00	65.00
11891	Turnip greens, cooked, boiled, drained, with salt	0.80	20.00	27.40
11916	Peppers, sweet, red, canned, solids and liquids	0.80	18.00	46.50
14405	Beverages, fruit punch juice drink, frozen concentrate	0.80	175.00	19.70
15076	Fish, salmon, Atlantic, wild, raw	0.80	142.00	0.00
16278	Vitasoy USA Azumaya, Silken Tofu	0.80	43.00	--
17099	Veal, leg (top round), separable lean only, raw	0.80	107.00	0.00
17137	Veal, sirloin, separable lean only, raw	0.80	110.00	0.00
18313	Pie, coconut creme, commercially prepared	0.80	298.00	0.00
18316	Pie, coconut custard, commercially prepared	0.80	260.00	0.60
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.80	387.00	0.00
19076	Candies, caramels, chocolate-flavor roll	0.80	387.00	0.00
19410	Snack, potato chips, made from dried potatoes, plain	0.80	545.00	1.20
19436	Popcorn, sugar syrup/caramel, fat-free	0.80	381.00	0.00
20010	Buckwheat groats, roasted, cooked	0.80	92.00	0.00
20444	Rice, white, long-grain, regular, raw, unenriched	0.80	365.00	0.00
20450	Rice, white, medium-grain, raw, unenriched	0.80	360.00	0.00
20452	Rice, white, short-grain, raw, unenriched	0.80	358.00	0.00
21238	McDONALD'S, french fries	0.80	323.00	5.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	0.80	108.00	--
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	0.80	111.00	--
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	0.80	104.00	14.00
22989	KASHI, Red Curry Chicken, Frozen Entree	0.80	110.00	5.00
22992	KASHI, Southwest Style Chicken, Frozen Entree	0.80	109.00	8.00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	0.80	113.00	17.00
22996	KASHI Three Cheese Penne, frozen, unprepared	0.80	126.00	0.00
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	0.80	131.00	0.00
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	0.80	116.00	0.00
42283	Snacks, potato chips, white, restructured, baked	0.80	469.00	0.00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0.80	81.00	1.90
44158	Pie fillings, blueberry, canned	0.80	181.00	0.70
19069	Candies, NESTLE, BUTTERFINGER Bar	0.79	459.00	0.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0.79	337.00	--
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.79	128.00	0.80
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.79	330.00	--
36041	Restaurant, Italian, lasagna with meat	0.79	185.00	0.70
36613	DENNY'S, macaroni & cheese, from kid's menu	0.79	150.00	--
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.79	186.00	0.00
05155	Pheasant, breast, meat only, raw	0.79	133.00	6.00
06072	Soup, vegetable with beef broth, canned, condensed	0.79	66.00	1.90
06249	Soup, pea, green, canned, prepared with equal volume milk	0.79	94.00	1.10
06307	Sauce, barbecue, KRAFT, original	0.79	172.00	0.20
06426	Soup, chili beef, canned, prepared with equal volume water	0.79	57.00	1.50
07030	Ham, minced	0.79	263.00	0.00
07073	Sandwich spread, pork, beef	0.79	235.00	0.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0.79	198.00	0.60
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.79	209.00	0.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	0.79	396.00	0.00
11081	Beets, cooked, boiled, drained	0.79	44.00	3.60
11184	Corn with red and green peppers, canned, solids and liquids	0.79	75.00	8.80
11264	Mushrooms, canned, drained solids	0.79	25.00	0.00
11659	Sweet potato, cooked, candied, home-prepared	0.79	164.00	9.00
11734	Beets, cooked, boiled. drained, with salt	0.79	44.00	3.60
11953	Squash, zucchini, baby, raw	0.79	21.00	34.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
12058	Nuts, acorns, raw	0.79	387.00	0.00
16165	MORI-NU, Tofu, silken, lite extra firm	0.79	38.00	0.00
17094	Veal, leg (top round), separable lean and fat, raw	0.79	117.00	0.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	0.79	248.00	--
17427	Veal, loin, chop, separable lean only, cooked, grilled	0.79	159.00	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	0.78	120.00	0.00
05307	Chicken, cornish game hens, meat and skin, raw	0.78	200.00	0.50
05664	Ground turkey, fat free, patties, broiled	0.78	138.00	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.78	149.00	0.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.78	206.00	0.00
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.78	53.00	1.60
06179	Sauce, fish, ready-to-serve	0.78	35.00	0.50
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.78	51.00	2.00
09314	Sapote, mamey, raw	0.78	124.00	23.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0.78	224.00	0.30
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.78	116.00	0.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.78	117.00	0.00
17134	Veal, sirloin, separable lean and fat, raw	0.78	152.00	0.00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.78	418.00	0.30
18430	Danish pastry, cinnamon, unenriched	0.78	403.00	0.20
19243	Candies, HEATH BITES	0.78	530.00	0.80
21130	Fast foods, onion rings, breaded and fried	0.78	411.00	1.40
21509	BURGER KING, Onion Rings	0.78	417.00	1.40
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	0.78	310.00	--
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	0.78	310.00	--
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.78	206.00	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.77	256.00	1.50
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.77	182.00	7.50
36020	T.G.I. FRIDAY'S, chicken fingers	0.77	325.00	--
43146	Eggplant, pickled	0.77	49.00	0.00
01038	Cheese, romano	0.77	387.00	0.00
05152	Guinea hen, meat only, raw	0.77	110.00	1.70
05310	Chicken, cornish game hens, meat only, cooked, roasted	0.77	134.00	0.60
05662	Ground turkey, fat free, raw	0.77	112.00	0.00
05705	Turkey, whole, meat only, with added solution, roasted	0.77	140.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05732	Turkey, retail parts, breast, meat and skin, raw	0.77	155.00	0.00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.77	71.00	0.00
07010	Bologna, pork	0.77	247.00	0.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.77	119.00	0.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	0.77	260.00	0.30
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0.77	152.00	0.30
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.77	123.00	0.00
11105	Burdock root, cooked, boiled, drained, without salt	0.77	88.00	2.60
11428	Purslane, cooked, boiled, drained, without salt	0.77	18.00	10.50
11747	Burdock root, cooked, boiled, drained, with salt	0.77	88.00	2.60
11849	Purslane, cooked, boiled, drained, with salt	0.77	18.00	10.50
15127	Fish, tuna, fresh, yellowfin, raw	0.77	109.00	0.00
15207	Fish, roe, mixed species, cooked, dry heat	0.77	204.00	16.40
15260	Fish, salmon, pink, canned, drained solids	0.77	138.00	0.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	0.77	266.00	--
01011	Cheese, colby	0.76	394.00	0.00
03005	Babyfood, meat, veal, strained	0.76	81.00	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.76	116.00	0.00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.76	183.00	0.00
05710	Turkey, retail parts, breast, meat only, raw	0.76	114.00	0.00
05714	Turkey, skin, from retail parts, from dark meat, raw	0.76	380.00	0.00
07003	Beerwurst, beer salami, pork	0.76	238.00	0.00
07033	Ham and cheese spread	0.76	245.00	0.00
10192	Pork, fresh, backribs, separable lean and fat, raw	0.76	224.00	0.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0.76	91.00	0.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0.76	109.00	0.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.76	50.00	5.10
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.76	41.00	13.20
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.76	50.00	5.10
15137	Crustaceans, crab, alaska king, cooked, moist heat	0.76	97.00	7.60
17276	Veal, shank (fore and hind), separable lean and fat, raw	0.76	113.00	--
17278	Veal, shank (fore and hind), separable lean only, raw	0.76	108.00	--
18355	Sweet rolls, cheese	0.76	360.00	0.20
22906	Chicken pot pie, frozen entree, prepared	0.76	204.00	1.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.76	602.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.76	320.00	--
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.76	309.00	--
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.76	320.00	--
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.76	309.00	--
32019	Lasagna, cheese, frozen, unprepared	0.76	145.00	1.50
36015	Restaurant, family style, chicken fingers, from kid's menu	0.76	307.00	--
36619	Restaurant, Chinese, kung pao chicken	0.76	129.00	7.10
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.75	371.00	3.90
18433	Danish pastry, lemon, unenriched	0.75	371.00	3.90
18435	Danish pastry, raspberry, unenriched	0.75	371.00	3.90
19013	Snacks, fruit leather, pieces	0.75	359.00	56.00
19274	Snacks, fruit leather, pieces, with vitamin C	0.75	373.00	120.00
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	0.75	224.00	0.60
21078	Fast foods, nachos, with cheese	0.75	343.00	1.10
21268	TACO BELL, Nachos	0.75	350.00	--
28318	Bread, french or vienna, whole wheat	0.75	239.00	0.00
36042	OLIVE GARDEN, lasagna classico	0.75	184.00	0.70
05181	Turkey from whole, light meat, meat and skin, raw	0.75	161.00	0.00
06040	Soup, minestrone, canned, condensed	0.75	68.00	0.90
06402	Soup, black bean, canned, prepared with equal volume water	0.75	46.00	0.10
06404	Soup, bean with pork, canned, prepared with equal volume water	0.75	63.00	0.60
07075	Sausage, smoked link sausage, pork and beef	0.75	320.00	0.00
07970	Kielbasa, fully cooked, unheated	0.75	325.00	19.10
09318	Strawberries, frozen, unsweetened	0.75	35.00	41.20
09437	Tamarind nectar, canned	0.75	57.00	7.10
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	0.75	203.00	0.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.75	129.00	0.00
11318	Peas and carrots, canned, regular pack, solids and liquids	0.75	38.00	6.60
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.75	166.00	11.80
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	0.75	135.00	5.70
11816	Peas and carrots, canned, no salt added, solids and liquids	0.75	38.00	6.60
14368	Beverages, tea, instant, lemon, unsweetened	0.75	345.00	0.00
16164	MORI-NU, Tofu, silken, lite firm	0.75	37.00	0.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	0.75	282.00	--
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.74	172.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05309	Chicken, cornish game hens, meat only, raw	0.74	116.00	0.60
06039	Soup, minestrone, canned, chunky, ready-to-serve	0.74	53.00	2.00
07910	Bratwurst, veal, cooked	0.74	341.00	0.00
09264	Persimmons, japanese, dried	0.74	274.00	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.74	177.00	0.10
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.74	123.00	0.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.74	123.00	0.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.74	124.00	0.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.74	123.00	0.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.74	157.00	0.00
11224	Hyacinth-beans, immature seeds, raw	0.74	46.00	12.90
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.74	172.00	13.30
11970	Cabbage, napa, cooked	0.74	12.00	3.20
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0.74	49.00	3.30
15052	Fish, mackerel, spanish, cooked, dry heat	0.74	158.00	1.60
15139	Crustaceans, crab, blue, raw	0.74	87.00	3.00
19362	Syrups, table blends, corn, refiner, and sugar	0.74	319.00	0.00
19418	Snacks, sesame sticks, wheat-based, salted	0.74	541.00	0.00
19820	Snacks, sesame sticks, wheat-based, unsalted	0.74	541.00	0.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	0.74	374.00	0.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.74	274.00	--
22899	Ravioli, cheese-filled, canned	0.74	77.00	0.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.74	242.00	2.70
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	0.74	136.00	8.30
36031	DENNY'S, onion rings	0.74	385.00	--
36034	Restaurant, family style, chicken tenders	0.74	302.00	--
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.74	191.00	0.80
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.74	104.00	1.00
21140	Side dishes, potato salad	0.73	114.00	1.10
21249	BURGER KING, french fries	0.73	280.00	2.20
21401	Fast foods, chicken tenders	0.73	271.00	1.10
36026	CRACKER BARREL, onion rings, thick-cut	0.73	327.00	--
04020	Salad dressing, french dressing, reduced fat	0.73	222.00	4.80
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.73	114.00	0.00
05185	Turkey from whole, light meat, raw	0.73	114.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05219	Turkey, breast, from whole bird, meat only, raw	0.73	114.00	0.00
05227	Turkey, wing, from whole bird, meat only, raw	0.73	114.00	0.00
05738	Turkey, drumstick, from whole bird, meat only, raw	0.73	109.00	0.00
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	0.73	82.00	0.00
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	0.73	95.00	0.50
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	0.73	74.00	0.00
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	0.73	95.00	0.50
06449	Soup, pea, green, canned, prepared with equal volume water	0.73	61.00	0.60
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	0.73	81.00	0.50
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.73	50.00	2.00
06965	Soup, pea, low sodium, prepared with equal volume water	0.73	62.00	0.60
07917	Sausage, pork and beef, with cheddar cheese, smoked	0.73	296.00	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.73	195.00	0.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0.73	273.00	0.00
11018	Asparagus, frozen, unprepared	0.73	24.00	31.80
11082	Beets, canned, regular pack, solids and liquids	0.73	30.00	2.80
11090	Broccoli, raw	0.73	34.00	89.20
11355	Potatoes, red, flesh and skin, raw	0.73	70.00	8.60
11957	Fennel, bulb, raw	0.73	31.00	12.00
11965	Cauliflower, green, raw	0.73	31.00	88.10
01025	Cheese, monterey	0.72	373.00	0.00
01169	Cheese, low-sodium, cheddar or colby	0.72	398.00	0.00
02069	Vinegar, balsamic	0.72	88.00	0.00
03052	Babyfood, dinner, beef stew, toddler	0.72	51.00	3.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.72	106.00	0.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0.72	50.00	5.70
07045	Luncheon meat, pork, canned	0.72	334.00	1.00
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0.72	307.00	0.00
07974	Bacon, turkey, low sodium	0.72	253.00	24.00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0.72	167.00	0.00
11094	Broccoli, frozen, spears, unprepared	0.72	29.00	68.30
11214	Escarole, cooked, boiled, drained, no salt added	0.72	19.00	3.30
11374	Potatoes, canned, solids and liquids	0.72	44.00	7.60
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.72	167.00	12.30
11510	Sweet potato, cooked, boiled, without skin	0.72	76.00	12.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11519	Taro, cooked, without salt	0.72	142.00	5.00
11876	Sweet potato, cooked, boiled, without skin, with salt	0.72	76.00	12.80
11878	Taro, cooked, with salt	0.72	142.00	5.00
11967	Cauliflower, green, cooked, no salt added	0.72	32.00	72.60
11968	Cauliflower, green, cooked, with salt	0.72	32.00	72.60
13019	Beef, retail cuts, separable fat, raw	0.72	674.00	0.00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	0.72	491.00	0.50
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	0.72	480.00	0.50
19322	Puddings, coconut cream, dry mix, instant	0.72	415.00	0.30
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0.72	164.00	0.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.72	152.00	0.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.72	230.00	0.00
25050	Snacks, yucca (cassava) chips, salted	0.72	515.00	--
31029	Potatoes, french fried, wedge cut, frozen, unprepared	0.72	166.00	5.10
36027	DENNY'S, chicken strips	0.72	295.00	--
36610	DENNY'S, french fries	0.72	282.00	1.60
36620	Restaurant, Chinese, shrimp and vegetables	0.72	78.00	11.30
42155	Cheese, monterey, low fat	0.72	313.00	0.00
43212	Bacon bits, meatless	0.72	476.00	1.90
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.72	323.00	0.70
19334	Sugars, brown	0.71	380.00	0.00
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	0.71	124.00	0.90
21387	BURGER KING, Hash Brown Rounds	0.71	302.00	4.30
22931	SPAGHETTIOS, SpaghettiOs Original	0.71	67.00	1.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	0.71	67.00	1.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	0.71	67.00	1.00
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	0.71	106.00	0.00
22977	Lasagna with meat sauce, frozen, prepared	0.71	135.00	2.50
36036	Restaurant, family style, onion rings	0.71	356.00	--
36049	ON THE BORDER, cheese enchilada	0.71	271.00	--
36606	CRACKER BARREL, farm raised catfish platter	0.71	266.00	--
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.71	161.00	0.00
05186	Turkey, all classes, light meat, cooked, roasted	0.71	147.00	0.00
05220	Turkey, breast, from whole bird, meat only, roasted	0.71	147.00	0.00
05228	Turkey, wing, from whole bird, meat only, roasted	0.71	147.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.71	139.00	0.00
06017	Soup, chicken gumbo, canned, condensed	0.71	45.00	4.00
06025	Soup, chicken vegetable, canned, condensed	0.71	61.00	0.80
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.71	372.00	0.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.71	143.00	0.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.71	234.00	0.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0.71	246.00	34.90
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	0.71	211.00	0.30
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0.71	171.00	0.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0.71	163.00	0.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.71	121.00	0.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.71	13.00	2.70
15063	Fish, pike, northern, cooked, dry heat	0.71	113.00	3.80
15082	Fish, salmon, coho, wild, cooked, moist heat	0.71	184.00	1.00
15211	Fish, salmon, chum, cooked, dry heat	0.71	154.00	0.00
03015	Babyfood, meat, turkey, strained	0.70	111.00	2.20
03016	Babyfood, meat, turkey, junior	0.70	111.00	0.00
05047	Chicken, broilers or fryers, separable fat, raw	0.70	629.00	0.00
06116	Gravy, beef, canned, ready-to-serve	0.70	53.00	0.00
06125	Gravy, turkey, canned, ready-to-serve	0.70	51.00	0.00
06147	Soup, beef mushroom, canned, condensed	0.70	61.00	0.00
06149	Soup, chicken mushroom, canned, condensed	0.70	100.00	0.00
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.70	68.00	1.00
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	0.70	80.00	--
06977	Gravy, meat or poultry, low sodium, prepared	0.70	53.00	0.00
09175	Mammy-apple, (mamey), raw	0.70	51.00	14.00
09296	Quinces, raw	0.70	57.00	15.00
11122	Cardoon, raw	0.70	17.00	2.00
11141	Celeriac, raw	0.70	42.00	8.00
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.70	34.00	17.00
11245	Lambsquarters, cooked, boiled, drained, without salt	0.70	32.00	37.00
11358	Potatoes, red, flesh and skin, baked	0.70	89.00	12.60
11416	Pumpkin flowers, raw	0.70	15.00	28.00
11437	Salsify, (vegetable oyster), raw	0.70	82.00	8.00
11482	Squash, winter, acorn, raw	0.70	40.00	11.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11485	Squash, winter, butternut, raw	0.70	45.00	21.00
11566	Turnips, frozen, unprepared	0.70	16.00	4.40
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.70	34.00	17.00
11794	Lambsquarters, cooked, boiled, drained, with salt	0.70	32.00	37.00
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.70	428.00	2.90
15080	Fish, salmon, chum, canned, drained solids with bone	0.70	141.00	0.00
15104	Fish, sturgeon, mixed species, raw	0.70	105.00	0.00
15115	Fish, trout, rainbow, wild, raw	0.70	119.00	2.40
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	0.70	141.00	0.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	0.70	138.00	0.00
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	0.70	241.00	0.00
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	0.70	500.00	0.50
20133	Rice noodles, dry	0.70	364.00	0.00
22983	KASHI, Chicken Florentine, Frozen Entree	0.70	106.00	4.40
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.70	215.00	0.30
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.70	215.00	--
42117	Imitation cheese, american or cheddar, low cholesterol	0.70	390.00	0.00
42286	Babyfood, green beans and turkey, strained	0.70	51.00	2.20
43144	Cabbage, mustard, salted	0.70	28.00	0.00
19114	Ice creams, chocolate, light	0.69	187.00	1.20
21421	KFC, Crispy Chicken Strips	0.69	274.00	--
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	0.69	99.00	0.50
27056	Sauce, barbecue, BULL'S-EYE, original	0.69	170.00	0.30
35204	Chokecherries, raw, pitted (Northern Plains Indians)	0.69	162.00	5.50
36607	CRACKER BARREL, steak fries	0.69	255.00	0.90
43215	Salad dressing, buttermilk, lite	0.69	202.00	0.60
03049	Babyfood, dinner, beef and rice, toddler	0.69	82.00	3.90
04640	Salad dressing, ranch dressing, reduced fat	0.69	196.00	0.60
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.69	214.00	0.20
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.69	146.00	0.00
06015	Soup, chicken, canned, chunky, ready-to-serve	0.69	71.00	0.50
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.69	47.00	--
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	0.69	47.00	0.30
09302	Raspberries, raw	0.69	52.00	26.20
09518	Raspberries, frozen, unsweetened	0.69	52.00	26.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10001	Pork, fresh, carcass, separable lean and fat, raw	0.69	376.00	0.40
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.69	193.00	0.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0.69	161.00	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.69	90.00	19.60
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.69	92.00	19.60
15262	Fish, tilapia, cooked, dry heat	0.69	128.00	0.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.68	221.00	0.00
05734	Turkey, retail parts, wing, meat and skin, raw	0.68	202.00	0.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.68	205.00	0.00
09044	Cherries, tart, dried, sweetened	0.68	333.00	19.30
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.68	222.00	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.68	186.00	0.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.68	98.00	7.20
11481	Squash, summer, zucchini, italian style, canned	0.68	29.00	2.30
11530	Tomatoes, red, ripe, cooked	0.68	18.00	22.80
11559	Tomato products, canned, sauce, with tomato tidbits	0.68	32.00	21.50
11884	Tomatoes, red, ripe, cooked, with salt	0.68	18.00	22.80
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.68	98.00	7.20
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	0.68	448.00	1.30
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.68	29.00	0.50
15175	Mollusks, squid, mixed species, raw	0.68	92.00	4.70
15213	Fish, scup, cooked, dry heat	0.68	135.00	0.00
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	0.68	488.00	0.50
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.68	247.00	0.10
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.68	151.00	0.00
36059	Restaurant, Italian, chicken parmesan without pasta	0.68	204.00	--
36414	Restaurant, Latino, tripe soup	0.68	74.00	--
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.68	257.00	0.00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.67	436.00	0.20
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.67	21.00	10.40
21378	McDONALD'S, Bacon Ranch Salad without chicken	0.67	61.00	13.50
27063	Sauce, enchilada, red, mild, ready to serve	0.67	30.00	0.30
36022	APPLEBEE'S, crunchy onion rings	0.67	356.00	--
36623	Restaurant, Chinese, chicken chow mein	0.67	85.00	2.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.67	24.00	10.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03091	Babyfood, vegetables, green beans, strained	0.67	27.00	0.30
05706	Turkey, whole, meat and skin, with added solution, raw	0.67	158.00	0.00
06019	Soup, chicken noodle, canned, condensed	0.67	48.00	0.00
06044	Soup, mushroom with beef stock, canned, condensed	0.67	68.00	0.80
09446	Plantains, green, fried	0.67	309.00	3.40
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.67	120.00	0.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0.67	107.00	0.00
11091	Broccoli, cooked, boiled, drained, without salt	0.67	35.00	64.90
11742	Broccoli, cooked, boiled, drained, with salt	0.67	35.00	64.90
15069	Fish, pompano, florida, cooked, dry heat	0.67	211.00	0.00
15098	Fish, sheepshead, cooked, dry heat	0.67	126.00	0.00
03072	Babyfood, dinner, chicken stew, toddler	0.66	78.00	1.90
03268	Babyfood, juice, apple and cherry	0.66	41.00	58.30
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	0.66	126.00	0.00
06121	Gravy, mushroom, canned	0.66	50.00	0.00
06217	Soup, vegetable, canned, low sodium, condensed	0.66	65.00	0.80
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.66	25.00	0.00
07038	Knackwurst, knockwurst, pork, beef	0.66	307.00	0.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.66	194.00	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.66	192.00	0.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.66	178.00	0.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.66	28.00	4.10
11113	Cabbage, red, cooked, boiled, drained, without salt	0.66	29.00	34.40
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.66	12.00	16.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.66	28.00	4.10
11752	Cabbage, red, cooked, boiled, drained, with salt	0.66	29.00	10.80
11802	New zealand spinach, cooked, boiled, drained, with salt	0.66	12.00	16.00
15038	Fish, halibut, Greenland, raw	0.66	186.00	0.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0.66	94.00	0.00
35237	Tamales, masa and pork filling (Hopi)	0.66	168.00	--
36050	Restaurant, Mexican, cheese enchilada	0.66	273.00	--
36602	Restaurant, Chinese, fried rice, without meat	0.66	174.00	3.80
42129	Bologna, beef and pork, low fat	0.66	230.00	0.00
21144	CHICK-FIL-A, hash browns	0.65	301.00	6.20
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	0.65	81.00	10.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21379	McDONALD'S, Side Salad	0.65	20.00	15.70
22916	Lasagna with meat & sauce, frozen entree	0.65	124.00	4.10
27047	Sauce, salsa, verde, ready-to-serve	0.65	38.00	12.30
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.65	37.00	3.80
01019	Cheese, feta	0.65	264.00	0.00
04144	Salad dressing, italian dressing, reduced fat, without salt	0.65	76.00	0.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.65	403.00	0.00
09046	Blackberries, canned, heavy syrup, solids and liquids	0.65	92.00	2.80
09306	Raspberries, frozen, red, sweetened	0.65	103.00	16.50
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.65	127.00	0.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.65	21.00	11.40
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.65	35.00	9.70
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.65	133.00	18.40
11414	Potato salad, home-prepared	0.65	143.00	10.00
11579	Vegetables, mixed, canned, solids and liquids	0.65	36.00	3.80
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.65	19.00	11.40
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.65	35.00	9.70
15044	Fish, ling, raw	0.65	87.00	0.00
15087	Fish, salmon, sockeye, canned, drained solids	0.65	167.00	0.00
15124	Fish, tuna, white, canned in oil, drained solids	0.65	186.00	0.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	0.65	186.00	0.00
01008	Cheese, caraway	0.64	376.00	0.00
03068	Babyfood, dinner, chicken noodle, strained	0.64	66.00	0.10
05704	Turkey, whole, meat only, with added solution, raw	0.64	105.00	0.00
06001	Soup, cream of asparagus, canned, condensed	0.64	69.00	2.20
06150	Sauce, barbecue	0.64	172.00	0.60
06158	Soup, tomato bisque, canned, condensed	0.64	96.00	4.60
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.64	30.00	1.60
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0.64	293.00	43.00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	0.64	315.00	0.00
09167	Loganberries, frozen	0.64	55.00	15.30
09362	Cherries, sour, canned, water pack, drained	0.64	42.00	0.30
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.64	192.00	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.64	173.00	0.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.64	162.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0.64	179.00	0.00
11128	Carrots, canned, regular pack, drained solids	0.64	25.00	2.70
11357	Potatoes, white, flesh and skin, baked	0.64	94.00	12.60
11373	Potatoes, au gratin, home-prepared from recipe using butter	0.64	132.00	9.90
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.64	152.00	14.00
11759	Carrots, canned, no salt added, drained solids	0.64	25.00	2.70
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0.64	132.00	9.90
15026	Fish, eel, mixed species, cooked, dry heat	0.64	236.00	1.80
15084	Fish, salmon, pink, canned, total can contents	0.64	129.00	0.00
15191	Fish, butterfish, cooked, dry heat	0.64	187.00	0.00
16120	Soymilk, original and vanilla, unfortified	0.64	54.00	0.00
16253	SILK Strawberry soy yogurt	0.64	94.00	17.60
16254	SILK Raspberry soy yogurt	0.64	88.00	17.60
16255	SILK Peach soy yogurt	0.64	94.00	17.60
16256	SILK Black Cherry soy yogurt	0.64	88.00	17.60
16257	SILK Blueberry soy yogurt	0.64	88.00	17.60
16258	SILK Key Lime soy yogurt	0.64	88.00	17.60
16259	SILK Banana-Strawberry soy yogurt	0.64	88.00	17.60
18103	Coffeecake, cheese	0.64	339.00	0.10
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	0.64	495.00	0.00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.64	309.00	0.00
21315	McDONALD'S, Sweet 'N Sour Sauce	0.64	170.00	1.20
27001	Soup, hot and sour, Chinese restaurant	0.64	39.00	0.00
35202	Raspberries, wild (Northern Plains Indians)	0.64	62.00	26.40
18147	Cheesecake commercially prepared	0.63	321.00	0.40
19111	Candies, NESTLE, BABY RUTH Bar	0.63	459.00	0.00
20032	Millet, cooked	0.63	119.00	0.00
28346	Waffles, gluten-free, frozen, ready-to-heat	0.63	263.00	0.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.63	366.00	0.00
01206	Cream substitute, flavored, powdered	0.63	482.00	0.00
01253	Cheese, pasteurized process, American, without added vitamin D	0.63	371.00	0.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.63	292.00	0.00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.63	109.00	5.70
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.63	170.00	0.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.63	196.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.63	173.00	0.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0.63	169.00	0.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	0.63	190.00	0.00
11108	Butterbur, canned	0.63	3.00	11.90
11506	Sweet potato leaves, cooked, steamed, without salt	0.63	41.00	1.50
11735	Beets, canned, no salt added, solids and liquids	0.63	28.00	2.80
11874	Sweet potato leaves, cooked, steamed, with salt	0.63	35.00	1.50
15225	Fish, yellowtail, mixed species, cooked, dry heat	0.63	187.00	2.90
17284	Lamb, Australian, imported, fresh, separable fat, raw	0.63	648.00	--
03127	Babyfood, vegetables, spinach, creamed, strained	0.62	37.00	8.70
03170	Babyfood, juice, apple and plum	0.62	49.00	58.20
06063	Soup, tomato rice, canned, condensed	0.62	93.00	11.50
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.62	62.00	0.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.62	62.00	0.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.62	96.00	2.40
09042	Blackberries, raw	0.62	43.00	21.00
09447	Plantains, yellow, fried, Latino restaurant	0.62	236.00	--
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0.62	160.00	1.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.62	182.00	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.62	120.00	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.62	229.00	0.00
11278	Okra, raw	0.62	33.00	23.00
11337	Peppers, sweet, green, frozen, chopped, unprepared	0.62	20.00	58.70
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.62	150.00	7.70
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.62	147.00	17.30
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.62	150.00	17.30
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.62	20.00	58.70
11954	Tomatillos, raw	0.62	32.00	11.70
15189	Fish, bluefish, cooked, dry heat	0.62	159.00	0.00
20030	Hominy, canned, white	0.62	72.00	0.00
20330	Hominy, canned, yellow	0.62	72.00	0.00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	0.62	200.00	0.00
21246	WENDY'S, Chicken Nuggets	0.62	326.00	1.30
21256	BURGER KING, Chicken Strips	0.62	292.00	1.10
36012	Restaurant, family style, fried mozzarella sticks	0.62	325.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18320	Pie, lemon meringue, commercially prepared	0.61	268.00	3.20
21339	McDONALD'S, McFLURRY with OREO cookies	0.61	165.00	--
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	0.61	122.00	9.70
21413	Light Ice Cream, soft serve, blended with cookie pieces	0.61	169.00	0.80
01044	Cheese, pasteurized process, swiss	0.61	334.00	0.00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0.61	69.00	2.30
07067	Poultry salad sandwich spread	0.61	200.00	1.00
09038	Avocados, raw, California	0.61	167.00	8.80
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.61	136.00	0.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	0.61	591.00	0.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.61	53.00	7.40
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.61	28.00	40.10
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.61	28.00	40.10
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.61	94.00	4.80
11507	Sweet potato, raw, unprepared	0.61	86.00	2.40
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.61	51.00	7.40
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.61	28.00	40.10
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.61	28.00	40.10
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.61	94.00	4.80
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.61	94.00	4.80
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.61	94.00	4.80
15247	Fish, salmon, coho, wild, cooked, dry heat	0.61	139.00	1.40
01047	Cheese food, pasteurized process, swiss	0.60	323.00	0.00
01263	Ice cream, light, soft serve, chocolate	0.60	141.00	0.00
03048	Babyfood, macaroni and cheese, toddler	0.60	82.00	0.00
03217	Zwieback	0.60	426.00	5.30
04015	Salad dressing, russian dressing	0.60	355.00	6.00
04016	Salad dressing, sesame seed dressing, regular	0.60	443.00	0.00
04022	Salad dressing, russian dressing, low calorie	0.60	141.00	6.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.60	110.00	0.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.60	157.00	0.00
05712	Turkey, retail parts, wing, meat only, raw	0.60	112.00	0.00
06114	Gravy, au jus, canned	0.60	16.00	1.00
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	0.60	49.00	0.00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	0.60	65.00	1.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06599	PACE, Enchilada Sauce	0.60	40.00	2.00
09150	Lemons, raw, without peel	0.60	29.00	53.00
09159	Limes, raw	0.60	30.00	29.10
09277	Plantains, raw	0.60	122.00	18.40
09315	Soursop, raw	0.60	66.00	20.60
09321	Sugar-apples, (sweetsop), raw	0.60	94.00	36.30
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	0.60	118.00	1.70
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	0.60	167.00	1.70
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	0.60	145.00	1.30
11013	Asparagus, canned, regular pack, solids and liquids	0.60	15.00	16.50
11216	Ginger root, raw	0.60	80.00	5.00
11486	Squash, winter, butternut, cooked, baked, without salt	0.60	40.00	15.10
11522	Taro shoots, raw	0.60	11.00	21.00
11603	Yambean (jicama), raw	0.60	38.00	20.20
11707	Asparagus, canned, no salt added, solids and liquids	0.60	15.00	16.50
11866	Squash, winter, butternut, cooked, baked, with salt	0.60	40.00	15.10
12003	Seeds, breadfruit seeds, boiled	0.60	168.00	6.10
15068	Fish, pompano, florida, raw	0.60	164.00	0.00
15072	Fish, roe, mixed species, raw	0.60	143.00	16.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0.60	101.00	0.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0.60	638.00	0.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.60	389.00	0.10
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.60	403.00	0.10
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.60	359.00	0.10
19913	Candies, NESTLE, BUTTERFINGER Crisp	0.60	465.00	0.10
20089	Wild rice, cooked	0.60	101.00	0.00
20410	Noodles, egg, unenriched, cooked, without added salt	0.60	138.00	0.00
20510	Noodles, egg, cooked, unenriched, with added salt	0.60	138.00	0.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.60	272.00	5.40
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.60	231.00	--
22979	KASHI Black Bean Mango, frozen, unprepared	0.60	115.00	21.00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	0.60	99.00	--
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0.59	418.00	0.10
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	0.59	151.00	0.70
36008	T.G.I. FRIDAY'S, fried mozzarella	0.59	333.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.59	293.00	--
43046	Candies, nougat, with almonds	0.59	398.00	0.30
01205	Cream substitute, flavored, liquid	0.59	251.00	0.00
01251	Cheese, Mexican blend	0.59	358.00	0.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.59	130.00	0.00
06159	Soup, tomato, canned, condensed	0.59	66.00	12.90
06377	CAMPBELL'S, Tomato Soup, condensed	0.59	71.00	4.80
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	0.59	82.00	0.00
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	0.59	53.00	0.00
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	0.59	78.00	1.00
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	0.59	49.00	0.00
07031	Ham salad spread	0.59	216.00	0.00
07074	Smoked link sausage, pork	0.59	309.00	0.00
09320	Strawberries, frozen, sweetened, sliced	0.59	96.00	41.40
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.59	186.00	0.00
11298	Parsnips, raw	0.59	75.00	17.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.59	122.00	1.20
11963	Nopales, raw	0.59	16.00	9.30
13341	Beef, variety meats and by-products, tripe, raw	0.59	85.00	0.00
15136	Crustaceans, crab, alaska king, raw	0.59	84.00	7.00
15205	Fish, pollock, Atlantic, cooked, dry heat	0.59	118.00	0.00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.59	47.00	0.00
16237	SILK Chocolate, soymilk	0.59	58.00	0.00
16240	SILK Light Chocolate, soymilk	0.59	49.00	0.00
04367	Salad dressing, french dressing, fat-free	0.58	132.00	0.00
05363	Ruffed Grouse, breast meat, skinless, raw	0.58	112.00	0.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	0.58	72.00	1.00
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	0.58	72.00	3.80
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	0.58	72.00	4.80
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	0.58	72.00	1.90
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	0.58	56.00	1.90
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	0.58	64.00	1.00
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	0.58	72.00	2.90
07028	Ham, sliced, packaged (96% fat free, water added)	0.58	100.00	0.00
09053	Blueberries, wild, frozen	0.58	57.00	1.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.58	54.00	2.50
09278	Plantains, cooked	0.58	116.00	10.90
10102	Pork, fresh, variety meats and by-products, feet, raw	0.58	212.00	0.00
11299	Parsnips, cooked, boiled, drained, without salt	0.58	71.00	13.00
11399	Potato puffs, frozen, oven-heated	0.58	192.00	4.00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.58	39.00	3.50
11643	Squash, winter, all varieties, raw	0.58	34.00	12.30
11808	Parsnips, cooked, boiled, drained, with salt	0.58	71.00	13.00
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.58	39.00	3.50
18317	Pie, egg custard, commercially prepared	0.58	210.00	0.60
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	0.58	443.00	0.40
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.58	211.00	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.58	294.00	--
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.58	111.00	0.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	0.57	541.00	0.50
19153	Candies, NESTLE, AFTER EIGHT Mints	0.57	432.00	0.00
19324	Puddings, coconut cream, dry mix, regular	0.57	434.00	0.30
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.57	268.00	--
22970	Macaroni and cheese, frozen entree	0.57	149.00	0.00
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	0.57	71.00	0.00
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	0.57	56.00	0.00
36040	CRACKER BARREL, macaroni n' cheese	0.57	194.00	--
03166	Babyfood, juice, apple	0.57	47.00	57.90
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.57	197.00	0.00
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.57	381.00	0.00
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	0.57	71.00	0.00
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	0.57	56.00	0.00
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	0.57	71.00	0.00
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	0.57	56.00	0.00
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	0.57	87.00	0.00
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	0.57	48.00	1.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	0.57	71.00	0.00
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	0.57	71.00	0.00
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	0.57	71.00	0.00
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	0.57	79.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06626	Sauce, pesto, ready-to-serve, refrigerated	0.57	418.00	0.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0.57	418.00	0.00
06992	HEALTHY REQUEST, Vegetable Soup, condensed	0.57	79.00	--
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.57	71.00	0.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.57	71.00	0.00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.57	65.00	0.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.57	65.00	0.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.57	193.00	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.57	198.00	0.00
11280	Okra, frozen, unprepared	0.57	30.00	12.40
11372	Potatoes, scalloped, home-prepared with butter	0.57	88.00	10.60
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.57	158.00	8.60
11423	Pumpkin, cooked, boiled, drained, without salt	0.57	20.00	4.70
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.57	16.00	12.60
11844	Potatoes, scalloped, home-prepared with margarine	0.57	88.00	10.60
11845	Pumpkin, cooked, boiled, drained, with salt	0.57	18.00	4.70
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.57	16.00	12.60
11952	Radicchio, raw	0.57	23.00	8.00
15253	Salmon, sockeye, canned, total can contents	0.57	153.00	0.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.57	136.00	0.00
01039	Cheese, roquefort	0.56	369.00	0.00
03168	Babyfood, juice, apple and peach	0.56	43.00	58.50
04053	Oil, olive, salad or cooking	0.56	884.00	0.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	0.56	70.00	0.00
08143	Cereals, WHEATENA, cooked with water	0.56	56.00	0.00
08182	Cereals, WHEATENA, cooked with water, with salt	0.56	59.00	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.56	121.00	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.56	170.00	0.00
10998	Canadian bacon, cooked, pan-fried	0.56	146.00	0.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.56	45.00	5.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.56	18.00	24.40
11228	Jew's ear, (pepeao), raw	0.56	25.00	0.60
11448	Sesbania flower, cooked, steamed, without salt	0.56	22.00	37.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.56	34.00	6.50
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.56	45.00	5.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.56	18.00	24.40
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.56	24.00	51.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.56	24.00	42.00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.56	34.00	6.50
11922	Sesbania flower, cooked, steamed, with salt	0.56	21.00	37.00
11969	Broccoli, chinese, cooked	0.56	22.00	28.20
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.56	111.00	0.00
15081	Fish, salmon, coho, wild, raw	0.56	146.00	1.00
15261	Fish, tilapia, raw	0.56	96.00	0.00
20037	Rice, brown, long-grain, cooked	0.56	123.00	0.00
21319	McDONALD'S, Hash Brown	0.56	271.00	5.60
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.56	359.00	260.80
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.56	70.00	3.30
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.56	456.00	--
28375	VAN'S, Gluten Free, Totally Original Waffles	0.56	248.00	--
36030	DENNY'S, hash browns	0.56	197.00	0.00
36039	Restaurant, family style, hash browns	0.56	197.00	0.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.56	256.00	0.00
36626	Restaurant, Chinese, chicken and vegetables	0.56	95.00	8.10
42141	Cream substitute, liquid, light	0.56	71.00	0.00
19067	Candies, TWIZZLERS CHERRY BITES	0.55	338.00	0.00
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.55	225.00	0.10
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.55	157.00	--
22956	Lasagna, Vegetable, frozen, baked	0.55	139.00	1.10
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	0.55	54.00	1.80
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.55	192.00	--
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.55	184.00	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.55	127.00	0.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.55	127.00	0.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.55	127.00	0.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.55	127.00	0.00
06045	Soup, onion, canned, condensed	0.55	46.00	1.00
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	0.55	69.00	2.80
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	0.55	69.00	1.80
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	0.55	92.00	0.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	0.55	54.00	1.80
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	0.55	62.00	0.90
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	0.55	69.00	1.80
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	0.55	77.00	0.90
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	0.55	81.00	0.40
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	0.55	54.00	1.80
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	0.55	54.00	1.80
09037	Avocados, raw, all commercial varieties	0.55	160.00	10.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.55	133.00	0.00
11145	Celtuce, raw	0.55	18.00	19.50
11370	Potatoes, hash brown, home-prepared	0.55	265.00	13.00
11438	Salsify, cooked, boiled, drained, without salt	0.55	68.00	4.60
11497	Succotash, (corn and limas), canned, with cream style corn	0.55	77.00	6.40
11518	Taro, raw	0.55	112.00	4.50
11852	Salsify, cooked, boiled, drained, with salt	0.55	68.00	4.60
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.55	97.00	6.20
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.55	97.00	6.20
15062	Fish, pike, northern, raw	0.55	88.00	3.80
15079	Fish, salmon, chum, raw	0.55	120.00	0.00
15242	Crustaceans, crayfish, mixed species, farmed, raw	0.55	72.00	0.50
03199	Babyfood, cereal, with eggs, strained	0.54	58.00	0.80
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.54	101.00	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.54	147.00	0.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.54	102.00	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.54	102.00	0.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	0.54	49.00	0.00
06964	Soup, tomato, low sodium, with water	0.54	30.00	6.30
07051	Olive loaf, pork	0.54	235.00	0.00
09023	Apricots, canned, water pack, without skin, solids and liquids	0.54	22.00	1.80
09059	Breadfruit, raw	0.54	103.00	29.00
09519	Guava nectar, with sucralose, canned	0.54	48.00	21.30
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.54	132.00	0.00
11137	Cauliflower, frozen, unprepared	0.54	24.00	48.80
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.54	219.00	6.70
11517	Sweet potato, frozen, cooked, baked, without salt	0.54	100.00	9.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11601	Yam, raw	0.54	118.00	17.10
11877	Sweet potato, frozen, cooked, baked, with salt	0.54	100.00	9.10
17375	Lamb, New Zealand, imported, sweetbread, raw	0.54	72.00	0.00
18386	Muffins, blueberry, toaster-type, toasted	0.54	333.00	0.00
19227	Frostings, coconut-nut, ready-to-eat	0.54	433.00	0.20
19283	Frozen novelties, ice type, pop	0.54	79.00	0.70
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.54	153.00	0.00
20041	Rice, brown, medium-grain, cooked	0.53	112.00	0.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.53	147.00	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.53	138.00	0.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.53	149.00	--
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.53	298.00	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.53	298.00	--
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.53	302.00	--
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0.53	121.00	--
36411	Restaurant, Latino, tamale, corn	0.53	186.00	0.20
01244	Milk dessert bar, frozen, made from lowfat milk	0.53	147.00	0.90
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.53	68.00	0.20
03073	Babyfood, dinner, vegetables chicken, strained	0.53	59.00	0.10
07013	Bratwurst, pork, cooked	0.53	333.00	0.00
09068	Cherries, sour, red, frozen, unsweetened	0.53	46.00	1.70
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.53	166.00	0.00
10894	Pork, cured, ham, separable fat, boneless, heated	0.53	507.00	0.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.53	37.00	2.30
11267	Mushrooms, shiitake, stir-fried	0.53	39.00	0.00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.53	63.00	4.60
11516	Sweet potato, frozen, unprepared	0.53	96.00	13.30
11656	Corn pudding, home prepared	0.53	131.00	3.70
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.53	37.00	2.30
12203	Nuts, chestnuts, japanese, boiled and steamed	0.53	56.00	9.50
14054	Beverages, almond milk, chocolate, ready-to-drink	0.53	50.00	4.40
15090	Fish, scup, raw	0.53	105.00	0.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	0.53	208.00	--
01021	Cheese, gjetost	0.52	466.00	0.00
01035	Cheese, provolone	0.52	351.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01208	Cheese, provolone, reduced fat	0.52	274.00	0.00
03298	Babyfood, dinner, broccoli and chicken, junior	0.52	62.00	17.70
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.52	86.00	17.50
10005	Pork, fresh, belly, raw	0.52	518.00	0.30
11126	Carrots, canned, regular pack, solids and liquids	0.52	23.00	2.00
11167	Corn, sweet, yellow, raw	0.52	86.00	6.80
11281	Okra, frozen, cooked, boiled, drained, without salt	0.52	29.00	9.60
11354	Potatoes, white, flesh and skin, raw	0.52	69.00	9.10
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.52	25.00	6.80
11602	Yam, cooked, boiled, drained, or baked, without salt	0.52	116.00	12.10
11758	Carrots, canned, no salt added, solids and liquids	0.52	23.00	2.00
11804	Okra, frozen, cooked, boiled, drained, with salt	0.52	34.00	9.60
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.52	16.00	41.20
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.52	25.00	6.80
11897	Yam, cooked, boiled, drained, or baked, with salt	0.52	114.00	12.10
11900	Corn, sweet, white, raw	0.52	86.00	6.80
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.52	16.00	41.20
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.52	16.00	41.20
15086	Fish, salmon, sockeye, cooked, dry heat	0.52	156.00	0.00
15270	Crustaceans, shrimp, raw (not previously frozen)	0.52	85.00	--
18086	Cake, angelfood, commercially prepared	0.52	258.00	0.00
18419	Cake, pudding-type, white, unenriched, dry mix	0.52	423.00	0.00
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	0.52	196.00	1.40
20117	Noodles, japanese, somen, cooked	0.52	131.00	0.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.52	156.00	--
18105	Coffeecake, creme-filled with chocolate frosting	0.51	331.00	0.10
18277	Muffins, blueberry, toaster-type	0.51	313.00	0.00
19112	Candies, TWIZZLERS Strawberry Twists Candy	0.51	348.00	0.00
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0.51	295.00	0.00
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.51	153.00	--
01166	Cheese, mexican, queso asadero	0.51	356.00	0.00
03198	Babyfood, cereal, with egg yolks, junior	0.51	52.00	0.70
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.51	175.00	0.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.51	386.00	0.00
06067	Soup, chunky vegetable, canned, ready-to-serve	0.51	39.00	0.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06749	Soup, beef and vegetables, canned, ready-to-serve	0.51	48.00	3.60
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.51	127.00	0.00
11292	Onions, young green, tops only	0.51	27.00	13.40
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.51	17.00	5.30
11527	Tomatoes, green, raw	0.51	23.00	23.40
15271	Crustaceans, shrimp, cooked (not previously frozen)	0.51	99.00	--
01006	Cheese, brie	0.50	334.00	0.00
03077	Babyfood, dinner, pasta with vegetables	0.50	60.00	2.90
03096	Babyfood, vegetable, green beans and potatoes	0.50	62.00	1.10
03290	Babyfood, carrots and beef, strained	0.50	59.00	0.80
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.50	717.00	0.00
04028	Salad dressing, mayonnaise, imitation, milk cream	0.50	97.00	0.30
04145	Salad dressing, mayonnaise, soybean oil, without salt	0.50	717.00	0.00
06010	Soup, cream of celery, canned, condensed	0.50	72.00	0.20
06046	Soup, cream of onion, canned, condensed	0.50	88.00	1.00
06167	Sauce, homemade, white, thick	0.50	186.00	0.70
06961	Sauce, peppers, hot, chili, mature red, canned	0.50	21.00	30.00
09002	Acerola juice, raw	0.50	23.00	1,600.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.50	155.00	0.00
10895	Pork, cured, ham, separable fat, boneless, unheated	0.50	515.00	0.00
11009	Artichokes, (globe or french), frozen, unprepared	0.50	38.00	5.30
11026	Bamboo shoots, raw	0.50	27.00	4.00
11260	Mushrooms, white, raw	0.50	22.00	2.10
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.50	21.00	68.00
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	0.50	130.00	1.70
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.50	21.00	68.00
11938	Mushroom, white, exposed to ultraviolet light, raw	0.50	22.00	2.10
11964	Nopales, cooked, without salt	0.50	15.00	5.30
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0.50	64.00	20.00
15007	Fish, butterfish, raw	0.50	146.00	0.00
15025	Fish, eel, mixed species, raw	0.50	184.00	1.80
15131	Fish, whitefish, mixed species, smoked	0.50	108.00	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	0.50	83.00	3.30
15141	Crustaceans, crab, blue, canned	0.50	83.00	3.30
18323	Pie, peach	0.50	224.00	0.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19118	Candies, NESTLE, OH HENRY! Bar	0.50	462.00	0.00
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	0.50	463.00	0.60
20421	Pasta, cooked, unenriched, without added salt	0.50	158.00	0.00
20521	Pasta, cooked, unenriched, with added salt	0.50	157.00	0.00
22971	Potato salad with egg	0.50	157.00	0.80
27064	Wasabi	0.50	292.00	0.00
43020	Salad dressing, blue or roquefort cheese, low calorie	0.50	99.00	0.30
43297	Pork, oriental style, dehydrated	0.50	615.00	0.00
43417	Babyfood, meat, beef with vegetables, toddler	0.50	68.00	2.50
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0.49	456.00	0.70
19151	Candies, REESE'S PIECES Candy	0.49	497.00	0.00
19297	Jams and preserves	0.49	278.00	8.80
19719	Jams and preserves, apricot	0.49	242.00	8.80
20106	Macaroni, vegetable, enriched, cooked	0.49	128.00	0.00
21463	Yogurt parfait, lowfat, with fruit and granola	0.49	84.00	14.30
43143	Cabbage, japanese style, fresh, pickled	0.49	30.00	0.70
01032	Cheese, parmesan, grated	0.49	420.00	0.00
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	0.49	64.00	0.80
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.49	157.00	0.00
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	0.49	66.00	0.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.49	56.00	0.80
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.49	146.00	119.80
09195	Olives, pickled, canned or bottled, green	0.49	145.00	0.00
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.49	92.00	31.70
11696	Tomatoes, yellow, raw	0.49	15.00	9.00
15014	Fish, cisco, smoked	0.49	177.00	0.00
15016	Fish, cod, Atlantic, cooked, dry heat	0.49	105.00	1.00
15017	Fish, cod, Atlantic, canned, solids and liquid	0.49	105.00	1.00
15135	Fish, yellowtail, mixed species, raw	0.49	146.00	2.80
16223	Soymilk (All flavors), enhanced	0.49	45.00	7.20
06168	Sauce, ready-to-serve, pepper or hot	0.48	11.00	74.80
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.48	52.00	0.00
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	0.48	80.00	2.00
09043	Blackberry juice, canned	0.48	38.00	11.30
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0.48	123.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.48	201.00	0.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.48	42.00	45.70
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.48	20.00	6.40
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.48	17.00	3.70
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.48	42.00	45.70
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.48	14.00	3.70
15005	Fish, bluefish, raw	0.48	124.00	0.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.48	158.00	0.00
16166	Soymilk, chocolate, unfortified	0.48	63.00	1.70
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.48	63.00	1.70
16250	SILK Vanilla soy yogurt (family size)	0.48	79.00	0.00
18308	Pie, cherry, commercially prepared	0.48	260.00	0.90
18420	Cake, yellow, unenriched, dry mix	0.48	432.00	0.20
19265	Ice creams, chocolate, light, no sugar added	0.48	173.00	0.70
20115	Noodles, japanese, soba, cooked	0.48	99.00	0.00
27042	Soup, clam chowder, new england, canned, ready-to-serve	0.48	79.00	--
31021	Potatoes, hash brown, refrigerated, unprepared	0.48	84.00	4.90
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	0.48	162.00	10.90
18148	Cheesecake prepared from mix, no-bake type	0.47	274.00	0.50
20027	Cornstarch	0.47	381.00	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.47	731.00	0.00
43346	Frozen novelties, juice type, orange	0.47	95.00	25.70
01090	Milk, dry, whole, with added vitamin D	0.47	496.00	8.60
01165	Cheese, mexican, queso anejo	0.47	373.00	0.00
01167	Cheese, mexican, queso chihuahua	0.47	374.00	0.00
01212	Milk, dry, whole, without added vitamin D	0.47	496.00	8.60
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	0.47	48.00	0.80
03197	Babyfood, cereal, with egg yolks, strained	0.47	51.00	0.70
03201	Babyfood, cereal, egg yolks and bacon, junior	0.47	79.00	0.90
09319	Strawberries, frozen, sweetened, whole	0.47	78.00	39.50
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.47	508.00	0.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.47	16.00	3.10
11109	Cabbage, raw	0.47	25.00	36.60
11161	Collards, raw	0.47	32.00	35.30
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.47	81.00	3.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11199	Yardlong bean, raw	0.47	47.00	18.80
11398	Potato puffs, frozen, unprepared	0.47	178.00	6.90
11490	Squash, winter, hubbard, baked, without salt	0.47	50.00	9.50
11671	Potatoes, o'brien, home-prepared	0.47	81.00	16.70
11695	Tomatoes, orange, raw	0.47	16.00	--
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.47	79.00	3.50
11868	Squash, winter, hubbard, baked, with salt	0.47	50.00	9.50
11921	Peppers, sweet, red, sauteed	0.47	133.00	162.80
15223	Fish, whitefish, mixed species, cooked, dry heat	0.47	172.00	0.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.46	61.00	0.30
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.46	63.00	7.90
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.46	64.00	7.90
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0.46	144.00	0.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.46	191.00	0.00
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.46	43.00	29.10
10007	Pork, fresh, separable fat, cooked	0.46	626.00	0.00
11289	Onions, frozen, whole, unprepared	0.46	35.00	8.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.46	28.00	74.40
11655	Carrot juice, canned	0.46	40.00	8.50
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.46	26.00	74.40
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.46	28.00	171.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.46	26.00	171.00
11951	Peppers, sweet, yellow, raw	0.46	27.00	183.50
11976	Pepper, banana, raw	0.46	27.00	82.70
11981	Peppers, hungarian, raw	0.46	29.00	92.90
14096	Alcoholic beverage, wine, table, red	0.46	85.00	0.00
14347	Shake, fast food, vanilla	0.46	148.00	0.00
14602	Alcoholic Beverage, wine, table, red, Merlot	0.46	83.00	0.00
15065	Fish, pollock, Atlantic, raw	0.46	92.00	0.00
15097	Fish, sheepshead, raw	0.46	108.00	0.00
15222	Fish, turbot, european, cooked, dry heat	0.46	122.00	1.70
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0.46	33.00	0.00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0.46	34.00	0.00
18303	Pie, banana cream, prepared from mix, no-bake type	0.46	251.00	0.50
42186	Frozen yogurts, chocolate	0.46	127.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
42187	Frozen yogurts, flavors other than chocolate	0.46	127.00	0.70
18301	Pie, apple, commercially prepared, enriched flour	0.45	237.00	3.20
21380	McDONALD'S, Fruit 'n Yogurt Parfait	0.45	105.00	13.90
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.45	42.00	--
27062	Soup, beef barley, ready to serve	0.45	52.00	0.50
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.45	499.00	--
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	0.45	119.00	6.00
02068	Vinegar, red wine	0.45	19.00	0.50
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.45	74.00	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.45	137.00	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.45	151.00	0.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.45	56.00	0.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.45	31.00	1.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.45	96.00	5.50
11621	Drumstick pods, cooked, boiled, drained, without salt	0.45	36.00	97.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.45	96.00	5.50
11787	Drumstick pods, cooked, boiled, drained, with salt	0.45	36.00	97.00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.45	21.00	0.00
15111	Fish, swordfish, cooked, dry heat	0.45	172.00	0.00
15212	Fish, salmon, pink, cooked, dry heat	0.45	153.00	0.00
17270	Veal, breast, separable fat, cooked	0.45	521.00	--
01018	Cheese, edam	0.44	357.00	0.00
01026	Cheese, mozzarella, whole milk	0.44	300.00	0.00
01037	Cheese, ricotta, part skim milk	0.44	138.00	0.00
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	0.44	70.00	113.10
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	0.44	41.00	0.00
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	0.44	57.00	0.00
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	0.44	57.00	0.00
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	0.44	53.00	0.00
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	0.44	51.00	0.50
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	0.44	49.00	0.00
06409	Soup, beef noodle, canned, prepared with equal volume water	0.44	34.00	0.20
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	0.44	52.00	0.00
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	0.44	57.00	0.00
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	0.44	48.00	0.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	0.44	49.00	0.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.44	28.00	0.60
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	0.44	53.00	0.50
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	0.44	49.00	0.00
06544	CAMPBELL'S Homestyle Minestrone Soup	0.44	41.00	0.00
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	0.44	33.00	0.00
10130	Canadian bacon, unprepared	0.44	110.00	0.00
10165	Pork, cured, salt pork, raw	0.44	748.00	0.00
11130	Carrots, frozen, unprepared	0.44	36.00	2.50
11258	Mountain yam, hawaii, raw	0.44	67.00	2.60
11269	Mushrooms, shiitake, cooked, without salt	0.44	56.00	0.30
11435	Rutabagas, raw	0.44	37.00	25.00
11467	Squash, summer, crookneck and straightneck, raw	0.44	19.00	19.30
11644	Squash, winter, all varieties, cooked, baked, without salt	0.44	37.00	9.60
11798	Mushrooms, shiitake, cooked, with salt	0.44	56.00	0.30
11863	Squash, winter, all varieties, cooked, baked, with salt	0.44	37.00	1.80
14350	Strawberry-flavor beverage mix, powder	0.44	389.00	0.30
15051	Fish, mackerel, spanish, raw	0.44	139.00	1.60
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	0.44	47.00	--
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	0.44	43.00	0.00
16235	SILK Plain, soymilk	0.44	41.00	0.00
16236	SILK Vanilla, soymilk	0.44	41.00	0.00
16238	SILK Light Plain, soymilk	0.44	29.00	0.00
16239	SILK Light Vanilla, soymilk	0.44	33.00	0.00
16241	SILK Plus Omega-3 DHA, soymilk	0.44	45.00	0.00
16242	SILK Plus for Bone Health, soymilk	0.44	41.00	0.00
16243	SILK Plus Fiber, soymilk	0.44	41.00	0.00
16244	SILK Unsweetened, soymilk	0.44	33.00	0.00
16245	SILK Very Vanilla, soymilk	0.44	53.00	8.60
16247	SILK Chai, soymilk	0.44	53.00	0.00
16248	SILK Mocha, soymilk	0.44	58.00	0.00
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	0.44	53.00	0.50
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	0.44	21.00	29.60
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	0.44	209.00	4.20
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	0.43	95.00	2.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36004	APPLEBEE'S, mozzarella sticks	0.43	316.00	--
43275	Cheese, pasteurized process, American, low fat	0.43	180.00	0.00
43379	Cheese, pasteurized process, swiss, low fat	0.43	165.00	0.00
01005	Cheese, brick	0.43	371.00	0.00
01034	Cheese, port de salut	0.43	352.00	0.00
03287	Babyfood, dinner, beef noodle, junior	0.43	57.00	1.40
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.43	144.00	0.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.43	145.00	0.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.43	148.00	0.00
06032	Soup, beef broth bouillon and consomme, canned, condensed	0.43	11.00	0.70
06248	Soup, oyster stew, canned, prepared with equal volume milk	0.43	55.00	1.80
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.43	74.00	0.60
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.43	83.00	2.80
09056	Boysenberries, canned, heavy syrup	0.43	88.00	6.20
09328	Maraschino cherries, canned, drained	0.43	165.00	0.00
09352	Blueberries, canned, light syrup, drained	0.43	88.00	0.50
09422	Durian, raw or frozen	0.43	147.00	19.70
11024	Balsam-pear (bitter gourd), pods, raw	0.43	17.00	84.00
11142	Celeriac, cooked, boiled, drained, without salt	0.43	27.00	3.60
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.43	82.00	0.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.43	12.00	0.30
11763	Celeriac, cooked, boiled, drained, with salt	0.43	27.00	3.60
11821	Peppers, sweet, red, raw	0.43	31.00	127.70
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.43	82.00	0.00
15085	Fish, salmon, sockeye, raw	0.43	131.00	0.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	0.43	110.00	3.60
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.43	30.00	0.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.43	90.00	0.00
01043	Cheese, pasteurized process, pimento	0.42	375.00	2.30
01105	Milk, chocolate beverage, hot cocoa, homemade	0.42	77.00	0.20
01168	Cheese, low fat, cheddar or colby	0.42	173.00	0.00
01187	Yogurt, chocolate, nonfat milk	0.42	112.00	0.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	0.42	112.00	0.00
02055	Horseradish, prepared	0.42	48.00	24.90
03177	Babyfood, juice, orange and pineapple	0.42	48.00	53.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06056	Soup, cream of shrimp, canned, condensed	0.42	72.00	0.00
06164	Sauce, salsa, ready-to-serve	0.42	29.00	1.90
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.42	91.00	8.70
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.42	53.00	8.20
10105	Pork, fresh, variety meats and by-products, jowl, raw	0.42	655.00	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.42	171.00	0.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0.42	407.00	0.00
11135	Cauliflower, raw	0.42	25.00	48.20
11144	Celery, cooked, boiled, drained, without salt	0.42	18.00	6.10
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.42	79.00	8.10
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.42	88.00	6.40
11764	Celery, cooked, boiled, drained, with salt	0.42	18.00	6.10
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.42	79.00	8.10
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.42	79.00	8.10
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.42	79.00	8.10
15133	Fish, whiting, mixed species, cooked, dry heat	0.42	116.00	0.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.42	43.00	0.00
18354	Strudel, apple	0.42	274.00	1.70
19152	Candies, ROLO Caramels in Milk Chocolate	0.42	474.00	0.90
19296	Honey	0.42	304.00	0.50
21141	BURGER KING, Vanilla Shake	0.42	168.00	0.00
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.42	167.00	0.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.42	43.00	7.20
43365	Tomato and vegetable juice, low sodium	0.42	22.00	27.70
19104	Candies, fudge, vanilla with nuts	0.41	435.00	0.10
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	0.41	242.00	1.00
36029	DENNY'S, fish fillet, battered or breaded, fried	0.41	234.00	--
42303	Cheese, muenster, low fat	0.41	271.00	0.00
01030	Cheese, muenster	0.41	368.00	0.00
03047	Babyfood, dinner, beef noodle, strained	0.41	63.00	0.10
03061	Babyfood, dinner, vegetables and ham, strained	0.41	59.00	1.60
03083	Babyfood, dinner, turkey and rice, junior	0.41	56.00	0.30
03282	Babyfood, vegetables, mix vegetables junior	0.41	36.00	2.50
04686	Salad dressing, honey mustard dressing, reduced calorie	0.41	207.00	0.40
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.41	111.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06013	Soup, chicken broth, canned, condensed	0.41	31.00	0.00
06448	Soup, oyster stew, canned, prepared with equal volume water	0.41	24.00	1.30
09081	Cranberry sauce, canned, sweetened	0.41	159.00	1.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.41	36.00	21.80
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.41	105.00	2.80
09292	Plums, dried (prunes), stewed, without added sugar	0.41	107.00	2.90
09316	Strawberries, raw	0.41	32.00	58.80
10123	Pork, cured, bacon, unprepared	0.41	417.00	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.41	117.00	0.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.41	19.00	31.30
11238	Mushrooms, shiitake, raw	0.41	34.00	--
11252	Lettuce, iceberg (includes crisphead types), raw	0.41	14.00	2.80
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.41	100.00	15.10
11523	Taro shoots, cooked, without salt	0.41	14.00	18.90
11609	Beets, pickled, canned, solids and liquids	0.41	65.00	2.30
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.41	17.00	31.30
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.41	100.00	15.10
11880	Taro, shoots, cooked, with salt	0.41	14.00	18.90
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.41	64.00	5.50
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.41	64.00	5.50
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.41	88.00	6.30
15199	Fish, lingcod, cooked, dry heat	0.41	109.00	0.00
15202	Fish, milkfish, cooked, dry heat	0.41	190.00	0.00
15203	Fish, monkfish, cooked, dry heat	0.41	97.00	1.00
15216	Fish, spot, cooked, dry heat	0.41	158.00	0.00
01161	Cheese substitute, mozzarella	0.40	248.00	0.10
03093	Babyfood, green beans, dices, toddler	0.40	29.00	1.70
03114	Babyfood, vegetable, butternut squash and corn	0.40	50.00	4.90
03139	Babyfood, prunes, without vitamin c, strained	0.40	100.00	1.30
03165	Babyfood, fruit, apple and blueberry, junior	0.40	62.00	13.90
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.40	60.00	0.30
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.40	78.00	0.10
04636	Salad dressing, italian dressing, fat-free	0.40	47.00	--
06042	Soup, mushroom barley, canned, condensed	0.40	61.00	0.00
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.40	33.00	1.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06962	Sauce, chili, peppers, hot, immature green, canned	0.40	20.00	68.00
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	0.40	51.00	0.60
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.40	60.00	21.30
09267	Pineapple, canned, water pack, solids and liquids	0.40	32.00	7.70
09272	Pineapple, frozen, chunks, sweetened	0.40	86.00	8.00
11114	Cabbage, savoy, raw	0.40	27.00	31.00
11241	Kohlrabi, raw	0.40	27.00	62.00
11242	Kohlrabi, cooked, boiled, drained, without salt	0.40	29.00	54.00
11243	Mushrooms, portabella, grilled	0.40	29.00	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.40	22.00	0.00
11430	Radishes, oriental, raw	0.40	18.00	22.00
11475	Squash, summer, scallop, raw	0.40	18.00	--
11489	Squash, winter, hubbard, raw	0.40	40.00	11.00
11593	Waxgourd, (chinese preserving melon), raw	0.40	13.00	--
11793	Kohlrabi, cooked, boiled, drained, with salt	0.40	29.00	54.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.40	22.00	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.40	29.00	0.00
11941	Pickles, cucumber, sour	0.40	11.00	1.00
11946	Pickles, cucumber, sour, low sodium	0.40	11.00	1.00
14553	Beverages, Wine, non-alcoholic	0.40	6.00	0.00
15013	Fish, cisco, raw	0.40	98.00	0.00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	0.40	44.00	--
18314	Pie, coconut cream, prepared from mix, no-bake type	0.40	276.00	0.60
19106	Candies, gumdrops, starch jelly pieces	0.40	396.00	0.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.40	105.00	0.80
21310	McDONALD'S, Barbeque Sauce	0.40	165.00	0.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.40	50.00	0.70
31025	Sweet Potato puffs, frozen, unprepared	0.40	161.00	2.20
42171	Salad dressing, french dressing, reduced calorie	0.40	227.00	0.00
42278	Babyfood, vegetable and brown rice, strained	0.40	69.00	0.30
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0.40	132.00	0.00
43154	Alcoholic beverage, wine, cooking	0.40	50.00	0.00
43155	Alcoholic beverage, wine, light	0.40	49.00	0.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.40	66.00	1.70
43536	Babyfood, dessert, peach yogurt	0.40	76.00	11.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20058	Rice, white, steamed, Chinese restaurant	0.39	151.00	--
27046	Sauce, duck, ready-to-serve	0.39	245.00	0.90
43398	Cheese, pasteurized process, cheddar or American, low sodium	0.39	376.00	0.00
01074	Sour cream, imitation, cultured	0.39	208.00	0.00
01076	Milk substitutes, fluid, with lauric acid oil	0.39	61.00	0.00
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	0.39	48.00	0.80
03100	Babyfood, vegetables, carrots, junior	0.39	32.00	5.50
03109	Babyfood, vegetables, sweet potatoes, junior	0.39	60.00	9.60
03265	Babyfood, juice, apple and grape	0.39	46.00	31.50
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.39	28.00	0.10
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.39	47.00	0.30
07938	Ham, honey, smoked, cooked	0.39	122.00	0.60
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.39	98.00	0.00
09021	Apricots, raw	0.39	48.00	10.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.39	63.00	2.70
09055	Blueberries, frozen, sweetened	0.39	85.00	1.00
09079	Cranberries, dried, sweetened	0.39	308.00	0.20
09269	Pineapple, canned, light syrup pack, solids and liquids	0.39	52.00	7.50
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.39	50.00	31.30
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.39	579.00	0.00
11182	Corn, yellow, whole kernel, frozen, microwaved	0.39	131.00	--
11540	Tomato juice, canned, with salt added	0.39	17.00	70.10
11886	Tomato juice, canned, without salt added	0.39	17.00	70.10
14024	Beverages, Whiskey sour mix, powder	0.39	383.00	2.70
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.39	29.00	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.39	95.00	0.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.39	178.00	1.50
01036	Cheese, ricotta, whole milk	0.38	174.00	0.00
03069	Babyfood, dinner, chicken noodle, junior	0.38	55.00	0.10
03175	Babyfood, juice, orange and apricot	0.38	46.00	85.90
03297	Babyfood, dinner, apples and chicken, strained	0.38	65.00	0.20
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	0.38	51.00	0.10
06440	Soup, minestrone, canned, prepared with equal volume water	0.38	34.00	0.50
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.38	179.00	0.00
09036	Apricot nectar, canned, without added ascorbic acid	0.38	56.00	0.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.38	78.00	7.40
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.38	83.00	7.30
09403	Apricot nectar, canned, with added ascorbic acid	0.38	56.00	17.60
09435	Guava nectar, canned, with added ascorbic acid	0.38	63.00	21.10
09449	Nance, frozen, unsweetened	0.38	73.00	92.50
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.38	19.00	33.00
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.38	24.00	17.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.38	72.00	4.60
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.38	93.00	3.30
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.38	14.00	10.50
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.38	19.00	33.00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.38	24.00	17.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.38	72.00	4.60
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.38	11.00	10.50
11907	Corn, sweet, white, canned, cream style, no salt added	0.38	72.00	4.60
15015	Fish, cod, Atlantic, raw	0.38	82.00	1.00
15083	Fish, salmon, pink, raw	0.38	127.00	0.00
15110	Fish, swordfish, raw	0.38	144.00	0.00
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.38	150.00	2.00
15172	Mollusks, scallop, mixed species, raw	0.38	69.00	0.00
15274	Fish, trout, brook, raw, New York State	0.38	110.00	--
18090	Cake, boston cream pie, commercially prepared	0.38	252.00	0.20
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.38	457.00	0.00
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.38	145.00	0.00
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	0.38	239.00	0.70
20029	Couscous, cooked	0.38	112.00	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.38	685.00	0.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.38	219.00	0.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.38	350.00	0.00
19195	Puddings, rice, dry mix, prepared with whole milk	0.37	121.00	0.70
19208	Puddings, rice, dry mix, prepared with 2% milk	0.37	111.00	0.70
19349	Syrups, corn, dark	0.37	286.00	0.00
19908	Sugar, turbinado	0.37	399.00	--
21033	Fast foods, sundae, hot fudge	0.37	180.00	1.50
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.37	32.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03084	Babyfood, dinner, vegetables and turkey, strained	0.37	48.00	0.70
03099	Babyfood, vegetables, carrots, strained	0.37	26.00	5.70
03108	Babyfood, vegetables, sweet potatoes strained	0.37	57.00	9.90
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.37	120.00	0.00
05674	Chicken, skin (drumsticks and thighs), raw	0.37	440.00	0.00
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.37	23.00	2.00
09089	Figs, raw	0.37	74.00	2.00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.37	61.00	19.80
09250	Peaches, frozen, sliced, sweetened	0.37	94.00	94.20
09448	Nance, canned, syrup, drained	0.37	95.00	10.80
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.37	23.00	11.60
11477	Squash, summer, zucchini, includes skin, raw	0.37	17.00	17.90
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.37	15.00	12.90
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.37	19.00	11.60
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.37	15.00	12.90
14084	Alcoholic beverage, wine, table, all	0.37	83.00	0.00
15020	Fish, croaker, Atlantic, raw	0.37	104.00	0.00
15092	Fish, sea bass, mixed species, cooked, dry heat	0.37	124.00	0.00
15130	Fish, whitefish, mixed species, raw	0.37	134.00	0.00
15143	Crustaceans, crab, dungeness, raw	0.37	86.00	3.50
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.36	176.00	0.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0.36	59.00	1.50
03085	Babyfood, dinner, vegetables and turkey, junior	0.36	53.00	0.40
04706	Dressing, honey mustard, fat-free	0.36	169.00	2.10
06547	Soup, beef mushroom, canned, prepared with equal volume water	0.36	30.00	1.90
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.36	54.00	0.00
09070	Cherries, sweet, raw	0.36	63.00	7.00
09071	Cherries, sweet, canned, water pack, solids and liquids	0.36	46.00	2.20
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.36	67.00	3.70
09077	Crabapples, raw	0.36	76.00	8.00
09124	Grapefruit juice, white, canned, sweetened	0.36	46.00	26.90
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.36	69.00	3.20
09233	Passion-fruit juice, yellow, raw	0.36	60.00	18.20
09240	Peaches, canned, light syrup pack, solids and liquids	0.36	54.00	2.40
09434	Guanabana nectar, canned	0.36	59.00	11.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09436	Mango nectar, canned	0.36	51.00	15.20
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.36	61.00	2.60
11220	Gourd, dishcloth (towelgourd), raw	0.36	20.00	12.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.36	56.00	5.70
11605	Beets, harvard, canned, solids and liquids	0.36	73.00	2.40
11620	Drumstick pods, raw	0.36	37.00	141.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.36	20.00	5.50
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.36	61.00	2.60
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.36	54.00	5.70
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.36	20.00	5.50
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.36	109.00	0.00
15129	Fish, turbot, european, raw	0.36	95.00	1.70
15206	Fish, pout, ocean, cooked, dry heat	0.36	102.00	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.36	168.00	2.90
19233	Puddings, vanilla, ready-to-eat, fat free	0.36	89.00	1.20
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	0.36	153.00	0.70
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.36	90.00	14.50
19168	Desserts, egg custard, baked, prepared-from-recipe	0.35	104.00	0.00
20061	Rice flour, white, unenriched	0.35	366.00	0.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.35	163.00	0.90
21314	McDONALD'S, Spicy Buffalo Sauce	0.35	142.00	0.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.35	162.00	--
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.35	126.00	3.00
36018	APPLEBEE'S, fish, hand battered	0.35	202.00	--
42137	Salad dressing, peppercorn dressing, commercial, regular	0.35	564.00	0.60
43017	Salad dressing, green goddess, regular	0.35	427.00	0.20
43535	Babyfood, juice, apple - cherry	0.35	47.00	32.10
01164	Cheese sauce, prepared from recipe	0.35	197.00	0.60
03053	Babyfood, dinner, vegetables and beef, strained	0.35	77.00	0.20
03054	Babyfood, dinner, vegetables and beef, junior	0.35	77.00	0.20
03066	Babyfood, dinner, vegetables and lamb, strained	0.35	52.00	1.20
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	0.35	63.00	0.70
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.35	69.00	0.80
03174	Babyfood, juice, orange and apple and banana	0.35	47.00	32.10
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.35	41.00	0.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.35	65.00	1.60
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0.35	79.00	2.80
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	0.35	52.00	0.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.35	83.00	3.60
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.35	102.00	3.60
09076	Cherries, sweet, frozen, sweetened	0.35	89.00	1.00
09301	Rambutan, canned, syrup pack	0.35	82.00	4.90
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.35	83.00	3.60
09402	Applesauce, canned, sweetened, with salt	0.35	76.00	1.70
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.35	25.00	3.20
11363	Potatoes, baked, flesh, without salt	0.35	93.00	12.80
11641	Squash, summer, all varieties, raw	0.35	16.00	17.00
11829	Potatoes, baked, flesh, with salt	0.35	93.00	12.80
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.35	80.00	3.10
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.35	80.00	3.10
11935	Catsup	0.35	101.00	4.10
11949	Catsup, low sodium	0.35	101.00	4.10
14091	Beverages, almond milk, unsweetened, shelf stable	0.35	15.00	0.00
15214	Fish, seatrout, mixed species, cooked, dry heat	0.35	133.00	0.00
15233	Fish, catfish, channel, wild, cooked, dry heat	0.35	105.00	0.80
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.35	28.00	0.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.35	44.00	0.00
03067	Babyfood, dinner, vegetables and lamb, junior	0.34	51.00	1.70
03179	Babyfood, juice, mixed fruit	0.34	47.00	63.60
04707	Oil, flaxseed, contains added sliced flaxseed	0.34	878.00	--
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.34	108.00	0.00
06053	Soup, cream of potato, canned, condensed	0.34	74.00	0.20
06341	CAMPBELL'S, Cream of Potato Soup, condensed	0.34	71.00	0.20
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	0.34	47.00	0.00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	0.34	41.00	0.50
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0.34	35.00	0.40
07081	Turkey breast, sliced, prepackaged	0.34	100.00	0.00
09183	Melons, casaba, raw	0.34	28.00	21.80
09229	Papaya nectar, canned	0.34	57.00	3.00
09282	Plums, canned, purple, juice pack, solids and liquids	0.34	58.00	2.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.34	56.00	6.20
11125	Carrots, cooked, boiled, drained, without salt	0.34	35.00	3.60
11149	Chayote, fruit, raw	0.34	19.00	7.70
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.34	28.00	5.10
11333	Peppers, sweet, green, raw	0.34	20.00	80.40
11429	Radishes, raw	0.34	16.00	14.80
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.34	27.00	3.50
11757	Carrots, cooked, boiled, drained, with salt	0.34	35.00	3.60
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.34	26.00	5.10
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.34	27.00	3.50
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.34	388.00	0.40
15132	Fish, whiting, mixed species, raw	0.34	90.00	0.00
15236	Fish, salmon, Atlantic, farmed, raw	0.34	208.00	3.90
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.34	206.00	3.70
15238	Fish, salmon, coho, farmed, raw	0.34	160.00	1.10
19089	Ice creams, vanilla, rich	0.34	249.00	0.00
19144	Candies, NESTLE, 100 GRAND Bar	0.34	468.00	0.70
19170	Egg custards, dry mix, prepared with whole milk	0.34	122.00	0.10
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.34	120.00	0.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.34	111.00	0.10
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	0.34	463.00	0.70
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.34	493.00	--
36028	DENNY'S, coleslaw	0.34	183.00	13.20
19205	Egg custards, dry mix, prepared with 2% milk	0.33	112.00	0.20
20003	Arrowroot flour	0.33	357.00	0.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.33	41.00	0.40
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.33	192.00	1.40
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.33	66.00	13.10
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.33	67.00	13.10
43098	Pie fillings, cherry, low calorie	0.33	53.00	2.80
43278	Cheese, american cheddar, imitation	0.33	239.00	0.00
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.33	49.00	2.00
01007	Cheese, camembert	0.33	300.00	0.00
01048	Cheese spread, pasteurized process, American	0.33	290.00	0.00
02047	Salt, table	0.33	0.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03055	Babyfood, dinner, beef with vegetables	0.33	96.00	0.00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.33	70.00	0.80
03229	Babyfood, dessert, peach melba, strained	0.33	60.00	31.40
03274	Babyfood, dinner, vegetables and chicken, junior	0.33	53.00	0.20
03278	Babyfood, dinner, mixed vegetable, strained	0.33	41.00	2.80
06166	Sauce, homemade, white, medium	0.33	147.00	0.80
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.33	35.00	1.10
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.33	24.00	0.00
06558	Soup, tomato bisque, canned, prepared with equal volume water	0.33	50.00	2.40
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.33	33.00	0.40
09012	Apples, dried, sulfured, stewed, without added sugar	0.33	57.00	1.00
09052	Blueberries, canned, heavy syrup, solids and liquids	0.33	88.00	1.10
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.33	73.00	10.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.33	147.00	144.80
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.33	148.00	144.80
11287	Onions, frozen, chopped, unprepared	0.33	29.00	3.30
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.33	16.00	10.80
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.33	16.00	10.80
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	0.33	481.00	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	0.33	60.00	0.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.32	362.00	6.80
01093	Milk, dry, nonfat, calcium reduced	0.32	354.00	6.70
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0.32	362.00	6.80
03098	Babyfood, vegetables, beets, strained	0.32	34.00	2.40
03104	Babyfood, vegetables, squash, strained	0.32	28.00	0.30
03105	Babyfood, vegetables, squash, junior	0.32	24.00	0.30
03286	Babyfood, vegetables, mix vegetables strained	0.32	36.00	1.70
06211	Soup, cheese, canned, prepared with equal volume milk	0.32	92.00	0.50
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.32	30.00	0.00
07933	Chicken breast, oven-roasted, fat-free, sliced	0.32	79.00	0.00
07935	Oven-roasted chicken breast roll	0.32	134.00	0.00
09022	Apricots, canned, water pack, with skin, solids and liquids	0.32	27.00	3.40
09063	Cherries, sour, red, raw	0.32	50.00	10.00
09237	Peaches, canned, water pack, solids and liquids	0.32	24.00	2.90
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.32	52.00	47.30

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11028	Bamboo shoots, canned, drained solids	0.32	19.00	1.10
11136	Cauliflower, cooked, boiled, drained, without salt	0.32	23.00	44.30
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.32	93.00	3.10
11761	Cauliflower, cooked, boiled, drained, with salt	0.32	23.00	44.30
14182	Beverages, chocolate syrup, prepared with whole milk	0.32	90.00	0.00
15045	Fish, lingcod, raw	0.32	85.00	0.00
15053	Fish, milkfish, raw	0.32	148.00	0.00
15054	Fish, monkfish, raw	0.32	76.00	1.00
15103	Fish, spot, raw	0.32	123.00	0.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.32	119.00	0.00
31034	Peppers, hot pickled, canned	0.32	22.00	12.30
19294	Fruit butters, apple	0.31	173.00	0.60
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	0.31	161.00	1.70
21139	Fast foods, potato, mashed	0.31	89.00	0.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0.31	40.00	0.00
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	0.31	53.00	0.10
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	0.31	81.00	7.80
42304	Cheese, mozzarella, nonfat	0.31	141.00	0.00
01004	Cheese, blue	0.31	353.00	0.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0.31	358.00	5.60
01110	Milk shakes, thick chocolate	0.31	119.00	0.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0.31	358.00	5.60
03279	Babyfood, dinner, mixed vegetable, junior	0.31	34.00	3.30
03934	Babyfood, corn and sweet potatoes, strained	0.31	68.00	5.00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.31	333.00	0.00
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.31	24.00	0.10
06463	Soup, tomato rice, canned, prepared with equal volume water	0.31	47.00	5.80
09013	Apples, dried, sulfured, stewed, with added sugar	0.31	83.00	0.90
09107	Gooseberries, raw	0.31	44.00	27.70
09148	Kiwifruit, green, raw	0.31	61.00	92.70
09164	Litchis, raw	0.31	66.00	71.50
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.31	53.00	10.00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.31	53.00	43.80
10132	Pork, cured, feet, pickled	0.31	140.00	0.00
11119	Cabbage, chinese (pe-tsai), raw	0.31	16.00	27.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11265	Mushrooms, portabella, raw	0.31	22.00	0.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.31	87.00	13.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.31	86.00	7.40
11492	Squash, winter, spaghetti, raw	0.31	31.00	2.10
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.31	87.00	13.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.31	86.00	7.40
11906	Corn, sweet, white, canned, cream style, regular pack	0.31	74.00	4.60
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.31	22.00	0.00
14334	Beverages, pineapple and grapefruit juice drink, canned	0.31	47.00	46.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.31	46.00	28.50
15113	Fish, tilefish, cooked, dry heat	0.31	147.00	0.00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0.31	99.00	0.00
15240	Fish, trout, rainbow, farmed, raw	0.31	141.00	2.90
01094	Milk, buttermilk, dried	0.30	387.00	5.70
03059	Babyfood, dinner, vegetables and bacon, strained	0.30	69.00	--
03090	Babyfood, dinner, macaroni and cheese, junior	0.30	61.00	1.30
03118	Babyfood, fruit, apricot with tapioca, strained	0.30	60.00	21.60
03144	Babyfood, fruit, applesauce and cherries, strained	0.30	51.00	42.80
03145	Babyfood, fruit, applesauce and cherries, junior	0.30	51.00	42.80
03163	Babyfood, fruit, bananas with apples and pears, strained	0.30	83.00	13.90
03230	Babyfood, dessert, peach melba, junior	0.30	60.00	26.00
03267	Babyfood, juice, fruit punch, with calcium	0.30	52.00	21.20
03280	Babyfood, fruit, bananas with tapioca, junior	0.30	67.00	25.70
03289	Babyfood, apples with ham, strained	0.30	62.00	0.10
04639	Salad dressing, ranch dressing, regular	0.30	430.00	0.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.30	55.00	6.30
06411	Soup, cheese, canned, prepared with equal volume water	0.30	63.00	0.00
06584	Soup, broccoli cheese, canned, condensed, commercial	0.30	87.00	2.00
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	0.30	55.00	0.10
07932	Chicken breast, fat-free, mesquite flavor, sliced	0.30	80.00	0.00
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.30	48.00	4.90
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.30	49.00	4.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.30	83.00	3.10
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.30	45.00	3.00
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.30	30.00	1.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09177	Mangosteen, canned, syrup pack	0.30	73.00	2.90
09239	Peaches, canned, extra light syrup, solids and liquids	0.30	42.00	3.00
09286	Pomegranates, raw	0.30	83.00	10.20
09287	Prickly pears, raw	0.30	41.00	14.00
09357	Apricots, canned, heavy syrup, drained	0.30	83.00	3.10
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.30	14.00	15.80
11124	Carrots, raw	0.30	41.00	5.90
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.30	28.00	2.60
11339	Peppers, sweet, green, sauteed	0.30	127.00	177.00
11564	Turnips, raw	0.30	28.00	21.00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.30	14.00	15.80
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.30	26.00	2.60
11993	Mushrooms, maitake, raw	0.30	31.00	0.00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.30	38.00	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0.30	31.00	0.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.30	85.00	0.10
14268	Beverages, Fruit punch drink, frozen concentrate	0.30	162.00	155.60
14430	Cranberry juice cocktail, frozen concentrate	0.30	201.00	45.80
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	0.30	4.00	25.20
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.30	4.00	25.10
15010	Fish, catfish, channel, wild, raw	0.30	95.00	0.70
15070	Fish, rockfish, Pacific, mixed species, raw	0.30	90.00	0.00
15162	Mollusks, clam, mixed species, canned, liquid	0.30	2.00	1.00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	0.30	30.00	--
16246	SILK Nog, soymilk	0.30	74.00	0.00
18305	Pie, blueberry, commercially prepared	0.30	232.00	2.70
19107	Candies, hard	0.30	394.00	0.00
19293	Frozen yogurts, vanilla, soft-serve	0.30	159.00	0.80
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	0.30	81.00	1.20
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	0.30	20.00	29.60
31008	CAMPBELL'S, V8 100% Vegetable Juice	0.30	21.00	29.60
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0.30	21.00	49.40
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	0.30	21.00	29.60
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	0.30	14.00	29.60
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	0.30	25.00	29.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36035	Restaurant, family style, coleslaw	0.30	159.00	13.70
42266	Babyfood, juice, apple-sweet potato	0.30	48.00	34.10
43004	Babyfood, dessert, banana pudding, strained	0.30	68.00	12.00
43007	Babyfood, fruit, tutti frutti, junior	0.30	69.00	7.20
43546	Babyfood, banana no tapioca, strained	0.30	91.00	21.90
18421	Cookies, butter, commercially prepared, unenriched	0.29	467.00	0.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0.29	111.00	0.90
19312	Pie fillings, apple, canned	0.29	100.00	1.70
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	0.29	80.00	0.00
22952	SWANSON, Chicken and Dumplings	0.29	93.00	0.00
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	0.29	49.00	1.00
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	0.29	53.00	2.40
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	0.29	53.00	0.00
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	0.29	41.00	0.00
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	0.29	45.00	7.30
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.29	29.00	0.30
36025	CRACKER BARREL, coleslaw	0.29	175.00	14.20
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.29	182.00	--
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.29	221.00	0.00
43449	Beans, baked, canned, no salt added	0.29	105.00	3.10
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.29	78.00	1.20
01237	Ice cream, bar or stick, chocolate covered	0.29	331.00	0.00
03082	Babyfood, dinner, turkey and rice, strained	0.29	52.00	0.20
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.29	78.00	28.90
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.29	884.00	0.00
04703	Salad dressing, honey mustard, regular	0.29	464.00	0.20
04705	Salad dressing, caesar, fat-free	0.29	131.00	0.10
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	0.29	40.00	0.00
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	0.29	56.00	0.00
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	0.29	56.00	0.00
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	0.29	56.00	1.00
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	0.29	63.00	0.00
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	0.29	73.00	4.80
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	0.29	61.00	0.50
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	0.29	40.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	0.29	73.00	1.00
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	0.29	97.00	0.00
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	0.29	87.00	1.90
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	0.29	63.00	0.00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	0.29	103.00	4.80
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	0.29	78.00	0.00
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	0.29	44.00	0.50
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	0.29	82.00	0.00
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	0.29	49.00	0.50
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	0.29	44.00	0.00
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	0.29	30.00	0.00
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	0.29	30.00	0.00
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	0.29	65.00	1.00
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.29	32.00	6.30
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	0.29	37.00	0.00
09090	Figs, canned, water pack, solids and liquids	0.29	53.00	1.00
09091	Figs, canned, light syrup pack, solids and liquids	0.29	69.00	1.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.29	57.00	1.90
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.29	73.00	1.90
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.29	58.00	2.50
09131	Grapes, american type (slip skin), raw	0.29	67.00	4.00
09185	Melon balls, frozen	0.29	33.00	6.20
09228	Papaya, canned, heavy syrup, drained	0.29	206.00	3.50
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.29	96.00	1.20
09254	Pears, canned, juice pack, solids and liquids	0.29	50.00	1.60
09266	Pineapple, raw, all varieties	0.29	50.00	47.80
09309	Rhubarb, frozen, uncooked	0.29	21.00	4.80
09351	Fruit cocktail, canned, heavy syrup, drained	0.29	70.00	1.90
09420	Jackfruit, canned, syrup pack	0.29	92.00	0.50
11585	Vegetable juice cocktail, low sodium, canned	0.29	19.00	54.30
12119	Nuts, coconut water (liquid from coconuts)	0.29	19.00	2.40
12129	Nuts, ginkgo nuts, canned	0.29	111.00	9.10
15091	Fish, sea bass, mixed species, raw	0.29	97.00	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	0.29	89.00	0.00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.29	80.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03119	Babyfood, vegetables, corn, creamed, strained	0.28	57.00	2.10
04635	Salad dressing, thousand island dressing, fat-free	0.28	132.00	0.00
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.28	66.00	0.60
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	0.28	85.00	0.00
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.28	75.00	1.00
09050	Blueberries, raw	0.28	57.00	9.70
09092	Figs, canned, heavy syrup pack, solids and liquids	0.28	88.00	1.00
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0.28	107.00	1.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.28	88.00	1.90
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.28	73.00	2.40
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.28	88.00	2.10
09174	Loquats, raw	0.28	47.00	1.00
09191	Nectarines, raw	0.28	44.00	5.40
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.28	75.00	5.30
09256	Pears, canned, light syrup pack, solids and liquids	0.28	57.00	0.70
09268	Pineapple, canned, juice pack, solids and liquids	0.28	60.00	9.50
09354	Pineapple, canned, juice pack, drained	0.28	60.00	9.40
09430	Pineapple, raw, extra sweet variety	0.28	51.00	56.40
11205	Cucumber, with peel, raw	0.28	15.00	2.80
11279	Okra, cooked, boiled, drained, without salt	0.28	22.00	16.30
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.28	30.00	6.50
11578	Vegetable juice cocktail, canned	0.28	22.00	54.30
11803	Okra, cooked, boiled, drained, with salt	0.28	22.00	16.30
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.28	30.00	6.50
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.28	71.00	2.10
15059	Fish, pout, ocean, raw	0.28	79.00	0.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.28	144.00	0.00
19092	Candies, TWIZZLERS NIBS CHERRY BITS	0.28	347.00	0.00
19137	Toppings, strawberry	0.28	254.00	13.70
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	0.28	72.00	0.40
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	0.28	319.00	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.28	86.00	4.00
31033	Ginger root, pickled, canned, with artificial sweetener	0.28	20.00	0.00
42205	Cheese, pasteurized process, cheddar or American, fat-free	0.28	148.00	0.00
43450	Frozen novelties, juice type, juice with cream	0.28	115.00	21.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18087	Cake, angelfood, dry mix	0.27	366.00	0.00
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	0.27	143.00	0.80
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.27	177.00	--
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.27	182.00	0.90
31036	Potatoes, mashed, ready-to-eat	0.27	106.00	0.10
42178	Mayonnaise, made with tofu	0.27	322.00	0.00
43331	Salad dressing, bacon and tomato	0.27	326.00	8.80
03070	Babyfood, dinner, chicken soup, strained	0.27	50.00	1.00
03120	Babyfood, vegetables, corn, creamed, junior	0.27	65.00	2.20
03128	Babyfood, fruit, apricot with tapioca, junior	0.27	63.00	17.90
06170	Soup, stock, beef, home-prepared	0.27	13.00	0.00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.27	77.00	0.50
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	0.27	103.00	0.00
09062	Cherimoya, raw	0.27	75.00	12.60
09219	Tangerines, (mandarin oranges), canned, juice pack	0.27	37.00	34.20
09238	Peaches, canned, juice pack, solids and liquids	0.27	44.00	3.60
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.27	74.00	2.80
09370	Peaches, canned, heavy syrup, drained	0.27	72.00	0.70
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.27	38.00	33.90
11134	Cassava, raw	0.27	160.00	20.60
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.27	67.00	1.80
11286	Onions, yellow, sauteed	0.27	132.00	1.80
11529	Tomatoes, red, ripe, raw, year round average	0.27	18.00	13.70
11657	Potatoes, mashed, home-prepared, whole milk added	0.27	83.00	6.20
14106	Alcoholic beverage, wine, table, white	0.27	82.00	0.00
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.27	84.00	0.00
14341	Beverages, pineapple and orange juice drink, canned	0.27	50.00	22.50
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.27	96.00	0.00
15093	Fish, seatrout, mixed species, raw	0.27	104.00	0.00
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.27	70.00	--
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.26	330.00	0.00
01069	Cream substitute, powdered	0.26	529.00	0.00
01238	Ice cream sandwich	0.26	237.00	0.00
01254	Cheese food, pasteurized process, American, without added vitamin D	0.26	330.00	0.00
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	0.26	52.00	0.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03143	Babyfood, fruit, applesauce and apricots, junior	0.26	47.00	17.90
03238	Babyfood, dessert, tropical fruit, junior	0.26	60.00	18.80
04114	Salad dressing, italian dressing, commercial, regular	0.26	240.00	0.40
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.26	7.00	0.40
06410	Soup, cream of celery, canned, prepared with equal volume water	0.26	37.00	0.10
06446	Soup, cream of onion, canned, prepared with equal volume water	0.26	44.00	0.50
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.26	47.00	0.60
09040	Bananas, raw	0.26	89.00	8.70
09129	Grapes, muscadine, raw	0.26	57.00	6.50
09139	Guavas, common, raw	0.26	68.00	228.30
09262	Pear nectar, canned, without added ascorbic acid	0.26	60.00	1.10
09408	Pear nectar, canned, with added ascorbic acid	0.26	60.00	27.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.26	47.00	25.00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.26	50.00	31.30
10006	Pork, fresh, separable fat, raw	0.26	632.00	0.00
11294	Onions, sweet, raw	0.26	32.00	4.80
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.26	113.00	10.50
11537	Tomatoes, red, ripe, canned, with green chilies	0.26	15.00	6.20
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.26	113.00	6.00
11937	Pickles, cucumber, dill or kosher dill	0.26	12.00	2.30
11947	Pickles, cucumber, dill, reduced sodium	0.26	12.00	2.30
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.26	172.00	243.10
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.26	153.00	189.70
15109	Fish, surimi	0.26	99.00	0.00
15147	Crustaceans, lobster, northern, raw	0.26	77.00	0.00
27000	Soup, egg drop, Chinese restaurant	0.26	27.00	6.50
36021	APPLEBEE'S, coleslaw	0.26	120.00	13.70
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.26	140.00	0.00
42230	Salad Dressing, coleslaw dressing, reduced fat	0.26	329.00	0.00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.26	263.00	0.00
20092	Pasta, gluten-free, corn, cooked	0.25	126.00	0.00
21311	McDONALD'S, Creamy Ranch Sauce	0.25	468.00	0.00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.25	313.00	0.80
27049	Sauce, tartar, ready-to-serve	0.25	211.00	2.30
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.25	28.00	3.90

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.25	107.00	0.00
43382	Cranberry juice, unsweetened	0.25	46.00	9.30
43597	Cheese, mozzarella, low sodium	0.25	280.00	0.00
03133	Babyfood, fruit, pears, junior	0.25	44.00	22.00
03142	Babyfood, fruit, applesauce and apricots, strained	0.25	44.00	18.90
03158	Babyfood, fruit, pears and pineapple, strained	0.25	41.00	27.50
04021	Salad dressing, italian dressing, commercial, reduced fat	0.25	102.00	0.00
04704	Salad dressing, poppyseed, creamy	0.25	399.00	0.30
06023	Soup, chicken with rice, canned, condensed	0.25	68.00	0.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.25	33.00	0.00
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	0.25	68.00	0.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.25	48.00	0.10
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.25	32.00	2.10
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.25	50.00	3.30
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.25	60.00	25.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.25	60.00	0.10
09226	Papayas, raw	0.25	43.00	60.90
09236	Peaches, yellow, raw	0.25	39.00	6.60
09429	Pineapple, raw, traditional varieties	0.25	45.00	16.90
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.25	62.00	25.00
11210	Eggplant, cooked, boiled, drained, without salt	0.25	35.00	1.30
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.25	15.00	8.50
11263	Mushrooms, white, stir-fried	0.25	26.00	0.00
11783	Eggplant, cooked, boiled, drained, with salt	0.25	33.00	1.30
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.25	13.00	8.50
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.25	91.00	0.70
11979	Peppers, jalapeno, raw	0.25	29.00	118.60
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.25	75.00	0.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.25	54.00	25.40
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.25	46.00	25.00
15078	Fish, salmon, chinook, raw	0.25	179.00	4.00
15112	Fish, tilefish, raw	0.25	96.00	0.00
01022	Cheese, gouda	0.24	356.00	0.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.24	83.00	0.90
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.24	76.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.24	376.00	0.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.24	78.00	0.00
03001	Babyfood, juice treats, fruit medley, toddler	0.24	347.00	8.00
03062	Babyfood, dinner, vegetables and ham, junior	0.24	60.00	1.10
03132	Babyfood, fruit, pears, strained	0.24	42.00	24.50
03147	Babyfood, fruit, applesauce with banana, junior	0.24	66.00	17.30
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.24	85.00	0.80
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	0.24	33.00	0.40
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	0.24	52.00	0.00
09008	Apples, canned, sweetened, sliced, drained, heated	0.24	67.00	0.20
09232	Passion-fruit juice, purple, raw	0.24	51.00	29.80
09326	Watermelon, raw	0.24	30.00	8.10
09415	Pears, raw, green anjou	0.24	66.00	4.40
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.24	12.00	0.00
11151	Chicory, witloof, raw	0.24	17.00	2.80
11283	Onions, cooked, boiled, drained, without salt	0.24	44.00	5.20
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.24	11.00	0.00
11805	Onions, cooked, boiled, drained, with salt	0.24	42.00	5.20
14057	Alcoholic beverage, wine, dessert, sweet	0.24	160.00	0.00
14536	Alcoholic beverage, wine, dessert, dry	0.24	152.00	0.00
15102	Fish, snapper, mixed species, cooked, dry heat	0.24	128.00	1.60
19087	Candies, white chocolate	0.24	539.00	0.50
19314	Pie fillings, canned, cherry	0.24	115.00	3.60
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.24	123.00	0.00
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	0.24	39.00	11.80
18088	Cake, angelfood, dry mix, prepared	0.23	257.00	0.00
19116	Candies, marshmallows	0.23	318.00	0.00
21416	POPEYES, Coleslaw	0.23	161.00	14.70
27066	Sauce, horseradish	0.23	503.00	0.20
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.23	487.00	--
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.23	146.00	--
43142	Radishes, hawaiian style, pickled	0.23	28.00	0.00
43285	Eggs, scrambled, frozen mixture	0.23	131.00	0.00
43598	Mayonnaise dressing, no cholesterol	0.23	688.00	0.00
01020	Cheese, fontina	0.23	389.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01041	Cheese, tilsit	0.23	340.00	0.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.23	62.00	0.40
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.23	351.00	0.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.23	304.00	0.00
03130	Babyfood, fruit, peaches, strained	0.23	65.00	46.10
03131	Babyfood, fruit, peaches, junior	0.23	65.00	46.10
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.23	65.00	19.20
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	0.23	55.00	0.20
09007	Apples, canned, sweetened, sliced, drained, unheated	0.23	67.00	0.40
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.23	42.00	1.00
09078	Cranberries, raw	0.23	46.00	14.00
09144	Jackfruit, raw	0.23	95.00	13.70
09161	Lime juice, canned or bottled, unsweetened	0.23	21.00	6.40
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.23	42.00	21.20
11209	Eggplant, raw	0.23	25.00	2.20
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.23	86.00	0.00
15234	Fish, catfish, channel, farmed, raw	0.23	119.00	0.00
01028	Cheese, mozzarella, part skim milk	0.22	254.00	0.00
01029	Cheese, mozzarella, low moisture, part-skim	0.22	295.00	0.00
03116	Babyfood, fruit, applesauce, strained	0.22	41.00	38.30
03117	Babyfood, fruit, applesauce, junior	0.22	37.00	37.80
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.22	74.00	0.80
03152	Babyfood, fruit, apple and raspberry, strained	0.22	58.00	26.80
03153	Babyfood, fruit, apple and raspberry, junior	0.22	58.00	28.90
03169	Babyfood, apple-cranberry juice	0.22	46.00	27.90
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.22	59.00	2.50
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.22	86.00	0.40
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.22	60.00	0.50
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.22	61.00	0.10
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.22	12.00	0.40
09140	Guavas, strawberry, raw	0.22	69.00	37.00
09257	Pears, canned, heavy syrup pack, solids and liquids	0.22	74.00	1.10
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0.22	97.00	1.10
09307	Rhubarb, raw	0.22	21.00	8.00
09374	Pears, canned, heavy syrup, drained	0.22	74.00	1.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.22	24.00	8.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.22	74.00	1.70
11206	Cucumber, peeled, raw	0.22	12.00	3.20
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.22	22.00	8.00
11889	Turnips, cooked, boiled, drained, with salt	0.22	22.00	11.60
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.22	113.00	9.70
15057	Fish, ocean perch, Atlantic, raw	0.22	79.00	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.22	56.00	0.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.22	387.00	0.00
19365	Toppings, marshmallow cream	0.22	322.00	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	0.22	179.00	0.00
21127	Fast foods, coleslaw	0.22	153.00	14.60
19090	Ice creams, french vanilla, soft-serve	0.21	222.00	0.80
19271	Ice creams, strawberry	0.21	192.00	7.70
19876	Ice creams, BREYERS, All Natural Light French Vanilla	0.21	173.00	0.90
21034	Fast foods, sundae, strawberry	0.21	175.00	1.30
21420	KFC, Coleslaw	0.21	144.00	14.60
27002	Soup, wonton, Chinese restaurant	0.21	32.00	0.70
27050	Sauce, sweet and sour, ready-to-serve	0.21	150.00	8.70
35015	Blackberries, wild, raw (Alaska Native)	0.21	52.00	4.70
01010	Cheese, cheshire	0.21	387.00	0.00
01236	Ice cream, soft serve, chocolate	0.21	222.00	0.80
03089	Babyfood, dinner, macaroni and cheese, strained	0.21	67.00	0.10
03159	Babyfood, fruit, pears and pineapple, junior	0.21	44.00	16.80
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.21	63.00	3.00
04025	Salad dressing, mayonnaise, regular	0.21	680.00	0.00
04630	Margarine Spread, approximately 48% fat, tub	0.21	424.00	0.00
06165	Sauce, homemade, white, thin	0.21	105.00	0.80
06172	Soup, stock, chicken, home-prepared	0.21	36.00	0.20
06413	Soup, chicken broth, canned, prepared with equal volume water	0.21	16.00	0.00
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.21	30.00	0.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.21	36.00	0.00
06930	Sauce, cheese, ready-to-serve	0.21	174.00	0.40
06963	Fish broth	0.21	16.00	0.00
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.21	53.00	0.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06970	Soup, chicken broth, low sodium, canned	0.21	16.00	0.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.21	46.00	2.70
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.21	37.00	33.90
09181	Melons, cantaloupe, raw	0.21	34.00	36.70
09253	Pears, canned, water pack, solids and liquids	0.21	29.00	1.00
09310	Rhubarb, frozen, cooked, with sugar	0.21	116.00	3.30
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0.21	46.00	108.60
09520	Kiwifruit, ZESPRI SunGold, raw	0.21	63.00	161.30
11282	Onions, raw	0.21	40.00	7.40
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.21	174.00	4.90
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.21	378.00	1,342.30
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.21	85.00	0.10
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.21	401.00	0.00
14370	Beverages, tea, instant, lemon, sweetened, powder	0.21	401.00	0.00
15034	Fish, haddock, cooked, dry heat	0.21	90.00	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.21	71.00	0.00
01027	Cheese, mozzarella, whole milk, low moisture	0.20	318.00	0.00
01057	Eggnog	0.20	88.00	1.50
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	0.20	240.00	0.00
01228	Cheese, fresh, queso fresco	0.20	299.00	0.00
02048	Vinegar, cider	0.20	21.00	0.00
03112	Babyfood, potatoes, toddler	0.20	52.00	10.50
03115	Babyfood, apples, dices, toddler	0.20	51.00	31.30
03129	Babyfood, fruit, bananas with tapioca, strained	0.20	56.00	16.70
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.20	71.00	1.10
03140	Babyfood, fruit dessert, mango with tapioca	0.20	70.00	15.80
03141	Babyfood, pears, dices, toddler	0.20	57.00	31.30
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.20	64.00	6.40
03160	Babyfood, fruit, guava and papaya with tapioca, strained	0.20	63.00	80.90
03161	Babyfood, peaches, dices, toddler	0.20	51.00	31.30
03164	Babyfood, fruit, apple and blueberry, strained	0.20	61.00	27.80
03167	Babyfood, apple-banana juice	0.20	51.00	27.90
03173	Babyfood, juice, orange and apple	0.20	43.00	76.90
03220	Babyfood, dessert, dutch apple, strained	0.20	75.00	21.40
03269	Babyfood, juice, apple, with calcium	0.20	46.00	21.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	0.20	334.00	0.30
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0.20	389.00	0.00
04133	Salad dressing, french, home recipe	0.20	631.00	0.60
04146	Salad dressing, french, cottonseed, oil, home recipe	0.20	631.00	0.00
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	0.20	50.00	--
06453	Soup, cream of potato, canned, prepared with equal volume water	0.20	30.00	0.00
06528	Soup, chicken noodle, dry, mix, prepared with water	0.20	23.00	0.00
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.20	58.00	0.00
09001	Acerola, (west indian cherry), raw	0.20	32.00	1,677.60
09082	Cranberry-orange relish, canned	0.20	178.00	18.00
09127	Grapefruit juice, pink or red, with added calcium	0.20	38.00	25.00
09128	Grapefruit juice, white, raw	0.20	39.00	38.00
09206	Orange juice, raw	0.20	45.00	50.00
09221	Tangerine juice, raw	0.20	43.00	31.00
09223	Tangerine juice, canned, sweetened	0.20	50.00	22.00
09255	Pears, canned, extra light syrup pack, solids and liquids	0.20	47.00	2.00
09276	Pitanga, (surinam-cherry), raw	0.20	33.00	26.30
09404	Grapefruit juice, pink, raw	0.20	39.00	38.00
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0.20	158.00	1.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.20	48.00	38.40
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.20	50.00	8.40
11143	Celery, raw	0.20	16.00	3.10
11218	Gourd, white-flowered (calabash), raw	0.20	14.00	10.10
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.20	116.00	6.50
11591	Watercress, raw	0.20	11.00	43.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.20	22.00	24.00
14253	Alcoholic beverages, wine, rose	0.20	83.00	0.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.20	42.00	4.80
14639	Beverages, rice milk, unsweetened	0.20	47.00	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.20	111.00	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.20	85.00	0.00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.20	375.00	0.80
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.20	104.00	0.70
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.20	114.00	0.70
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.20	130.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20451	Rice, white, medium-grain, cooked, unenriched	0.20	130.00	0.00
20453	Rice, white, short-grain, cooked, unenriched	0.20	130.00	0.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.20	130.00	0.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.20	196.00	0.50
35198	Prickly pears, raw (Northern Plains Indians)	0.20	42.00	11.00
42119	Babyfood, banana juice with low fat yogurt	0.20	89.00	33.90
42120	Babyfood, mixed fruit juice with low fat yogurt	0.20	76.00	33.90
42258	Cheese product, pasteurized process, cheddar, reduced fat	0.20	240.00	0.00
42267	Babyfood, juice, orange-carrot	0.20	43.00	34.10
42316	Babyfood, carrots, toddler	0.20	26.00	0.70
43006	Babyfood, fruit, tutti frutti, strained	0.20	66.00	12.40
43008	Babyfood, dinner, chicken and rice	0.20	51.00	1.00
43016	Salad dressing, coleslaw	0.20	390.00	0.00
43523	Babyfood, mixed fruit yogurt, strained	0.20	75.00	11.70
43537	Babyfood, dessert, blueberry yogurt, strained	0.20	77.00	12.40
19088	Ice creams, vanilla, light	0.19	180.00	1.20
19260	Ice creams, vanilla, light, no sugar added	0.19	169.00	0.90
19263	Frozen novelties, fruit and juice bars	0.19	87.00	9.50
19300	Jellies	0.19	266.00	0.90
19361	Syrups, table blends, cane and 15% maple	0.19	278.00	0.00
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	0.19	180.00	0.90
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	0.19	154.00	0.90
25043	Snacks, candy bits, yogurt covered with vitamin C	0.19	415.00	180.00
01095	Milk, canned, condensed, sweetened	0.19	321.00	2.60
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.19	134.00	1.90
01153	Milk, canned, evaporated, with added vitamin A	0.19	134.00	1.90
01186	Cheese, cream, fat free	0.19	105.00	0.00
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	0.19	276.00	0.40
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.19	135.00	1.90
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.19	107.00	16.00
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	0.19	44.00	0.80
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.19	68.00	1.10
09005	Apples, raw, without skin, cooked, boiled	0.19	53.00	0.20
09015	Apples, frozen, unsweetened, heated	0.19	47.00	0.40
09145	Java-plum, (jambolan), raw	0.19	60.00	14.30

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09251	Peach nectar, canned, without added ascorbic acid	0.19	54.00	5.30
09407	Peach nectar, canned, with added ascorbic acid	0.19	54.00	17.60
09412	Pears, raw, bartlett	0.19	63.00	4.40
09413	Pears, raw, red anjou	0.19	62.00	5.20
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.19	108.00	6.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.19	108.00	6.00
14287	Beverages, Lemonade, powder	0.19	376.00	39.90
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	0.18	303.00	0.20
01227	Cheese, dry white, queso seco	0.18	325.00	--
01229	Cheese, white, queso blanco	0.18	310.00	--
01258	Egg, white, dried, stabilized, glucose reduced	0.18	357.00	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.18	81.00	27.20
04688	Salad dressing, spray-style dressing, assorted flavors	0.18	165.00	0.70
06043	Soup, cream of mushroom, canned, condensed	0.18	79.00	0.00
06176	Sauce, oyster, ready-to-serve	0.18	51.00	0.10
06498	Soup, tomato, dry, mix, prepared with water	0.18	38.00	2.00
09014	Apples, frozen, unsweetened, unheated	0.18	48.00	0.10
09054	Blueberries, frozen, unsweetened	0.18	51.00	2.50
09143	Guava sauce, cooked	0.18	36.00	146.40
09252	Pears, raw	0.18	57.00	4.30
09452	Orange Pineapple Juice Blend	0.18	51.00	40.70
10004	Pork, fresh, backfat, raw	0.18	812.00	0.10
11436	Rutabagas, cooked, boiled, drained, without salt	0.18	30.00	18.80
11565	Turnips, cooked, boiled, drained, without salt	0.18	22.00	11.60
11851	Rutabagas, cooked, boiled, drained, with salt	0.18	30.00	18.80
14136	Beverages, carbonated, ginger ale	0.18	34.00	0.00
15028	Fish, flatfish (flounder and sole species), raw	0.18	70.00	0.00
15101	Fish, snapper, mixed species, raw	0.18	100.00	1.60
28334	Cookies, gluten-free, lemon wafer	0.18	515.00	--
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.18	515.00	--
43021	Salad dressing, caesar, low calorie	0.18	110.00	0.00
44110	Jellies, reduced sugar, home preserved	0.18	179.00	0.00
19332	Puddings, lemon, dry mix, regular	0.17	363.00	0.00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.17	366.00	0.00
35206	Plums, wild (Northern Plains Indians)	0.17	91.00	10.30

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
43274	Cheese, cream, low fat	0.17	201.00	0.00
43405	Cheese, swiss, low sodium	0.17	374.00	0.00
43585	Babyfood, fruit supreme dessert	0.17	73.00	12.70
43589	Cheese, swiss, low fat	0.17	179.00	0.00
01023	Cheese, gruyere	0.17	413.00	0.00
01225	Dulce de Leche	0.17	315.00	2.60
01266	Cheese, Swiss, nonfat or fat free	0.17	127.00	0.00
03172	Babyfood, juice, orange	0.17	45.00	62.50
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.17	69.00	1.10
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.17	7.00	0.00
09006	Apples, raw, without skin, cooked, microwave	0.17	56.00	0.30
09039	Avocados, raw, Florida	0.17	120.00	17.40
09184	Melons, honeydew, raw	0.17	36.00	18.00
09279	Plums, raw	0.17	46.00	9.50
11110	Cabbage, cooked, boiled, drained, without salt	0.17	23.00	37.50
11751	Cabbage, common, cooked, boiled, drained, with salt	0.17	23.00	37.50
13335	Beef, variety meats and by-products, suet, raw	0.17	854.00	0.00
14194	Beverages, Cocoa mix, powder, prepared with water	0.17	55.00	0.00
14296	Beverages, lemonade-flavor drink, powder	0.17	380.00	40.60
15033	Fish, haddock, raw	0.17	74.00	0.00
15268	Fish, cod, Pacific, raw (not previously frozen)	0.17	72.00	--
01013	Cheese, cottage, creamed, with fruit	0.16	97.00	1.40
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	0.16	215.00	0.40
01270	Cheese, cheddar, sharp, sliced	0.16	410.00	0.00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.16	48.00	1.50
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.16	65.00	4.00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.16	81.00	0.50
07021	Dutch brand loaf, chicken, pork and beef	0.16	273.00	1.40
09176	Mangos, raw	0.16	60.00	36.40
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.16	51.00	12.00
09281	Plums, canned, purple, water pack, solids and liquids	0.16	41.00	2.70
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.16	97.00	9.70
11563	Tree fern, cooked, without salt	0.16	40.00	30.00
11928	Tree fern, cooked, with salt	0.16	40.00	30.00
14056	Beverages, Acai berry drink, fortified	0.16	62.00	42.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14293	Lemonade, frozen concentrate, white, prepared with water	0.16	40.00	3.90
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.16	385.00	100.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.16	69.00	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	0.16	91.00	0.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.16	84.00	--
19228	Frostings, cream cheese-flavor, ready-to-eat	0.16	415.00	0.00
19230	Frostings, vanilla, creamy, ready-to-eat	0.16	418.00	0.00
19280	Frozen novelties, ice type, lime	0.16	128.00	1.00
19909	Sweeteners, sugar substitute, granulated, brown	0.16	347.00	--
21343	McDONALD'S, Low Fat Caramel Sauce	0.16	313.00	--
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.15	107.00	0.80
19303	Marmalade, orange	0.15	246.00	4.80
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.15	117.00	0.80
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.15	381.00	62.80
27058	Sauce, barbecue, OPEN PIT, original	0.15	132.00	--
31001	CAMPBELL'S, Tomato juice	0.15	21.00	29.60
31002	CAMPBELL'S, Tomato juice, low sodium	0.15	21.00	29.60
31006	CAMPBELL'S, Organic Tomato juice	0.15	21.00	29.60
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	0.15	21.00	29.60
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0.15	21.00	24.70
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.15	121.00	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.15	72.00	0.00
01173	Egg, white, dried	0.15	382.00	0.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.15	98.00	1.40
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.15	884.00	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.15	884.00	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.15	884.00	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.15	884.00	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.15	880.00	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.15	880.00	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.15	884.00	0.00
06011	Soup, cheese, canned, condensed	0.15	82.00	0.20
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	0.15	84.00	0.20
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	0.15	57.00	0.00
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	0.15	57.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	0.15	41.00	0.00
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	0.15	78.00	1.00
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	0.15	64.00	2.40
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	0.15	44.00	2.40
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	0.15	34.00	0.00
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	0.15	53.00	0.00
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	0.15	41.00	0.00
09218	Tangerines, (mandarin oranges), raw	0.15	53.00	26.70
09263	Persimmons, japanese, raw	0.15	70.00	7.50
09414	Pears, raw, bosc	0.15	67.00	2.80
09502	Apples, raw, granny smith, with skin	0.15	58.00	--
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	0.15	63.00	2.50
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	0.15	71.00	25.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.15	17.00	15.10
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.15	17.00	15.10
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	0.15	37.00	24.50
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	0.15	37.00	24.50
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	0.15	41.00	24.40
14161	Beverages, Kiwi Strawberry Juice Drink	0.15	47.00	24.70
14187	Beverages, Clam and tomato juice, canned	0.15	48.00	5.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.15	15.00	3.80
14240	Beverages, cranberry-apricot juice drink, bottled	0.15	64.00	0.00
14620	Beverages, V8 V-FUSION Juices, Peach Mango	0.15	49.00	24.40
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	0.15	49.00	24.40
14622	Beverages, V8 V-FUSION Juices, Tropical	0.15	49.00	24.40
01009	Cheese, cheddar	0.14	404.00	0.00
01016	Cheese, cottage, lowfat, 1% milkfat	0.14	72.00	0.00
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	0.14	222.00	0.10
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.14	65.00	5.90
03994	Babyfood, fruit, banana and strawberry, junior	0.14	109.00	12.90
04641	Salad dressing, mayonnaise, light	0.14	238.00	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.14	4.00	0.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.14	41.00	33.70
09334	Feijoa, raw	0.14	61.00	32.90
09433	Clementines, raw	0.14	47.00	48.80

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.14	52.00	50.70
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0.14	44.00	49.20
19074	Candies, caramels	0.14	382.00	0.40
19079	Candies, confectioner's coating, yogurt	0.14	522.00	0.50
19097	Sherbet, orange	0.14	144.00	2.30
20055	Rice, white, glutinous, unenriched, cooked	0.14	97.00	0.00
20134	Rice noodles, cooked	0.14	108.00	0.00
21032	Fast foods, sundae, caramel	0.14	196.00	2.20
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.14	65.00	5.20
27052	Dip, salsa con queso, cheese and salsa- medium	0.14	143.00	0.40
27054	Dip, TOSTITOS, salsa con queso, medium	0.14	133.00	0.60
42153	Salad dressing, blue or roquefort cheese dressing, light	0.14	86.00	0.00
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.14	74.00	0.00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.14	72.00	0.00
43539	Babyfood, dessert, banana yogurt, strained	0.14	78.00	13.90
19108	Candies, jellybeans	0.13	375.00	0.00
19172	Gelatin desserts, dry mix	0.13	381.00	0.00
19217	Frozen novelties, ice type, fruit, no sugar added	0.13	24.00	0.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.13	109.00	0.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.13	160.00	0.40
42140	Salad dressing, italian dressing, reduced calorie	0.13	200.00	0.40
44005	Oil, corn, peanut, and olive	0.13	884.00	0.00
01015	Cheese, cottage, lowfat, 2% milkfat	0.13	81.00	0.00
01024	Cheese, limburger	0.13	327.00	0.00
01031	Cheese, neufchatel	0.13	253.00	0.00
01040	Cheese, swiss	0.13	393.00	0.00
01182	USDA Commodity, cheese, cheddar, reduced fat	0.13	282.00	0.00
01209	Cheese, Mexican, blend, reduced fat	0.13	282.00	0.00
02051	Vanilla extract, imitation, alcohol	0.13	237.00	0.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.13	68.00	21.20
06985	Gravy, HEINZ Home Style, savory beef	0.13	39.00	0.00
09172	Longans, raw	0.13	60.00	84.00
09202	Oranges, raw, navels	0.13	49.00	59.10
09209	Orange juice, chilled, includes from concentrate	0.13	49.00	33.60
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.13	47.00	33.60

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.13	47.00	33.60
09501	Apples, raw, golden delicious, with skin	0.13	57.00	--
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.13	49.00	33.60
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.13	48.00	30.30
10864	Pork, bacon, rendered fat, cooked	0.13	898.00	0.00
11285	Onions, canned, solids and liquids	0.13	19.00	4.30
12116	Nuts, coconut cream, canned, sweetened	0.13	357.00	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.13	9.00	0.20
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.13	9.00	0.20
14282	Beverages, grape juice drink, canned	0.13	57.00	26.50
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.13	327.00	0.20
01073	Dessert topping, semi solid, frozen	0.12	318.00	0.00
01108	Milk, indian buffalo, fluid	0.12	97.00	2.30
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.12	43.00	1.10
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.12	43.00	1.10
01260	Cheese, cheddar, reduced fat	0.12	309.00	0.00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.12	80.00	0.30
02050	Vanilla extract	0.12	288.00	0.00
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	0.12	84.00	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	0.12	250.00	0.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.12	717.00	--
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.12	628.00	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.12	714.00	--
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	0.12	23.00	1.20
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	0.12	46.00	11.80
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	0.12	52.00	0.00
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	0.12	59.00	9.80
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	0.12	20.00	0.00
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	0.12	43.00	0.00
06999	Gravy, CAMPBELL'S, chicken	0.12	51.00	--
09003	Apples, raw, with skin	0.12	52.00	4.60
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.12	46.00	0.90
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.12	68.00	1.70
09114	Grapefruit, raw, pink and red, Florida	0.12	30.00	37.00
09154	Lemon juice, frozen, unsweetened, single strength	0.12	22.00	31.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.12	46.00	38.50
09503	Apples, raw, gala, with skin	0.12	57.00	--
14050	Alcoholic beverage, distilled, rum, 80 proof	0.12	231.00	0.00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.12	95.00	0.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.12	47.00	27.10
15224	Fish, wolffish, Atlantic, cooked, dry heat	0.12	123.00	0.00
19198	Puddings, tapioca, dry mix	0.12	369.00	0.00
19318	Puddings, banana, dry mix, instant	0.12	367.00	0.00
19366	Toppings, pineapple	0.12	253.00	3.10
19705	Puddings, banana, dry mix, instant, with added oil	0.12	386.00	0.00
19709	Puddings, tapioca, dry mix, with no added salt	0.12	369.00	0.00
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	0.12	20.00	0.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.12	129.00	0.80
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0.12	115.00	0.50
42193	Salad Dressing, mayonnaise-like, fat-free	0.12	84.00	0.00
19193	Puddings, rice, ready-to-eat	0.11	108.00	1.30
19218	Puddings, tapioca, ready-to-eat	0.11	130.00	0.30
19234	Puddings, tapioca, ready-to-eat, fat free	0.11	94.00	0.30
19353	Syrups, maple	0.11	260.00	0.00
19911	Syrup, maple, Canadian	0.11	270.00	0.00
42270	Beverages, Orange juice drink	0.11	54.00	15.00
44018	Sweeteners, tabletop, fructose, liquid	0.11	279.00	0.00
01017	Cheese, cream	0.11	350.00	0.00
03176	Babyfood, juice, orange and banana	0.11	50.00	34.00
03221	Babyfood, dessert, dutch apple, junior	0.11	79.00	18.00
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.11	34.00	28.30
09295	Pummelo, raw	0.11	38.00	61.00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.11	34.00	28.30
09443	Juice, apple and grape blend, with added ascorbic acid	0.11	50.00	28.20
09500	Apples, raw, red delicious, with skin	0.11	59.00	--
12193	Seeds, sisymbrium sp. seeds, whole, dried	0.11	318.00	30.70
14028	Beverages, Whiskey sour mix, bottled	0.11	87.00	2.70
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.11	40.00	0.00
14400	Beverages, carbonated, cola, fast-food cola	0.11	37.00	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.11	2.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.11	65.00	0.90
14428	Beverages, shake, fast food, strawberry	0.11	113.00	0.80
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.11	84.00	2.70
01053	Cream, fluid, heavy whipping	0.10	340.00	0.60
01109	Milk, sheep, fluid	0.10	108.00	4.20
01111	Milk shakes, thick vanilla	0.10	112.00	0.00
03150	Babyfood, fruit, applesauce and pineapple, strained	0.10	37.00	28.10
03151	Babyfood, fruit, applesauce and pineapple, junior	0.10	39.00	26.80
03222	Babyfood, cherry cobbler, junior	0.10	78.00	9.30
03226	Babyfood, dessert, fruit pudding, orange, strained	0.10	80.00	9.10
03227	Babyfood, dessert, peach cobbler, strained	0.10	65.00	20.50
03228	Babyfood, dessert, peach cobbler, junior	0.10	67.00	20.50
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.10	64.00	0.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.10	65.00	--
06483	Soup, cream of chicken, dry, mix, prepared with water	0.10	41.00	0.20
09200	Oranges, raw, all commercial varieties	0.10	47.00	53.20
09207	Orange juice, canned, unsweetened	0.10	47.00	30.10
09442	Pomegranate juice, bottled	0.10	54.00	--
09504	Apples, raw, fuji, with skin	0.10	63.00	--
11106	Butterbur, (fuki), raw	0.10	14.00	31.50
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.10	38.00	24.00
14242	Cranberry juice cocktail, bottled	0.10	54.00	42.30
14327	Beverages, orange and apricot juice drink, canned	0.10	51.00	20.00
14552	Carbonated beverage, chocolate-flavored soda	0.10	42.00	0.00
21334	McDONALD'S, Strawberry Sundae	0.10	158.00	1.50
42135	Whipped topping, frozen, low fat	0.10	224.00	0.00
43216	Sweeteners, tabletop, fructose, dry, powder	0.10	368.00	0.00
43273	Cheese, cottage, with vegetables	0.10	95.00	4.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.10	67.00	4.00
43479	Alcoholic beverage, rice (sake)	0.10	134.00	0.00
43543	Milk, imitation, non-soy	0.10	46.00	0.00
43550	Babyfood, banana apple dessert, strained	0.10	68.00	12.30
19095	Ice creams, vanilla	0.09	207.00	0.60
19113	Syrups, table blends, pancake, with butter	0.09	291.00	0.00
19201	Puddings, vanilla, ready-to-eat	0.09	130.00	0.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19246	Frostings, white, fluffy, dry mix	0.09	371.00	0.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.09	53.00	0.50
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	0.09	137.00	0.80
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	0.09	143.00	0.80
19898	Ice creams, regular, low carbohydrate, vanilla	0.09	216.00	0.60
19912	Sweetener, syrup, agave	0.09	310.00	17.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.09	718.00	0.10
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.09	450.00	0.10
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.09	56.00	0.90
01241	Ice cream sandwich, made with light ice cream, vanilla	0.09	186.00	0.00
01285	Yogurt, Greek, strawberry, nonfat	0.09	82.00	0.30
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.09	484.00	0.70
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.09	48.00	0.00
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	0.09	37.00	1.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.09	39.00	0.00
09111	Grapefruit, raw, pink and red and white, all areas	0.09	32.00	34.40
09160	Lime juice, raw	0.09	25.00	30.00
09192	Oheloberries, raw	0.09	28.00	6.00
09201	Oranges, raw, California, valencias	0.09	49.00	48.50
09203	Oranges, raw, Florida	0.09	46.00	45.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.09	857.00	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.09	186.00	1.60
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.09	60.00	0.00
14264	Beverages, fruit punch drink, without added nutrients, canned	0.09	48.00	0.40
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.09	47.00	29.60
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.09	46.00	43.80
14292	Lemonade, frozen concentrate, white	0.09	196.00	13.10
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.09	88.00	0.20
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.09	32.00	0.00
15134	Fish, wolffish, Atlantic, raw	0.09	96.00	0.00
01112	Whey, acid, fluid	0.08	24.00	0.10
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.08	63.00	0.80
01124	Egg, white, raw, fresh	0.08	52.00	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.08	44.00	0.00
06615	Soup, SWANSON, vegetable broth	0.08	6.00	0.40

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09060	Carambola, (starfruit), raw	0.08	31.00	34.40
09112	Grapefruit, raw, pink and red, all areas	0.08	42.00	31.20
09113	Grapefruit, raw, pink and red, California and Arizona	0.08	37.00	38.10
09117	Grapefruit, raw, white, California	0.08	37.00	33.30
09152	Lemon juice, raw	0.08	22.00	38.70
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.08	37.00	36.20
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.08	37.00	36.20
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.08	45.00	31.50
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.08	164.00	0.40
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.08	153.00	1.60
14142	Beverages, carbonated, grape soda	0.08	43.00	0.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.08	6.00	0.00
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.08	46.00	24.40
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.08	88.00	0.90
14381	Beverages, tea, herb, other than chamomile, brewed	0.08	1.00	0.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.08	49.00	69.20
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.08	45.00	55.10
14531	Alcoholic beverage, whiskey sour	0.08	149.00	1.60
14542	Lemonade, frozen concentrate, pink	0.08	192.00	14.10
14545	Beverages, tea, herb, brewed, chamomile	0.08	1.00	0.00
14649	Beverages, tea, hibiscus, brewed	0.08	0.00	--
19085	Candies, confectioner's coating, butterscotch	0.08	539.00	0.10
19187	Flan, caramel custard, dry mix	0.08	348.00	0.00
19206	Puddings, vanilla, dry mix, regular	0.08	379.00	0.00
19330	Puddings, lemon, dry mix, instant	0.08	378.00	0.00
21335	McDONALD'S, Hot Caramel Sundae	0.08	188.00	--
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.08	218.00	560.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.08	227.00	2,400.00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.07	114.00	0.80
19222	Desserts, rennin, vanilla, dry mix	0.07	383.00	0.00
19360	Syrups, table blends, pancake, with 2% maple	0.07	265.00	0.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.07	265.00	0.00
27061	Gravy, HEINZ Home Style, classic chicken	0.07	46.00	--
43261	Yogurt, fruit variety, nonfat	0.07	95.00	0.70
01012	Cheese, cottage, creamed, large or small curd	0.07	98.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01055	Cream, sour, reduced fat, cultured	0.07	135.00	0.90
01056	Cream, sour, cultured	0.07	198.00	0.90
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.07	85.00	0.80
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.07	102.00	0.70
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.07	105.00	0.70
01179	Sour cream, light	0.07	136.00	0.90
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.07	105.00	0.70
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.07	102.00	0.70
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.07	95.00	0.70
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.07	105.00	0.70
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.07	85.00	0.80
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.07	86.00	0.80
01256	Yogurt, Greek, plain, nonfat	0.07	59.00	0.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.07	106.00	--
01284	Yogurt, Greek, strawberry, lowfat	0.07	103.00	0.70
04037	Oil, rice bran	0.07	884.00	0.00
04615	Shortening, vegetable, household, composite	0.07	884.00	0.00
06194	Soup, chicken broth, ready-to-serve	0.07	6.00	0.00
09004	Apples, raw, without skin	0.07	48.00	4.00
14034	Alcoholic beverage, creme de menthe, 72 proof	0.07	371.00	0.00
14238	Beverages, cranberry-apple juice drink, bottled	0.07	63.00	39.50
14257	Beverages, OCEAN SPRAY, Light Cranberry	0.07	19.00	0.80
14277	Beverages, grape drink, canned	0.07	61.00	31.40
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0.07	217.00	2,400.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.07	47.00	10.50
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.06	56.00	1.10
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.06	48.00	1.20
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.06	41.00	1.10
01114	Whey, sweet, fluid	0.06	27.00	0.10
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.06	99.00	0.60
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.06	56.00	1.10
01178	Sour cream, reduced fat	0.06	181.00	0.90
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	0.06	152.00	1.10
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.06	99.00	0.60
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.06	84.00	0.20

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.06	717.00	0.20
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.06	717.00	0.20
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.06	717.00	0.20
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.06	717.00	0.20
06700	Soup, vegetable broth, ready to serve	0.06	5.00	0.40
09116	Grapefruit, raw, white, all areas	0.06	33.00	33.30
09153	Lemon juice from concentrate, canned or bottled	0.06	17.00	14.30
09523	Lemon juice from concentrate, bottled, CONCORD	0.06	24.00	0.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.06	17.00	16.60
11588	Waterchestnuts, chinese, (matai), raw	0.06	97.00	4.00
14150	Beverages, carbonated, orange	0.06	48.00	0.00
14154	Beverages, Energy drink, RED BULL	0.06	43.00	0.00
14250	Beverages, AMBER, hard cider	0.06	56.00	2.30
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.06	23.00	34.10
14305	Malt beverage, includes non-alcoholic beer	0.06	37.00	0.50
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.06	336.00	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.06	308.00	0.00
19096	Ice creams, vanilla, light, soft-serve	0.06	126.00	0.90
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.06	105.00	0.80
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0.06	198.00	0.00
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.06	115.00	0.70
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.06	107.00	0.80
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.06	105.00	0.70
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.06	101.00	0.70
19247	Frostings, white, fluffy, dry mix, prepared with water	0.06	244.00	0.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.06	115.00	0.80
19336	Sugars, powdered	0.06	389.00	0.00
19875	Ice creams, BREYERS, All Natural Light Vanilla	0.06	162.00	1.10
19907	Sweeteners, for baking, contains sugar and sucralose	0.06	398.00	--
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.06	56.00	1.50
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.06	509.00	0.00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.06	19.00	32.00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.05	101.00	0.70
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.05	115.00	0.00
19320	Puddings, banana, dry mix, regular	0.05	366.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19335	Sugars, granulated	0.05	387.00	0.00
19706	Puddings, banana, dry mix, regular, with added oil	0.05	387.00	0.00
19710	Puddings, vanilla, dry mix, regular, with added oil	0.05	369.00	0.00
42040	Syrups, grenadine	0.05	268.00	0.00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.05	351.00	0.00
01002	Butter, whipped, with salt	0.05	718.00	0.00
01049	Cream, fluid, half and half	0.05	123.00	0.90
01050	Cream, fluid, light (coffee cream or table cream)	0.05	191.00	0.80
01054	Cream, whipped, cream topping, pressurized	0.05	257.00	0.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.05	63.00	0.90
01060	Milk, filled, fluid, with lauric acid oil	0.05	63.00	0.90
01078	Milk, producer, fluid, 3.7% milkfat	0.05	64.00	1.50
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.05	51.00	1.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.05	43.00	1.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.05	37.00	1.00
01088	Milk, buttermilk, fluid, cultured, lowfat	0.05	40.00	1.00
01089	Milk, low sodium, fluid	0.05	61.00	0.90
01106	Milk, goat, fluid, with added vitamin D	0.05	69.00	1.30
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.05	61.00	0.50
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	0.05	148.00	0.20
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	0.05	91.00	1.20
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.05	71.00	--
02052	Vanilla extract, imitation, no alcohol	0.05	56.00	0.00
04044	Oil, soybean, salad or cooking	0.05	884.00	0.00
04047	Oil, coconut	0.05	892.00	0.00
04699	Oil, industrial, soy, low linolenic	0.05	900.00	0.00
04700	Oil, industrial, soy, ultra low linolenic	0.05	884.00	0.00
04701	Oil, industrial, soy, fully hydrogenated	0.05	884.00	0.00
06481	Soup, chicken broth cubes, dry, prepared with water	0.05	5.00	0.00
06494	Soup, onion, dry, mix, prepared with water	0.05	12.00	0.10
09118	Grapefruit, raw, white, Florida	0.05	32.00	37.00
14130	Carbonated beverage, cream soda	0.05	51.00	0.00
14157	Beverages, carbonated, root beer	0.05	41.00	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.05	0.00	--
14223	Beverages, coffee, instant, chicory	0.05	3.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.05	45.00	27.10
14376	Beverages, tea, instant, lemon, diet	0.05	2.00	0.00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.05	53.00	24.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.05	26.00	0.40
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.05	37.00	11.80
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.05	0.00	2.50
14629	Beverages, Energy drink, ROCKSTAR	0.05	58.00	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.04	194.00	0.70
01172	Egg, white, raw, frozen, pasteurized	0.04	48.00	0.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0.04	104.00	0.70
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.04	85.00	--
01286	Yogurt, Greek, vanilla, nonfat	0.04	78.00	0.00
01287	Yogurt, Greek, plain, lowfat	0.04	73.00	0.80
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.04	727.00	0.10
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.04	362.00	0.10
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.04	884.00	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.04	6.00	0.00
06611	Soup, SWANSON, beef broth, lower sodium	0.04	6.00	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.04	231.00	0.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.04	29.00	32.50
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.04	0.00	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.04	0.00	--
14153	Beverages, carbonated, pepper-type, contains caffeine	0.04	41.00	0.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.04	71.00	0.00
14215	Beverages, coffee, instant, regular, prepared with water	0.04	2.00	0.00
14217	Beverages, OCEAN SPRAY, Cran Grape	0.04	54.00	28.10
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.04	2.00	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.04	56.00	29.60
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.04	4.00	39.10
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.04	26.00	32.90
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.04	49.00	26.70
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.04	49.00	27.20
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.04	4.00	32.80
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.04	19.00	32.20
14284	Beverages, Cranberry juice cocktail	0.04	52.00	33.50

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.04	45.00	27.10
14323	Beverages, orange drink, canned, with added vitamin C	0.04	49.00	57.30
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.04	275.00	0.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.04	295.00	0.00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.04	0.00	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.04	250.00	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.04	263.00	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.04	47.00	0.00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.04	39.00	0.00
19018	Fruit syrup	0.04	341.00	1.60
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.04	113.00	0.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.04	111.00	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.04	365.00	0.00
42131	Milk dessert, frozen, milk-fat free, chocolate	0.04	167.00	0.70
42151	Vegetable oil-butter spread, reduced calorie	0.04	465.00	0.00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0.04	107.00	0.70
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0.04	35.00	1.00
43019	Salad dressing, sweet and sour	0.04	15.00	8.10
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.04	360.00	0.00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.04	287.00	4.20
19030	Syrup, fruit flavored	0.03	261.00	0.00
19128	Syrups, table blends, pancake, reduced-calorie	0.03	165.00	0.00
19129	Syrups, table blends, pancake	0.03	234.00	0.00
19351	Syrups, corn, high-fructose	0.03	281.00	0.00
19375	Frostings, glaze, prepared-from-recipe	0.03	341.00	0.00
19383	Candies, toffee, prepared-from-recipe	0.03	560.00	0.20
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	0.03	49.00	0.00
42136	Cream substitute, powdered, light	0.03	431.00	0.00
01052	Cream, fluid, light whipping	0.03	292.00	0.60
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.03	178.00	0.90
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.03	136.00	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.03	136.00	0.00
01070	Dessert topping, powdered	0.03	577.00	0.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.03	61.00	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.03	42.00	0.00

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.03	34.00	0.00
01107	Milk, human, mature, fluid	0.03	70.00	5.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.03	34.00	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.03	42.00	0.00
01200	Reddi Wip Fat Free Whipped Topping	0.03	149.00	0.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.03	61.00	0.00
01230	Milk, buttermilk, fluid, whole	0.03	62.00	0.00
02053	Vinegar, distilled	0.03	18.00	0.00
04042	Oil, peanut, salad or cooking	0.03	884.00	0.00
04060	Oil, sunflower, linoleic (less than 60%)	0.03	884.00	0.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.03	43.00	0.30
04642	Oil, industrial, mid-oleic, sunflower	0.03	884.00	0.00
14006	Alcoholic beverage, beer, light	0.03	29.00	0.00
14015	Alcoholic beverage, pina colada, canned	0.03	237.00	1.50
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.03	18.00	9.90
14165	Beverages, carbonated, limeade, high caffeine	0.03	18.00	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.03	45.00	32.60
14239	Alcoholic beverage, malt beer, hard lemonade	0.03	68.00	2.80
14248	Alcoholic beverage, beer, light, higher alcohol	0.03	46.00	0.00
14251	Alcoholic beverages, beer, higher alcohol	0.03	58.00	0.00
14252	Beverages, Malt liquor beverage	0.03	40.00	0.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.03	5.00	8.80
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.03	89.00	2.30
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.03	77.00	0.20
01001	Butter, salted	0.02	717.00	0.00
01072	Dessert topping, pressurized	0.02	264.00	0.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.02	50.00	0.20
01145	Butter, without salt	0.02	717.00	0.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.02	50.00	0.20
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.02	339.00	0.10
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.02	330.00	0.20
04650	Oil, industrial, soy, refined, for woks and light frying	0.02	884.00	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0.02	884.00	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0.02	884.00	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.02	339.00	0.10

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06475	Soup, beef broth or bouillon, powder, prepared with water	0.02	3.00	0.00
06476	Soup, beef broth, cubed, prepared with water	0.02	3.00	0.00
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.02	4.00	0.00
14003	Alcoholic beverage, beer, regular, all	0.02	43.00	0.00
14019	Alcoholic beverage, tequila sunrise, canned	0.02	110.00	19.30
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.02	250.00	0.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.02	49.00	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.02	41.00	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.02	1.00	0.00
14147	Beverages, carbonated, cola, without caffeine	0.02	41.00	0.00
14148	Beverages, carbonated, cola, regular	0.02	42.00	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.02	20.00	0.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.02	5.00	0.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.02	0.00	--
14180	Beverages, coffee, brewed, breakfast blend	0.02	2.00	0.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.02	30.00	7.70
14278	Beverages, tea, green, brewed, regular	0.02	1.00	0.30
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.02	1.00	0.00
14355	Beverages, tea, black, brewed, prepared with tap water	0.02	1.00	0.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.02	35.00	0.00
14407	Beverages, orange-flavor drink, breakfast type, powder	0.02	386.00	230.80
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.02	43.00	3.10
14625	Beverages, Energy drink, AMP	0.02	46.00	0.00
14626	Beverages, Energy drink, FULL THROTTLE	0.02	46.00	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.02	4.00	0.00
14640	Beverages, Energy drink, VAULT, citrus flavor	0.02	49.00	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.02	1.00	0.00
19103	Candies, fudge, vanilla, prepared-from-recipe	0.02	383.00	0.00
19173	Gelatin desserts, dry mix, prepared with water	0.02	62.00	0.00
19384	Candies, divinity, prepared-from-recipe	0.02	364.00	0.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.02	345.00	490.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.02	345.00	0.00
19070	Candies, butterscotch	0.01	391.00	0.00
19099	Candies, fondant, prepared-from-recipe	0.01	373.00	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.01	408.00	58.70

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.01	20.00	0.00
19202	Puddings, vanilla, dry mix, instant	0.01	377.00	0.00
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	0.01	408.00	58.30
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	0.01	409.00	59.40
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	0.01	400.00	56.60
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	0.01	401.00	61.10
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.01	413.00	0.00
19382	Candies, taffy, prepared-from-recipe	0.01	397.00	0.00
43268	Whipped cream substitute, dietetic, made from powdered mix	0.01	100.00	0.00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.01	482.00	0.00
04055	Oil, palm	0.01	884.00	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.01	630.00	0.10
06174	Soup, stock, fish, home-prepared	0.01	16.00	0.10
14009	Alcoholic beverage, daiquiri, canned	0.01	125.00	1.30
14027	Alcoholic beverage, whiskey sour, canned	0.01	119.00	1.60
14051	Alcoholic beverage, distilled, vodka, 80 proof	0.01	231.00	0.00
14121	Beverages, carbonated, club soda	0.01	0.00	--
14155	Beverages, carbonated, tonic water	0.01	34.00	0.00
14209	Beverages, coffee, brewed, prepared with tap water	0.01	1.00	0.00
14241	Beverages, cranberry-grape juice drink, bottled	0.01	56.00	32.00
14288	Lemonade, powder, prepared with water	0.01	14.00	1.50
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.01	27.00	2.90
14367	Beverages, tea, instant, unsweetened, prepared with water	0.01	1.00	0.00
14385	Beverages, water, bottled, POLAND SPRING	0.01	0.00	--
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	0.01	0.00	--
14544	Beverages, tea, black, brewed, prepared with distilled water	0.01	1.00	0.00
14638	Beverages, Horchata, as served in restaurant	0.01	54.00	--
01003	Butter oil, anhydrous	0.00	876.00	--
01061	Cheese, American, nonfat or fat free	0.00	126.00	--
01180	Sour cream, fat free	0.00	74.00	--
01199	Cream, half and half, fat free	0.00	59.00	0.70
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.00	354.00	--
01242	Ice cream sandwich, vanilla, light, no sugar added	0.00	200.00	--
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0.00	129.00	--
01264	Ice cream bar, stick or nugget, with crunch coating	0.00	358.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01265	Cheese, cheddar, nonfat or fat free	0.00	157.00	--
01267	Cheese, mexican, queso cotija	0.00	366.00	--
01295	Yogurt, vanilla, non-fat	0.00	78.00	--
02074	Seasoning mix, dry, sazon, coriander & annatto	--	0.00	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	0.00	--
03293	Babyfood, plums, bananas and rice, strained	0.00	57.00	12.30
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.00	31.00	35.30
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	0.00	429.00	57.10
03995	Babyfood, banana with mixed berries, strained	0.00	92.00	18.20
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00	391.00	--
04001	Fat, beef tallow	0.00	902.00	--
04002	Lard	0.00	902.00	--
04027	Salad dressing, mayonnaise, imitation, soybean	0.00	232.00	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00	884.00	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00	884.00	--
04038	Oil, wheat germ	0.00	884.00	--
04058	Oil, sesame, salad or cooking	0.00	884.00	--
04073	Margarine, regular, hard, soybean (hydrogenated)	0.00	719.00	0.20
04135	Salad dressing, home recipe, vinegar and oil	0.00	449.00	--
04501	Oil, cocoa butter	0.00	884.00	--
04502	Oil, cottonseed, salad or cooking	0.00	884.00	--
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00	884.00	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00	884.00	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00	884.00	--
04513	Vegetable oil, palm kernel	0.00	862.00	--
04514	Oil, poppyseed	0.00	884.00	--
04515	Oil, tomatoseed	0.00	884.00	--
04516	Oil, teaseed	0.00	884.00	--
04517	Oil, grapeseed	0.00	884.00	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00	900.00	--
04520	Fat, mutton tallow	0.00	902.00	--
04528	Oil, walnut	0.00	884.00	--
04529	Oil, almond	0.00	884.00	--
04530	Oil, apricot kernel	0.00	884.00	--
04531	Oil, soybean lecithin	0.00	763.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04532	Oil, hazelnut	0.00	884.00	--
04534	Oil, babassu	0.00	884.00	--
04536	Oil, sheanut	0.00	884.00	--
04542	Fat, chicken	0.00	900.00	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00	884.00	--
04544	Shortening, household, lard and vegetable oil	0.00	900.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00	884.00	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00	884.00	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00	884.00	--
04549	Shortening industrial, lard and vegetable oil	0.00	900.00	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00	900.00	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00	884.00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00	884.00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00	884.00	--
04559	Shortening household soybean (hydrogenated) and palm	0.00	884.00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00	884.00	--
04570	Shortening, confectionery, fractionated palm	0.00	884.00	--
04572	Oil, nutmeg butter	0.00	884.00	--
04573	Oil, ucuhuba butter	0.00	884.00	--
04574	Fat, duck	0.00	882.00	--
04575	Fat, turkey	0.00	900.00	--
04576	Fat, goose	0.00	900.00	--
04581	Oil, avocado	0.00	884.00	--
04582	Oil, canola	0.00	884.00	--
04583	Oil, mustard	0.00	884.00	--
04584	Oil, sunflower, high oleic (70% and over)	0.00	884.00	--
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00	884.00	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00	884.00	--
04588	Oil, oat	0.00	884.00	--
04589	Fish oil, cod liver	0.00	902.00	--
04590	Fish oil, herring	0.00	902.00	--
04591	Fish oil, menhaden	0.00	902.00	--
04592	Fish oil, menhaden, fully hydrogenated	0.00	902.00	--
04593	Fish oil, salmon	0.00	902.00	--
04594	Fish oil, sardine	0.00	902.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00	884.00	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00	889.00	--
04609	Animal fat, bacon grease	0.00	897.00	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00	713.00	0.10
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00	537.00	0.10
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00	533.00	0.10
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0.00	526.00	0.10
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00	713.00	0.10
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.00	533.00	0.10
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00	175.00	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00	175.00	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00	884.00	--
04644	Oil, industrial, canola for salads, woks and light frying	0.00	884.00	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00	884.00	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.00	884.00	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.00	884.00	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.00	884.00	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.00	884.00	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0.00	884.00	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.00	884.00	--
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.00	628.00	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0.00	884.00	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0.00	714.00	0.40
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0.00	884.00	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0.00	884.00	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	0.00	337.00	--
04679	Oil, PAM cooking spray, original	0.00	792.00	--
04687	Margarine-like spread, BENECOL Light Spread	0.00	357.00	--
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00	713.00	0.10
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.00	537.00	0.10
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.00	533.00	0.10
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	0.00	535.00	0.10
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0.00	542.00	0.10
04698	Oil, industrial, canola, high oleic	0.00	900.00	--
04702	Oil, industrial, cottonseed, fully hydrogenated	0.00	884.00	--

NDB_No	Description	Iron, Fe(mg) Value Per	Energy(kcal) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04708	Mayonnaise, reduced fat, with olive oil	0.00	361.00	--
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	0.00	81.00	1.00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.00	46.00	1.00
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	0.00	16.00	--
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	0.00	48.00	--
06091	CAMPBELL'S Red and White, Beef Broth, condensed	0.00	12.00	--
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	0.00	16.00	--
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	0.00	56.00	--
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	0.00	89.00	--
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	0.00	56.00	--
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	0.00	78.00	--
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	0.00	45.00	--
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	0.00	41.00	--
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	0.00	51.00	1.00
06318	Gravy, CAMPBELL'S, country style cream	0.00	76.00	--
06319	Gravy, CAMPBELL'S, country style sausage	0.00	119.00	--
06321	Gravy, CAMPBELL'S, golden pork	0.00	76.00	--
06324	Gravy, CAMPBELL'S, beef, microwavable	0.00	42.00	--
06325	Gravy, CAMPBELL'S, chicken, microwavable	0.00	67.00	--
06326	Gravy, CAMPBELL'S, turkey	0.00	42.00	--
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	0.00	42.00	--
06332	Gravy, CAMPBELL'S, turkey, microwavable	0.00	42.00	--
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	0.00	73.00	--
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	0.00	56.00	--
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	0.00	81.00	--
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	0.00	81.00	--
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	0.00	97.00	--